

# The Font



ST VINCENT'S  
HOSPITAL  
MELBOURNE



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Stroke of good  
luck – or sheer  
determination?



## Message from the CEO

One of the most satisfying aspects of working in healthcare is meeting everyday heroes. Week in, week out, our staff and community supporters make a difference in big and small ways and our patients inspire us with their courage.

In this issue of the Font we bring you the story of Professor Mark Cook, who recently secured \$200,000 to drive promising research that could change the lives of people with epilepsy. Competing against big-name American universities and sophisticated audio-visual presentations, it was the power of an idea and the passion of the presenter that won the day.

Closer to home, and money raised by St Vincent's teams during the annual Scrubs Run will support a range of programs, including music therapy for people with mental illness, training for carers of people with communication difficulties, and specialist equipment for our cancer care, physiotherapy, and anaesthetics teams. Thanks to corporate and philanthropic support, a footwear bank is offering new shoes to the many vulnerable patients who arrive at St Vincent's with bare feet.

Also in this issue we profile St Vincent's medical scientist Jacqui Ackland, who put her culinary skills to the test in the MasterChef kitchen this year, sharing her lifelong love of cooking with an audience of millions. In our own kitchens, a new innovation would no doubt bring smiles to the judges' faces. Many of our patients have difficulty swallowing so they need to eat puréed food. New moulded trays are making those meals more appealing by sculpting the food into more recognisable shapes.

It's a small change that makes a big difference to our patients. You can read more about it on page 11 and watch the video on St Vincent's Facebook or YouTube channel.

Among all of these great stories, perhaps the true hero in these pages is Stuart Widdison. Stuart came to St Vincent's after a severe stroke at the age of 47. Unable to walk or talk, his chance of leading an active, independent life were slim, but Stuart refused to give up.












### **'Week in, week out, our staff and community supporters make a difference in big and small ways and our patients inspire us with their courage.'**

Through his determination and excellent care from our staff, Stuart has once again found his voice and his feet and it has been our privilege to support him on his path to recovery.

I hope you enjoy this edition of the Font.

**Ben Fielding**  
Chief Executive Officer  
St Vincent's Hospital Melbourne

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# Robyn Langham made fellow of AMA

Congratulations to St Vincent's Director of Nephrology, Associate Professor Robyn Langham, who was recently inducted into the Australian Medical Association (AMA) Roll of Fellows.

An internationally renowned researcher and practitioner, A/Prof Langham was appointed a Fellow of the AMA in recognition of the outstanding contribution she has made to both the AMA and the medical profession.

AMA President, Associate Professor Brian Owler, made the announcement at the AMA National Conference 2015 in Brisbane. A/Prof Owler said that the three new Fellows were distinguished representatives of the profession.

'They have dedicated themselves to working to improve conditions for doctors, and to make the Australian health system work more effectively for patients and communities.'

Ever since graduating from Monash University in 1987, A/Prof Langham's

first priority, concern and skill has always been the care of her patients and their wellbeing.

She has led a number of innovative clinical initiatives, including the establishment of a Nocturnal In-centre Haemodialysis Program at St Vincent's, which last year won a Victorian Public Healthcare Award for patient centred care.

Since completing a PhD in 2001, in which she investigated fibrogenic growth factors of human renal disease, research has remained a passion for A/Prof Langham, and she has continued her work as a physician researcher, contributing to basic, translational and clinical renal research in her role as Principal Research Fellow at the University of Melbourne.

A/Prof Langham's devotion to the profession extends firmly into teaching and training. Her vast experience makes her a highly sought after speaker at domestic and international



conferences. She is involved in curriculum design and redesign, and regularly examines at the University of Melbourne and the RACP.

She is widely appreciated as a mentor to future physicians, especially those pursuing nephrology, and is a passionate advocate for the role of women in the profession and helping them to understand the barriers they face, and developing strategies to overcome them.

## For she's a jolly good fellow



Congratulations to St Vincent's Manager of Nursing Education, Deanne Riddington, who was awarded the prestigious Churchill Fellowship for 2015 from the Winston Churchill Memorial Trust.

As a Churchill Fellow, Deanne will travel to New Zealand, Canada and Hawaii to conduct research which will help to further develop St Vincent's Aboriginal Graduate Nurse Program.

The Aboriginal Graduate Nurse Program grew from a Department of Health funded project at the Nursing Education Centre in 2012. During the project, it quickly became evident that there were limited indigenous nursing programs and information in existence in Australia so the development of the program relied in part on information gained from our New Zealand and Canadian colleagues.

The Winston Churchill Memorial Trust was established to give Australians the opportunity to travel overseas to conduct research that can't easily be done in Australia. It also aims to reward

proven achievement of talented and deserving Australians with further opportunity in their pursuit of excellence for the enrichment of the Australian society.

The fellowship is an opportunity to build on the current program and for Deanne to spend time with her overseas counterparts. Deanne will be able to establish international collegiate relationships and to discuss and observe nursing education strategies in these established programs. A key requirement of the Churchill fellowship is for each of the fellows 'to seek and bring back new knowledge to benefit their profession, industry, community and Australia as a whole'.

Deanne is well placed to do this across St Vincent's and the wider Victorian nursing community.



# Melbourne Professor swimming with sharks

In an international Shark Tank, one Melbourne Professor with a Power Point presentation and a killer argument beat some of the best in the U.S. in a battle for research funding.

Professor Mark Cook trounced teams of researchers from prestigious American universities such as M.I.T., in a cut throat session to win funds for epilepsy research. Run by the Epilepsy Foundation of America, the Shark Tank pitches experts against each other in a public forum, where they argue the merits of their research ideas.

"It was a David and Goliath battle" Prof Cook said, "Some of the others had highly produced video graphics. I had a Power Point!"

The Shark Tank was to fund the most innovative ideas for anti-epileptic drug or device trials.

**Adopting some of the technology used for the highly successful cochlear hearing device, the team is looking to develop a minimally-invasive implant that can auto-detect a seizure.**

The best ideas were chosen for funding via live voting by conference attendees and a panel of judges (Sharks) representing physicians, scientists, industry investors and people with epilepsy. Each vote was worth US\$25,000.

The competition ran in two rounds – each team had five minutes to present their research idea to the forum, another five minutes to answer questions, and were then invited back to give a one-sentence pitch.

Professor Cook, the Director of Neurology at St Vincent's Hospital Melbourne, and the Chair of Medicine at Melbourne University, is one of

Australia's most eminent neurologists, with an international reputation for epilepsy research.

"Two-hundred thousand dollars was up for grabs" he said, "I am pretty sure I sealed it with my final sentence – it was roughly \$6,000 per word."

Prof Cook's pitch was sharp and pithy: 'Our project can do everything these others can, but we really need the money.'

Prof Cook heads a team of ten which has developed a device which can be inserted under the skin behind the ear, to detect and potentially prevent epileptic seizures. The pitch was to fund clinical trials of the device.

More than 60 million people worldwide have epilepsy, 400,000 of them in Australia.

Because the seizures may be every week or month, it's often hard to make a diagnosis. Many people get an incorrect diagnosis of epilepsy as a result, and the cost of this misdiagnosis is estimated at \$2-4 Billion dollars annually in the U.S. alone!

Patients are often unaware of their seizures, making treatment difficult, and sometimes leading to injuries.

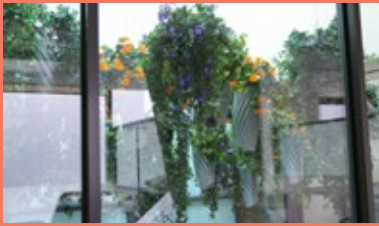
As well it is hard to accurately determine if new medical treatments are working, making development of new medications a very slow process.

Adopting some of the technology used for the highly successful cochlear hearing device, the team is looking to develop a minimally-invasive implant that can auto-detect a seizure. This will allow an accurate diagnosis to be made, and let doctors see accurately the effects of their treatments. It may also be possible to predict oncoming seizures using the system.

Epilepsy is common, serious, and often misdiagnosed. The device developed will lead to accurate diagnosis, the ability to see clearly the effects of treatment, and eventually allow prediction. Patients will be able to live more confidently and safely as a result.



Above: Professor Mark Cook



## A Day at St Vincent's Cancer Centre

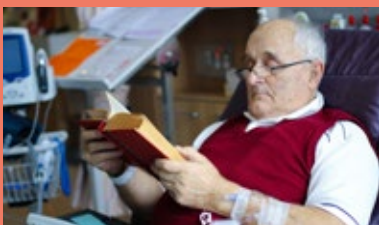
St Vincent's Cancer Centre provides multidisciplinary patient-centred care for patients with cancer. The centre includes a Chemotherapy Day Unit providing outpatient chemotherapy and supportive care services for over 5,000 patients every year.




Stem cell collections are performed every week using state of the art apheresis machines – kindly funded by our generous donors.



Serving hot soup on a cold winter's day – catering is an important part of the care we provide to our patients.



Our Cancer Centre is designed to make patients feel at home while having their treatment.

 Please like us on Facebook for more of our fortnightly photo essays, 'A Day at St Vincent's', that give you a visual insight into the care that we provide to our patients.



Above: Angela Smith (right) and a friend at a recent Look Good, Feel Better workshop.

# Look good, feel better

## Bringing Hope and Laughter to Cancer Patients

Treating cancer isn't only about trying to eradicate the illness. It's also about helping patients face the consequences of their treatment. Some of that is emotional and psychological, but in many cases it's also very much about the physical. Cancer treatment can dramatically change the way they look.

Look Good...Feel Better is a program that helps people to face this challenge. Look Good...Feel Better is a community service program dedicated to teaching cancer patients how to boost their self-confidence and manage their appearance as it changes during cancer treatment.

Volunteers from the cosmetics industry run the three hour workshops, donating their time and expertise at St Vincent's as well as across Australia. The program is open to all patients; women, men and teens who are undergoing chemotherapy, radiotherapy or other forms of cancer treatment. But the key to their success is the laughter in the room.

'The volunteers are so caring and lovely, they just make it great fun. The room is full of hysteria and most will walk away really happy and excited that they've made the effort,' says Breast Care coordinator Mary Ann Banting.

'It gives patients a chance to come together with others going through the same thing and enjoy a happy experience, away from the stress of treatment or appointments,' Mary Ann says.

The workshops are designed to empower patients with practical tips and tricks to boost their self-esteem and confidence while undergoing treatment. They are also shown practical and creative ways to help deal with impending hair loss – with the opportunity to try on wigs, headscarves and turbans. Women can also learn how to apply make-up.

'Each person goes home with a show-bag of beautiful skincare and make up. When you see the end result, you see how important it is to have that distraction and smile. We had a patient at a recent workshop who was the youngest by far, but she was made to feel so welcome. She tried on every single wig and took a selfie with each one.'

Recently diagnosed with breast cancer, Angela Smith attended one of the workshops. Angela says that the support and sense of fun offered by the workshop is vital during what can be an isolating time.

'The wig stuff was really invaluable and a lot of fun. For days when I don't want to stand out, it could be really good for slipping under the radar. Who would have thought there would be so many variations on the simple wig. And also the make-up samples! Freebies are great!'

Patients and staff can ask to be referred to a Look Good...Feel Better workshop. Simply contact Mary Ann Banting via the hospital switchboard.

# Stroke of good luck – or sheer determination?



Above: Rehabilitation Nurse Unit Manager, Meaghan MacKenzie

When he first arrived at St Vincent's, Stuart Widdison, could not walk or talk. At just 47, he had suffered a severe stroke, and his future looked bleak.

But this is a story of a patient with a fierce determination to recover, and the staff who supported every step of that journey. Stuart counts himself lucky to have come to St Vincent's.

'I got up in the night and I found it difficult to gain my balance. I thought nothing of it until I woke the next morning. To my horror I couldn't feel or move anything down my left-side. I managed to roll over but fell out of bed.'

'Home alone I lay on the floor all day. Unable to move or raise the alarm, I was helpless and very frightened.'

Stuart drifted in and out of consciousness throughout the day until his partner arrived home from work, many hours later.

Stuart's case is especially remarkable. It is virtually unheard of for anyone to achieve such a level of recovery after waiting so long for help to arrive.

However, after countless hours in rehab and thanks to the determination of St Vincent's staff, slowly but surely Stuart began to make progress.

As difficult as it was at times, Stuart impressed everyone with his determination not to give up.

Having watched his grandmother struggle after having a stroke, Stuart says he was living his own worst nightmare. 'My grandmother suffered a stroke and her severe disability had a profound impact on me. I was determined to do everything possible to get back to a 'normal' life again.'

## As difficult as it was at times, Stuart impressed everyone with his determination not to give up.

Not every stroke patient can have an outcome like Stuart's. A stroke will impact people in different ways, and their needs and the equipment required to assist their recovery, can be very different.

Rehabilitation Nurse Unit Manager, Meaghan Mackenzie says, 'One of the first things that happened when Stuart was admitted to rehab was that we provided him with an electric wheelchair.'

'Stuart's recovery has been phenomenal, but it was the electric wheelchair that helped to launch him on his way. It lifted his spirits and got him started. After all, getting better is not just physical; it is also an emotional and spiritual journey as well.'

Today, Stuart is doing very well. He still faces physical challenges, but he is able to walk and talk and do things like take himself into the city. And he attributes his mobility and his renewed joy of living, to the care he received at St Vincent's.

'St Vincent's helped me regain my independence, self-respect and humour. They retrained me to do things for myself. It sounds like the simplest of things, but regaining the dignity to go to the toilet on my own, was a huge step.'

In the rehabilitation unit our dedicated nurses and specialist staff would like to see every patient recover as well as Stuart. To do that, they need to ensure all patients have access to the equipment they need.

The St Vincent's Hospital Appeal aims to raise funds to purchase additional equipment items from their 'Wish List' to meet the growing demand being placed on the Rehabilitation Unit. These items will help to ensure many more patients like Stuart receive the essential care they need.

**Please donate and support our appeal to further improve the care we provide to all our Rehabilitation patients.**

You can donate by visiting [stvfoundation.org.au/donate](http://stvfoundation.org.au/donate), call us on (03) 9231 3365 or complete and return the donation form at the back of this newsletter.



# A celebration of science and research



The St Vincent's campus was abuzz, with research rightly at the centre, during ACMD Research Week.

The State Minister for Health, the Hon. Jill Hennessy MLA, officially launched proceedings, viewing the posters on display and speaking with researchers about their work.

A highlight of the week was the public debate, which featured the Hon. Frank McGuire MLA Parliamentary Secretary for Medical Research, Nobel Laureate Professor Peter Doherty AC, Professor Graham V Brown AM, Foundation Director of the Nossal Institute for Global Health, Dr Andrew Cuthbertson, CSO and Director of R&D at CSL, Mr Gary Johns, Fellow of Australian Institute for Progress and Ms Brigitte Smith, Co-founder and Managing Partner of GBS.

St Vincent's Institute's Dr Jibrán Wali was awarded the prestigious TJ Martin Medal for his work on beta cells in the pancreas.

Kirsten Perry won the ACMD Research Week Art Prize, for her work, *Self-Portrait*. The work was produced using eye tracking technology that maps the path of her gaze as she viewed her own face.

Thank you to all our researchers, our ACMD collaborators, visitors and special guests, for helping to make ACMD Research Week such a wonderful success!

To see some highlights from ACMD Research Week, including video of the official launch and public debate, please visit <http://ow.ly/RegNU>



Above: Kirsten Perry, with her work, *Self-Portrait*

## Put your hands together...

Day in, day out, over 6,000 dedicated St Vincent's Hospital staff work together to improve the lives of all the patients in our care.

In a show of community spirit, our hospital foyer was turned into a wonderful display of 'healing hand' messages.

Over 300 messages have been received, all of which mirrored the compassionate care provided by our wonderful staff.

We would like to thank everyone who donated or shared a healing hand message. To date the appeal has raised over \$110,000. The money raised will assist Prof Peter Choong and his team to further develop the cartilage regeneration project.



'I very much look forward to reporting on the progress of this project made possible thanks to the support of our donors,' Prof Choong said.

'Wishing you every success with your latest fundraising venture' D Humphreys

'God Bless Professor Choong and his valuable Team' Evelyn Graves

'Many hands make light work – God Bless you all'

'Wishing good health to all patients and staff at St Vincent's Hospital Melbourne' Peter Dawkins, Ulverstone, TAS

'Keep up the good work' Ross Cook

# 80,000 reasons to lap Princes Park!

On a sunny day in May, 600 staff, relatives, patients and friends of St Vincent's gathered at Princes Park with fun and fundraising in their sights.

Music, balloons, tents, food stalls and attendees in scrubs and costumes helped to set a carnival atmosphere as the runners and walkers set off.

Their efforts raised \$80,000 dollars, and the various departments raised funds specifically for the needs of their own patients. Here are a few of the stories from behind scenes, about the teams and what they're planning to do with the money they raised.

## Mental health

Goal: \$10,000 Raised: \$3,557.80

Social isolation can be one of the most debilitating effects of mental illness. The Mental Health team is trying, through their music therapy program, to provide a 'voice' to those experiencing mental illness who have little opportunity to be heard. The pilot program was funded by a philanthropic grant, and was found to improve social and mental wellbeing for participants.

The program coordinators are now looking for new funding to continue the program. The hardworking team held a cake stall as part of their fundraising which raised \$1,350, and they still need support to hit their target of \$10,000.

**\$80,000** in online donations

**600** participants plus family and friends

**50** volunteers

**56** teams

**\$16,266.50** raised by 8 East, the top fundraising team

**8** teams from St Vincent's Private Hospital



## Motor Mouths (Speech Pathology)

Goal: \$500 Raised: \$2,332.50

Speech Pathology's team of Scrubs Runners raised money to fund training programs for families and friends of people with communication difficulties. The program will educate families and friends as they support their loved one during stroke recovery.

As part of their fundraising they held a Movie night at Westgarth Cinema to help reach their target.

## 6th Floor Cancer Crusaders

Goal: \$5,000 Raised: \$8,903.30

Staff and patients from the busy haematology and oncology ward on the sixth floor walked side-by-side at the St Vincent's Scrubs Run to support cancer patients requiring lifesaving chemotherapy. Cancer patients undergoing treatment spend a long time on the ward, so they become part of the sixth floor family. Three patients, including a husband and wife team, took part in the 4km walk, alongside nursing staff.

The Cancer Crusaders raised money to buy more vital sign machines, which monitor the health of haematology patients at high risk of infection.

The team has set a modest target of \$5,000, enough to buy one more machine and have achieved a fantastic \$8,903.30. Ideally, the ward would be able to purchase three more machines, so every bit counts! Currently they have three machines for 32 patients, meaning they are constantly in high demand.

## Team Anaesthesia

Goal: \$5,000 Raised: \$3,287.99

The Anaesthetics team had a 13-strong team in the Scrubs Run, including leading fundraiser Dee Henriss. Even though Dee is a self-confessed non-runner, she thought the 4km run would be a fun activity and recruited colleagues and family members.

The team hopes to purchase an electronic pain management system for the department.

## Physiotherapy Department

Goal: \$1,500 Raised \$1,381.85

It's no surprise that this challenge suited members of Physiotherapy Department – after all, it's their job to help people get moving! They raised money for two highly specialised walking frames for patients needing rehabilitation. They also raised funds for equipment to help people with neurological conditions.

The funds also helped with portable oxygen trolleys for people with cardio respiratory illnesses and hand weights for their gym!

We are already planning our 2016 event and hope to see an even bigger turnout at Princes Park next year.



## 2015 Results

### Run a Mile for St Vincent's

#### Men

Anthony Dowling (5:39)  
David Froude (5:42)  
Hilton Gock (6:33)

#### Women

Veena Roberts (8:17)  
Angela Livingstone (9:27)  
Sharon Carvalho (10:37)

### 4km run

#### Men

Hugh Pentland (14:47)  
Lucas Butcher (15:30)  
David Burns (15:48)

#### Women

Georgie Adler (19:29)  
Monica Lammers (19:34)  
Michelle Bayley (19:38)

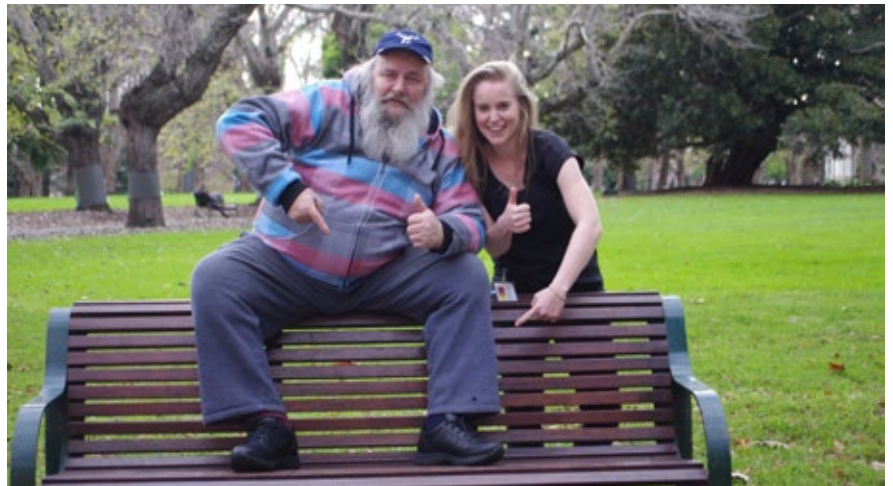
### 8km run

#### Men

Peter Iser (29:33)  
Aldo Marcon (29:42)  
David Pitcher (30:20)

#### Women

Olivia Jenvey (31:58)  
Hannah Ross (33:01)  
Alison Turner (34:24)



## Walk a mile in my shoes

St Vincent's hospital staff were shocked when they did the statistics. Fourteen percent of our patients are being admitted with bare feet; and main reason is that they didn't actually own any shoes.

While this is a concern for patients, particularly in the middle of a cold Melbourne winter, it's also means they are more prone to foot injuries. But there's an additional concern once they become a hospital patient – we know that inside a hospital, a barefoot person is 10–13 times more likely to fall.

Our Podiatry staff came up with the idea of setting up a 'Footwear Bank' in order to provide shoes for these needy patients but required financial help to establish the bank and buy the shoes. They contacted the St Vincent's Foundation who approached major commercial law firm Allens and philanthropic trust The Joe White Bequest. These two organisations generously agreed to help support this worthy cause. The Footwear Bank has now been running for just over two years.

The Footwear Bank provides safe and suitable footwear for patients at risk of falling, who have no or limited family support, and can't afford to buy shoes. All patients who receive Footwear Bank shoes get to keep them, which means they are less likely to suffer a foot related medical disorder in the future.

The support from Allens and the Joe White Bequest allowed the Podiatry Department to employ someone to set up and promote the Footwear Bank and purchase a range of shoes to cover the potential needs of recipients. Feedback from patients and staff has been overwhelmingly positive. One of our podiatrists tells the tale of a homeless patient in the Emergency Department who was overwhelmed to know that when he was due to be discharged, he would be leaving with a pair of new comfortable shoes.

**The Footwear Bank provides safe and suitable footwear for patients at risk of falling, who have no or limited family support, and can't afford to buy shoes.**

We would like to express our sincere thanks to Allens and The Joe White Bequest for their support in making this service possible.



# From lab coat to chef's apron

St Vincent's own medical scientist Jacqui Ackland recently handed in her lab coat for a chef's apron as she appeared as one of the final 24 contestants on reality cooking show MasterChef. We sat down with Jacqui to find out what it was really like behind the scenes.

## Why did you decide to enter MasterChef?

Cooking is one of those things that I've always enjoyed doing. I love being inventive, coming up with new dishes, using new ingredients and developing new techniques. I think that prepared me really well for MasterChef. I always watched the show and thought 'they're so lucky, I reckon I could do that!'

Last year I just put an application in and didn't think much more of it until all of a sudden I'm getting through each stage and I'm standing in the MasterChef kitchen thinking, 'how did I get here?'

## What was a typical shooting day like?

Every shooting day only one hour might be cooking, one hour might be tasting and the rest of the day is spent in the green room, studying and hanging out. There is a lot of downtime.

Once or twice a week I would do interviews. Sometimes it can be three or four days after the cook. There is a team of people taking notes while you are cooking and they sit you down and ask you questions based on the notes they have.

## What did you get up to in your downtime?

If you want to do well and develop throughout the series, you have to be reading, studying and practising cooking 24/7. On the weekends we would be in the kitchen at the house.



There was only one kitchen so you would have a rostered time to experiment with recipes and hone new techniques. Life revolved around cooking, practising, studying. But everyone is doing that and if you don't, you get left behind pretty quickly.

## Apart from cooking, what else did you get up to?

There was also a gym in the house; I'm big on exercise. Especially with the amount of eating I was doing, I tried to fit in some exercise wherever I could. It also kept the stress levels down.

## Did everyone get along behind the scenes?

That was one of my concerns going in. Among this year's group I was one of the oldest and I was unsure how I would go in a share house with some fairly strong personalities. Chuck 24 strangers into a pressure cooker and there's no telling what can happen. I actually thought that would be the most challenging part.

But they were such a great group. People say 'tell us what it's really like?'; but honestly, we all got along so well. Everyone is in this thing together so it requires support and respect to get through it.

## Being a fan of the show, did you ever think it was surreal?

All the time! But it's funny how quickly it becomes normal.

Yes, there are cameras and you are aware you are going to be on a TV show but they never actually show you any footage of you on the screen, so strangely it doesn't feel like you're on a TV show. They want you to be as natural as possible.

You often forget and if you're in the zone and mutter something under your breath, all of a sudden you have a camera in your face and the judges are asking 'what's going on here?'

## Who did you think was your biggest competition?

From start to finish I thought Billie was a threat. I felt that if I'm not going to win it, I want her to. Back then I thought she might have what it takes to win so I was rapt she was up there at the end.

## Do you feel your background as a medical scientist helped you in any way?

Recipes are about science, because you add certain quantities of ingredients together and that determines the outcomes.

I like organisation and order, so I was much better suited to a pressure test where you have a recipe and you're organised and ordered and work quickly. If I could have done these types of challenges the whole way through I would have been really happy. I was not so great at the mystery box challenge.



### Who were you excited to meet?

I've always looked up to Maggie Beer and going into the competition I really hoped I would get to meet her, so I was so excited to work with her in the kitchen.

I also have fond memories of the day we spent with Marco Pierre White, cooking one of his recipes with him right there with us.

### Is he really as terrifying as he comes across on the show?

No, he's a big softie. They let you think he is, but he is very genuine and inspiring. Meeting him was one of the rare occasions where a chef actually came into the green room and had a chat. We were all like school kids on the ground in awe of him. He tried to pass on as much knowledge and experience as possible. He said, 'don't try to impress me, just try to feed me.'

### What was your favourite dish?

My favourite dish was the one I got the most praise for, funnily enough. It was an invention test and I did an Orange Blossom Pannacotta with Pomegranate Liquid Centre, Cinnamon Crumble, Pistachio Praline and Pomegranate Syrup.

The two pressure tests I took part in were also great experiences. At the end of each one I thought to myself, that's what I signed up for.

You get a chance to do recipes that you would never do otherwise and you get a great sense of achievement.

### What have you been up to since leaving the show?

I had the rare opportunity to do some work experience with Shannon Bennett at the Piggery Café in Sherbrooke, but I have moved on as I needed to commit the time to getting my own business off the ground. I have just launched Dish Running With Spoon, which will focus on two areas.

The first is cooking dinner parties in people's homes. I will cook a 3-course dinner for small groups of people in the comfort of the client's home.

I have also created a range of take-home meals, where all the work of putting a nutritious home-cooked meal on the table has been done for you.

I'm lucky that I can experiment and explore these food ventures. If one day I need to make a decision on what to pursue, then I'll cross that bridge when I come to it. At the end of the day, things happen for a reason and I should at least give a shot.

# Our kitchen rules!

St Vincent's kitchen has recently started rolling out innovative meals for patients who have difficulty in swallowing. These patients have traditionally been provided pureed meals, but they looked like a plate with unrecognizable balls of food.

To make these meals more appealing and recognisable, the kitchen is now using specially designed trays to re-shape the pureed food back to its original form.

The reshaped food items include baby carrots, peas, cauliflowers, lamb chops, chicken, roast beef and even fish.

The process of pureeing and reshaping meals has also given the kitchen an opportunity to add a hospital grade fortifier to make the meals more nutritious. More importantly for patients who are having trouble eating, it means every mouthful is doing them good.



Watch the video:  
<https://youtu.be/2YXWiJpPaJQ>





# Don't dream it – do it!

Calling all cyclists! This is a once in a lifetime opportunity to indulge your passion, and raise funds for a good cause.

St Vincent's Hospital is teaming up with Bike France, to offer a fully supported cycle tour of the picture postcard Pyrenees.



During eight fabulous June days, riders will put their physical (and mental) fitness to the test, cycling over 600km, all while helping to raise funds for St Vincent's Hospital.

Within weeks of the start of the Tour de France, the St Vincent's Pyrenean Challenge takes riders on some of the most famous climbs of that epic event; including the Col du Tourmalet, Hautacam, Col d'Aspin, Col de Soulor, Col d'Aubisque and Luz Ardiden.

Although the itinerary is challenging, it is achievable to the average cyclist who is prepared to train beforehand. A support car will follow the tour, so there is always help in the event of a technical or personal hitch! You will not be alone as you conquer the 'Cols'!

The St Vincent's Pyrenean Challenge is a cycling experience of a lifetime. It is all about adventure, the challenge and having fun whilst helping to raise funds for St Vincent's Hospital Melbourne.

Book your spot, set your fundraising target and embark on a remarkable journey as you raise money for St Vincent's Hospital.

## Event Details

8 days of cycling  
(1 optional rest day)

5–6 hours of cycling per day

75–120km per day of cycling

1–2 climbs per day with an average of 2000m of climbing per day

Average climb length is 15–20 km

## Trip Details

Length: 9 nights

Dates: 9–18 June 2016 (9 nights)

Cost: \$3,995 AUD per person (based on minimum 10 guests, twin share). Includes luxury accommodation and all meals. Excludes airfares, connections and travel insurance

## WIN your place on the team!

One lucky team member will be selected at random to participate for FREE, only paying for their airfares, connections and travel insurance! To register your interest in the event please contact the Foundation on (03) 9231 3369



## Free bicycle parking at SVHM Gear up to ride your bike this spring

Staff now have free access to secure bicycle parking bays in the Fitzroy Street multi-storey car park, tripling the amount of bicycle parking available on our Fitzroy campus. There are now 160 free bays in both the multi-storey and underground car parks for staff who choose to ride to work.

The increase in free bicycle parking is an initiative of the St Vincent's Sustainability Committee and will reduce the health service's carbon footprint by encouraging staff to ride to work, enhancing staff satisfaction and creating a more sustainable environment.

It is important that bicycles are parked in the appropriate parking space provided to reduce the

OHS hazards to patients, staff and customers from the current surge in bicycles chained to poles/ fixtures/stairwells/entrances on the Fitzroy campus.

To gain access to the multi-storey car park bicycle parking please visit Security located in adjacent to Emergency to have your employee card updated.



**ST VINCENT'S  
HOSPITAL**  
MELBOURNE

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