

The Font



ST VINCENT'S
HOSPITAL
MELBOURNE

*Inspired
by
You*



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a credit
to you

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Congratulations
to our SVHA
Award Winners



Message from the CEO

The Sisters of Charity, who founded this great hospital 124 years ago, were pioneering and determined in their commitment to offer first-class healthcare to the community, especially the poor and vulnerable.

Today, our dedicated clinicians continue their Mission as they strive to make St Vincent's a place of welcome and healing for everyone in our community, especially those most in need.

And as we carry on the traditions established by the Sisters, we honour their legacy with a new tradition, the recognition of our Everyday Heroes. Again this year, we asked staff across St Vincent's to help us find those amongst us who make the St Vincent's community unique as they serve the St Vincent's Mission in everything they do.

Those people who are 'Inspired to Care' - who live the St Vincent's values of Compassion, Integrity, Justice and Excellence as they go about their day, making a difference in a small or large way, at every level, clinical or non-clinical, whether they've worked here for a few months, or a decade.

Congratulations to each one of our Everyday Heroes. Thank you for approaching each day you come to St Vincent's with compassion, integrity, a sense of justice and a commitment to excellence.

I hope you enjoy this edition of *the Font*.

'The culture that we have at St Vincent's is something built over generations and it is something that is nurtured every day.'

Susan O'Neill
Chief Executive Officer
St Vincent's Hospital Melbourne

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Christmas is just around the corner...

Purchase a variety of beautiful Christmas cards from St Vincent's Foundation office.

100% of the proceeds will go to St Vincent's Hospital.

Location: Ground Floor Building B, rear 55 Victoria Pde, Fitzroy

St Vincent's Hospital Melbourne is proud to be part of the St Vincent's Health Australia group, which is the second largest health and aged care provider in the country. SVHA's mission is to bring God's love to those in need through the healing ministry of Jesus. We are guided by the values of compassion, justice, integrity, and excellence.

Natalie's story

You may remember Natalie Kallelea from earlier in the year. Natalie, who suffered from debilitating epilepsy, underwent a world-first procedure to have a pump implanted in her abdomen that delivers medication directly into her brain.

Now 10 months on, Natalie would like to share her story...

I'm 27 years old and I have epilepsy, the most severe case my neurologist had ever seen. I was having up to eight seizures a day, which left me a prisoner in my own home. It got so bad that I could no longer shower by myself or use the kitchen, in case I had a seizure and hurt myself. I no longer wanted to go on living like this.

That's when I came to St Vincent's Hospital. I had tried every medication for epilepsy but nothing worked. I thought to myself "what am I going to do?" Then I met neurologist Professor Mark Cook and I felt that for the first time, I may finally have some hope.

Prof Cook asked me if I would be part of a world-first clinical trial, where neurosurgeons would implant a pump that sends medication from my stomach, directly into my brain.

My husband and I had our doubts but we had run out of options.

Following my operation in December 2016, I'm happy to report that I finally have my independence back. My life has been completely transformed and I've gone from having up to eight seizures a day to one a week. I have so much fun going to the shops by myself, without having to rely on someone else.

My future is bright! Once doctors get the levels of my medication right, my husband and I can hopefully start trying for a baby. Never in my dreams did I think this could happen, as I was told that I could never have children. This is fantastic news and I can't thank St Vincent's enough for helping me so much.

I want to thank Prof Cook and his talented team, for giving me this opportunity and for giving me my life back. But I also wanted to thank everyone who donated to the cause.



**'My future is bright!
Once doctors get the
levels of my medication
right, my husband and
I can hopefully start
trying for a baby.'**

I can't believe that over \$100,000 was raised by generous St Vincent donors. This funding has the chance to give someone living with epilepsy their independence and life back.

There are now six people who have undergone the procedure and Prof Cook and his team are looking to expand this even further, so more people have the opportunity to access this life changing treatment.

If you would like to support the revolutionary work of Prof Cook and his neurological team at St Vincent's Hospital, please visit www.stvfoundation.org.au/donate or call 03 9231 3365.

On behalf of all the patients who have benefitted from this treatment, I would like to thank everyone who donated from the bottom of my heart.

Love, Natalie

Watch Natalie's recent interview at www.stvfoundation.org.au

GEM unit... a credit to you



The Fitzroy Geriatric Evaluation and Management (GEM) Unit is a 22-bed unit that cares for complex patients with a range of medical, physical, psychological and social issues associated with the ageing process.

GEM Unit has many patients who are a falls risk, which can result in serious injury and complications. The team has undertaken an ongoing improvement project to reduce the risk of falls and ensure that patients are safe when on the ward.

'A review of falls revealed that most patients were falling when staff were not actively supervising them,' GEM Nurse Unit Manager Kate Allen says. 'An activity follow was conducted to determine how often patients were not under direct visualisation.'

An activity follow is used to document minute by minute what the nurse is doing during the shift.

'After the activity follow, we set an initial target to increase the time patients are directly supervised from 21 minutes each hour, to more than 30 minutes each hour,' Kate says.

'A 'quick fix' identified early in the project was to improve the way Proximate alarms were being used on the ward. Staff had become desensitised to alarms and each nurse was carrying multiple pagers, causing delayed response times.

The team consulted with Medical Engineering and the company to improve the programming of Proximate alarms. Alarms were then grouped together on dedicated pagers so that no more than two pagers are carried by one nurse during the shift and two 'Gold' pagers are carried by night shift which are connected to all Proximate alarms.

Extra pagers are left in the nurses' station and Allied Health station to encourage all staff to be accountable for

GEM Unit has halved the number of patient falls during 2017. In addition, there has not been a fall resulting in serious harm in the same period.

Average Monthly Falls

2015	12
2016	12
2017 (Jan – Jun)	6.5

Serious Harm falls

2015	3
2016	7
2017 (Jan – Jun)	0

falls minimisation.

'A second activity follow showed an eight per cent increase in direct patient supervision. A Standard Operating Procedure has been developed to maintain the new process.'

GEM Unit has reduced falls by half during 2017. In addition, there has not been a fall resulting in serious harm in the same period.

A Falls Minimisation Team has been established, dedicated to continuing to improve local falls prevention. Their work has informed an organisation wide project called Your Care, Your Way, which aims to share the learnings from GEM's approach to falls prevention and improve local engagement with reducing falls.

'We will continue to identify and address issues that affect direct patient supervision as they come up, and share those outcomes throughout the organisation.'



Introducing Father Zaher, our new Chaplain

Father Zaher Mhanna recently joined the St V's family as Chaplain at the St Vincent's Public and Private Hospitals. Zaher has had a remarkable journey here to St Vincent's.

'I was born and raised in Syria, studied theology and philosophy at the College of St Paul in Beirut,' Father Zaher says. 'Six months later I was parish priest in Damascus with a parish of 5,000

families when the Syrian war started in a place very close to my village.'

Father Zaher has been in Australia since 2015 and has worked at a number of parishes across Melbourne before transferring here to St Vincent's.

Father Zaher is also a qualified chef and loves cooking.

Congratulations to our SVHA Award Winners



Congratulations to the Social Work team in the mental health acute inpatient unit here at St Vincent's, who won the Growth & Sustainability category at the recent St Vincent's Health Australia Innovation & Excellence Awards.

The team won for their improvement project, which implemented a standardised process for screening patients. They found that only 17 per cent of clients were contact by Social Work, which contributed to a length of stay of 28 days.

The screening tool now ensures that all patients are reviewed by social work as soon as possible after admission and are screened for any barriers to discharge.

'Since we implemented the screening tool, we have been able to see all patients between day one and day three of admission,' social worker

Megan Buck says. 'Social workers can now identify the barriers to discharge themselves and start working straight away.'

This project is a shining example of an improvement project with outstanding results, improving client outcomes and contributing to reducing length of stay to 9.2 days.

Well done to the team!

100%

of consumers have Social Work support (vs a baseline of 17%)

9.2

daily average stay length, improved from 28 days



World Physiotherapy Day – 8 September

'World Physiotherapy Day recognises the great work our physiotherapists do every day here at St Vincent's. There are over 65 of us that work during the week, and another 65 that work on weekends. It's great working with a group of people who love what they do, and are passionate about making a real difference. I'm proud of the work each and every one of them do and their commitment to get our patients well and out of hospital.'

Rob Mehan,
Chief Physiotherapist



Congratulations to Helen Carter

Congratulations to FaPMI (Families where a Parent has a Mental Illness) Coordinator Helen Carter, who was recently recognised with a Highly Commended Award at the Tandem Awards for Exceptional Service to Families and Carers in Mental Health.

Helen was presented with her award by the Hon. Gabrielle Williams MP, Parliamentary Secretary for Carers and Volunteer.

Tandem is the peak body for families and carers of people experiencing mental health challenges and emotional distress in Victoria, and the Awards honour the positive impact that the family and friends of those with mental illness and service providers make.

Helen was nominated for demonstrating a family inclusive approach and compassionate work practices here at St Vincent's.

Well done Helen!



St Vincent's remedy for medication shortages



Hospital drug shortages have the potential to put patient lives at risk. At St Vincent's, the two people responsible for securing these vital medications have developed a system to avoid that risk.

Senior Pharmacist Daniel Lim and Procurement Manager Danielle Avery are understandably cautious about revealing too much detail, as they don't want to lose the advantage they've achieved for our patients.

Their system involves meticulous research and product, manufacturer and supply chain knowledge, along with information on medications that are in short supply, and potential substitute medications.

This constant supply of medications is dependent upon a number of things that can change, sometimes very suddenly.

Things like raw material shortages, complicated tendering processes, manufacturing plant closures, changes to contract arrangements and transportation delays can all impact the supply of medications.

When more than one of these things impacts at the same time, it's virtually impossible to predict; such as in early 2017, when we had an unprecedented shortage of medications affecting hospitals across Australia.

Daniel Lim calls it "the perfect storm. Hospitals started borrowing life-saving medications from each other and restricted use of certain medications for critical use only.

'A whole raft of antibiotics was out – meaning life threatening infections were compromised or could be compromised potentially if we didn't have robust contingencies in place,' he said.

The painkiller Fentanyl is used in most anaesthetic procedures and it suddenly became unavailable, prompting our Director of Anaesthetics Professor David Scott, to call for tax incentives to be given for companies to manufacture critical drugs here in Australia.

Some cardiology, endocrinology and chemotherapy medications were also in short supply.

'Once the perfect storm happened, we had to work deeper and broader, and escalate things higher,' said Daniel. 'The system came into its own, and not one St V's patient was adversely affected by the medications shortages.'

Dan and Danni, manage over 490 thousand medication transactions a year for St Vincent's, accounting for a whopping \$96 million of the hospital budget.

The primary goal underpinning their work is to ensure that all patients can access the medication they need for their treatment.

'It all comes out of our pockets as taxpayers, so we can't waste our money – I don't waste it at home why would I waste it at work?'

'My job has a knock on effect for everyone that has any medication in this hospital and I'm accountable for every patient that comes in the door. So if I don't do my job well, I'm in big trouble. I can't drop the ball,' said Danni.

What gave it life for me was being in ICU and seeing the patients that would be impacted by not getting the medications they rely on to get better" said Dan.

The other important benefit has been financial. The system that the team put in place avoids purchasing medications from expensive sources, unlike many other hospitals.

'We didn't have any budget blowouts because we managed it the way we have. We haven't had to order any expensive overseas stock,' said Dani.

'It all comes out of our pockets as taxpayers, so we can't waste our money – I don't waste it at home why would I waste it at work?'

Meet the latest edition to the Emergency Department



Left: Sammy Mabilia, Sam the mannequin and Dr Neil Cunningham.

You may remember Sammy Mabilia, a twenty-one year old ACU law student who ran her first Melbourne Marathon to raise money for the St Vincent's Emergency Department last year.

Sammy raised \$2,315 which enabled St Vincent's Foundation to purchase a new mannequin for the Emergency Department.

The mannequin, aptly named Sam, is used several times a day by the airway team before every shift in the

Emergency Department. The team practice airway intubation drills to make sure they are prepared for the next airway emergency that comes through the door.

Thank you to Emergency Physician Dr Neil Cunningham, who supported Sammy throughout her journey and coordinated the purchase of Sam for the team.

You too can support St Vincent's Hospital and organise your very own fundraising event. The Foundation can help you with your planning, promotion and fundraising ideas.

We'd love to hear from you, call Heather Rendell on 03 9231 3118 or email her at foundation@svhm.org.au

Thanks again Sammy!

Sharing the warmth with the Good Samaritan Fund

Betty and Norman have been by each other's side for over 60 years, but their romance did get off to a rocky start.

'I've known Norman since I was 14. I met him on a bus going home from work one day. I used to see him around and he asked me out when I was 16 and then he didn't show up,' Betty laughs.

But they have stood by each other since, supporting each other as they have both gone through a number of health scares since the 1970's. Each time, St Vincent's has been there as well to care for them.

'I spent six months at St Vincent's and it was like a second home,' Betty says. 'I couldn't walk, I couldn't do anything, but they got me back on my feet.'

While Betty was sick at St V's, Norman began wasting away and was eventually admitted as well, and treated for two tumours.

'They have been really wonderful for us,' Betty says. 'We are very grateful. Without the help of St Vincent's, I think we would be long gone.'

Now staff have again been able to help Betty and Norman. The heater and oven top cooker at their house broke down recently, preventing them from cooking meals and keeping warm in the winter. Thanks to the Good Samaritan Fund, the elderly couple has a new heater and cooker.

'I spent six months at St Vincent's and it was like a second home.'

The fund is entirely supported by St Vincent's staff and assists patients who are experiencing high levels of poverty, vulnerability and hardship.

'St Vincent's is always there to help us, they are helping us even now and we are very grateful for that,' Norman says.

If you would like to donate to the Good Samaritan Fund, please go to www.stvfoundation.org.au/goodsamaritanfund

Hear Betty and Norman's full story. Watch the video at youtu.be/t3nQMA5B4Y



'I hope you're both nice and warm Betty and Norman thanks for sharing it great to see some stories of how we are helping.'

Janine Myrie

Our inspiring Everyday Heroes



Congratulations to our 20 Everyday Heroes, who were acknowledged at a special ceremony by Acting CEO Martin Smith and Mission Director Maria Egan.

We asked staff to help us find those amongst us who make the St Vincent's community unique, those people who are "Inspired to Care" - who live the St Vincent's values as they go about their day.

'This was your opportunity to recognise your colleagues who see, serve and strive for something greater, as they serve the St Vincent's Mission in everything they do,' Martin said.

Over 50 nominations were received – thank you to everyone who took the time to nominate the people who inspire them.

Our Everyday Heroes are a mix of doctors, nurses, support services, cleaners, admin staff, managers and volunteers. Our Heroes are spread across many of our services, including St Georges, Aged Care and Correctional Health, as well as Fitzroy.

'Thank you for approaching each day you come to St Vincent's with compassion, integrity, a sense of justice and a commitment to excellence.'

Congratulations to each one of our Everyday Heroes. Thank you for approaching each day you come to St Vincent's with compassion, integrity, a sense of justice and a commitment to excellence.

Danny Boavida, Cleaner, Aged Psychiatry Inpatient Unit

Frank Tracomala, Food Services Assistant, Food Services

Dr Neil Cunningham, Emergency Physician, Emergency Department

Mary Argondizzo, Food Service Supervisor, Environmental Services

David Reid, STAR Member & ICU Data Analyst, STAR/ICU

Glenda Maitland, Food Services Assistant, Food Services

Les Mezzalira, Volunteer

Joo Hee Oh, Bank Nurse, Nurse Workforce Unit

Angela Tassis, Foot Courier, Pathology

Fay Halatanu, Aboriginal Liaison Officer, Aboriginal Health

Dr Anton Claridad, Perioperative Medicine Registrar, General Medicine

Olive Barnes, Volunteer

Peter Dwyer, Volunteer

Matthew Hynes, Enrolled Nurse, GEM Fitzroy

Joan Logan, Registered Nurse, Intensive Care

Paula Bradley, Nurse Unit Manager, 9 West

Kris Mihaly, Manager Correctional Health, Correctional Health

Chris Graven, Senior Physiotherapist, GEM Unit

Don Tulliani, Support Services Assistant

Rodney Phutully, Patient Services Clerk



Kris Mihaly

As Correctional Health Manager, Kris Mihaly demonstrates all the qualities of a great ambassador day in and day out.

Kris joined St Vincent's 30 years ago and since her first day has gone above and beyond, displaying genuine care for the safety of patients and staff.

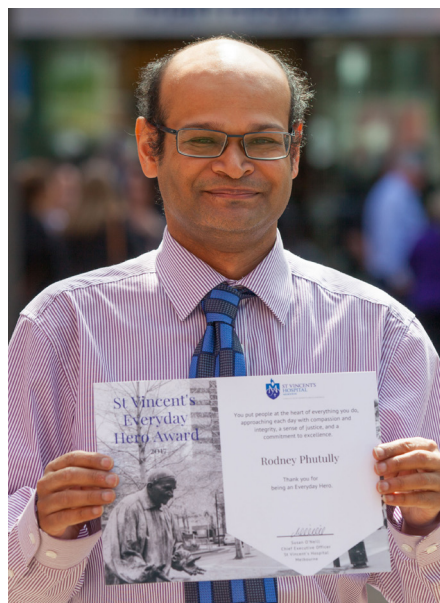
Kris' passion and motivation in continuing the work of the Sisters of Charity is infectious, upholding the Mission and Values to staff on the floor as well as in meetings.

Kris' willingness to take on difficult projects and see them to successful completion has been a hallmark of her work over the years.

Although Kris was very touched by the accolade, she insists that it's very much a time effort.

'Prisoners are a marginalised group and the team is there every day doing the hard work of advocating for our patients,' Kris says.

'The job is intense, it's a challenge, and sometimes risky, but for the staff who work in the prison system, it can be a very rewarding experience.'



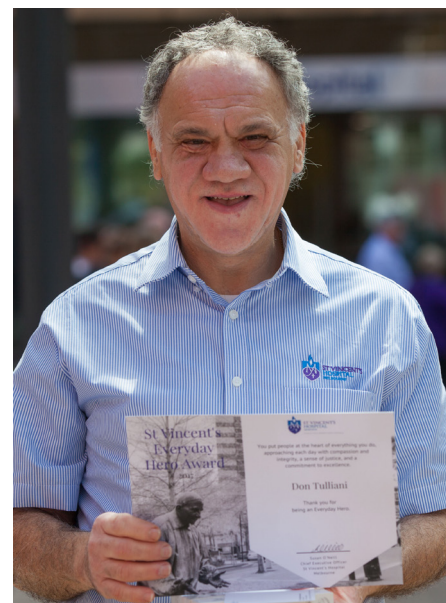
Rodney Phutully

Those who have the pleasure of working with Patient Services Clerk Rodney Phutully on a daily basis believe that Rodney embodies the St Vincent's values.

Working on the 10th floor neurosurgical ward, Rodney is hardworking, friendly, and thrives on the frantic environment.

Whether it be patients, families, or staff members, Rodney treats everyone with respect, demonstrates compassion and goes out of his way to ensure that people have a positive experience at our hospital.

Nothing is too much trouble for Rodney, and he can often be found frantically trying to retrieve and disseminate information to support the clinical activities of the ward. In what can sometimes be a confusing system, Rodney ensures that many of our patient's receive appropriate follow-up. It is stressful work, but Rodney does it diligently and with a smile on his face!



Don Tulliani

Don Tulliani has worked as a Support Services Assistant at St Vincent's for 33 years, tirelessly working to ensure that his patients have everything they need to make their hospital stay that little bit more comfortable.

Those that work closely with Don describe him as a supportive and diligent team member who quietly goes about his work with minimal fuss and a great sense of humour.

Don is particularly commended for his ability to take on students and teach them so they become a part of the St Vincent's family.

When asked what he most enjoys about his job, Don says it's the people.

'The people make St Vincent's such a great place,' Don says. 'We are here to serve the community and we come to work each day and try our best to help our fellow man.'

'It's nice to be appreciated. It's nice to know that there are people that appreciate what you do when you come into work and try your best.'



Nurse turned patient, gives back

Gippsland Nurse Tayla Trembath got the shock of her life on a gloomy day in August last year, when she was told that she had a brain tumour which urgently needed to be removed.

Her local hospital where she works could not perform this procedure, so she was transferred to St Vincent's and had her operation the very next day.

Fortunately, the surgeons were able to remove the entire brain tumour and Tayla only needs to have yearly MRI checks.

'The team at St Vincent's, including my nurses, neuro surgeons, physios, OTs, pastoral care and allied health staff were absolutely amazing,' Tayla says. 'They supported me and my family through my most difficult time and made the whole experience as enjoyable as it could be.'

The Trembath family wanted to give back to the hospital that saved their daughter's life and held a fundraising event in their backyard where they were joined by 80 of their close family and friends. They exceeded their target and raised an incredible \$9,080 for the neuro surgery ward.

'I am a nurse myself and my time here at St Vincent's has made me want to be a better nurse and achieve more in my career', Tayla says. 'Already being back at work, I can see I am a better nurse for being a patient here.'

You can watch Tayla's full story at www.stvfoundation.org.au.

Meet Michael Piscioneri our Donor of the Month

Until 12 months ago, Mildura fruit grower Michael Piscioneri led an active, healthy lifestyle, running his family's business and taking care of his young family.

Then Michael started to feel unwell.

'I lost a lot of weight in a short period of time and my joints became very painful,' Michael says. 'I knew that something was wrong. I visited the men's health clinic in Mildura where they referred me to the St Vincent's Rheumatology department.'

Michael was diagnosed with a rare disease called Scleroderma – a chronic connective tissue disease with symptoms including hardening of the skin.

Scleroderma can cause serious damage to internal organs including the lungs, heart, kidneys, oesophagus and gastrointestinal tract. The disease can affect every age group, from infants to the elderly, and it is estimated that there are over 5,000 people living with Scleroderma Australia-wide.

'I was scared of the unknown. But then I met Dr Wendy Stevens and her team and I knew I was in good hands.'

'At first I didn't know what to expect, I was scared of the unknown. But then I met Dr Wendy Stevens and her team and I knew I was in good hands.'

After two months of tests, which had a severe impact on Michael and his family, he was prescribed medication which would relieve his symptoms quite quickly.

'Once I started to take the medication my life began to return to normal,' Michael says. 'I started working again, my breathing improved and I could manage my pain effectively.'

'The hard working team at St Vincent's gave me my life back. I can now continue to live an enjoyable life with my wife and children.'

Michael wanted to give back to the team who gave him so much, and decided to donate to the Rheumatology department.

The St Vincent's Rheumatology department research team is leading the way in Scleroderma research, and thanks to a generous donation from Michael the team can continue to undertake this vital research.

'Our donation is a way of saying thank you. I really hope that in time, the work that the team is undertaking really pays off and we find a cure for Scleroderma. My family and I will be forever thankful.'

If you would like to support research in Scleroderma, please contact St Vincent's Foundation on 03 9231 3365 or visit www.stvfoundation.org.au/scleroderma



Making a real difference to the lives of cancer patients

In July, a dedicated group of fundraisers supported St Vincent’s Cancer Centre through the Dry July campaign. This committed bunch raised a staggering \$41,000 which will enable the Cancer Centre to purchase a scalp cooling cap for patients going through chemotherapy.

The scalp cooling cap reduces the risk of hair loss during chemotherapy, by decreasing the scalp temperature and blood flow to hair follicles. This new piece of equipment will significantly transform the lives of people living with cancer by improving their self-confidence and dignity during this difficult time.

In addition to these caps, Dry July donations will further make a positive impact by purchasing patient comforts such as newspapers, flowers and

medical alert cards, providing an environment that is welcoming, supportive and comforting.

Patient Vera na Ranong knows all too well the importance of home comforts during treatment.

‘I was diagnosed with Hodgkin’s lymphoma in November, and received treatment at St Vincent’s until April,’ Vera says. ‘It was a shift for me not to be well. I’ve always been very fit and healthy. I’m a marathon runner and last year also completed my first half ironman.’

After successfully completing her treatment, Vera was determined to raise funds for St Vincent’s Cancer Centre and signed up to Dry July.

‘The experience of cancer is different for everyone, but for me, your support network helps you get through and provides reason to get better,’ Vera



says. ‘Dry July funding helped provide the little things that are not directly required to ‘get better’ from cancer, but make a world of difference to mental health and stress levels.’

Thank you to our generous donors, who have helped St Vincent’s continue to provide the highest quality patient care.

Australia’s forgotten disease

Polio is often an overlooked disease in Australia, but Malek Sleiman is reminded every day as she deals with the ongoing effects of polio.

Malek contracted polio at only 15 months of age in 1981, making her probably the youngest person to have contracted polio in Australia. As a single mother of four it is important that Malek can stay on her feet.

‘It’s a case of mind over matter,’ Malek says. ‘I have to be strong for the sake of my kids. There are days where I don’t leave my house, because I’m in pain. But when I do feel good, I try and make the most of it.

Malek is able to lead an active life with the support of Polio Services Victoria (PSV) at St Vincent’s, the only dedicated public polio service in Australia, PSV provides ongoing expertise and support for people who have had polio, comprising a multi-disciplinary team that offers assessment, referral, education and group programs across Victoria.

Physiotherapist Claire Formby says that there is a prevailing view that polio is no longer an issue in Australia, or that only those who are very old suffer from it, but that is not the case.

‘There is a group of Australian born and infected individuals aged 50 upwards who access our service,’ says Claire. ‘Malek is one of the youngest Australian born people to ever access our service.’

‘Traditionally, the majority of our clients have been older Australians, but we are now finding our growing referrals come from overseas, particularly as refugees.’

As polio survivors get older, they can begin to show further symptoms, which include new weakness, joint and muscle pain and fatigue, known as ‘late effects of polio’.

Malek is still learning about her disability as she begins to show some of these symptoms.

‘I only noticed recently, when I kept tripping and then I had a real bad fall, where I cut my knee open, and I thought “something is not right”’.



Thank you for your support

We always appreciate your help. If you would like to support our work, please complete and return it to:
St Vincent’s Foundation
PO Box 2900
Fitzroy, Victoria 3065

Your gift

☐ I would like to make a gift of: \$ _____
or
☐ I would like to become a monthly supporter and give a regular donation of:
☐ \$25 ☐ \$50 ☐ \$100 ☐ Other \$ _____

Your credit card will be debited on or around the 15th of each month.

Donor details

Name: _____
Address: _____
Preferred phone number: _____
Email: _____
Date of birth: _____

Payment details

Name on card: _____
☐ Mastercard ☐ Visa ☐ Amex
_____/_____/_____/_____
Expiry: ____/____
Signature: _____

Other ways to donate

- (03) 9231 3365
- www.stvfoundation.org.au/donate
- Complete and return this form to:
Reply Paid 65162, Fitzroy VIC 3065
- Foundation Office,
Rear, 55 Victoria Parade,
Fitzroy VIC 3065

Your financial support towards St Vincent’s is greatly appreciated. All donations over \$2 are tax deductible and a receipt will be issued. The Foundation is compliant with the Australian privacy principles. Please visit www.stvfoundation.org.au to view our privacy policy.
☐ Please tick here if you DO NOT want to receive future communications from St Vincent’s Hospital Foundation.
ABN: 22 052 110 755

Leaving a bequest

Gifts in Wills are a way of providing vital support to St Vincent's Hospital without affecting your current financial circumstances

By including St Vincent's Hospital in your Will, you play an important part in contributing to its future. A future where medical research, specialised equipment and state of the art facilities provide the highest level of care to people in need.

We would love to hear from you.

Please send me:

- ☐ Information on how I can include St Vincent's Hospital in my Will
- ☐ I have already included a gift in my Will to St Vincent's Hospital

For more information please contact Sue Worland, Bequests Officer, on (03) 9231 3363 or email sue.worland@svha.org.au



**ST VINCENT'S
HOSPITAL**
MELBOURNE

Australian women join forces for St Vincent's

Alcohol is a socially acceptable part of Australian culture, however alcohol abuse is a common problem in our healthcare system.

While alcohol abuse is often primarily seen as a male issue, women need drink only three standard drinks a day to put themselves at risk. And while women are more likely to seek help for almost any problem, this is not the case when it comes to alcohol abuse.

St Vincent's Recovery and Support Program (RASP) aims to provide assistance to women with substance abuse issues, by promoting recovery and personal wellbeing.

The eight week group based day program uses steps to achieve the goals of acceptance, courage and building a 'life worth living'.

The Sisterhood Charity Luncheon saw more than 400 inspiring women join forces to raise \$52,000 in funds for RASP.

The luncheon has become a signature event for St Vincent's Hospital, with the hardworkg Sisterhood committee bringing together a network of women

who freely give their time and in return encourage others to contribute whatever way they can.

A/Prof Yvonne Bonomo, Director of Addiction Medicine at St Vincent's spoke at the Sisterhood event, saying the education the program provides is vital in supporting recovery.

'They say educate a woman and you educate a family and a community,' Yvonne says. 'Broaden that word 'educate' to 'support a woman to recovery' and your investment will pay off not only in the woman but also in her children and in her community. With appropriate support these women can be helped back on track.'

If you would like to join us for this fabulous, fun-filled event next year, email events@svha.org.au



ST VINCENT'S SCRUBS RUN

SAVE THE DATE
Sunday, 15 April 2018

'Educate a woman and you educate a family and a community. Broaden that word 'educate' to 'support a woman to recovery' and your investment will pay off not only in the woman but also in her children and in her community.'



**ST VINCENT'S
HOSPITAL**
MELBOURNE

PO Box 2900 Fitzroy
VIC 3065 Australia
(03) 9231 2211
www.svhm.org.au

f StVincent'sHospitalMelb
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