

CONNECTION

CONNECTING OUR COMMUNITY THROUGH HEALTHY GIVING

MARCH 2025

Quest Frankston on the Bay supports Peninsula Health's early career team members

Peninsula Health celebrated more than 300 early career team members on Thursday 12 December at its first multidisciplinary learner ceremony.

Developed in partnership with Quest Frankston on the Bay, the event brought together graduates, interns, registrars, and postgraduate students from diverse fields, including nursing, midwifery, medicine, mental health, pharmacy, radiology, and allied health.

The afternoon was an exciting opportunity to celebrate the achievements and dedication of Peninsula Health's early career team members as they advanced their healthcare careers throughout 2024.



Image from left: Colleen White, Marie Salehi, Summer Kelly, Nicole Rust, Kristen Bruce, Bianca Jehu, Alanah Sbisá, Aimee Churcher, Melanie Oliver. Ground from left Emma Perazza, Quincy Seagren Hughes, Irene Thorson, Emily Larken

It also highlighted the role of Quest Frankston on the Bay in making this celebration possible, reflecting the value of community partnerships in nurturing the next generation of healthcare workers.

"It [was] a privilege to have been a part of the growth and development of our 2024 learner programs," expressed Adjunct Professor Fiona Reed, Executive Director Nursing and Midwifery at Peninsula Health. "All of our learners have shown great resilience in facing the challenges of a demanding, ever-changing clinical environment. You should all be immensely proud of your achievements."

One of the key moments of the event was the Awards of Excellence, which recognised individuals who have exemplified Peninsula Health's values through exceptional patient-centred care. These awards highlighted the impact of strong mentorship, educational support,

and the collaborative spirit fostered within Peninsula Health's learning programs.

Quest Frankston on the Bay's sponsorship played a vital role in bringing the ceremony to life. By partnering with Peninsula Health, Quest demonstrated its commitment to supporting the development of local healthcare professionals and ensuring the community continues to receive high-quality care.

As Peninsula Health looks to the future, its collaboration with organisations like Quest Frankston on the Bay ensures a strong foundation for growth and excellence in healthcare.

Thank You for
your support
*Quest Frankston
on the Bay.*



Welcome from the Chief Executive

The Autumn edition of Connection showcases the wonderful impact strong community support is having across Peninsula Health.

From Rosebud to Frankston, cardiology to women's health, our donors and volunteers are continuing to make a difference. The year ahead is an exciting time for Peninsula Health and our community.

In December last year we announced that Peninsula Health will merge with Alfred Health and Kooweerup Regional Health to form Bayside Health (working title) from 1 January 2026. In February we welcomed the announcement that Bass Coast Health and Gippsland Southern Health will also join the voluntary merger.



This publication is funded by Village Glen.

We are especially grateful for their donation which enables us to better communicate with you, our valuable donors. Village Glen also sponsored our FEB50 Challenge in support of Rosebud Hospital.

The complementary nature of the five health services means we will be able to provide the full spectrum of care for the 1.2 million people we'll serve through this network. When complete, Bayside Health will provide 'one door' into a full range of existing services which our dedicated team of healthcare workers and other professionals will look to build on. This will include new opportunities for broader community involvement in clinical trials and health research, as well as easier and more seamless access to specialist care.

Significant progress continues to be made on the Frankston Hospital redevelopment. Minister for Health Infrastructure Mary-Anne Thomas visited the site recently to inspect the completion of the external façade and see the newly opened 13-bed short stay unit in the Emergency Department.

Construction of the redevelopment is on track to be finished later this year, with the new building set to open in January 2026.

To stay up to date with news from Peninsula Health, please follow us on social media or head to the latest news section of our website.

Lastly, I would like to take this opportunity to thank you for your contribution to helping our teams provide the best of care to people living in Frankston and the Mornington Peninsula. Your support really does make a tremendous difference, as shown by some of the fantastic stories in this publication.

I hope you enjoy reading this edition of Connection.

Helen Cooper,
Chief Executive



Image: Frankston Hospital Redevelopment



Image: Demonstration of airways vest.

Revolutionising lung care

Thanks to the generosity of The Angior Family Foundation, Frankston Hospital is one of only a small number of hospitals in Victoria and across Australia that offer the service of whole lung lavage – a specialised procedure that uses a saline (saltwater) solution to 'wash out' the lungs and clear abnormal material that obstructs breathing.

Traditionally, after a whole lung lavage, physiotherapists would perform chest percussions to help move the saline solution throughout the lungs and clear out secretions blocking the airways.

This process can take several hours and requires multiple physiotherapists to manually perform continuous percussion.

Earlier this year our respiratory service acquired an Airway Clearance Vest, which provides a more comfortable and effective way to deliver continuous vibrations to the patient's chest wall. This reduces the time needed for the patient to remain under general anaesthesia and improves the efficiency of lung clearance. It also significantly reduces the discomfort experienced by the patient after the procedure.

SPOTLIGHT



Image: President Margaret with Kiosk volunteers Pat and Mary.

The kiosk at the heart of Rosebud Hospital

Renowned for its delicious food and friendly faces, the Rosebud Hospital Kiosk is a beloved cornerstone of both Peninsula Health and the local community.

Since its inception, the Rosebud Hospital Kiosk Auxiliary has raised over \$500,000 for Rosebud Hospital, with an impressive \$70,000 raised in 2024 alone to fund the purchase of life-saving equipment.

According to Margaret, the President of the Auxiliary, the kiosk's efforts last year will help fund the acquisition of an infant resuscitator, a vital piece of equipment designed to provide essential respiratory support to newborns in need.

"Most of our funds come from selling sandwiches and plenty of coffee. Last year, we were fortunate to receive a donated coffee machine, which has made a huge difference to our savings," explains Margaret. "We also sell lots of knick-knacks like baby clothes, toys, lollies, and jewellery."

However, the kiosk doesn't rely solely on sales. It also hosts its own fundraisers and receives generous cash donations from staff and patients alike.

Margaret, who joined the kiosk after retiring to Rosebud, became president just three years ago, following Melbourne's COVID-19 lockdowns.

"COVID was an incredibly challenging and stressful time," reflects Margaret. "Before the lockdowns, we had more volunteers, but after everything shut down, it became much harder to find people to help."

Now we have about 35 volunteers who rotate through, with four team members working in the kiosk every weekday."

The kiosk resumed full operation in 2022, after a two-and-a-half-year hiatus due to COVID-19.

"In recent months, it's really started to pick up again. Having a place like the kiosk, where families can come together while their loved ones are staying in the hospital for several days or weeks, is incredibly important. There's a great atmosphere here," says Margaret.

"Rosebud is an exceptional community hospital. You never hear anyone say a bad word about the service, and I'm so proud that our kiosk has raised over \$70,000 to help improve our services for the local community."

Join us

Become a volunteer with the Rosebud Hospital Kiosk Auxiliary. Contact our Volunteer Program manager for more information on **9784 2674** or **hwilson@phcn.vic.gov.au**.

Retired obstetrician continues giving to his community

Former Frankston Hospital Obstetrician and Gynaecologist, Dr Geoff Wicks, not only celebrated his 100th birthday recently, but continues giving through regular donations and fundraising.

After retiring from medicine, Dr Wicks continued his association with Peninsula Health, but this time as a donor, supporting various fundraising appeals to raise money for new medical equipment over the years.

"I appreciate the work they do and I could see the need," says Dr Wicks, when asked why he started donating to Peninsula Health.

A Mornington Peninsula local, Dr Wicks has enjoyed caring for the community where he lives. Now a great-grandfather to 30 great-grandchildren, he knows that supporting Peninsula Health will help to look after his family in the future.

Dr Wicks started his career at The Alfred Hospital before coming to Mornington to work as a locum. When he returned years later he worked as a GP before he began caring for women across Frankston and the Mornington Peninsula.

"In 1977, I left general practice and became a specialist in Obstetrics and Gynaecology, working at the Bush Nursing Hospital in Mornington and Frankston Hospital," recalls Dr Wicks. "I continued as a specialist until the early 90s."

Dr Wicks has delivered thousands of babies over the years and seen many advances in medical technology.

"Ultrasound was one of the enormous discoveries. We could look at the baby in the womb and whether it was presenting by the head or the bottom, whether it was one or two," says Dr Wicks.

Other major changes to medicine Dr Wicks saw were the increased use of caesarian delivery, improved anaesthetics and less use of forceps.

"Sometimes people come up to me and say are you Dr Wicks? I say oh yes, and they would give me a bit of an account of the fact I delivered their babies or delivered them!" Dr Wicks says.

His advice for others who want to live a long and joyful life - family and staying active. "There's a lot to be said for having a happy family - I would have to say that's the secret, together with activities and keeping up a social life - that's the most important thing." Dr Wicks says.



Image: Dr Geoff Wicks

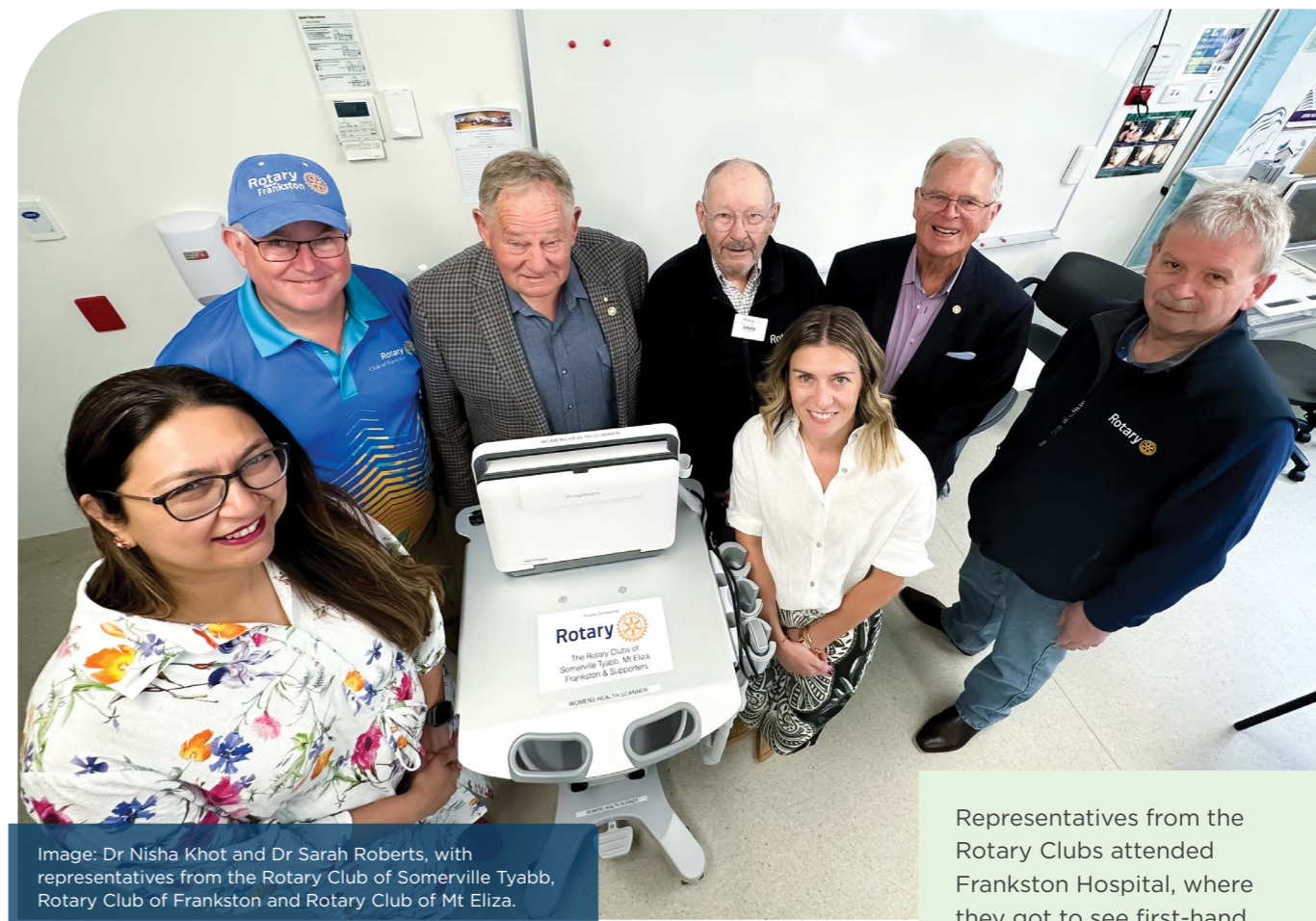


Image: Dr Nisha Khot and Dr Sarah Roberts, with representatives from the Rotary Club of Somerville Tyabb, Rotary Club of Frankston and Rotary Club of Mt Eliza.

Rotary fund vital new equipment for Women's Health Unit

The Women's Health Unit at Frankston Hospital now has a state-of-the-art portable ultrasound machine thanks to the generous support of local Rotary Groups.

The Rotary Club of Somerville Tyabb, Rotary Club of Frankston and Rotary Club of Mt Eliza joined forces to raise \$26,200 to purchase this life-saving piece of medical equipment.

"The new ultrasound machine has made a huge difference to women's care," explains Dr Nisha Khot, Clinical Director of Obstetrics and Gynaecology at Peninsula Health.

"It is used every day, especially in emergencies when decisions need to be made quickly. Thank you so much to the Rotarians for their wonderful support."

Captain Dick Cox OAM, Immediate Past President, Rotary Club of Somerville Tyabb, led the fundraising efforts to bring the clubs together.

"The ultrasound unit in use was over 20 years old (originally donated by the Frankston Rotary Club) and was basically passed its 'used by date'," says Captain Cox.

"Our Rotary Club decided to put all our fundraising efforts into the purchase of the required ultrasound unit."

Representatives from the Rotary Clubs attended Frankston Hospital, where they got to see first-hand how the machine is used at the bedside with expecting parents.

The group even got to hear the heartbeat of first-time mum Maddison's unborn child during a demonstration by Consultant Obstetrician and Gynaecologist Dr Sarah Roberts.

Peninsula Health Chief Executive Helen Cooper thanked the Rotary Clubs for their donation. "We are so appreciative of the wonderful support we have received from the Rotary Club of Somerville Tyabb, Rotary Club of Frankston and Rotary Club of Mt Eliza."

"Their contribution makes a huge difference in helping our clinicians provide the very best of care to pregnant women and their babies in Frankston and the Mornington Peninsula."

Frankston Hospital launches lifesaving Impella program thanks to community donations

Frankston Hospital recently became only the third hospital in Victoria to introduce an Impella program, after acquiring an Impella heart pump thanks to Peninsula Health's generous donor community, which raised \$100,000 through our 2023 tax appeal and regular giving program.

The Impella is the world's smallest artificial heart pump, which can be inserted percutaneously to support critically ill patients' hearts in maintaining blood flow during high-risk coronary interventions, rather than requiring open-heart surgery.

Every year, Frankston Hospital admits a significant number of patients with ST-Elevation Myocardial Infarction (STEMI), a very serious form of heart attack, in which one of the heart's major arteries is blocked.

A substantial proportion of these patients also experience cardiogenic shock – a life-threatening condition where the heart is unable to pump sufficient blood to meet the body's needs.

"Despite intensive medical intervention, the mortality rate among these patients remains high," explains Peninsula Health Head of Cardiology, Dr Robert Lew.

"The Impella has been shown to improve survival from heart attacks with cardiogenic shock and dramatically increases a patient's chance of survival."

Thank you to everyone who gave to our Tax Appeal, and to all of our regular givers.

With your invaluable support, Frankston Hospital's cardiology team is now equipped to offer this advanced, lifesaving treatment to patients when they need it most.



Image: Sal and Peninsula Health staff.

Peninsula Dealer Group supports cardiology services

Peninsula Dealer Group has made a generous donation to support cardiology services at Peninsula Health, a cause close to the heart of Business Development Manager, Salvatore 'Sal' Arceri.

"We chose the cardiovascular unit because of a personal experience with my heart – the care and the aid I received was just incredible and I was deeply touched by it," says Sal.

The money raised will go directly towards purchasing advanced software for echocardiograms, specialised heart ultrasounds that are essential for diagnosing cardiac issues accurately.

Head of Cardiology at Peninsula Health, Dr Robert Lew was appreciative of the donation.

"The new software enables the echocardiogram to be more accurate, allowing for a better examination of the structure and function of a patient's heart," says Dr Lew.

"As with any heart investigation, getting the most accurate result helps patient care, and for Peninsula Health to have access to up-to-date echocardiogram software, we can ensure that our investigations are world-class."



Image: Clinicians in the Cath Lab at Frankston Hospital, using the Impella for the first time.

A decade of enhancing patient care at Rosebud Hospital

Since 2015, Robert and Jan Flew have been dedicated supporters of Rosebud Hospital, making a lasting impact on Peninsula Health and the broader Mornington Peninsula community.

Their most recent contribution has funded three essential items to enhance patient care: a child cot and breastfeeding pump for Rosebud's Emergency Department, as well as a blanket warmer for Rosebud Hospital Dialysis Unit.

These vital additions will improve patient comfort and support high-quality care, ensuring that individuals in the community can access the medical services they need closer to home.



Image: Robert and Jan Flew with Jacqui Allen, Director of Nursing, Rosebud Hospital.

Christmas Appeal 2024 reaches goal



The Intensive Care Unit at Frankston Hospital now has access to state of the art training equipment, after the Christmas Appeal raised \$57,000 to purchase a Life Support Simulator. This vital piece of training equipment simulates high-pressure scenarios, so more of our staff can be trained to provide critical care – saving the lives of our sickest patients.

2025 Flinders Motoring Heritage

The Lions Club of Flinders District is hosting the annual Flinders Motoring Heritage on Easter Sunday, 20 April. Funds raised from the event will go towards new equipment to aid early detection of prostate cancer. The event is a display of unique vintage, classic and modern motor cars, around the village of Flinders.

Stepping up to the FEB 50 Challenge



Peninsula Health's FEB 50 Challenge returned in February to raise funds for Rosebud Hospital. The fundraising campaign encouraged members of our community to walk, run or ride 50km to help raise funds for their local hospital. Thank you to our donor community for their ongoing support towards Rosebud Hospital, and we hope you enjoyed your month of movement.

Find out more by visiting flindersmotoringheritage.com.au

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- I am considering leaving a gift in my will
- I would like more information
- Please call me for a discussion

Phyliss Narelle Turner Scholarship Program

A new scholarship program will commence at Peninsula Health in 2025 thanks to a very generous bequest by the late Phyliss Narelle Turner.

Open to Peninsula Health fifth year medical students, the scholarships will enable participation in research projects providing valuable, hands on experience in clinical research.

The annual scholarships will be awarded to at least six medical students and will further enhance the reputation for research and training at Peninsula Health.

Gift in Will

Leaving a gift in your will is an opportunity to make a lasting difference to Peninsula Health and your community.

It is a big decision to leave part of your estate to Peninsula Health and we appreciate this act of generosity. Your contribution isn't just a gift to our hospitals, it is also a gift that helps ensure future generations have access to a health service that is able to provide them with the very best treatment and care, close to home, on the Mornington Peninsula.

If you are considering leaving a gift to Peninsula Health and would like to have a confidential discussion, please contact Cara-Jo on (03) 9788 1232 or email fundraising@phcn.vic.gov.au

Would you like to support Peninsula Health?



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