IN THIS ISSUE

From mother to midwife
Phoebe’s hospital adventure
Julie’s stroke survival
Bunnings to the rescue
At Peninsula Health we like to recognise members of our staff who excel in their craft. This issue of Peninsula Pulse highlights the feats of a number of our staff including Carol Gore who is currently the only Sub-Acute Stroke Nurse Practitioner in the country. Graduate Midwife Kylie Hosking who was one of three people in the state to be recognised as Undergraduate Midwife of the year by the Australian Nursing Federation and Noni Bourke, one of our Quality Managers who has a vision for improving the patient experience. We also hear from Phoebe O’Toole and Julie Robertson who share their experiences spent in Peninsula Health’s care.

Adolescent violence in the home is a growing problem in Victoria. The first Adolescent Violence in the Home conference was held earlier in the year with great success. The conference attracted speakers and guests from across Australia and overseas. Peninsula Health will also be funded $750,000 over three years by the State Government to provide a Keeping Families Safe program, the first of its kind in Australia.

The ongoing efforts of our generous donors and volunteers continue to benefit patients and clients at every site across the Peninsula are also featured in this issue. It is a good read. I hope you enjoy it.

Dr Sherene Devanesen
Chief Executive

welcome

Nurse Practitioner first for Peninsula Health

After years of hard study and dedication Carol Gore has been endorsed as a Stroke Nurse Practitioner by the Australian Health Practitioner Regulation Agency. She is currently the only Sub-Acute Stroke Nurse Practitioner in the country.

Her new role means that Carol can now perform tasks such as prescribing medications, admitting and discharging patients, and has the authority to order pathology and diagnostic tests and write medical certificates.

“I originally began studying my Master’s degree in stroke studies as an interest and when the opportunity to become a Nurse Practitioner came up I thought it would be the perfect next step,” said Carol.

“I work closely within the 10 bed inpatient Stroke Rehabilitation Unit at Golf Links Road. I also work in three outpatient clinics and with patients who are currently in the hospital and may have to transfer to the Stroke Rehabilitation Unit.

Within these roles Carol uses her enhanced skills to further continue the high quality of care already taking place. “I have a big focus on education for patients and their families,” said Carol.

“Often when patients first enter the hospital they are so overwhelmed by what’s going on they don’t retain the information they’re given about their condition and secondary prevention of stroke. “I think it is important to take the time to go through with patients and their families/carers what has happened and what they can expect in terms of treatment and rehabilitation. Once they have had a chance to come to terms with what has happened, this information assists them to work with the team in their treatment plan and it can really help motivate them in their recovery,” said Carol.

Continuing on her theme of education, Carol is also currently a Conjoint Lecturer for online postgraduate and undergraduate stroke courses through the University of Newcastle.

On receiving the Registered Midwife Student Award, alongside two other Undergraduate Midwives from other Victorian universities, Kylie was quite shocked. “I was so surprised to receive the award. I didn’t know I had even been nominated,” said Kylie.

“When I received my letter at first I thought it was a parking fine, so you could imagine my shock when I opened it and it said I had won an award,” said Kylie.

The annual awards are given to one outstanding nursing and midwifery student from each Victorian university, TAFE and registered training organisation.

Kylie with Sandra Sawdy and newborn Sebastian.

From mother to midwife

After having four children of her own, Kylie Hosking has firsthand experience when it comes to the type of care pregnant women want to receive.

Recently named as one of the Australian Nursing Federation’s Undergraduate Midwives of the Year, her journey into motherhood reignited an old spark and helped lead her back into further study to become a midwife.

“It was something that I just put off over the years, but when the opportunity presented itself to go back to study I took it,” said Kylie.

“I am so passionate about giving the best care possible to women and helping them to understand their rights as a patient and a mother. “I think every woman deserves the best possible experience when delivering their baby,” said Kylie.

Dr Sherene Devanesen
Chief Executive

After having four children of her own, Kylie Hosking has firsthand experience when it comes to the type of care pregnant women want to receive.

Recently named as one of the Australian Nursing Federation’s Undergraduate Midwives of the Year, her journey into motherhood reignited an old spark and helped lead her back into further study to become a midwife.

“It was something that I just put off over the years, but when the opportunity presented itself to go back to study I took it,” said Kylie.

“I am so passionate about giving the best care possible to women and helping them to understand their rights as a patient and a mother. “I think every woman deserves the best possible experience when delivering their baby,” said Kylie.

On receiving the Registered Midwife Student Award, alongside two other Undergraduate Midwives from other Victorian universities, Kylie was quite shocked. “I was so surprised to receive the award. I didn’t know I had even been nominated,” said Kylie.

“When I received my letter at first I thought it was a parking fine, so you could imagine my shock when I opened it and it said I had won an award,” said Kylie.

The annual awards are given to one outstanding nursing and midwifery student from each Victorian university, TAFE and registered training organisation.

Kylie with Sandra Sawdy and newborn Sebastian.

From mother to midwife

After having four children of her own, Kylie Hosking has firsthand experience when it comes to the type of care pregnant women want to receive.

Recently named as one of the Australian Nursing Federation’s Undergraduate Midwives of the Year, her journey into motherhood reignited an old spark and helped lead her back into further study to become a midwife.

“It was something that I just put off over the years, but when the opportunity presented itself to go back to study I took it,” said Kylie.

“I am so passionate about giving the best care possible to women and helping them to understand their rights as a patient and a mother. “I think every woman deserves the best possible experience when delivering their baby,” said Kylie.

On receiving the Registered Midwife Student Award, alongside two other Undergraduate Midwives from other Victorian universities, Kylie was quite shocked. “I was so surprised to receive the award. I didn’t know I had even been nominated,” said Kylie.

“When I received my letter at first I thought it was a parking fine, so you could imagine my shock when I opened it and it said I had won an award,” said Kylie.

The annual awards are given to one outstanding nursing and midwifery student from each Victorian university, TAFE and registered training organisation.

Kylie with Sandra Sawdy and newborn Sebastian.
Noni’s Fellowship experience

Quality Manager Noni Bourke has a passion for improving the quality of patients’ experiences at Peninsula Health. That is why last year she was awarded a Victorian Travelling Fellowship by the Victorian Quality Council to travel to the United States of America to study Person Centred Care (PCC).

Whilst undertaking the Fellowship Noni attended the Fifth International Patient & Family Centred Care Conference in Washington DC. She also visited the Institute of Patient & Family Centred Care, the Planetree Institute and six East Coast health services who are currently excelling in PCC. Quality Council to travel to the

“Peninsula Health is in a good position to become a leader in Person Centred Care with a clear commitment from the Board and Senior Management and a strong foundation through our Community Participation Program,” said Noni.

“We can build on these foundations to adopt person centred values and behaviours as a whole organisation to ensure we have the systems and the culture required for a genuine person centred approach to care. “One of the findings from my Fellowship was that person centred health services in the US were well supported by dedicated entities, such as the Institute for Patient & Family Centred Care & Planetree Institute,” said Noni.

The Australian Institute for Patient & Family Centred Care was established in 2009 and provides support to Australian health services to improve the safety and quality of health care through developing partnerships between patients, families, and health professionals. In addition, the Australian Charter of Healthcare Rights, the Australian Safety and Quality Framework for Health Care, the National Safety and Quality Health Service Standards and other national policies support a PCC approach.

“These institutions provide great guidance for the implementation of person centred care in Australia and Victoria,” said Noni.

“The Fellowship allowed me to provide recommendations to both Peninsula Health and the Victorian Department of Health on how we can improve our own health service and the broader Victorian public health care system, adapting and adopting what is successfully taking place overseas,” said Noni.

Phoebe’s hospital adventure

Five year old Phoebe O’Toole is the latest to fall in love with Frankston Hospital.

Sally O’Toole, Phoebe’s mum, recently blogged about her experience at Frankston Hospital. Sally’s middle child, five year old Phoebe, had her adenoids removed after suffering with sinus issues for years.

It was the first time Sally had a child undergoing surgery with a general anaesthetic, so both she and her husband Christian were understandably nervous. Phoebe was particularly anxious about the anaesthetic needle, and had fixated on it in the weeks leading up to the surgery.

All fears were alleviated when not long after Phoebe awoke from surgery and asked for food.

Sally said: “The stuff in the Paediatric ward really made a difference. In particular, Katie Moore, who made Phoebe teddy bear shaped toast with strawberry jam.”

“I even got jelly and ice cream,” said Phoebe.

When asked about her visit to hospital Phoebe said: “They were very nice people. They let me play in the play room, draw on the way to surgery, and I got to wear a mask.”

This is not the first time the family has had a positive experience at Frankston Hospital. Sally and Christian’s three children, Phoebe, six year old Jack and three year old Maisie were all born in the maternity ward.

The O’Tooles lived locally when Jack was born. However, when it was time for Phoebe and Maisie to be delivered, the couple had moved to Pakenham.

“I had such a positive experience with Jack’s birth at Frankston Hospital. I really didn’t see any point in going to another hospital, even if it was closer,” said Sally.

“I didn’t feel at any time that I wasn’t a part of my own care. I was surprised to return to the hospital each time to see familiar faces that recognised me and asked me how the kids were going. I found this outstanding considering the amount of people they must see on a daily basis,” said Sally.

It is not only Sally’s immediate family that has had positive experiences at Frankston Hospital. Her mother received cancer treatment at the hospital and her sister was helped through a difficult child birth. Both have expressed their appreciation for the wonderful treatment they received at Frankston Hospital.

Phoebe clearly enjoyed the special treatment she received.

“I want to go back to the hospital every day and every night,” she shouted.

To read more adventures from the O’Toole family please visit Sally’s blog: salamander-teamotoole.blogspot.com.au
Julie Robertson’s life changed dramatically on 8 November 2011. She was helping a friend who was just coming out of hospital when she had a stroke. Julie was rushed to Frankston Hospital where she spent a week and a half in the dedicated Acute Stroke Unit before moving to the Stroke Rehabilitation Unit at Golf Links Road.

Prior to the stroke, Julie had led an active life. She had horses which required daily care, was involved in the church, and had raised five children with her husband Wayne. Julie’s husband, children and sister Wendy were a huge part of her recovery.

After Wayne received the call alerting him to Julie’s stroke, he rang his son Justin who lives in Bathurst, New South Wales. At 10am the next morning, much to Wayne’s surprise, Justin showed up in his driveway after having driven all night.

Despite having outside help, Wayne had a few struggles during the three months Julie was in hospital. “It was very difficult, I had to clean the house, cook meals, work and be there for the kids – work was absolutely brilliant,” he said.

“When something like this happens it brings you down to earth, realising how things can change so dramatically,” said Wayne.

Julie’s sister Wendy is a nurse, and was a great source of help and knowledge to the family. She made Julie a diary outlining everything she had achieved since she had her stroke. This has served as a regular reminder to Julie just how far she has come.

“The key to Julie’s rehabilitation was her determination,” said Wayne. “She wanted to get better.”

“Julie was always highly motivated regarding participation in her rehabilitation,” said Carol Gore, Stroke Nurse Practitioner.

“Her family was also very involved in her rehabilitation. They attended regular therapy times to learn about her program and the strategies used to promote her recovery.”

Before, Julie went home, she received extensive rehabilitation at Golf Links Road. Wayne said: “Someone from the family was usually with her and the staff were so encouraging. They took the time to show us everything.”

“Before Julie came home I stayed with her in the Rehabilitation Unit for two days to see where she was at and what I would have to do,” said Wayne.

After three months at Frankston Hospital and the Stroke Unit at Golf Links Road, Julie returned home and slowly started to regain her life. It has been over a year since Julie has had her stroke, and she still has limited mobility on one side. While both Julie and Wayne have had to make several lifestyle changes, her progress has been inspiring.

Julie has found new hobbies such as puzzles, she has become involved with the church again, and Wayne and Julie are learning to balance their lives.

“I do the washing and Wayne hangs it out,” said Julie. “We have really got a sense of teamwork.”

Wayne has even returned to part-time work.

“There it hasn’t been without its difficulties, in many ways we are even closer now,” he said.
Violence by adolescents to parents and other family members has doubled in the last five years – and is a major concern for police and other agencies. Victoria is the first State to fund a trailblazing program to deal with this complex issue.

In 2011/12, Victorian police were called to 4,017 family violence incidents where an adolescent (12-18 years) uses violence in the home. The funding has been awarded to Peninsula Health, and will provide assistance to families living in Frankston and the Mornington Peninsula. Keeping Families Safe is informed by a successful American program Step Up, and has been customised for Victorian conditions.

Adolescent violence in the home can take many forms, including physical assault, extensive damage to property, and verbal abuse. Parents and family members report living in fear and often feel powerless to stop the violence. In a first for Australia, the Victorian Government has announced $750,000 funding for a three-year Keeping Families Safe program that provides support for families where an adolescent (12-18 years) uses violence in the home. The funding has been awarded to Peninsula Health, and will provide assistance to families living in Frankston and the Mornington Peninsula. Keeping Families Safe is informed by a successful American program Step Up, and has been customised for Victorian conditions.

Keeping Families Safe program complements a two year funded project by the Victorian Legal Services Board. The project aims to raise community awareness about adolescent violence in the home, undertake research with adolescents and parents about the usefulness of a criminal justice response to adolescent violence in the home, and develop Standards of Practice for services and agencies who work with adolescent violence in the home.

Jo Howard, Manager of Peninsula Health’s Peninsula Drug and Alcohol Program & Youth Services, said: “This funding will enable Peninsula Health to develop a comprehensive, coordinated and highly supportive response to families and adolescents who use violence in the home. This will contribute to safer and happier families and support adolescents to stop their use of violence and address other issues they may be experiencing including alcohol and drug use, disengagement from education, and poor mental health.

“We anticipate that this program will influence development of a service model that can be replicated across other Australian states. “Keeping Families Safe is a really exciting initiative. There is scope to support parents to deal with the violence and to work with adolescents to change their attitudes and develop skills like self-soothing, conflict resolution and positive communication.

“One important objective of the program will be to strengthen our working relationships with police, given they are increasingly being called to homes where this violence occurs,” said Jo Howard. In announcing the funding for the Keeping Families Safe program, the Minister for Mental Health, Women’s Affairs and Community Services, the Hon Mary Wooldridge MP, said: “It is so exciting to be nominated. We work really hard to provide our patients with this opportunity so it is nice to be recognised.”

The results will be announced on National Kidney Day on 26 May.

Trailblazing program receives major funding to keep families safe

Our Operation Angels

Rosebud Hospital’s Dialysis Unit has been nominated for an Operation Angel Award.

The Operation Angel Awards were founded by Kidney Health Australia to recognise and honour those who inspire the Australian Kidney Community.

Nominations represent many different categories. The Dialysis Unit has been nominated under the category ‘organisation supporting people living with or affected by a kidney condition’ for their holiday program.

“The results will be announced on National Kidney Day on 26 May.

Adolescent Violence in the Home Conference 2013

On 18 and 19 February Peninsula Health, in partnership with the Legal Services Board Victoria and the GRIPP program in the City of Greater Dandenong, hosted the first-ever Australian conference on adolescent violence in the home.

The conference, held in Melbourne, brought together international and Australian expertise. Keynote speakers included internationally-renowned expert Lily Anderson from the Step-Up program in the USA; Jo Howard, former Churchill Fellow; and Stephen Fontana AM, Assistant Commissioner of Victoria Police. The sell-out conference attracted over 260 delegates from across Australia and overseas.

If you would like any more information on Peninsula Health’s current adolescent violence services please contact ACCESS on 1300 665 781.
With an ageing population on the Mornington Peninsula, dementia diagnoses are expected to rise. The 2011 Census revealed 74,000 residents are aged 60 years and over in Frankston and on the Mornington Peninsula. Without a medical breakthrough, research shows that the number of people diagnosed with dementia will triple by 2050 in Australia.

"Dementia is more than just forgetting where you put your keys or remembering someone’s name. It is a serious progressive disorder causing a decline in a person’s functioning,” said Lynn Gray, Manager, Peninsula Health Cognition Service.

The word ‘dementia’ is an umbrella term used to describe a set of symptoms that result from various brain disorders. Nerve cells in the brain die and are not replaced. Dementia can affect a person’s ability to think, remember, judge, and how they interact with others,” said Lynn.

According to Alzheimer’s Australia, Dementia is the third leading cause of death in Australia. It is the single greatest cause of disability in Australian’s aged 65 and over.

There are many causes of dementia, Alzheimer’s disease being the main cause. It makes up between 50 per cent and 70 per cent of all cases. Other types of dementia include vascular dementia, mixed dementia, alcohol related dementia, younger onset dementia and dementia with Lewy Bodies.

"At Peninsula Health we offer support, information, and services specifically for people with dementia and their carers,” said Lynn.

"The Cognitive Dementia and Memory Service (CDAMS) is a specialist diagnostic clinic which assists people with memory loss or changes to their thinking and provides support for carers.

"We provide assessment, early diagnosis, advice, referral, education and support for clients and carers. We also offer short term counselling for clients and carers.”

Early diagnosis is critical for people with a cognitive impairment to reduce risk factors and optimise treatments and services available, as there is no prevention or cure for most forms of dementia.

"The early signs or symptoms of dementia can be very subtle and may not immediately be obvious,” said Lynn.

"It is important to keep in mind that a definitive diagnosis is not always possible on first assessment. As dementia is a progressive disease we may need to see the person again in 12 months to confirm the diagnosis.

"Once there is a confirmed diagnosis patients are reassured that there is an illness which is causing changes. For carers, a diagnoses gives them access to information and services. Overall, it may reduce middle and late stage crisis management.

"Early diagnosis is crucial because it means early access to support, information, medication,” said Ms Gray.

Seeking medical advice can rule out other factors that may cause forgetfulness but are not necessarily dementia related.

Pain, worriedness, tiredness, and viruses can all affect memory, especially in older age. Other factors such as chemical imbalance and vitamin B12 deficiency could also affect memory and thinking.

If you or a family member are concerned about a loved one please seek medical advice. Visit your local GP who may refer you to a specialist or to CDAMS or contact the Mount Eliza ACCESS service on 9788 1377 where you can speak to a clinician who will determine whether a CDAMS assessment is appropriate.

Dementia in our future

With an ageing population on the Mornington Peninsula, dementia diagnoses are expected to rise. The 2011 Census revealed 74,000 residents are aged 60 years and over in Frankston and on the Mornington Peninsula.

"Dementia is more than just forgetting where you put your keys or remembering someone’s name. It is a serious progressive disorder causing a decline in a person’s functioning,” said Lynn Gray, Manager, Peninsula Health Cognition Service.

The word ‘dementia’ is an umbrella term used to describe a set of symptoms that result from various brain disorders. Nerve cells in the brain die and are not replaced. Dementia can affect a person’s ability to think, remember, judge, and how they interact with others,” said Lynn.

According to Alzheimer’s Australia, Dementia is the third leading cause of death in Australia. It is the single greatest cause of disability in Australian’s aged 65 and over.

There are many causes of dementia, Alzheimer’s disease being the main cause. It makes up between 50 per cent and 70 per cent of all cases. Other types of dementia include vascular dementia, mixed dementia, alcohol related dementia, younger onset dementia and dementia with Lewy Bodies.

"At Peninsula Health we offer support, information, and services specifically for people with dementia and their carers,” said Lynn.

"The Cognitive Dementia and Memory Service (CDAMS) is a specialist diagnostic clinic which assists people with memory loss or changes to their thinking and provides support for carers.

"We provide assessment, early diagnosis, advice, referral, education and support for clients and carers. We also offer short term counselling for clients and carers.”
Peninsula Health Annual General Meeting

The Peninsula Health Annual General Meeting was held on 23 November 2012 at the Frankston Arts Centre.

Keynote speaker Dr Pradeep Phillip, Secretary for the Department of Health, enlightened the audience with his vision for the future of health care. He focussed on the progression forward within the health system and the use of technology to aid us in getting there.

The public was also introduced to the two newest Peninsula Health Board members, Dr Larry Warfe and Mr Michael Carroll, as this was their first AGM.

The presentation of the AGM also announced Dr Andrew Tay as the winner of Peninsula Health’s highly esteemed Jeff Waterhouse Medal for Excellence in Emergency Medicine. Dr Tay’s long commitment and dedication to Peninsula Health was acknowledged.

The day also recognised 20 of our dedicated and hardworking volunteers as Life Governors for 10 years service to some of the many volunteer groups and auxiliaries across the Mornington Peninsula. Peninsula Health holds its volunteers in the highest regard. The time and effort they give to us is second to none.

Congratulations to our 2012 Life Governors

| Karlene Petrenko | Anne Annick | Anastasia Phillips |
| Helen McDowall | Joan McWilliam | June King |
| Gwen Hatch | Maureen Hyde | Maree Smithers |
| Iris North | Jan Trew | Toni Willmot |
| Fiona Woodlands | Ann Watson | Trevor McClenaghan |
| Anne Brown | Glenda Birds | |  |
| Joan McWilliam | Pauline Phillips | |  |

Without the support of our volunteers Peninsula Health would not be what it is today.

New residential aged care provider

There is a new residential aged care provider on the Mornington Peninsula.

Peninsula Health and Southern Cross Care (SCC) have signed an agreement that will see the Rosebud Residential Aged Care Service transferred to SCC (Vis). SCC (Vis) has plans to increase the service from 50 to 120 places by developing a new residential aged care home on the Cairns Avenue site over the coming three years. While these building works are underway SCC (Vis) will continue to provide care residents currently living in the Jean Turner and Fernbrook homes that are on the site. SCC (Vis) CEO, Ms Jan Horsnell, Peninsula Health CEO, Dr Sherene Devanesen, have welcomed the transfer.

“We believe this partnership will deliver a range of long-term benefits to older people living in the area,” said Ms Horsnell.

“This has been about finding a partner who will provide sustainable, quality aged care into the future. We are confident SCC (Vis) will maintain the high standards of care currently provided by our dedicated staff, all of whom will continue to work with Peninsula Health into the future.”

Fire sprinklers for Rosebud Hospital

Rosebud Hospital will be undergoing a major refurbishment to improve fire safety.

In February, builders moved in to begin installing a state of the art fire sprinkler system in every area of the hospital. The five month project, including relocation costs, is expected to cost over $500,000 and has been planned to occur in one of Rosebud’s quieter times.

“This will be a challenging and complex project because we want to keep as much of the hospital as possible open over the next five months,” Director of Operations Alison Watts said.

“The project will commence in February and be finished before the anticipated peak winter demand period in July.

“We are committed to maintaining the highest standards of care and support,” Ms Watts said.

More information can be found on the Peninsula Health website www.peninsulahealth.org.au

Dr Devanesen said Peninsula Health would continue to provide some short-term supporting services, including food services. Peninsula Health would also continue to deliver specialist residential aged care at the Carinya Nursing Home in Frankston, and Michael Court Hostel at Seaford. Ms Horsnell has met with residents and their families about the purchase, and assured them that SCC (Vis) is unreservedly committed to offering the highest standard of care and support.

“This sale will not compromise the quality of care or the standard of service residents currently receive,” she said. “Our primary concern is for the wellbeing and peace of mind of residents, and their families.”

Dr Devanesen said that SCC (Vis) succeeded following a detailed competitive tender process.

“We believe this partnership will deliver a range of long-term benefits to older people living in the area,” said Ms Horsnell.

“SCC (Vis) has a long and proud history of providing aged care services and programs to older Victorians. We are one of the State’s leading providers and currently deliver residential and home care services to more than 5,000 older people. We are also one of the largest home care providers for older people living on the Mornington Peninsula.”

Fire sprinklers for Rosebud Hospital

Rosebud Hospital will be undergoing a major refurbishment to improve fire safety.

In February, builders moved in to begin installing a state of the art fire sprinkler system in every area of the hospital. The five month project, including relocation costs, is expected to cost over $500,000 and has been planned to occur in one of Rosebud’s quieter times.

“This will be a challenging and complex project because we want to keep as much of the hospital as possible open over the next five months,” Director of Operations Alison Watts said.

“The project will commence in February and be finished before the anticipated peak winter demand period in July.

“We are committed to maintaining the highest standards of care and support,” Ms Watts said.
Down the rabbit hole...

The Easter long weekend gave community members and visitors a chance to take in some beautiful art and stroll through Wonderland on the Southern Peninsula. Pat Watts, the founder of Studio Sorrento, an art club on the Southern Peninsula, put on a brilliant Alice in Wonderland themed art show to raise money for a new medical imaging area at Rosebud Hospital. The work that Pat and members of Studio Sorrento put into the event did not stop at the art show. Their fundraising efforts went above and beyond to make sure the event was a success: raffling off, holding a Bunnings BBQ, selling raffle tickets and organising a play on Easter Saturday for children to enjoy.

The art show brought in some amazing Alice in Wonderland art work, enjoyed by all visitors who attended the show. Visitors were able to vote for their favourite piece of art with a gold coin donation, which determined the winner of the People’s Choice Award. The members of Studio Sorrento put in a huge effort to raise funds for Peninsula Health’s Road to Recovery Program.

The Road to Recovery program helps get people ready to drive again following an injury or illness. The program enables Occupational Therapists to more accurately assess a driver’s readiness. They can assess both physical and cognitive aspects of driving. The total amount raised this year was $1,200 – a huge increase from the $700 raised last year.

The donation will be used to purchase assessment tools and treatment resources for Occupational Therapists. Without these tools, we would not have been able to purchase the Boosted Falcon Club. The Road to Recovery program offers Peninsula Health a wider range of equipment to help people return to driving.

With help from sponsors: Jaha Dairy, Bendigo Bank and other local community groups, the art show was a very successful fundraising event, raising over $5,000. Operations Director of Rosebud Hospital Alison Watts said: “The members of Studio Sorrento put in months of hard work culminating in a wonderful Alice in Wonderland themed show. The art works displayed were of a very high standard, and making a choice to vote for the people’s choice award was tough.”

“The art show was a lovely fundraiser, and all the artists enjoyed the Alice in Wonderland theme. We received textiles, paintings, sculptures and pottery which all encompassed each artist’s interpretation of Alice in Wonderland.”

Cruise 4 Charity: Getting people back on the road

Ford fans geared up to Cruise for Charity, as the Boosted Falcon Car Club held its annual fundraiser. Peninsula Health staff member Bethany Bieleny together with her partner Pete Tant organise the annual Boosted Falcon All Ford Cruise 4 Charity Event. This year seeing an outstanding 300+ cars enter the cruise, the event raises money for Peninsula Health’s Road to Recovery Program.

The Road to Recovery program helps get people behind the wheel and driving again following an injury or illness. The program enables Occupational Therapists to more accurately assess a driver’s readiness. They can assess both physical and cognitive aspects of driving.

The total amount raised this year was $1,200 — a huge increase from the $700 raised last year.

The donation will be used to purchase assessment tools and treatment resources for Occupational Therapists.

Dr Desiree Morgan, Senior Occupational Therapist says: “We would not have been able to purchase these assessment tools or provide this service without the help of the Boosted Falcon Club.”

“Driving is a complex skill that requires people to have adequate physical skills and cognitive alertness. Many of these skills can be impaired temporarily or permanently after illness or injury, impacting on the capacity to drive.”

Thank you

We are grateful to those in the community who choose to support the work of Peninsula Health.

DONATE NOW

I WOULD LIKE TO HELP BUILD A HEALTHY COMMUNITY

MAIL TO: Peninsula Health, Fundraising, PO Box 192, Mt Eliza 3930 CONTACT: P 9788 1502 E fundraising@phcn.vic.gov.au

DONATE NOW

I WOULD LIKE TO HELP BUILD A HEALTHY COMMUNITY

MAIL TO: Peninsula Health, Fundraising, PO Box 192, Mt Eliza 3930 CONTACT: P 9788 1502 E fundraising@phcn.vic.gov.au

Thank you

We are grateful to those in the community who choose to support the work of Peninsula Health.

DONATE NOW

I WOULD LIKE TO HELP BUILD A HEALTHY COMMUNITY

MAIL TO: Peninsula Health, Fundraising, PO Box 192, Mt Eliza 3930 CONTACT: P 9788 1502 E fundraising@phcn.vic.gov.au

Thank you

We are grateful to those in the community who choose to support the work of Peninsula Health.

DONATE NOW

I WOULD LIKE TO HELP BUILD A HEALTHY COMMUNITY

MAIL TO: Peninsula Health, Fundraising, PO Box 192, Mt Eliza 3930 CONTACT: P 9788 1502 E fundraising@phcn.vic.gov.au

Thank you

We are grateful to those in the community who choose to support the work of Peninsula Health.

DONATE NOW

I WOULD LIKE TO HELP BUILD A HEALTHY COMMUNITY

MAIL TO: Peninsula Health, Fundraising, PO Box 192, Mt Eliza 3930 CONTACT: P 9788 1502 E fundraising@phcn.vic.gov.au

Thank you

We are grateful to those in the community who choose to support the work of Peninsula Health.

DONATE NOW

I WOULD LIKE TO HELP BUILD A HEALTHY COMMUNITY

MAIL TO: Peninsula Health, Fundraising, PO Box 192, Mt Eliza 3930 CONTACT: P 9788 1502 E fundraising@phcn.vic.gov.au

Thank you

We are grateful to those in the community who choose to support the work of Peninsula Health.

DONATE NOW

I WOULD LIKE TO HELP BUILD A HEALTHY COMMUNITY

MAIL TO: Peninsula Health, Fundraising, PO Box 192, Mt Eliza 3930 CONTACT: P 9788 1502 E fundraising@phcn.vic.gov.au

Thank you

We are grateful to those in the community who choose to support the work of Peninsula Health.

DONATE NOW

I WOULD LIKE TO HELP BUILD A HEALTHY COMMUNITY

MAIL TO: Peninsula Health, Fundraising, PO Box 192, Mt Eliza 3930 CONTACT: P 9788 1502 E fundraising@phcn.vic.gov.au

Thank you

We are grateful to those in the community who choose to support the work of Peninsula Health.

DONATE NOW

I WOULD LIKE TO HELP BUILD A HEALTHY COMMUNITY

MAIL TO: Peninsula Health, Fundraising, PO Box 192, Mt Eliza 3930 CONTACT: P 9788 1502 E fundraising@phcn.vic.gov.au

Thank you

We are grateful to those in the community who choose to support the work of Peninsula Health.

DONATE NOW

I WOULD LIKE TO HELP BUILD A HEALTHY COMMUNITY

MAIL TO: Peninsula Health, Fundraising, PO Box 192, Mt Eliza 3930 CONTACT: P 9788 1502 E fundraising@phcn.vic.gov.au

Thank you

We are grateful to those in the community who choose to support the work of Peninsula Health.

DONATE NOW

I WOULD LIKE TO HELP BUILD A HEALTHY COMMUNITY

MAIL TO: Peninsula Health, Fundraising, PO Box 192, Mt Eliza 3930 CONTACT: P 9788 1502 E fundraising@phcn.vic.gov.au

Thank you

We are grateful to those in the community who choose to support the work of Peninsula Health.

DONATE NOW

I WOULD LIKE TO HELP BUILD A HEALTHY COMMUNITY

MAIL TO: Peninsula Health, Fundraising, PO Box 192, Mt Eliza 3930 CONTACT: P 9788 1502 E fundraising@phcn.vic.gov.au

Thank you

We are grateful to those in the community who choose to support the work of Peninsula Health.

DONATE NOW

I WOULD LIKE TO HELP BUILD A HEALTHY COMMUNITY

MAIL TO: Peninsula Health, Fundraising, PO Box 192, Mt Eliza 3930 CONTACT: P 9788 1502 E fundraising@phcn.vic.gov.au

Thank you

We are grateful to those in the community who choose to support the work of Peninsula Health.

DONATE NOW

I WOULD LIKE TO HELP BUILD A HEALTHY COMMUNITY

MAIL TO: Peninsula Health, Fundraising, PO Box 192, Mt Eliza 3930 CONTACT: P 9788 1502 E fundraising@phcn.vic.gov.au

Thank you

We are grateful to those in the community who choose to support the work of Peninsula Health.

DONATE NOW

I WOULD LIKE TO HELP BUILD A HEALTHY COMMUNITY

MAIL TO: Peninsula Health, Fundraising, PO Box 192, Mt Eliza 3930 CONTACT: P 9788 1502 E fundraising@phcn.vic.gov.au

Thank you

We are grateful to those in the community who choose to support the work of Peninsula Health.

DONATE NOW

I WOULD LIKE TO HELP BUILD A HEALTHY COMMUNITY

MAIL TO: Peninsula Health, Fundraising, PO Box 192, Mt Eliza 3930 CONTACT: P 9788 1502 E fundraising@phcn.vic.gov.au

Thank you

We are grateful to those in the community who choose to support the work of Peninsula Health.
Bunnings Frankston gives patients a sense of colour and atmosphere

Outside the Mental Health Unit at Frankston Hospital, some red and green polo shirts have been working away.

Bunnings Warehouse Frankston has put on their gardening gloves once again for the benefits of patients and carers at Frankston Hospital.

Over several weeks, Bunnings staff completely redeveloped the 1 West garden in Frankston Hospital’s Mental Health Unit.

The garden, which was formally a dull concreted area, will provide carers and consumers with a tranquil garden setting away from normal clinical hospital settings.

The garden now includes many native plant specimens designed to stimulate senses and provide consumers with the opportunity to pick herbs, water the garden and have one-on-one consultations.

Bunnings Frankston provided many staff over a one-month period.

The main working bee day was on Tuesday 5 March, when they also partnered with Mount Erin Secondary College Year 9 students who helped with the painting on the last day.

Bunnings provided all the materials for the renovation as a donation. Some of the work that was done included building garden boxes, clearing overgrown trees and plants, redeveloping the rotunda, painting and restoring old outdoor furniture, and numerous other tasks.

Bunnings’s Frankston gave all herbs and plants as a gift in kind donation, along with outdoor light fittings and a BBQ.

Judith Anderson, Mental Health Carer Consultant said: “It’s a dream come true, I can’t believe the generosity of Bunnings. We cannot thank them enough for making a bright spot in a very dull area of the hospital. It will be greatly used by the patients, carers and staff.”

Executive Director of Mental Health, Ms Jan Child said: “Bunnings Frankston has been a great contributor to Peninsula Health in recent times. We deeply appreciate the donation and the work put into the garden. It looks fantastic.”

Bunnings Frankston gives patients a sense of colour and atmosphere

Bunnings Frankston has put on their gardening gloves once again for the benefits of patients and carers at Frankston Hospital.

Over several weeks, Bunnings staff completely redeveloped the 1 West garden in Frankston Hospital’s Mental Health Unit.

The garden, which was formally a dull concreted area, will provide carers and consumers with a tranquil garden setting away from normal clinical hospital settings.

The garden now includes many native plant specimens designed to stimulate senses and provide consumers with the opportunity to pick herbs, water the garden and have one-on-one consultations.

Bunnings Frankston provided many staff over a one-month period.

The main working bee day was on Tuesday 5 March, when they also partnered with Mount Erin Secondary College Year 9 students who helped with the painting on the last day.

We are always grateful to those in the community who choose to support Peninsula Health. Since our last edition we have received the following donations over $1,000:

- The Collier Charitable Fund has provided $30,000 to Frankston Hospital Surgery and $30,000 to Rosebud Hospital Day Surgery
- Miss Mary Rose Wilson generously donated $10,000 to Rosebud Hospital Oncology Day Unit
- Mrs Ada Wilson generously donated $20,000 to Rosebud Hospital
- Ms Christine Pitaride generously donated $20,000 to Rosebud Hospital
- $2,985.99 from the Independent Computer Enthusiasts for Oncology Research
- $1,345.49 from the Estate of Paul Daniel
- Bunnings Frankston provided $30,000 to Frankston Hospital Surgery and $30,000 to Rosebud Hospital Day Surgery
- $1,500 from GFP Studios for Frankston Hospital Maternity Services
- $1,500 from The Asthma Foundation of Victoria – Frankston Branch for a fold out parent bed in Frankston Hospital Paediatrics Unit
- The Peninsula Pedallers donated $1,000 to the Frankston Hospital Emergency Department. The funds were used to purchase a handheld pulse oximeter.

Contact us

PO Box 192, Mt Eliza, Victoria 3930. PH: (03) 9788 1501
For those outside the Melbourne Metropolitan Area PH: 1800 858 727
www.peninsulahealth.org.au