

*Dedicated to raising funds to assist
Western Health and the people
of Melbourne's west*





About The Western Health Foundation

The Western Health Foundation was established in 2011. The Mission of the Foundation is, “Dedicated to raising funds to assist Western Health and the people of Melbourne’s west”.

The activities of the Foundation are directed towards the following objectives:

- To raise funds for the purchase of equipment and certain facilities at Western Health
- To fund medical research undertaken by Western Health
- To provide scholarships for the staff at Western Health

Funds raised by The Western Health Foundation are not used to fund general hospital operating expenses. Government cannot fund all that Western Health needs to meet the ever increasing requirements of an expanding and ageing population. This is a challenge that is facing public health service providers throughout the country. As a community we can do much to help build Western Health so it can provide improved health services and facilities for the people of Melbourne’s west.

The Foundation operates as a public company, limited by guarantee. As a separate legal entity the Foundation is endorsed by the Australian Tax Office (ATO) with Tax Concessions Charity (TCC) and Deductible Gift Recipient (DGR) status. The Foundation operates its own accounts, which are submitted annually to the Australian Securities and Investments Commission (ASIC).



The activities of the Foundation are overseen by a Board of Directors who are appointed by Western Health. The Directors bring to the Foundation considerable knowledge and expertise, particularly in the areas of philanthropy and corporate governance.

The staff of the Foundation are provided by Western Health and the costs of establishing the Foundation and the initial operating costs are being covered by Western Health.

*Sunshine Hospital – Acute Services Building
Construction of the 4-level building is currently well
underway with completion expected by late 2012.*



The Foundation Board



Mr Robert Scarborough
*Chairman, Western Health
Foundation Limited*

Mr Scarborough is a prominent Melbourne businessman and Chairman of the Moonee Valley Racing Club. Mr Scarborough has a strong background in health and hospitals.



Dr Susan Alberti, AO

Dr Alberti is Chair of the Susan Alberti Charitable Foundation, a Western Bulldogs Board Member and Founding Director of the Western Bulldogs Forever Foundation. Dr Alberti is the Co Founder and CEO of the DANSU Group.



Mr Mike Allen

Mr Allen is the Managing Director of Magnum Optus, a leading Melbourne advertising agency. Mr Allen is a Director of the Western Bulldogs Forever Foundation.



Ms Sarah Kennedy

Ms Kennedy is the Founder and CEO of Boston Kennedy group of companies. Ms Kennedy has been involved in the human resources and recruitment industries for over 15 years.



Mr Solomon Miller

Mr Miller is a Principal with the Melbourne Law firm, Russell Kennedy. He has been admitted to practice as a Barrister and Solicitor of the Supreme Court of Victoria.



The Hon Ralph Willis, AO
*Chairman
Western Health Board*

Mr Willis is the Chair of Western Health and is a lifelong resident of Melbourne's West. He was a Cabinet Minister in the Hawke and Keating Governments.



Ms Juliette Alush
*Executive Director
Western Health*

Ms Alush has extensive experience in marketing and cultural change, corporate relationships and community philanthropy.



Mr Ian Higgins
*Director of Foundation
and Executive Officer*

Mr Higgins has business experience holding executive roles at Optus and Qantas. He has worked at the National Gallery of Victoria and the College of Anaesthetists establishing fundraising structures and programs.



Positive Patient Experience

*Providing and enhancing a Positive Patient Experience
is the central focus of all that we do at Western Health.*

About Western Health

Western Health was formed in July 2000 with three independent hospitals forming the structure. Each hospital has a long history of patient care for the people of Melbourne's west. Today Western Health operates acute public hospitals located at Footscray, St Albans and Williamstown, a day hospital at Sunbury and two residential care facilities at Melton and Williamstown. A new Radiation Therapy Centre at Sunshine Hospital, in partnership with Peter MacCallum Cancer Centre, is now operational. Research, teaching and training facilities are provided in the newly opened Western Centre for Health Research and Education at Sunshine Hospital.

Western Health provides full services to a population of more than 775,000 people across the western region of Melbourne.

Our organisation provides a comprehensive, integrated range of services from our various sites, ranging from acute tertiary services in areas of emergency medicine, intensive care, medical and surgical services, through to sub-acute care and specialist ambulatory clinics. Western Health provides a combination of hospital and community-based services to aged, adult and paediatric patients and newborn babies.

Employing approximately 5,000 staff, Western Health has a strong philosophy of working with its local community to deliver excellence in patient care. Western Health has long-standing relationships with health providers in the western region of Melbourne and strong affiliations with numerous colleges and academic institutions.

Our community:

- is growing at an unprecedented rate
- is in the fastest growth corridor in Australia
- covers a total catchment area of 1,569 square kilometres
- has high levels of cancer, heart disease, stroke and mental illness, with diabetes and depression also significant population health issues
- has a diverse social and economic status
- is one of the most culturally diverse communities in Victoria
- speaks more than 100 different languages/dialects
- provides a significant number of our staff
- has a strong history of working collaboratively with Western Health to deliver excellence in patient care.

Western Health's catchment includes the following local government municipalities:

- Brimbank
- Hobsons Bay
- Maribyrnong
- Melton
- Moonee Valley
- Moorabool
- Hume
- Wyndham



Western Health has 14 operating theatres over our three hospital sites. Footscray and Sunshine theatres provide 24 hour services for patients requiring elective, day surgery and emergency surgical intervention.

Photo courtesy of ANZCA

On a Typical Day at Western Health

925 patients are cared for overnight
(acute, sub-acute and residential care)

420 patients see a doctor in an outpatient clinic

332 patients attend one of our three
Emergency Departments

316 patients are discharged

100 patients require the services of an interpreter

41 patients are visited at home by our
Hospital in the Home program

100 medical specialists are working
at the three hospital sites

300 junior doctors are working at
the three hospital sites

500 nurses are on duty over the three
hospital sites

204 clinician researchers are at work

148 medical research projects are underway

100 graduate doctors, nurses and midwives
and over 250 health professionals are
attending clinical training programs

150 students are in clinical placement and at
least 30 staff are undertaking further study
in a higher education program

4 professional development programs are
underway supporting 80 staff in their
career development

106 volunteers provide a range of services
including patient comfort and basic
administrative support

12 babies are welcomed into the world
at our Sunshine site

2742 meals are served

The Foundation at Work

The Foundation is dedicated to raising funds for Western Health so additional hospital equipment and facilities can be purchased, ensuring that Western Health can take even better care of the people of Melbourne's west.

Some of the funding projects the Foundation is working towards include:

Updating Equipment and Facilities in the Children's Ward at Sunshine Hospital

Bringing sunshine into the lives of sick kids is something the staff in the children's ward feel strongly about. Whether it's a nurse with a hug and a smile, a ward full of happy colours, or the latest, safest equipment, the staff want to provide the children of Melbourne's west the best possible care, in the most supportive environment.

While the smiles and hugs are on ready supply, unfortunately, the most up-to-date medical equipment is often not. Sunshine Hospital has been referred to as 'the invisible children's hospital'. It is actually the third largest provider of paediatric services in Victoria - there have been over 10,000 admissions to the children's ward over the last three years - and yet it is in urgent need of both equipment and facility upgrades. Because of this, all donations and contributions make a significant difference for the children, their families and the staff on the ward.

The reality of how quickly the western suburbs' populations are growing, particularly the growth of young families, has been in no way matched by available

government funds. The pressure on our services increases the need for equipment and it is vital that the ward is, at the very least, equipped with the minimum of what is needed to provide adequate care for the infants and children of Melbourne's west.

Some of the projects The Foundation is currently fundraising for in the children's ward include medical and functional equipment, including an immunisation fridge, breast pumps, oximeters and single sofa beds for parents to sleep on, a refurbishment to brighten up the whole ward, and the purchase of several portable digital diversional therapy tool devices (DITTOs).

The DITTO console, a new Australian designed and owned therapy tool, is a hand-held device that reduces anxiety-related pain by engaging the child in games, stories, movies and information about the procedure they are currently receiving, all of which are interactively operated by the child to distract them during a wide range of often traumatic medical procedures.

Helping Around the Clock

Who would have thought the humble clock could be the answer to a serious condition facing older people at Western Health? Access to a clock has been attributed to lowering the risk of delirium in older hospitalised patients by assisting in orientating the patient to the time of day. Delirium is a common and serious problem faced by many older people in hospitals. It is a condition that causes acute confusion, such as disorientation, agitation and delusions. Ten to 15 per cent of older people admitted to hospital have delirium at the time of admission, and a further five to 40 per cent are estimated to develop delirium while in hospital.

Western Health would like to ensure that each hospital ward, waiting rooms, and public areas within the hospital are fitted-out with appropriate clocks to ensure that our patients are well oriented and at lower risk of acquiring delirium.

The Foundation is developing a sponsorship proposal that would provide for clocks in all inpatient wards (excluding maternity and paediatrics) at the Williamstown, Sunshine and Footscray Hospitals. It is estimated that 430 clocks are required.



Upgrading the Relatives' Waiting Area at The Western Hospital Intensive Care Unit (ICU)

The ICU at Western Hospital (Footscray) has seen the number of operational beds rise from seven to ten over the past decade. At the same time there has been a steady increase in both demand and occupancy in the ICU. With this increase in the number of patients, the ICU has also experienced a marked increase in the number of visitors, predominately family members. Facilities to accommodate visitors to the ICU remain the same as at the time the ward was built, some 20 years ago.

There are often large numbers of people congregating in surrounding corridors near the ICU as there is very limited space and facilities. This becomes a serious issue when there are grieving families who need privacy. There are currently no tea and coffee making facilities and the existing single meeting room is very small, which makes meeting with large families extremely difficult.



The waiting area prior to refurbishment.

Western Hospital has developed a proposal to provide much improved facilities for visitors to the ICU. This upgrade will include converting a seminar room into two separate visitor rooms. There will be new fittings and furniture, installation of televisions and the installation of two fold-out couches for overnight stays and 12 new visitor chairs.



BreastWest

BreastWest can trace its beginnings to 2006, following discussions between the local Federal Member, the Hon Nicola Roxon MP and key Western Health staff about the difficulties many women face in accessing breast cancer services in the western suburbs of Melbourne, due to their personal circumstances and how, in some cases, this affected their health outcome.

From these discussions, BreastWest was born. What sets BreastWest apart from many other charitable committees is that all funds raised go directly to supporting women in the west. The funds assist in helping women attend clinics via taxi vouchers, purchase mastectomy bras and even wigs. The BreastWest Committee supports the purchase of large and small pieces of equipment to make all patients' experiences more pleasant and less invasive. In addition there is a longer term plan for the development of a fit-for-purpose BreastWest Care Centre at Sunshine Hospital.

If you would like to donate or would like more information about BreastWest, please contact the Foundation office on 1300 079 599 or go to the Foundation website, www.whfoundation.org.au

*Western Centre for Health Research and Education: Sunshine Hospital
The Centre is also home to the Western Health Foundation.*



Health Research and Education at Western Health

The Western Centre for Health Research and Education plays a pivotal role in researching diseases that affect local communities, positioning Western Health as an area of excellence in academic and research fields.

The Foundation is committed to supporting the vital health research and education that is undertaken at Western Health.

Some of the programs that are underway:

Vitamin D Dose-Ranging Study

Vitamin D deficiency is emerging as a public health issue for Australians. Severe vitamin D deficiency results in osteomalacia in adults (a softening of the bones) and rickets in children. Less well known is the impact of vitamin D deficiency on depression, immunity and autoimmunity, obesity, and the progression of type 2 diabetes. Many clinicians recommend high doses of vitamin D to achieve a rapid increase for adults with low vitamin D status. However, in a recently completed trial involving older women, it was found that an annual “megadose” of vitamin D was associated with increased falls and fractures.

Associate Professor Kerrie Sanders from Western Health and the NorthWest Academic Centre at the University of Melbourne is leading a project addressing the current dilemma of whether high annual doses of vitamin D should be used.

Born Small

It is widely recognised that if a baby is born small for gestational age, or born prematurely, there is an increased risk of adult diseases such as diabetes, heart disease and osteoporosis. Professor Glenn McConell from Victoria University and Professor Peter Ebeling from Western Health and the NorthWest Academic Centre at the University of Melbourne have come together with a common goal after a number of years of examining this medical conclusion from different angles.

Research Week

Western Health’s vision is to cement a strong foundation for our own investigator-led research. One way in which we achieve this is through our annual Research Week.

Research Week is a prime opportunity to celebrate the achievements and successes of the previous year and to showcase new and upcoming researchers within our health network.

The Foundation supports Research Week through seeking sponsorship, as well as funding an Award for the Best Published Research Paper as judged by a select panel.

THE WILLIAMSTOWN HOSPITAL

The image shows the exterior of The Williamstown Hospital. A large white sign with blue lettering reads "THE WILLIAMSTOWN HOSPITAL". The building is constructed of brick with green vertical accents. A white awning covers the entrance area. To the left, a blue sign indicates accreditation by the Australian Council on Healthcare Standards. A security camera is mounted on the wall. Landscaping includes a weeping tree, a small evergreen, and a planter box with low-lying plants.

THIS
HOSPITAL
IS
ACCREDITED

AUSTRALIAN COUNCIL ON
HEALTHCARE STANDARDS

The Williamstown Hospital is a 113 bed community hospital and is Victoria's oldest suburban hospital.

Pastoral Care

Pastoral Care is part of a holistic approach to healthcare. The primary concern is the care of the human spirit.

Members of the Pastoral Care team at Western Health offer emotional and spiritual support to all patients, their carers, and staff to help face the changes and challenges that can be experienced in hospital.

The service is non-sectarian in nature, drawing on the strengths, resilience, wisdom, and uniqueness of each person's own values and beliefs as the basis for the care that is offered. These may include:

- Meaning and purpose
- Relationships and companionship
- Sources of hope and strength
- Making peace with oneself, other people, the natural world, or with God(s)
- A person's concept of God(s) or the Sacred
- Ways to explore and express spirituality, rituals and practices that help a person experience and explore meaning in their present circumstances

The service includes a number of specific denominational chaplains who can offer specific religious needs e.g. Holy Communion and Baptism. Pastoral Care can also organise for relevant local faith representatives to attend upon request.

The Pastoral Care Service relies largely on the partnerships Western Health maintains with generous community organisations such as Catholiccare, the Anglican Diocese of Melbourne, the Presbyterian Church of Victoria, as well as individual and community donations. If you would like to donate, or would like more information about the Pastoral Care Service, please contact the Foundation office on 1300 079 599 or go to the Foundation website, www.whfoundation.org.au



How You Can Help

The Western Health Foundation is dedicated to raising funds to assist Western Health and the people of Melbourne's west. There are a number of ways you can support us, both as an individual or as an organisation.

Make A Donation

All donations made to the Foundation are tax deductible. You can make an online donation using a secure credit card facility by visiting the Foundation website at www.whfoundation.org.au. Or you can send your donation to the Foundation at:

*Western Health Foundation Limited
Locked Bag 1200, Sunshine Vic 3020*

Make A Bequest

A bequest to the Foundation will greatly assist the Foundation's various programs, including medical research and the purchase of hospital equipment. Your bequest to the Foundation could be as a specific amount of money, a proportion of your estate, the residual of your estate, or other specific property.

A person's will and financial planning are private matters and we respect your privacy. If you wish to make a bequest to the Foundation, or to honour or commemorate a named individual, the staff at the Foundation are available to discuss it with you and provide assistance. All discussions will, of course, remain confidential.

You are free to indicate how you would like your bequest to be used, and your wishes will be respected. However,

we would appreciate the opportunity of consulting with you to ensure that we are able to carry out your wishes. It is strongly recommended that you seek professional advice regarding your will. A solicitor will help you make a clear, concise will, which is easily located and causes no misunderstanding.

Prior to seeking such professional advice you may have questions regarding broad legal or financial issues. The Foundation may be able to assist you by providing a consultation with a major legal firm here in Melbourne. There is no cost to you in receiving this consultation.

For further information please contact the Foundation office on 1300 079 599 or email foundation@wh.org.au

Become A Sponsor Or Corporate Partner

Your company or organisation could make a wonderful contribution to advancing healthcare and medical research for the people of Melbourne's west. If you would like to obtain information on how your organisation could support the Western Health Foundation please contact:

*Simonne Michelle-Wells
Trusts, Foundations and Corporate Relations Manager
Tel: 8395 8062
Email: simonne.michelle-wells@wh.org.au*



The maternity ward at Sunshine Hospital is one of the busiest in Victoria. With the growing population in Melbourne's west this facility will continue to ensure that the best possible experience is provided.



ABN 37 867 721 909

Western Health Foundation Limited
Sunshine Hospital
176 Furlong Rd, St Albans Vic 3021
Locked Bag 1200, Sunshine Vic 3020

Tel: 1300 079 599
Email: foundation@wh.org.au
www.whfoundation.org.au