

Royal News

Spring 2011



The Royal Gala Dinner

In recognition of the Royal's focus on "mothers and babies", this was the theme for our highly successful inaugural Royal Gala Dinner held at the end of August.

We were delighted that Westpac CEO and mother of four Gail Kelly agreed to be our guest speaker. She captivated us with wonderful stories about life in Africa as a young girl, and also spoke of how her experiences in her own family life have been important lessons in corporate life. The very talented Phil Kearns generously agreed to MC the event and kept everyone entertained.

Many of Australia's "corporates" supported the Royal on the night through sponsorship, donations and/or contributions towards the purchase of equipment from the Foundation's Wish List. The Newborn Care Centre has expanded by two beds this year (from 42 to 44) and this additional equipment, which includes cuddle chairs, neopuffs, Bili light meters, blood pressure monitors and saturation monitors will be put to very good use. It has been five years since there was an increase in bed numbers within the Newborn Care Centre and the new equipment will enhance the upgrade and refurbishment that is currently being undertaken within the Centre.

We would like to acknowledge our corporate partners, as their support was vital to the overall success of the Royal Gala Dinner:

- KPMG, IBM and EMC as our platinum partners,
- Allens Arthur Robinson, Message Stick, TPI, Macquarie Group and Gilbert + Tobin as our gold partners, and
- Citibank, Consolidated Media Holding, Gadens Lawyers, HP, Freehills, Microsoft and BMC Software as our silver partners.

The event was held at Tattersalls Club in Elizabeth Street and was sold, in fact, over sold several months before the night of the dinner. This gave the very energetic and dedicated Organising Committee a boost of confidence throughout the planning phase. Committee members included Foundation Directors Ian Jedlin, Stephanie Murray and Sheila McGregor who were supported by Bernadette Inglis and Elizabeth Henderson (Westpac), Jim Kelly (FTI Consulting), Elizabeth Avery (Gilbert + Tobin) and Penelope Hess, the Foundation's Chief Executive. We also had a very enthusiastic group of volunteers who helped us run the event on the night.



Gail Kelly, Westpac CEO

Many of the "inputs" for the dinner were either provided free of charge or at a very generous discount including our photographer Sebastian Kriete, our jazz band, The Rick Ballan Quartet, and our sparkling and red and white wines from Oakridge Wines.

We received overwhelmingly positive feedback from the guests, and many of our sponsors have indicated they are keen to support the event next year! Associate Professor Kei Lui, Director, Newborn Care Centre was at the dinner and said "It was so awe-inspiring to see the guests show such keen interest in the Equipment Wish List and make a commitment to supporting our premature and very sick babies. On behalf of all the staff in the Centre I would like to congratulate the Foundation for organising a very successful fundraising dinner".



Our Vision

'Helping to provide care
in partnership with women'

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A message from the RHW Foundation President, Sheila McGregor

The Foundation has been very busy this year with new fundraising initiatives and developments in the way we raise funds.

Once again Helen and Marianne, nurses from the Newborn Care Centre, organised a very successful 'Bubble for Babies' Ball in support of a much-needed transportable cot for the Newborn Intensive Care Unit.

Our third and final Secret Women's Business Lunches for 2011 was held at Quay Restaurant in August. This year we introduced a new format 'The Power of Three', with three special guests at each lunch being interviewed by Deborah Thomas. Funds raised at these Lunches go towards our General Fund that supports areas within the hospital with the most urgent need. This area is dependent on ongoing funding and gives the Foundation the opportunity to help the hospital by purchasing vital medical equipment at very short notice. This could be life-saving for the patient.

In recognition of the Royal's focus on mothers and babies, the theme for our inaugural Gala Dinner held at the end of August, was 'Mothers and Babies'. See our front page article that gives an insight into the success of this event. In September, our committee of young professionals, 'The Young Royales', organised the Moulin Royale, an evening of fun and burlesque, held at the Loft Bar. Our special guest on the night was Ada Nicodemou of Home & Away. This event was generously supported by Ticketek who set up an e-ticket facility for us, and The Young Royales launched their Facebook giving them the opportunity to quickly reach a broad audience in the right demographic. Funds raised on the night will help purchase an ultrasound machine for the NSW Women's Breast Centre at the RHW.

On the 4th November, we have our final event for the year, and that is our Lavender Cocktails on the Bay. Organised by Joe and Danielle Capaldi and their team of committed volunteers, funds raised will support the Madison Capaldi Research Fund and help continue the research into Necrotising Enterocolitis and lung diseases that affect premature babies. We thank our Director, Greg Quail, for taking on the role of MC for this special event and give recognition to Joe and Danielle Capaldi for their unwavering support in raising funds for this important research.

We welcome Professor Bill Ledger to the Royal in his role as Head and Professor, School of Women's and Children's Health, Discipline of Obstetrics and Gynaecology. The Foundation looks forward to working with Professor Ledger as he continues to focus on improving the services available and also on the research capabilities at the Royal. By the time this newsletter goes to press, it will be October and whilst it is still several months to Christmas, we wish everyone a very happy and safe Christmas.

Rotary Club Bondi Junction makes breathing easier for our tiniest babies

What a lovely and unexpected phone call we received from the President of The Rotary Club of Bondi Junction, followed by a visit to our Newborn Intensive Care Unit. Not to mention the very generous donation of \$70,000 for a high frequency ventilator.

Our tiniest premature babies who need respiratory support use this vital piece of equipment to help them breathe, which they simply can't do on their own. The high frequency ventilator is literally lifesaving in times of emergency, as it delivers breaths much faster. While conventional ventilators deliver 20 to 60 breaths per minute, the high frequency ventilators deliver close to 1,000 breaths per minute. What's more, they're much gentler on the miniscule airways of our tiniest babies, preventing lung damage when ventilation is used over long periods.

As Penelope Hess, Chief Executive, Royal Hospital for Women Foundation says, "The generous support from the members of The Rotary Club Bondi Junction is testament to their ongoing commitment to helping the community. On behalf of the parents whose tiny and very precious babies depend on the high frequency ventilator, we say a very big THANK YOU!"



Associate Professor Kei Lui in the
Newborn Care Centre

Did you hear 'The Power of Three' sharing their Secrets?

Another year and another successful series of Secret Women's Business Luncheons has come to a close. And what a great year it was! It wasn't just the fabulous award winning food at Quay Restaurant that hit the mark this year – the captivating messages from our key speakers who openly "shared" their secrets were certainly not to be missed!

Hosted by Royal Ambassador Paula Duncan, our 'Power of Three' lunches saw Deborah Thomas skilfully interviewing some very accomplished special guests:

- In June, much was gleaned about the latest health, fashion and beauty tips thanks to Alison Veness, Michelle Bridges and Joh Bailey
- In July, Layne Beachley, Liz Ellis and Melinda Gainsford Taylor motivated many of us to grab a surfboard, have a game of netball or dust off our running shoes to get fit for summer
- In August our thirst for gossip and news was well and truly quenched by the captivating stories of Ros Reines, Sunday Telegraph Gossip Columnist, Andrew Hornery, Sydney Confidential Gossip Columnist and Annette Sharp, The Daily Telegraph Gossip Columnist.

Hearty congratulations go to Maria Galt, the lucky winner of our major prize: a trip for two to Chiva Som Health Resort in Thailand, including Business class flights with Emirates. Bon Voyage Maria!

As the year comes to a close, we once again warmly thank our major partners, NAB and Quay Restaurant, and all of our sponsors, without whom our Secret Women's Business Luncheons would not be possible.

With so many fascinating stories to hear, so much delicious food to eat, and so many interesting people to meet, why not join us next year? Stay tuned for more details



Alison Veness, Michelle Bridges and Joh Bailey



Melinda Gainsford Taylor, Liz Ellis and Layne Beachley



Ros Reines, Andrew Horney and Annette Sharp

Extreme generosity helps transport our tiny babies with ease

Wow! It was another spectacular success this year at the Royal's Bubbles for Babies ball on Friday 26 August. Organised by two of our very special Newborn Care Centre (NCC) nurses, Helen Mortimer and Marianne Dee, the ball raised money for equipment to support the lives of our tiny and often very sick premature babies, as well as other newborns requiring specialist around-the-clock care. With over 1000 admissions each year, the Unit can care for 44 babies at any one time.

Held at the beautiful Doltone House, Jones Bay Wharf, the night was hosted by the gorgeous Alison Cratchley, ex All Saints star and Packed to the Rafters guest star, herself a mother of two. Not surprisingly, it wasn't only the champagne bubbles that flowed freely this year, but the extreme generosity of the ball's guests.

After raising an astounding \$25,776 at last year's inaugural ball, Helen and Marianne set the bar even higher, at \$30,000, to purchase a state-of-the-art transport incubator. This helps move babies from the NCC, far more safely and easily, to wherever they're needed, such as theatre or radiography. We are excited to report that well over that amount was raised!

Our heartfelt thanks goes to all of our guests, and particularly to Helen and Marianne. Not only do they care so well for these very tiny babies, but they also worked tirelessly, in their own time, to organise such a fun and wonderfully successful event.

Integrating teaching and research for improved patient care

What an exciting day it was on 10 March this year, when we officially re-launched our Midwifery and Women's Health Nursing Research Unit. Beginning in 1996 as the Centre for Women's Health Nursing, the unit has promoted and supported research, practice development and education in women's health care for over 15 years.

And now, with the relaunch, it's a special collaboration between the University of Sydney and the Royal Hospital for Women, with plenty of support from the Royal Hospital for Women Foundation.

Led by Sally Tracy, the Professor of Midwifery at the University of Sydney, the Unit's aim is to promote better healthcare outcomes for expectant mothers, their babies, and other women, and to work closely with maternity professionals to deliver research outcomes with more family-friendly and women-centred care.

"We're the envy of many nursing and midwifery research units because of our proximity to the day-to-day activity of the women's health and maternity service", commented Sally. And, "Being on site at the Royal, with support from the Foundation, allows research and teaching to be fully integrated in a very special way to build great relationships and inter-professional collegiality."

With so many talented people working together, we can't wait to see the outcome! And its first project is already well underway, aiming to enhance midwifery and patient care. It's a randomized control trial evaluating the safety of continuity of midwifery care through collaboration between midwives and obstetricians.

And what a formidable team – with funding from the National Health and Medical Research Council – Sally is



Helen Gunn, Professor Jill White, Amy Monk, Professor Sally Tracy, Dr Terry Clout, Professor William Walters at the Launch 2011

Chief Investigator working with research leaders Donna Hartz, Bev Hall and Anne Lainchbury. Already, this research has put the Royal at the forefront of maternity system reform: more than 50% of women booking as public patients at the Royal are offered Midwifery Group Practice care with the same midwife for pregnancy, antenatal care, labour, birth and postnatal care.

What's certain is that a very able captain is leading this ship - Professor Tracy has extensive experience as a midwifery leader and is internationally renowned in her field. And, as Professor Jill White, Dean of Sydney Nursing School, says "We're delighted to have a research leader such as Professor Sally Tracy who will promote and lead research that is really designed to improve patient care." We couldn't have put it better ourselves!

Warmth and comfort for our tiny babies all the way from South Africa

The kindness and generosity of people within the community, both near and far, never ceases to amaze us at the Royal. Although televised in Australia a few years ago now, it seems that Saving Babies, our special TV series showcasing the work of the Royal's Neonatal Intensive Care Unit, is still making a global impact.

"You can imagine how surprised and curious I was to receive a parcel in the post covered with stamps from South Africa! After enormous excitement opening the parcel, I was overwhelmed when I saw the beautifully knitted beanies for our precious babies", said Penelope Hess, Chief Executive, Royal Hospital for Women Foundation.

Inside the parcel was a letter from May van der Merwe of Durban, South Africa which said "After watching the program Saving Babies and seeing the good work that is being done, I set myself a goal to knit beanies and send them to you. I sincerely hope and pray for the little lives that are saved daily and that these little beanies will bring warmth and comfort to them"

Thankyou May and Carol for your beautiful beanies. They certainly will bring warmth and comfort to our precious little babies, and will be treated with as much care and love as you have put into knitting them.



Young Royales working hard for breast cancer



NSW Women's Breast Centre Ambassador Judy Nunn with Ada Nicodemou

Wednesday 14 September was no ordinary night for more than 150 people who gathered at the ritzy Loft Bar on Sydney's King Street Wharf for a night of cocktails, good fun and prizes – and all for a very worthy cause.

Moulin Royal was a special night organised by the Young Royales, the Foundation's youth committee. Formed last year, the group aims to raise awareness among young women, aged 25 – 35, of common health issues, to engender support for the work of this great hospital and, of course, to raise much needed funds.

Matt Maher, a committee member, says, "it's great to work with a group of young people who are passionate about making positive change. I feel very proud to be a member and am thoroughly enjoying working alongside them".

Ruth Green, the Vice President of the RHW Foundation, leads the group and says she is "inspired to energise and motivate the young people of Sydney to support the amazing work of the Royal Hospital for Women in a positive and engaging way."

This year's focus for the Young Royales has been breast cancer – raising both awareness about it and funds to purchase a special ultrasound machine for The NSW Breast Care Centre capable of detecting abnormalities in younger women. We're

excited to say that not only was Moulin Royale incredible fun, the committee easily reached its goal and more! While many lucky party goers won fabulous prizes, including a Hawaiian holiday for two, over \$30,000 was raised on the night which will certainly go a long way to purchasing that very important piece of equipment.

We sincerely thank the Young Royales for making this possible and all of the generous people who attended their special night. As Ruth said, "It was wonderful to see young people take up the challenge of philanthropy and, in turn, alert others to their potential to give to medical research, equipment and care".

Well, the Young Royales are really showing us that "giving" to the Foundation has many definitions - through time, money, enthusiasm, or having a ball at the events they put together. So if you're aged 25-35, you, too, can get involved - and as well as learning something, you'll also be able to participate in giving – in whatever way you choose.



Burlesque dancers from Blush Dance School



Mike Levendi with the winner of the Levendi prize

Glamour and lavender - a very special event

On 4th November, the Lavender Cocktails on the Bay will be an event you will want to include in your social calendar. The organising committee for the Madison Capaldi Research Fund has planned an evening of wonderful entertainment to help raise funds for research into the devastating illnesses and diseases specifically affecting premature babies. The positive results from this research WILL save lives.

"These events are very important to our family in honouring the gift our little Madison blessed us with through her brief life in the Newborn Care Centre at the Royal Hospital for Women. I feel very lucky that I can contribute to this vital research. Sometimes we sacrifice one beautiful treasure in the hope of enjoying an abundance of healthy treasures" says Joe Capaldi.

Angelo's on the Bay Restaurant, Cabarita is the venue for this elegant event. Call Linda Hollings on 93826720 to purchase your ticket. We look forward to seeing you there!

Your donation to the Royal Hospital for Women Foundation will ensure we continue to care for the women and babies of NSW

You may fax your donation to (02) 9382 6762 or send this coupon to RHW Foundation, Locked Bag 2000, Randwick NSW 2031. Donations are tax deductible.

Please find enclosed my donation of (please circle)

\$250 \$100 \$50 \$500 or \$_____

Enclosed is my cheque made payable to RHW Foundation, or

Please circle: Visa Mastercard Amex

Card Number _____

Name on Card _____

Expiry Date _____

Signature _____

Dr/Mr/Mrs/Ms/Miss _____

First Name _____

Surname _____

Address _____

State _____ Postcode _____

Telephone _____

Email _____

A self addressed envelope is enclosed for your convenience.

Please make cheques payable to RHW Foundation Tel (02) 9382 6720 Fax (02) 9382 6762 ABN 79 276 416 465 Donations over \$2 are tax deductible. Thank you for your support.

The Right Royal Baby Stars - Order Form

Commemorate your child's birth at the Royal Hospital for Women with a star on the Baby Wall

Minimum contribution of \$50 each star (one star per child)

First Name Middle Name Surname

Date of Birth Girl/Boy Gold or Silver Star

Please complete the above details and payment section and post to RHW Foundation

Unravelling the mystery behind a very painful and often misdiagnosed disease



Jasmine Glover



A/Prof Jason Abbott

Endometriosis is a chronic condition where the inside lining of the uterus grows on the outside, causing severe pain and infertility. It's a very common disease, affecting nearly 10% of all women, with symptoms so severe it's estimated to cost more in lost productivity than asthma or diabetes.

While treatments for endometriosis vary, symptoms can recur. Treatments range from medications to release hormones (via the oral contraceptive pill or an inter-uterine system) or relieve pain in the short term, to surgery. And although surgery removes lesions, reduces pain and improves fertility, it is still quite invasive and better solutions are needed.

But thankfully, this disease is being increasingly understood and recognised, especially with the help of the Royal's Assoc Professor Jason Abbott who is at the forefront of our hospital's gynaecology and research.

As genetics are thought to play an important role in this disease, managing symptoms is critical and Jason and his team are at the forefront of endometriosis management. They are evaluating solutions such as world expert surgical management and treating pelvic pain that can occur with endometriosis, using pelvic floor physiotherapy and treatments such as Botox for muscle spasm to reduce pelvic pain.

Excitingly they also are conducting a 10-year review of fertility outcomes for women with severe disease, travelling to France to present their research findings at the World Endometriosis Congress.

Jasmine Glover is one person who knows too well the pain and suffering of endometriosis, and how continued research is vital. Now aged 35, Jasmine's endometriosis remained undetected for over three years, after being told that her severe abdominal pain and bloating was everything from a cyst, to appendicitis to a tight muscle! It was only after contacting Assoc Professor Abbott that the right diagnosis was made. Following two surgeries, the last in 2009, many months of physiotherapy at The Royal and our holistic approach to healing, Jasmine is finally pain free.

With her energy returned, Jasmine is now an avid fundraiser for endometriosis research, working closely with the Royal's Foundation. Her aim is to raise awareness among women of its symptoms and avoid misdiagnosis, and to raise vital funds to keep the research going. In fact, you may have seen Jasmine pounding the pavement with her friends and colleagues in this year's City to Surf to further her cause!

Thanks to Jason and his team, the future for endometriosis management is looking brighter. We now have our sights set on developing a screening test to detect genetic predisposition to the disease, and with continuing fundraising efforts like Jasmine's, we might just get there!