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PUBLIC AVAILABILITY

An online version of this document is available on our website
www.toowoombahospitalfoundation.org.au

We respectfully acknowledge all Traditional Custodians of these lands and recognise their cultural heritage and their continuing connection to land and their role in the life of the region. We are inspired by this tradition in our work to share and preserve Australia's cultural memory for future generations. We acknowledge and pay our respects to all Elders past, present and future.





A Message from

Raymond Taylor

CHAIRMAN

I am delighted to be reporting on another successful year of achievements, fundraising and giving for the Toowoomba Hospital Foundation, due to the outstanding and tireless contributions of staff and my fellow Board members.

In December last year, the Foundation Board, together with staff, put pen to paper to develop our 2019-2022 Strategic Plan and in January 2019 we adopted three key focus areas: sustained financial growth; expanded regional scope; and a stronger alignment with Darling Downs Health.

I'm pleased to say that over the last six months we have made considerable progress on delivering on these priorities, with the takeover of the Clive Berghofer Toowoomba Hospital Accommodation being one of many new opportunities we've grasped.

The introduction of the Clive Berghofer Toowoomba Hospital Accommodation into the Foundation's business base is an incredible achievement and one that I have been striving for since I joined the Board over 20 years ago.

It was a real honour to officially cut the ribbon not only on the Accommodation Centre but also on our new Foundation Office earlier this year.

Our new location at the front of the Hospital campus has given us the chance to be more accessible and closer to the many patients, families and staff we support each day.

With these new opportunities the Foundation can continue to do their best, to serve the patients and staff of the Darling Downs Health Service and give back to the community who have given so much to us.

On top of these successes, the Foundation approved an expenditure totalling \$2,145,032.98 in applications for equipment, programs, research and scholarships for Darling Downs Health. These funds represent a record year for the Foundation and the largest amount we've approved to date.

These accomplishments are important milestones in the Foundation's history as it highlights, quite significantly, the direction in which the Foundation is headed. The more we find opportunities to grow, the more we find alternative ways to support the operational costs of the Foundation, the more

we can commit to the health service and to caring for our community.

I thank my fellow Foundation Board members for your ongoing commitment and dedication to making a difference in the lives of patients and staff who access the Darling Downs Health Service.

This year we were pleased to welcome Jacqui Armstrong to the Foundation Board. Jacqui's stellar career in business and finance, as well as her passion and experience in sponsorship, fundraising and charitable giving, brings a fresh approach and insight to our governance and grant-making.

To our CEO Alison Kennedy, and her team, the incredible achievements of the past year would not have been possible without your vision, guidance and unwavering devotion to carrying out the wishes of the Board, the health service and the community. The Foundation Board and I are incredibly appreciative of all that you do in helping to change and save lives.

It is with pride and humility that I continue to lead the Toowoomba Hospital Foundation as Chairman and I look forward to another incredible year serving our community.

A Message from

Alison Kennedy

CHIEF EXECUTIVE OFFICER

This year has been an amazing year for the Toowoomba Hospital Foundation. Thanks to the generous support of our community and mates, we've been able to deliver our largest contribution to date towards lifesaving equipment and resources, staff development and research for our hospitals.

In 2018/19 we approved over \$2.1 million in grants for Darling Downs Health — our biggest year ever! This wouldn't have been possible without the generosity of our community.

We said that 2018/19 was going to be the year of growth for the Foundation, and boy, did we grow! Our most exciting highlight of the year was moving into our new office, situating us on the Hospital campus and opening greater opportunities for us to better serve our community.

Our new office has allowed us to spread our wings, grow as a team and grow our volunteer opportunities, as well as launch brand new community initiatives like our Community Wellness Calendar, which wouldn't have been possible in our 'old house'.

Along with the move came a new business chapter for the Foundation as we welcomed the Clive Berghofer Toowoomba Hospital Accommodation into our daily operations. We are grateful for Clive's \$100,000 donation which has helped us

turn our Chairman Ray Taylor's 20-year dream into a reality.

On top of our Accommodation Centre and new office, we are also adding another new enterprise to the list. In the new financial year, we will be the new owners of the Toowoomba Hospital café and I am extremely proud of my team for all their work in managing this project not long after we took over the Accommodation.

From little things, big things grow — and this can't be truer for the Foundation. As we grow so does our capacity to be able to deliver on bigger and better opportunities.

All this stems from being recognised as the charity of choice in Toowoomba, and in 2019/20 we won't just be stopping at the Garden City.

As part of our 2019-2022 Strategic Plan we are renewing our focus on the regions and our level of service to our smaller hospitals in the Darling Downs. I've had the pleasure of visiting with several hospital auxiliaries and I look forward to our team working with them to support our rural patients and staff.

We make bigger and better impacts together, so as part of our strategic plan we're also working towards ensuring our vision and goals for the future align strongly with the direction of Darling Downs Health.

For us it's about meeting the needs of tomorrow as well as



those of today and making sure we have a robust Foundation that continues to provide for our community well into the future.

This year we had amazing support from some incredible partners to help us fund much-needed equipment. I'd like to give a special thank you to Suncorp Brighter Futures, who last year raised an astonishing \$50,407.46 towards the purchase of a new Ultrasound machine for the Breast Screen Toowoomba Service.

I'd also like to thank Harvey Norman Toowoomba who have supported the Foundation for over 20 years now and have given tens of thousands of dollars towards helping sick kids in hospital.

We really couldn't do what we do without the support of our mates and we're very lucky to have friends like Suncorp and Harvey Norman.

On behalf of the Toowoomba Hospital Foundation, and all the patients and staff of our hospitals, thank you to everyone who has contributed to another wonderful year.

Growing with purpose

STRATEGIC DIRECTION 2019-2022

The Toowoomba Hospital Foundation has achieved remarkable progress in the last year. But rather than rest on our laurels we're embracing the chance to grow with purpose and adapt to the changing needs of the community and hospitals we serve. Now, while riding the high of our recent successes, is the time for us to look forward and be ambitious.

In December 2018 our Foundation Board, CEO and staff took an indepth look at our vision, priorities and goals, and the result was the development of our new four-year Strategic Plan.

There is no denying that the past year has been one of massive changes and challenges. We've reflected on our past and celebrated our progress in order to lay the grounds for the future of the Toowoomba Hospital Foundation.

Our new Strategic Plan will guide us in 2019-2022 to ensure we are taking the right steps towards becoming the charity of choice the patients and staff of our health service needs and deserves.

So, what does the future of THF look like?

Going forward we have three new priorities:

Sustained financial growth

We're taking ownership of our financial future and capitalising on new opportunities to grow and diversify our revenue streams.

Expanded regional scope

We're expanding our THF community by offering our support to rural and regional hospital auxiliaries across the Darling Downs.

Stronger alignment with Darling Downs Health

We're strengthening our ties with Darling Downs Health in order to

ensure our activities are helping to accomplish their priorities.

The next four years will be a transformational time for the Foundation and we're already taking leaps towards achieving these priorities.

Come 2019/2020 we will have: taken over ownership of the Toowoomba Hospital Café; embarked on a regional tour to volunteer auxiliaries; developed a planned approach to broadening our 'Gifts and Wills' program; and collaborated with Darling Downs Health to enhance staff facilities and patient experiences.

We're doing more to recognise the support of our community of donors, volunteers and mates. Because we know the value of people power and storytelling in forging new relationships and opening new doors in our mission to assist our local hospitals and health service.

Our new Strategic Plan is a promise. It's a promise to all our donors, volunteers, hospital patients and staff that we will continue to deliver, grow and improve our work to be the best it can be.

Our Region

OUR NEW DIRECTION



\$2,145,032.98

DONATED TO THE
HEALTH SERVICE
2018/19



19.31%



INCREASE IN
APPLICATIONS
FOR FUNDING

MEET THE Board of Directors



RAYMOND TAYLOR - Chairman

A founding member of the Toowoomba Hospital Foundation, Ray was first appointed to the Board in 1991 as Deputy Chairman and then later as Chairman in 1999. Ray is currently the Managing Director of Taylor's Removals and Chairman of Directors of Chess Moving Australia. Having previously served as Director of the Qld Road Transport Association, Deputy Chair of the Fatima Home for Children Board and as Chairman of St Theresa's Parish Council, Ray brings a wealth of knowledge and experience to his duty as Chairman of the Foundation Board.

ANDREW WIELANDT - Deputy Chairman



Serving on our Board since 2006, Deputy Chairman Andrew Wielandt also chairs the Toowoomba Hospital Foundation Health & Medical Research Committee. Managing Director of local wealth management firm, Dornbusch Partners, Andrew's community engagement includes being Chairman of the Toowoomba Empire Theatre Board and Past President of the Toowoomba Chamber of Commerce.



MIKE HORAN AM - Board Member

Mike was appointed as Chair of the Darling Downs Hospital and Health Board in May 2012 and has sat on the Toowoomba Hospital Foundation Board since that time. Mike was the Member for Toowoomba South in the Queensland Parliament from 1991 to 2012 and regards his time as Minister for Health (1996-1998) as a highlight of his political career.

BRENDA TAIT - Board Member



Currently Chief Operating Officer at Western Queensland Primary Health Network, Brenda previously spent 12 years as the CEO of RHealth Limited and three as General Manager of Wide Bay Medicare Local. She brings her experience in policy, planning and developing strategies for ensuring greater access to health services in rural and regional areas to the Foundation Board of which she's been a member since 1999.



MEGAN O'HARA SULLIVAN - Board Member

Councillor and portfolio leader of the Finance and Business Strategy Portfolio on Toowoomba Regional Council, Megan brings her passion for diversity, gender equality, the Customer Service Experience and stakeholder engagement to the Toowoomba Hospital Foundation Board. She is also a qualified optometrist and continues to practice part-time.

PETER SEDL - Board Member



A Certified Practicing Accountant, Peter is currently a Proprietor/Director of Sedl Agencies, a Toowoomba family business that was started in 1986. He is also a Director of the National Distributors Alliance (NDA).



DR ROS REILLY - Board Member

Roslyn is a former Registered Nurse and Midwife, retired from the Department of Nursing and Midwifery at USQ, where she was also Head of Department, Clinical Coordinator and Director of Post Graduate Studies and Acting Chair of Academic Board. She holds the position of Adjunct Associate Professor at USQ.

HORST BROSI - Board Member

Born in Toowoomba, Horst was appointed to the Foundation Board in 1999 and was a Partner and Director of his own engineering business, Vettiger, Vidler & Co Pty Ltd. Now retired, he was previously the Chairman of Downs Group Training, a past President of the Old Toowoomba Club and a founding member on the Police Citizens Youth Club Board.



LEW ROWLING - Board Member

Mr Rowling has been a lawyer for the past 38 years and he is the Senior Partner of Wonderley & Hall, a firm he has been with since 1976. Lew brings a wealth of legal knowledge and advice to the Toowoomba Hospital Foundation Board. Lew was appointed to the Toowoomba Hospital Foundation Board in July 2002.



DR PETER GILLIES - Board Member

A doctor for nearly 25 years, Dr Peter Gillies has been with the DDH since 2009 when he moved to Toowoomba to take up the role of Director of Medical Services. Appointed as Chief Executive in 2016 Dr Gillies has a background in general management and, over his tenure at the Health Service, has provided expert direction in improving patient care, waiting lists and emergency access.



KAREN GORDON - Board Member

Karen is the Nursing Director -Medical Services at Toowoomba Hospital. She has over 27 years' experience in the Darling Downs Health Service in the areas of clinical management and leadership, patient flow, critical care nursing and organ donation.



HAROLD SHELTON - Board Member Secretary

Harold has a Bachelor of Business (Accounting) and has more than 20 years' experience in commercial accounting fields, both in the public and private sector and is a Fellow of CPA Australia. He is currently the Financial Controller for the Darling Downs Health Service, a role that encompasses financial and management accounting including, preparation of statutory accounts, budgetary and performance reporting.



JACQUI ARMSTRONG - Board Member

Jacqui is a successful businesswoman and together with her husband, owns and operates three motor vehicle dealerships. Jacqui has worked in many roles within the business and is currently the Group Financial Controller for the three dealerships. Jacqui is passionate about the Toowoomba community and has been involved in many different fundraising events for a number of charities including Base Services for Homeless Toowoomba, National Breast Cancer Association and has supported local hospitals for many years.



MEET THE Foundation Team



ALISON KENNEDY
CHIEF EXECUTIVE OFFICER

Oversees the strategic direction and priorities of the Foundation, including, but not limited to: driving business performance and improvements, sponsorships and corporate partnerships.



ANNA-LOUISE SAUVERAIN
BUSINESS MANAGER

Budget allocations, reporting, finances and invoicing.



ERIN KEHOE-O'SHEA
MARKETING AND EVENTS MANAGER

Development and management of fundraising events and marketing campaigns.



ZOE BOYD
OPERATIONS AND COMPLIANCE OFFICER

Oversees governance and compliance, as well as operations of commercial businesses (hospital café, accommodation and car parking).



STACEY EDWARDS
COMMUNITY ENGAGEMENT OFFICER

Liaison with community partners, management of volunteers and donors, and cultivation of 'Gifts and Wills' program.



LAURA CONROY
MEDIA AND COMMUNICATIONS OFFICER

Media liaison, storytelling and public relations.



SARAH RAFTERY
VISUAL COMMUNICATIONS OFFICER

Development of marketing and event collateral.



LIBBY COGHLAN
FUNDRAISING AND EVENTS OFFICER

Liaison for external community events and fundraisers ('mates'), face-to-face marketing and acquisition of event resources.



KISA LEVALE
CLIENT EXPERIENCE OFFICER

Oversees front of house customers, assistant to CEO and Business Manager, applications for funding and administrative tasks.

I'm Gill. I'm here. I'm alive

2019 DELIVERS RECORD WOMEN OF STRENGTH

Reaching for the tissues one moment and laughing the next, Gill Hicks had our 565 Women of Strength guests captivated to the very last minute of her address. After a 19-year-old suicide bomber changed her life in a coordinated attack on London's transport network in 2005, Gill has devoted her second life to building peace and supporting the work of the extraordinary individuals who saved her.

Trusting in the process of life, hope and humour were only some of several inspiring life lessons London-bombing survivor Gill Hicks, shared during her very first visit to the Garden City.

Built on the simple act of spreading strength and inspiration from one woman to the next, the Toowoomba Hospital Foundation's signature Women of Strength event has grown into the region's largest Ladies Luncheon and has raised over \$165,000 since its inception in 2016.

2019 Keynote Speaker, Gill Hicks, said it was the exceptional team of medics and physios involved in her rehabilitation that inspired her to lend her support to the Toowoomba Hospital Foundation.

"I'm a devoted supporter to all who devote their lives to the care of others," she said.

"The greatest lesson I learnt during the process of understanding that prosthetics were part of my new life was belief and trust, that just because I can't feel the ground doesn't mean it's not there."

Despite the violent and horrific act of terrorism that left her permanently injured and took the lives of many others, it was the love, care and brilliance of those who saved her life that shone bright.

"I was labelled 'One Unknown, Estimated Female' when I arrived at hospital. I remember looking at those words, and all I saw was the brilliance of humanity," she said.

"How the courage of those who raced into such a horrific scene were focused only on saving lives, regardless of our identity, skin colour, faith, finances, gender – nothing mattered other than we were precious human lives.

"The potential for widespread positive change is absolutely enormous, because I know what we are capable of."

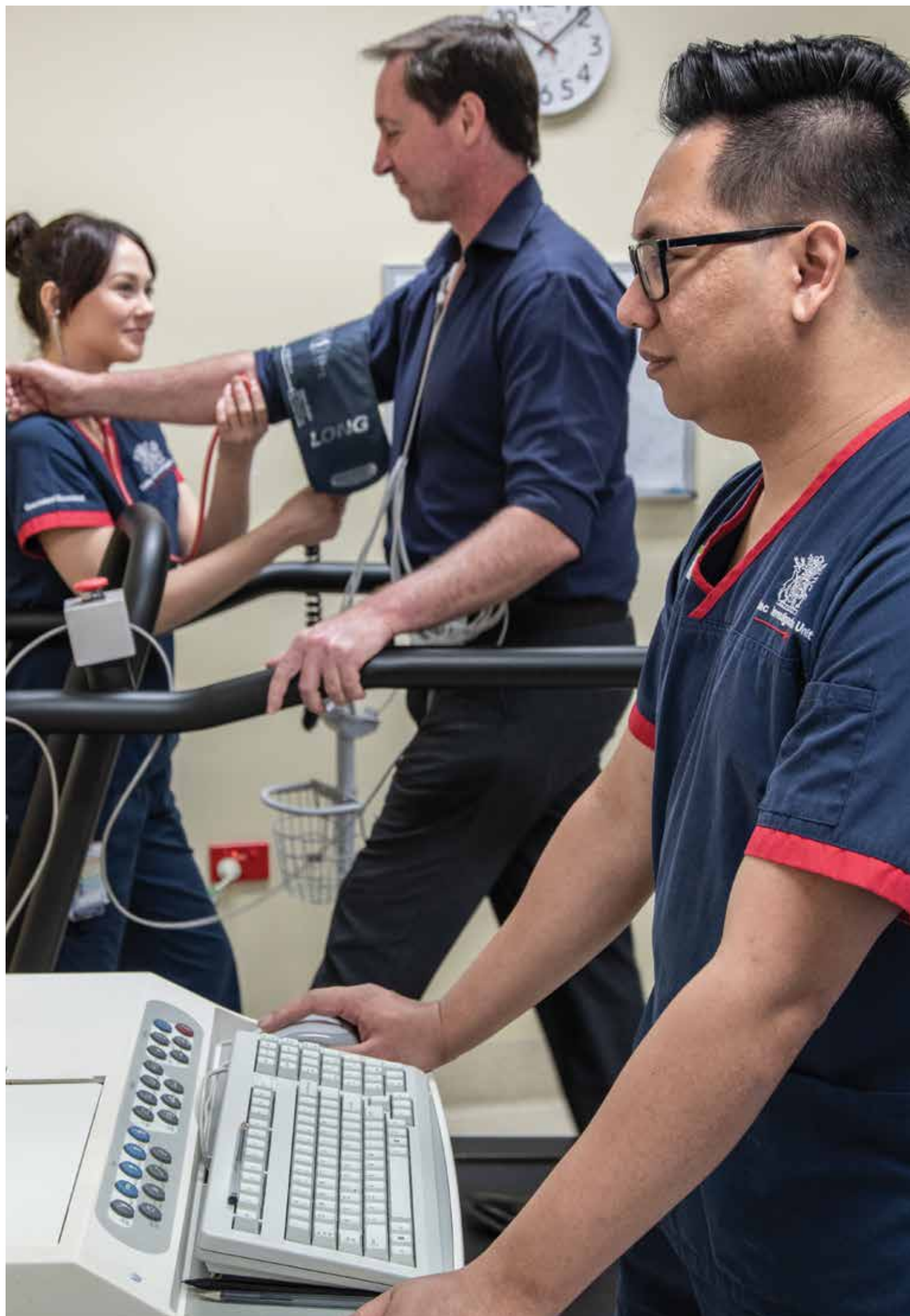
The right mix of our generous community, sponsors and Gill's incredible story delivered

another record fundraising event for the Foundation, raising \$61,965 for the Toowoomba Hospital Rehabilitation Unit.

With Suncorp's amazing offer to dollar-match raffles sold on the day, our 2019 Women of Strength event was our best Luncheon yet!

With your help this contribution will go towards the establishment of a dedicated outdoor rehabilitation space which will allow Allied Health staff to provide a greater diversity in care and give patients the confidence they need to get back out and about in their community.





Helping Hearts

ONE ECHO AT A TIME

It's a symbol of love and heartbreak, of life and loss, of light and darkness. We either think about it a lot or not at all, this small but mighty pump we call our heart. If we've had it broken we seek out our friends, if it needs strengthening we seek out exercise, but what do we do when our heart gets sick?

The complexities of our body's most vital organ aren't lost on Toowoomba Hospital's Director of Cardiac Investigations Unit Feena Enfantie who has made it her mission to help hearts across the Darling Downs.

With financial assistance from the Toowoomba Hospital Foundation and our mates the Cardiac Investigations Unit has now been able to take their services far and wide; literally.

Towards the end of 2018 our 'Helping Hearts' Campaign helped to raise \$105,000 to purchase a brand new portable cardiovascular ultrasound system.

Being the size of a laptop, sonographers can now carry the system to anywhere in the hospital to patients who aren't able to come to them.

Director of Cardiac Investigations Unit Feena Enfantie said this



has allowed the unit to set up dedicated clinics and reduce wait times for patients.

"The Cardiac Investigations Unit is extremely grateful to the Foundation for the purchase of the portable ultrasound machine," she said.

"It has made a significant improvement to the efficiency of our service and improved our ability to provide patient-centred care.

"Using the portable machine for mobile inpatient echoes means that we've been able to use our larger machines to establish a dedicated Oncology Echo clinic for patients undergoing chemotherapy treatment."

Ms Enfantie said the unit is excited about the future opportunities the

new ultrasound has opened for Darling Downs Health.

"Our future goal is to use the machine in Cardiology Outreach Clinics in rural and regional areas across the Darling Downs," she said.

"This will mean less travel for out of town patients and greater access to the specialist cardiac services we offer here in Toowoomba, which is such an exciting prospect for us."

This wouldn't have been possible without the help of our mates: The Lions Club of West Toowoomba, the Queensland Festival of Horse, The Fit Lab Toowoomba, Between Two Rocks Winery, Lisa and Leanne of Cabarlah Charity Cent Sale, Mark Raby and Matthew Holding.

A Place To Rest Your Head

CLIVE HELPS TRAVELLING PATIENTS

Counting sheep to get to sleep can quickly turn into one very overcrowded paddock, especially when someone you care about is a long way from home receiving treatment in hospital.

We may not know much about shepherding, but we definitely know how to take care of our patients and their families.

This year with the help of Clive Berghofer, we turned a 20-year dream into reality, officially taking over the Toowoomba Hospital Accommodation units so that we can continue to help families stay close together.

Our patients are at the heart of everything we do, so it only makes sense that we ensure we're right there when they need us the most. For many years we've been the helping hand; the cuddly toy; the purveyor of much-needed distraction and reprieve; and now we're the go-to when travelling patients need a place to rest their head.

After a whirlwind takeover from the Australian Red Cross in the later part of 2018, we were super excited to share our wonderful new venture with our community in May 2019 when we officially unveiled the Clive Berghofer Toowoomba Hospital



Accommodation.

As the name suggests this new era in the history of the Foundation wouldn't have been possible without the generous support of Clive Berghofer.

With the Toowoomba Hospital servicing an area the size of Tasmania it can be extremely tough keeping the family together when one of you needs specialist medical services in the city. This was something that Mr Berghofer was only too eager to support.

"When you get up in age a bit like I have, your health becomes very, very important. Whether it's research, hospitals and causes like the Hospital Foundation I'm doing a lot for health," he said.

"These accommodation units are very important when you think about the very big region we have and all the patients coming in.

"I've already had so many people from the country come up to me to thank me for what I've done, so it's great to know they'll be in good demand and that I've helped travelling patients in some small way."

If you, or a loved one, need to travel more than 50 kilometres for treatment and care at the Toowoomba Hospital, the Clive Berghofer Toowoomba Hospital Accommodation can provide emergency, short-term and extended stay options (up to three months) for patients and their families.

We thank the Australian Red Cross and their volunteers for their dedication to the Toowoomba Hospital Accommodation and we look forward to continuing the legacy for future patients and their families.



For more information or to book please call 4616 6620
or email bookings@toowoombahospitalfoundation.org.au



Happy Tails

THERAPY DOGS BRINGING SMILES TO PATIENTS

The tail wags, the ear scratches, the big gorgeous eyes – is there anything better than the love of a dog? Wally, the handsomest boy around and his mum Kerryn have been visiting the Conolly Unit at Baillie Henderson Hospital for over four years helping to bring joy and companionship to both patients and staff.

Since 2014, Kerryn Logan and her border collie Wally have been participating in the Delta Therapy Dogs Program, which is a non-for-profit organisation that uses animal therapy to give the gift of comfort to people in care.

Wally has become a much-loved guest to the ward with patients eagerly awaiting his visit every fortnight so they can give him plenty of pats, handshakes and treats.

A trained Occupational Therapist, owner Kerryn Logan, saw the perfect opportunity to share her furry friend with others.

“There is so much research on what animals can do for humans and the impact that they have on health, wellbeing and general mood. They’re just such an amazing influence,” she said.

“I started looking into animal therapy and I came across Delta Therapy Dogs and I just thought it was a wonderful opportunity to use Wally, who I think is fabulous, and share him with others.

“He absolutely loves it! You walk in and see all these big smiles on peoples faces and he’s just so gentle and calm. Some people want to give him a pat, some just want to look and others want to give him treats.

“For some people, even just the opportunity to have a chat is really appreciated, and all the staff love Wally as well.”

The Foundation assisted Kerryn and Wally through the Delta Therapy Dogs training and provide financial assistance to cover the costs of her visits, so that we can keep bringing the joy of animal companionship to patients.

This financial year, we also welcomed Therapy Dog Ella and her owner Daniel into the hospital. This dynamic duo visits Yannanda, the Youth Mental Health Unit, once a week to help bring smiles and calm to young patients.



2018 / 2019 Events

A SNAP SHOT OF OUR BUSY YEAR

WOMEN OF STRENGTH WITH DR FIONA WOOD

BENEFITING

Emergency Department



FLURO AEROBICS CHALLENGE

BENEFITING

Cardiac Investigations Unit

WOOLWORTHS WALL TOKEN

BENEFITING

Paediatric Ward



2018 SPRING POLO

BENEFITING

Palliative Care



SOFIA'S BIG HAIR CUT

BENEFITING

Breastscreen

July

August

September

O

SUNCORP
BRIGHTER
FUTURES
BENEFITING
Breastscreen

CABARLAH
CHARITY
GOLF DAY
BENEFITING
MRI



COLOUR OF
CHANGE
BENEFITING
Breastscreen



FOSSIL DOWNS RODEO

BENEFITING

Oncology & Renal Units



JB'S
CABARET
BENEFITING
THCA

HANDLING THE
OUTBACK
BENEFITING
Breastscreen



IT'S A BLOKE THING

BENEFITING

Prostate Cancer



THF EVENT

MATES EVENT

A CHRISTMAS WISH
BENEFITING
THCA



NEIGHBOURHOOD
CHRISTMAS
BENEFITING
Indigenous Health

GIFT WRAPPING
BENEFITING
THCA



CONCEPT TILES
GOLF DAY
BENEFITING
THCA



THINK PINK
BENEFITING
Breastscreen



PRETTY IN PINK
GALA
BENEFITING
Breastscreen



S&T GLASS /
TOOWOOMBA FASTENERS
GOLF DAY
BENEFITING
THCA

December

FITZY'S FEAST
BENEFITING
THCA

TOOWOOMBA'S
CHRISTMAS
WONDERLAND
BENEFITING
THCA

CHRISTMAS
CENTRE RUN
BENEFITING
THCA



TRIPLE M
MAYORAL CAROLS
BY CANDLELIGHT
BENEFITING
Emergency Department

MELBOURNE CUP
LUNCHEON
BENEFITING
THCA



MONTE CARLO
NIGHT
BENEFITING
THCA



MYLONAS
RICHTER
MEMORIAL
GOLF DAY
BENEFITING
THCA

November

October

2018 / 2019 Events

A SNAP SHOT OF OUR BUSY YEAR



PGA MINI GOLF
CORPORATE
CHALLENGE
BENEFITING
GM5FK



FIRIES GOLF DAY
BENEFITING
Emergency Department

HIGGINS RACE DAY
BENEFITING
GM5FK



BUNDY TO BRISSY
BENEFITING
Mental Health

February

March

April

OIL PATCH
GOLF DAY
BENEFITING
THCA



LETISCHA
"SISSY" KENNEALLY
MEMORIAL RACE DAY
BENEFITING
Renal Unit

SOMETHING ABOUT
BELLA
BENEFITING
Special Care Nursery



LEON TREADWELL
MEMORIAL GOLF DAY
BENEFITING
Oncology Unit



SCAN HERE TO VIEW
OUR LATEST EVENTS





COLOUR OF CHANGE
BENEFITING
Breastscreen



CHAIN UP YOUR CHIEF
BENEFITING
GM5FK

FARMFEST
BENEFITING
GM5FK

**MOTHER'S DAY
HIGH TEA**
BENEFITING
Breastscreen



**OFFICEWORKS
ROUND UP TO MAKE
A DIFFERENCE**
BENEFITING
Renal Unit



**WOMEN OF STRENGTH
WITH GILL HICKS**
BENEFITING
Rehab Unit

May

June

TOMRA BBQ
BENEFITING
THF

**HARVEY NORMAN
BIRTHDAY SALE**
BENEFITING
GM5FK



**TEDDY BEARS
PICNIC**
BENEFITING
GM5FK

**HARVEY NORMAN
VIP NIGHT**
BENEFITING
GM5FK




CLAIRE'S HAIR CHOP
BENEFITING
Breastscreen

**LADIES DIAMOND
LUNCHEON**
BENEFITING
GM5FK



**GM5FK
TRIVIA NIGHT**
BENEFITING
GM5FK



“It’s
happy work!”

If you’re interested in volunteering with us, we’d love to hear from you!

Get in touch with us on 4616 6166

or email info@toowoombahospitalfoundation.org.au

Sonia Reaches Volunteer Milestone

26 YEARS AND COUNTING

With a big smile, plenty of energy and burning with curiosity, Sonia Wood burst through the doors of the Toowoomba Hospital Foundation ready and eager to volunteer in 1993 (known then as the Darling Downs Health Services Foundation) – and she's never looked back!

Clocking up more than two decades, Sonia has been volunteering with the Foundation for almost as long as we've been established, and we wouldn't have it any other way.

We sat down with Sonia for a quick Q&A to find out what she loves about volunteering with the Foundation and what advice she'd give others.

Why did you start volunteering with THF?

I've always liked being proactively part of a community. I'm a journalist by trade so I'm naturally inquisitive about people's stories and lives and with volunteering you get a chance to ask heaps of questions!

What are your reasons for wanting to volunteer?

I enjoy the feeling of giving and being part of something bigger than myself.

What do you enjoy the most about volunteering with THF?

I like the way the THF brings together the hospital and our local business sectors with the everyday people in our community. Having that same goal of 'helping our mates' is a great way of connecting all of us and I think we are a stronger community because of it.

Has there been any outstanding moments during your many years of volunteering?

So many memorable moments! I've always loved how, even though I'm a volunteer, the Foundation has always made me feel like family. I really enjoyed being involved in the 25 Year Anniversary celebrations, it was wonderful to see the reunion of health staff and just how many people have helped give back over those years.

How does volunteering make you feel?

Really happy – because it's happy work! The other volunteers are always up for a laugh and a chat and for those who know me I'm always up for both! I also like setting a good example for my children, that's how you make and encourage change across generations.



Would you recommend volunteering to others?

Absolutely! I think the diversity of events and activities that you can be involved in at THF means you get to experience something different at every opportunity and you can also make friends with like-minded people. Life is so busy these days, but I think volunteering makes you live in the moment a bit more.

What advice would you give to someone looking to volunteer?

I'd say have a look at the THF website and get a feel for what they do. Then think about how to incorporate volunteering in your life – like all things it's good to have balance so you'd need to think about how often you can commit and perhaps talk with friends that might like to volunteer with you.

Doing it for his family

BLOOD, SWEAT AND DIALYSIS



When Mitch Kronk was 22-years-old he was diagnosed with having a kidney disease, the very same condition as his younger sister Alyce who sadly passed away in 2013 following complications from a kidney transplant. Now 32, Mitch is taking his dialysis in his stride with his young family by his side.

Care-free, fit and healthy, 10 years ago Mitch Kronk was your typical 22-year-old, fishing with his brother Luke, plying his trade in carpentry and enjoying all that life in Toowoomba had to offer.

That was up until kidney failure started slowing him down.

“That’s the thing with kidney

disease, it’s known as a bit of a silent killer because you don’t actually typically feel any side effects until your kidney functions below 10%,” Mitch said.

“When I was diagnosed at 22 it didn’t worry me, it didn’t change me at all because I didn’t feel sick.

“It’s as if it wasn’t real until I was 28 and I’d gotten to the point of being unwell enough to go on dialysis, that’s when the reality started to sink in.”

Despite his diagnosis, Mitch considers himself lucky even after seeing his sister go through the trials of kidney disease.

“For my sister it progressed quite fast, so I think a big part of why I didn’t worry about any effect on me was because I was worried about her.

“I’m actually probably one of the lucky ones that they found it early and were able to try and keep me off dialysis for as long as possible.”

Told that he and wife Haley might never have children they welcomed their little miracle Kai into the world. Mitch said this wouldn’t have been possible without the dedicated home renal nurses at the Toowoomba Hospital.


“The home renal nurses changed my life. Going from an inpatient in the hospital to training me to look after myself has been really empowering.

“To be able to take charge of my own health and to dialyze at home on my own time has opened up doors that I never thought I would go through.

“I had some really dark years, where it was hard to just keep putting those needles in, now I don’t even think about it. I must be here for Kai; I must be here for Haley and so it’s not nearly as difficult mentally having them around.

“It’s different now having our family, I just want to be there with them.”

In June 2019 Mitch’s brother Luke helped to fundraise over \$8,000 through his work Officeworks to go towards the Toowoomba Hospital Renal Unit to assist the hardworking staff care for patients like Mitch.

A photograph of a man with dark, curly hair and a beard, wearing a blue t-shirt, sitting in a dialysis chair. He is looking down at his left arm, which has two red dialysis tubes attached with white tape. A green clip is on his right arm, and a black wristband is on his left. In the background, there is a dialysis machine with various tubes and a digital display. A white circular overlay in the upper right corner contains a quote.

“It’s different now
having our family,
I just want to be
there with them.”

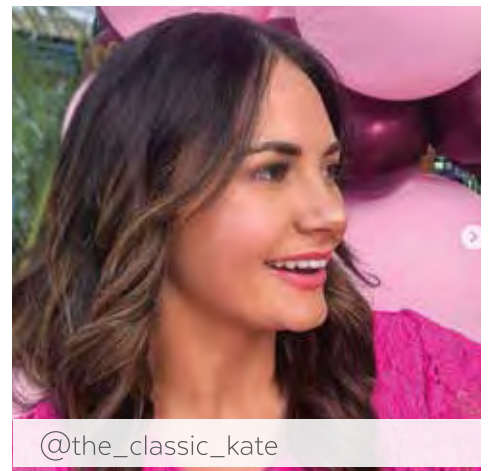


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