

Friends of St George Hospital

NEWSLETTER



WINTER 2023



NEW GARDEN BRINGS RAY OF SUNSHINE TO ST GEORGE HOSPITAL

The joyful sound of children playing is now a regular event outside St George Hospital thanks to a new playground and garden that was officially opened on 1 February 2023.

The space was transformed at the end of 2022 thanks to a grant received from the Department of Infrastructure in collaboration with the Rotary Club of Hurstville.

Member for Banks, The Honourable Mr David Coleman, was instrumental in progressing the grant and attended the official opening alongside Mr Tobi Wilson, Chief Executive, South Eastern Sydney Local Health District, Ms Kim Olesen, Executive Director Operations, South Eastern Sydney Local

Health District and Ms Angela Karooz, General Manager, St George Hospital. Other guests included representatives from Hurstville Rotary, Fairy Sparkle OAM and staff who were involved in the planning stages of the playground.

To give the new play equipment a workout, the event was also attended by children from Lorikeet Early Learning Centre, St George Hospital, who gave the slide and rope bridge the thumbs up.

Ms Lauren Sturgess, Director of Nursing and Midwifery, said the garden and play area are an outstanding addition to St George Hospital.

"It cannot be underestimated the impact the upgrade to this area has had on the Hospital. It has lifted the entire space, creating a purpose-built area for paediatric inpatients as well as children of inpatients that will lessen the stress and strain of a Hospital admission. Creating a space for staff to have a break outside the clinical area is critical to rest and recharge on their breaks," Ms Sturgess said.





Welcome to our Winter Edition of the Friends of St George Hospital

Warm Welcome! I would like to thank you, all our enthusiastic supporters and Friends of St George Hospital, for your ongoing generosity. I am incredibly warmed by your ongoing commitment and generosity to our organisation over the years. Together we continue to shape St George Hospital and ensure it continues to provide world class care for our community.

With your help, our most recent 'Gift of Giving' Appeal managed to raise much-needed funds to purchase a Multigym for the Physiotherapy Department as well as equipment for our Hospital in the Home (HITH) service. This equipment is being put to good use, helping provide quality treatment for our patients and community.

Ongoing planning and work towards the Stage 3 Redevelopment continues, full speed ahead. The contractor, Watpac Constructions, was announced earlier this year and they have taken over the site on Kensington Street. Final design decisions are currently being determined. We appreciate the important feedback consumers and the community have given throughout the planning process to help shape the redevelopment.

We have had a busy start to 2023, and it is refreshing to see the ongoing support from our community organisations to help fund various wellbeing initiatives for staff and visitors to enjoy. We were delighted to open a new children's playground/garden area and refurbish the Hospital's chapel space with thanks to Hurstville Rotary Club, the Honourable Mr David Coleman and Hands of Hope Australia. We have enjoyed Easter celebrations, as well as professional group morning teas, a bingo night, several stalls and celebrations for Harmony and Close the Gap Day. Thank you to our generous supporters and sponsors involved in these events, including The Lamrock Committee, St George Leagues Club, 500 Degrees Steakhouse, Bayblu, Bitton Oatley, Cup and Cook, Bunnings Rockdale, Kogarah Clubhouse, Piccola Kogarah, Fardoulis Chocolates, Hurstville South Primary School and the Greek Orthodox Parish and Community of Kogarah.

With the 2023 Winter Appeal we aim to raise funds to purchase a SaeboReJoyce Upper Extremity Rehabilitation Workstation and ALFESS Functional Electrical Stimulation System for our 6 West Rehabilitation Ward. Thank you again for your ongoing support. I look forward to partnering with you as St George Hospital delivers world class care and a world class culture.

Ange Karooz
General Manager
St George Hospital and Community Health Services

CHAPEL REFURBISHMENT

With thanks to the generosity of Hands of Hope Australia, the St George Hospital Chapel located on level 6 Tower Ward Building was refurbished with new furniture, artwork and curtains to reflect a more contemporary, multi-faith space.

The Chapel endeavours to offer staff, patients, their families and loved ones, an appropriate space for prayer, meditation and spiritual reflection.

Mrs Sashi Grayndler, St George Hospital Chaplaincy Coordinator is very pleased with the new look.

"Hands of Hope have been so generous in this gift to us. It's lovely to have a quiet space to listen to soft music, be immersed in the landscape pictures, and relax in the gentle lighting. We hope many will come to find solace and peace in this space", said Mrs Grayndler.



OPENING OF THE NEW CLINICAL SKILLS CENTRE

Staff at St George Hospital joined together to mark the grand opening of the Hospital's new Clinical Skills Centre.

"This dynamic new space expands the range of education and training opportunities available to our staff by equipping the Clinical Skills Centre with state-of-the-art technology," said Ms Angela Karooz, General Manager.

"Exciting features such as the podcast recording studio and upgraded audio-visual equipment provide a learning environment where excellence and innovation can continue to thrive in our Hospital. It's our hope that the new Centre will become a hub for integrating multidisciplinary training experiences and continuous learning for all our staff."



REMODEL OF PATIENT TRANSIT LOUNGE

The team at Patient Transit Lounge (PTL) undertook a minor remodelling of the lounge including development of a dedicated PTL patient information brochure and re-arrangement of the space.

The PTL team and the Priority Projects Manager coordinated to re-design, map out storage solutions and reconfigure the area for more practical use. The PTL is open from 9am to 5:30pm with the aim to look after patients that are awaiting discharge home or for transfer to another hospital, thus creating more space on our wards for new admissions.



ST GEORGE HOSPITAL CELEBRATES

We adore a celebration at St George Hospital and an opportunity to acknowledge important dates in the calendar year. Some recent celebrations across campus included Harmony Day, World Kidney Day, Close the Gap Day and WorldPride Week 2023.



St George Hospital embraced the Harmony Day 2023 theme 'Everyone Belongs'. Staff were encouraged to wear orange or something that represents their culture and partake in a multicultural morning tea with their colleagues. Diversity was also celebrated with a Turkish Gozleme stall, Asian women's dance group, plus information stalls from Advance Diversity Service, BreastScreen, Chaplaincy service.

For World Kidney Day, St George Hospital's Renal Team set up an educational screening station at the Hospital entrance to promote the importance of good kidney health. Staff and visitors were encouraged to participate in a survey to check their kidney health and determine their risk of developing kidney disease.



St George Hospital celebrated WorldPride 2023 with a burst of rainbow and through various activities including a Bake Off; a gold coin collection and an opportunity to wear colourful scrubs in support of the event.

National Close the Gap Day aims to ensure that life opportunities, health outcomes and wellbeing of Aboriginal and Torres Strait Islander peoples is equal to those of non-Aboriginal Australians. There were various activities across St George Hospital to celebrate Close the Gap this year, with a 'sea of hands' on display as a symbol of solidarity with First Nations Peoples;



a patient artwork workshop facilitated by Aboriginal artist Amy Hill-Trindall; and an afternoon with Aboriginal families, patients and carers.

SUPPORT REPORT

St George Illawarra Dragons

To the excitement of patients and staff alike several players from the St George Illawarra Dragons visited 6 West Rehabilitation



Ward in March 2023. Players Ben Hunt, Moses Mbye and Jayden Su'A happily interacted with rehabilitation patients and staff, chatting, posing for photos and handing out and signing merchandise. The St George Illawarra Dragons have always been very supportive of St George Hospital, and this year generously donated \$5000 to our annual 'Gift of Giving' Appeal.

Lamrock Committee

It has been wonderful having the Lamrock Committee back on campus holding a variety of stalls to fundraise for St George



Hospital. The Committee have been proudly fundraising for the Hospital for over 30 years. In addition to the stalls, the 'Lammies' have been raising thousands of dollars hosting trivia nights, fashion parades, luncheons and more. We appreciate their ongoing dedication, commitment and support of St George Hospital.



St George Hospital Opportunity Shop

The St George Hospital Op Shop volunteers were warmly welcomed by members of the Physiotherapy Department of St George Hospital

recently. The Physiotherapy Department gave a live demonstration of a tilt table and two romedic lifts that were purchased for the Department's use due to funding received from St George Hospital Op Shop. The volunteers were pleased to learn more about how this medical equipment would be used to support the treatment of patients at the Hospital.



Oatley Lions Club

We are so grateful for the continued support from Oatley Lions Club in association with their partners from the Australian Lions

Foundation, Walter Richard Salmon Foundation and Oatley Hotel. Collectively, these organisations were able to donate \$35,000 to the Division of Women's and Children's Health. These funds helped finance the purchase of two Lifecast Baby Manikins. The Manikins are used to educate staff and provide simulation training to improve familiarity with the care of newborn babies and managing neonatal emergencies.

In addition, the funds were also used to purchase infant stethoscopes for each bed in the Special Care Nursery; and a Smileyscope virtual reality headset which is used as a distraction therapy for children to improve patient and caregiver experiences during clinical procedures involving needles.

GIVE LIFE GIVE BLOOD

The Health Services Blood Drive runs from 1 April to 30 June every year. The annual Blood Drive is an opportunity for families and friends



of patients as well as staff, to actively contribute towards saving the lives of someone's loved ones, if not their own. Staff are encouraged to give blood throughout the Blood Drive period.

This year, the Lifeblood team and the Chaplaincy Department joined forces to promote the Blood Drive at St George Hospital. Red Cross Lifeblood team members Joshua Smith and Casey Cottrell-Dormer attended to spread the word and encourage donations. Josh Smith from Red Cross said "I wish that all the hospitals could have the same vibrant support of Red Cross and blood drives as St George Hospital - it's been an absolute delight to work with the team here".



ARE YOU INTERESTED IN BECOMING A VOLUNTEER?

Volunteers are a vital and integral part of our local health services and community. Contact the St George Hospital Volunteer Manager on 9113 4728 or via email SESLHD-STG-Volunteers@health.nsw.gov.au for more information.

With Your Support

Our Winter 2023 Appeal is aiming to raise \$24,000 to purchase a SaeboReJoyce Upper Extremity Rehabilitation Workstation and an ALFESS Functional Electrical Stimulation System for St George Hospital's Rehabilitation Unit.

Rehabilitation is a specialised field committed to delivering person-centred care and developing therapeutic relationships to enable the best possible outcomes.

The SaeboReJoyce is a hand and upper extremity rehabilitation workstation designed for orthopedic and neurological patients who exhibit impaired function of the arm and hand. The computerised training system provides standardised upper limb exercises representing activities of daily living. The SaeboReJoyce is based on the latest advances in neurorehabilitation research. Saebo's task-oriented training system involves a range of activity-based games that test speed, endurance, coordination, range of motion, strength, timing and cognitive demand. The games are fully customisable to match the client's therapy needs.

The ALFESS Functional Electrical Stimulation System assists with improving gait when foot drop, diminished foot and toe clearance is present. The device is applied to the upper part of the lower leg. During walking, sensors identify speed and angles of the leg to adapt to the walking pattern. An algorithm processes the information and sends out electrical impulses to the nerves to lift the forefoot.

Thank you for supporting the rehabilitation treatment and care of patients with conditions such as stroke, neurological conditions, spinal surgeries, trauma, limb amputation and deconditioning post medical or surgical admissions.



SaeboReJoyce Hand and Upper Extremity Rehabilitation Workstation



ALFESS Functional Electrical Stimulation System



St George Hospital & Community Health Services

Yes, I want to help...

Please complete, detach and return this form along with your donation, in the envelope provided.

Title: _____ First name: _____

Surname: _____

Company: _____

Address: _____

Suburb: _____

State: _____ Post code: _____

Ph: _____

Email: _____

Donation Amount

☐ \$50 ☐ \$75 ☐ \$100 ☐ \$250 Other \$ _____

Donation by cheque

Cheques to be made out to St George Hospital

Phone donations

Please call Community Relations, St George Hospital on (02) 9113 2901, Monday to Friday 9am – 4pm

Online donations

www.seslhd.health.nsw.gov.au/st-george-hospital/donations

Credit card payment

☐ Mastercard ☐ Visa

Card number: _____

Name on card: _____

Signature: _____

Expiry Date: ____ / ____ / ____

Donation can be mailed to:

Community Relations Department, St George Hospital,
Gray Street, Kogarah NSW 2217

Donations are tax deductible. Your receipt will be mailed to you.

For further information, please contact Community Relations on:
SESLHD-StGeorge-CommunityRelations@health.nsw.gov.au

Please note that St George Hospital
DO NOT conduct door knock appeals

Thank you for your support