

THE WELL WISHER

THE OLIVIA NEWTON-JOHN CANCER AND WELLNESS CENTRE APPEAL – UPDATE

A Personal Message from Olivia

This has been an incredibly special year for me. After the Great Walk to Beijing, I married the love of my life John Easterling (Amazon John). We share such a special bond and a commitment to healing - for people and the planet.

It's also a very exciting time for our Cancer and Wellness Centre Appeal. We have appointed a dedicated project team who have begun working on the first stage of planning! This progress has only been possible thanks to the wonderful support we receive from our donors, including the many who pledge monthly gifts.

I am delighted that Dannii Minogue has accepted my invitation to become an Ambassador for the Appeal. She has such a big heart and a real personal understanding of the need to provide support for the whole person during their cancer journey. I am thrilled she has accepted this role and can continue helping the Appeal.



I will be in Australia to perform with a few friends at a fundraising concert for our Appeal on September 30 at the Sydney State Theatre. The details are in this Well Wisher. I hope you can join us.

Your commitment to the Appeal has been instrumental in gaining the government funding we have received to date. But we still have a way to go to make this Centre a reality. Your continued support will help ensure that we create a special place to help

change the way cancer is treated.

Thank you again for sharing our vision towards a world without cancer.

Love and light

Olivia

This issue - Focus on Development

DANNII MINOGUE TAKES ON NEW ROLE

Dannii Minogue has become an Ambassador for the Cancer and Wellness Centre Appeal.

A judge on Australia's Got Talent, Ms Minogue has actively promoted the Appeal in the media and helped to ensure that donations have continued. "This role as Ambassador to Olivia's Appeal is a great opportunity for me to help a very important cause close to my heart," she said.

"After having seen my sister go through cancer and then losing my best friend to the disease, I realise that we need to make changes to the way this disease is treated - and fast."

Ms Minogue said she was impressed that the Centre would focus on wellness and the clinical care and that the global research would foster a collaborative, sharing approach to help further cancer research and patient care.



Dannii with patient, Mary Tan.

"I am a big believer in Olivia's concept for the Centre," she said. "The right environment with the right support can go a long way in helping people cope better with cancer, as they undergo their often challenging medical treatment."

"We have the opportunity to share with the world the research from the Ludwig Institute for Cancer Research, the new focus on wellness and the clinical care at the hospital," Ms Minogue said.

"The vision is that this new Centre will be a great model for the future of cancer treatment - with a new approach to treating the disease."

Ms Minogue visited with patients at Austin Cancer Services' Heidelberg House in June and saw first hand the urgent need for a modern cancer centre.



BUILDING THE CENTRE

The next exciting stage is underway for building our Cancer and Wellness Centre! Key consultants and a project team have been appointed to deliver the building plans. This is an enormous task that will require extensive consultation and detailed design before building works start.

The consulting firms appointed include: award winning architectural firm Daryl Jackson Pty Ltd in association with McConnell Smith and Johnson (MSJ); quantity surveyors Davis Langdon; project managers Johnstaff Pty Ltd and leading building services and environmental engineering firm, Lincolne Scott.

Project director Megan Gray leads the planning team at Austin Health with project officer Rohan Vaughan. Ms Gray brings a wealth of experience to the role having been involved in other large redevelopment projects, including the Austin Hospital Tower and Day Surgery Centre.

Ms Gray said that the Centre would be a much-needed completion of the facilities at Austin Hospital. Her background as a former oncology and haematology nurse manager, at the Austin's Heidelberg House cancer wards, also provides a strong clinical-based understanding for what's required for a world-class cancer centre.

The team will consult with key hospital staff and former patients and carers who intimately know the needs of oncology services - some having had direct experience with our current facilities.

"Patients and carers are strong advocates to assist us in planning the design of the new Centre and allow us to look at this process holistically," Ms Gray said.

"This Centre is an exciting one to be working on for me, to personally have some input into what will be a specially designed place," she said. "We will make use of the views to the distant Dandenong Mountains, the natural light, and allow space and privacy for patients and their families."



Doctors, nurses, allied health and volunteers join the project team and architects to review the plans

"I am also excited about the wellness concept as an integrated element throughout the facility, which will be quite unique," said Ms Gray.



Megan Gray - Project Director with Alex Stephanou of Jackson-MSJ Architects

To make way for the new Centre, the first priority is to refurbish old wards in Austin Hospital's Harold Stokes Building, to temporarily move Cancer Services' ward staff and patients out of Heidelberg House. A clinic at Austin Hospital's Outpatients Department will be refurbished to temporarily house Day Oncology.

The next step will be to carefully demolish the old Heidelberg House cancer wards and Day Oncology Unit, without disrupting traffic flow or other hospital areas.

Look out for our "Building the Centre" articles in future Well Wisher newsletters with exciting progress updates on the Centre.

This progress in planning is thanks to our wonderful supporters who have helped us get this far in our journey. But we still have a way to go to make this Cancer and Wellness Centre a reality. Your continued support will help ensure that we can build a Centre that will provide the best facilities for world-class medical care, research and wellness therapies.

DID YOU KNOW?

There are more than 60 people involved in the initial planning stages of the Centre? Apart from the core project team, consulting groups include representatives from: Austin Health Cancer Wards,

Day Oncology, Cannulation & Apheresis Treatment Service (CATS), Haematology Department, Outpatients Department, Pharmacy, Volunteers, Palliative Care, Radiation Oncology, Ludwig Institute For Cancer Research, Wellness Programs, Resources, Cancer Administration, Cancer Trials, Social

Work, Speech Pathology, Dietetics, Occupational Therapy, Physiotherapy, Infection Control, Occupational Health & Safety, Logistics / Clinical Support Services, State Government Department of Health Services, and consumer groups - current and former patients and carers.

SUPPORT NURSES

Cancer support nurses provide a vital link for patients first diagnosed with cancer, with information and support for patients and their families about their treatment and how they could be affected.

People can be quite traumatised and overwhelmed when first diagnosed, according to one of Austin's cancer support nurses Heather Hayes. It can be difficult for new patients to remember exactly what they have been told by the many healthcare professionals involved in their treatment plan.

"An important part of our job is to help patients understand what their doctor has told them and what that means for their care", Ms Hayes said.

"People also naturally worry about how their families will be affected and whether the cancer could come back", she said. "We offer counselling or refer other health professionals to assist patients returning home, such as a psychologist, an occupational therapist, a physiotherapist or a social worker".

Ms Hayes said that she ensures key family members of each patient receives the right information for their given situation. "Many people feel overwhelmed by the information that's out there about cancer and some of



Heather Hayes of Cancer Support with colleague

it is not appropriate for their circumstances".

She stressed that although some patients do not want to know anything about their cancer, it is important they understand the possible side effects of treatments.

Ms Hayes said she is looking forward to the dedicated cancer information area that will be a part of the Cancer and Wellness Centre for patients and their families to learn more about cancer care, support programs and treatments in their own time. "They will be able to access that information whenever they feel ready to do so, which is an important service to offer", Ms Hayes said.

In addition to the nurse specialists on the cancer wards and Day Oncology, Austin Health has cancer support nurses for patients who are having surgery, support nurses trained specifically in breast care, and palliative care nurse consultants.

Two new support roles have been established for Austin Cancer Services in preparation for the Olivia Newton-John Cancer and Wellness Centre. A Cancer Information Officer has been appointed and, thanks to the John Cummins Memorial Fund who donated \$50,000, a Brain Tumour Support Officer role was established and appointed.

FOR CITY AND COUNTRY PATIENTS

Austin Health operates two Radiation Oncology Centres (ROCs). One is in Melbourne, at Heidelberg. The other is located at St John of God Hospital in Ballarat. Since the Ballarat Austin Radiation Oncology Centre (BAROC) was established, patients living in western Victoria have benefited tremendously from reduced travel time. By partnering with Austin Health, BAROC is able to deliver state-of-the-art technology, research and quality care to country-based cancer patients.

Austin Health is looking at expanding its rural program at BAROC, so being able to expand the radiotherapy program in the Olivia Newton-John Cancer and Wellness Centre will also enable ongoing excellence of care for our country patients.

The BAROC is fortunate to have many generous supporters from the local community, including:

- Local Ballarat businessman Don Blackam who has been honoured with a special plaque placed next to the centre's foundation stone in recognition of his generous support to BAROC over the years.
- Davis Outdoors has helped the centre purchase a new patient courtesy vehicle.
- The Rotary Club of Wendouree Breakfast Inc has helped the centre purchase equipment aids that will assist in the delivery of more intensive, and effective, radiation treatment with fewer side effects for patients who have cancer in the head and neck region.

A GIFT FOR THE FUTURE

Two-time cancer survivor Judy McClelland was so inspired after reading an article on Olivia's vision to help build a unique Cancer and Wellness Centre, she decided to update her Will and leave a bequest to the Appeal.

"The whole idea of the Centre is incredible", said Judy, who had breast cancer 10 years ago aged 37, when her daughter was only three years old. She also survived a secondary cancer that was diagnosed in her liver 4 years ago.

Judy said that even though she was exhausted from her daily treatment, she had to search on her own for the additional help she was looking for; outside of the hospital she was treated at.

"With all the surgery and chemotherapy and radiation treatments I underwent, there was nothing available to help me or my family to get through it emotionally.

"Olivia wants to put in place everything that I've never been offered but wished was there for me when I most needed it", she said. "It will be so beneficial to patients, mentally and physically, as I found that the environment plays an important part in your mind-set. Cancer can be frightening but it doesn't have to be".

Judy contacted the Appeal's bequest manager for information on including the Olivia Newton-John Cancer and Wellness Centre Appeal in her Will. Judy said that people could find it confronting or difficult to plan their Will, "But it's best to be able to control, while you can, how you want to be remembered and where you want to help make a difference".

If you would like to find out how you can help by mentioning the Olivia Newton-John Cancer and Wellness Centre Appeal in your Will, please contact the Austin Health Fundraising Bequest Manager Maria Longo on +61 3 9496 5361.



Judy McClelland with her mum, Joan.

Thank you TO OUR SUPPORTERS

We are fortunate to have many supporters generously give their time and talent to help fundraise for the Appeal through community events and activities.

- The Rotary Club of North Balwyn raised \$5,000 from their 2007 Rotary River Ride. They will hold the next River Ride on Sunday October 26th at Hays paddock in Kew Victoria. Details, www.rotaryriverride.com.au or contact Michael Barden on 0418 396 205.
- The Barkly's and Old England hotels recently donated \$6,000 to the Appeal and provided auction items for fundraising events.
- Our Appeal was the chosen charity for an inaugural event at Crown, "Midnight at Ascot" in July. The Gaia Retreat and Spa generously donated a spa package for the event's auction to help raise additional funds.

- Two schoolgirls from Macleod College organised a community walkathon - The Great Walk in Banyule - and raised \$4,000 for the Appeal. Participants included: rock artist Toby Rand and the JukeKartel band, the Skarlet Blue band, Great Walk to Beijing participants - Olympic hockey player Lou Dobson, cancer thriver Rhonda Martinez, Director of Austin Cancer Services Associate Professor Paul Mitchell, Pines Stud director Graeme Little and journalist Neil McMahon.

If you are interested in helping raise funds through a community event or activity, or to personally discuss making a major gift to the Appeal, please contact the Austin Health Fundraising Department on +61 3 9496 5753.



OLIVIA NEWTON-JOHN AND FRIENDS Gala Fundraising Concert

30th September at Sydney State Theatre



A Good Music Month series of concerts at the Sydney State Theatre will culminate in a very special Gala charity concert when Olivia Newton-John will be joined by some very special guests to raise money for our Olivia Newton-John Cancer and Wellness Centre.

Guest artists include:

*Christine Anu, Darryl Braithewaite,
David Campbell, Kate Ceberano,
Tim Freedman (from the Whitlams),
Todd McKenney, James Reyne, Carl Riseley,
Leo Sayer, Melinda Schneider,
The Choir Boys, Human Nature
and The Sydney Children's Choir
just to name a few.*



"I will sing a couple of songs and hope to join in for a duet or two." *Olivia
A Celebration In Song.*

When *30th September*
Where *Sydney State Theatre*
Tickets *from \$125*

Phone *Ticketmaster 136 100*

Online *www.ticketmaster.com.au/GMM*

YES! I WISH TO HELP
ACHIEVE THE DREAM

Dr/Mr/Mrs/Miss/Ms: _____

Address: _____

Postcode: _____

Ph H: () _____ Ph W: () _____

Mobile number: _____

Email Address: _____

I am already an Olivia Newton-John Cancer and Wellness
Centre Appeal OR Austin Health Supporter.

My supporter number is: _____

Enclosed is my cheque/money order made payable to
Austin Health for the amount I have ticked:

\$100 \$50 \$25 \$500 \$2,500

\$ _____ my choice

Please debit the amount I have indicated from my:

VISA MASTERCARD

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Signature _____ Expiry Date ____/____

FOR REGULAR MONTHLY DONATIONS

I authorise The Olivia Newton-John Cancer and
Wellness Centre Appeal to make automatic monthly
deductions from my credit card until further notice.

Monthly amount is: \$

Automatic deduction on the following date:

17th commencing (month) _____

Please send me information about:

Joining Olivia's Circle

Making a bequest to the Olivia Newton-John
Cancer and Wellness Centre Appeal in my Will

All donations over \$2 are tax deductible

If you do not wish to receive any further fundraising
communications from us, please write to us or phone

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