

A walk in the park

Friends of the Children Foundation and the Monash Health Foundation held a successful inaugural *Walk for Monash Children's* on 24 February 2013.



The first step: around 200 supporters walk for better health in our community at Jells Park on Sunday.

The sun shone brightly on a beautiful morning as close to 200 walkers and runners unified in their support for the first *Walk for Monash Children's*, at Jells Park on Sunday 24 February 2013.

Staff from Monash Children's, the Monash Health Foundation and Friends of the Children Foundation, joined supporters and members of the community in raising money for the purchase of a special vest needed to help treat young patients with Cystic Fibrosis.

The \$12,000 vest straps around a patient like a life jacket and vibrates, helping to loosen fluid around the lungs.

Treatment with the vest can result in fewer admissions to hospital and less time spent in hospital when admitted, meaning more time at home with family and friends.

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From the Medical Director



Welcome everyone to the first edition of *MCNews* for 2013, the monthly staff newsletter for Monash Children's.

It's great to see everyone back and I hope you all had time over the Christmas and New Year break to relax and recharge the batteries.

It was tremendous to witness first hand so many supporters from Friends of the Children Foundation and Monash Children's attend the recent *Walk for Monash Children's* Dinner Dance, held at the Richmond Town Hall with a Bollywood theme. Special thanks to the Hon. Federal Member for Chisholm, Ms Anna Burke MP, and Friends of the Children Founder, Mr Shashi Kochhar. It was a fun night of Indian cuisine and dancing and I was very thankful to receive a cheque from Shashi for \$8,000 to put towards the campaign.

The inaugural *Walk for Monash Children's* was held on Sunday 24 February at Jells Park and was a great success with around 200 supporters attending. Funds raised from the dinner and the walk are going towards a very worthy cause - helping young Cystic Fibrosis patients, more details on page 3.

I would like to extend my sincere gratitude and thanks to both the Friends of the Children Foundation, and the team at the Monash Health Foundation for all their hard work in organising a fantastic dinner dance and charity walk and we hope to see more staff and supporters next year.

I am very pleased to welcome Kym Forrest as the new Southern Health Project Director for Monash Children's Hospital. Kym's extensive experience in

her previous role as Operations Director/Director of Nursing at Monash Medical Centre Clayton will no doubt allow her to be a major asset to the team and we look forward to working with her on many important projects such as the New Hospital Development. Welcome aboard Kym.

The last three months has shown significant developments for us in social media, with the Monash Children's Facebook and Twitter pages receiving more followers and positive feedback. Earlier in the month we ran a competition offering two free adult passes to the Melbourne Museum for the 500th person to LIKE our Facebook page, which went to one lucky mother in Sunshine who had heard of the page through our staff. The Monash Children's Facebook page is designed to communicate news, developments, events information and useful information to parents, staff, families and supporters. So far it has been successful in doing so, but we continue to invite staff to share their thoughts on how we can expand our fan base and reach. Please see page 6 for more details.

Finally, *MCNews* is the staff monthly newsletter designed to communicate important news, developments and updates. Past issues and submission details are available on the Monash Children's intranet page. The next issue will be published at the end of March, please send in your submissions by no later than Wednesday 20 March 2013.

Thank you.

Nick Freezer
Medical Director

In The News

For all the latest Monash Children's positive media coverage, visit our website *In The News* page at: <http://www.monashchildrens.org.au/page/Media/News/>.

If you have a positive story to tell, contact the Southern Health Media Unit on 9594 2935.

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Friends of the Children Foundation also held a fundraising dinner to launch the walk the previous Saturday 16 February at the Richmond Town Hall.

Over two hundred people enjoyed a three-course meal and were entertained 'Bollywood' style by young dancers who later inspired the many guests to pack the dance floor.

Friends of the Children Foundation was founded in 1998 by Shashi Kochhar and has raised money previously for Monash Children's Hospital which helped purchase a much needed bilirubinometer last year.

The foundation is community minded and dedicated to helping the next generation grow up healthy and happy – which is also our desire at Monash Children's.

We cannot achieve great things without great individuals and clubs like the Friends of the Children Foundation behind us supporting our work.

Similarly the walk would not have been as successful without the brilliant support of our staff – your greatly appreciated.

