

# 'the bandaged bear'



## **FINDING HIS GROOVE**

Catch up on Sam's progress

## **INHERENT GENEROSITY**

Meet Betty our inspirational Promise Partner

Sydney Children's  
Hospitals Foundation

the  
children's  
hospital at Westmead

On-air with smoothfm

Friday 12 October

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Sydney Children's  
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the  
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hospital at Westmead

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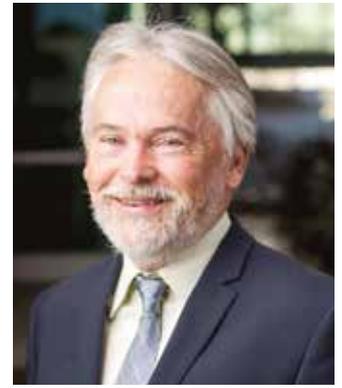
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Cover photo: Sam helping out on the farm

## NETWORK CHIEF'S MESSAGE



Many of you share our determination to help sick kids live their healthiest lives and have been inspired by the life-changing work undertaken by our leading clinicians and researchers. Thank you.

This last financial year is a wonderful example of how working together we can achieve the very best for sick kids. Your personal commitment and generosity saw a magnificent \$39.2 million, including gift-in-kind donations, received for sick kids this year. On behalf of every patient, family, and staff member of The Children's Hospital at Westmead I extend a very appreciative, and enormously heartfelt, *thank you*.

This result is evidence of the trust and respect you have for the work we do for sick kids and their families. It is also a huge motivation to continue pushing boundaries to deliver even better treatments, services and care.

As many readers will by now know, the organisational responsibility for managing the mammoth task of fundraising for The Children's Hospital at Westmead, Bear Cottage, NETS and Sydney Children's Hospital, Randwick changed on 21 May. That date signalled the creation of a formidable force in fundraising.

Following the coming together of paediatric services in Sydney to form the Sydney Children's Hospitals Network, this expansion of fundraising services is seen as a natural progression to support the nation's largest network of paediatric services.

United under a single leadership banner – embracing the challenge to change the landscape of paediatric health care across Sydney – all fundraising teams will now identify as the Sydney Children's Hospitals Foundation. The article on page 6 introduces Foundation CEO, Nicola Stokes, who explains the change, shares her vision and reinforces that for many of our supporters it really is just 'business as usual' without any change to your existing relationships or connections.

I'm tremendously proud of the fundraising successes that have been achieved in the past. I see an exciting future full of wonderful opportunities to attract funding partners interested in investing in large-scale projects guaranteed to change the future direction of child healthcare. Most importantly, I know that fundraising is in very good hands.

I hope you enjoy reading this issue of Bandaged Bear Newsletter. Nicola and I look forward to acknowledging and sharing in future issues, the great successes made possible thanks to your tireless support.

Wishing you all continued good health and good fortune.

A handwritten signature in cursive script that reads "Michael Brydon".

**Dr Michael Brydon**  
**Chief Executive**  
**Sydney Children's Hospitals Network**



## FINDING HIS GROOVE

*Sam helping feed sheep.*

**Last year we introduced you to Sam Westcott. We told you about his traumatic entrance into this world at just 23 weeks gestation. We shared with you how his fragile, underdeveloped lungs made breathing impossible and how extensive respiratory disease was a hurdle his family were continuously and positively, as a team, learning to overcome.**

This young man may have been born far too early, but the support of his loving family and a healthy dose of self-confidence continue to help him overcome those “pre-term” complications.

Sam’s damaged lungs, throat and vocal chords meant he couldn’t swallow properly and he couldn’t talk. In an Australian-first, The Children’s Hospital at Westmead’s Ear Nose and Throat surgeon, Dr Cheng repaired Sam’s vocal chords. The extremely complex procedure to “bulk-up” Sam’s voice box so it could close properly and allow him to swallow water was successful... and importantly gave Sam his voice.

We caught up with Sam’s mum Kelley for an update on how he was doing.

**They breed ‘em tough on the land.**

Drought conditions are still dire for farmers out west and Kelley has just been out feeding sheep – about 2,000 of them. The innate calm, focus and natural ease of this gentle and stoic mum are traits also shared by resilient “nearly” 11-year-old Sam.

Because of the scar tissue in his lungs, Sam will always have chronic lung disease. He attends The Children’s Hospital at Westmead three or four times a year, and will require major surgery to rebuild his airways.

Dr Cheng says Sam’s body will guide the timeframe for this operation. Although hoping to delay until his later teen years, the family will know more after an appointment with Dr Cheng and with Dr Fitzgerald in the Respiratory Medicine Laboratory this month. In the meantime, extensive speech pathology continues with lots of shallow breathing exercises.

Every six months or so, Sam and the family still experience the terrifying attacks of spasmodic croup where Sam can’t get air in or out of his lungs.

Unable to pinpoint a trigger, the family remains on constant alert – critical when living almost 40km from the nearest hospital equipped to care for Sam.

Kelley is a very light sleeper; always listening for what to her is now ‘that little croup sound’ that signals the start of a well-rehearsed routine.

“I get the nebuliser, Jeff sits with Sam while I call Triple Zero and get dressed. Adrenalin at the ready; it’s an agonisingly long time to watch your child slowly turning blue while you wait for the ambulance,” said Kelley.

**“In some ways it’s a blessing; he is remarkably positive and it’s great to see him finding his groove and always having a go.”**

Amazingly, Sam easily goes “back to normal” once the emergency is over and he and his exhausted parents are discharged from hospital. After one such episode Sam played his usual Saturday hockey game.

As Kelley explains, Sam doesn’t know any different and takes it all in his stride. “In some ways it’s a blessing; he is remarkably positive and it’s great to see him finding his groove and always having a go,” Kelley said.

Sam enjoys playing football, tennis and hockey and has joined Scouts. Although his hearing aids are a great help, his hearing loss puts him at risk of being blind-tackled, with possible disastrous results, and is one of the reasons he’s not playing Rugby this year.

Sam also loves to read and it’s not unusual to see him curled up with a torch and a book.

“His speech therapy appointments are at the library and the promise of a book afterwards is a great incentive,” Kelley said.

“He’s currently into aircraft, guns, the navy and all things warfare; often accurately recalling new knowledge to share with his teachers,” she said.



*Sam running on with Parkes Boars first grader Israel Symington.*

You might recall reading about Sam’s successful foray into telling jokes during a stand-up comedy routine at his school talent quest. Thank you for sending us your favourite jokes to pass on to Sam. Kelley said he’s kept them all.

“He still likes to get them out from time to time; quietly reading and having a laugh.

They’re a lovely reminder of all the wonderful people who, thanks to their dreams of helping children like our Sam, continue to support fantastic facilities like The Children’s Hospital at Westmead where truly amazing surgeons like Dr Cheng keep striving to perfect even better ways to help sick kids,” she said.

The inspirational Westcott family are amazingly wonderful and strong. They are determined to raise an equally wonderful, strong, independent and awesome son.

*Your jokes... still make Sam smile.*



**Thanks for your generosity!**

**You were inspired by Sam’s story, donating an amazing and generous \$626,000 to our tax appeal. Thank you. Your individual gifts ensure we can continue to support the amazing work of doctors, like Dr Cheng, who are determined help improve the quality of life of young patients like Sam.**



## MEET OUR NEW CEO

*Nicola Stokes, Chief Executive Officer,  
Sydney Children's Hospitals Foundation*

Nicola Stokes is a dynamic Chief Executive Officer with an international reputation initially built on a decade of leadership in the financial services and banking sector. But it was the next 10 years working in the not-for-profit sector that unlocked her quiet determination to help change the status quo in children's health services.

While CEO at the Australian Diabetes Council and later at Special Olympics Australia, Nicola's exposure to the significant disparity in services heightened her desire to contribute to impactful change in children's healthcare services.

Nicola explains why that determination just got louder...

“I recently accepted an exciting challenge to lead the merger of two discrete arms of fundraising within the nation’s largest network of paediatric services – the Sydney Children’s Hospitals Network.

Initially granted the opportunity to lead the Foundation when aligned solely with the Sydney Children’s Hospital, Randwick, I felt both honoured and privileged.

Fast forward two years and when approached to lead the new expanded Sydney Children’s Hospitals Foundation the offer signalled a compelling opportunity I couldn’t resist.

“A new Foundation with an expanded vision to support the Sydney Children’s Hospitals Network certainly resonated with my passion to make an impactful contribution to children’s health.”

The wonderful thing about the role of the expanded Foundation is that it offers a catalyst to complement the great successes being achieved thanks to all our existing supporters. It promotes opportunities for broader partnerships and invites discussion about how we can work together with new and existing donors to turn their dreams of making a difference in the lives of sick kids into reality.



## INFLUENCING THE FUTURE

As an expanded Foundation we’ve set a goal to raise \$100 million annually by 2023. Together, inspired by the children and families we help, I know we will deliver.

We will work with investors with an interest in ‘de-risking’ the future of paediatrics; philanthropists willing to help us push boundaries and prove where investment will deliver better treatments and improved care that will ultimately help sick kids live their healthiest lives.

I hope you will continue to partner with us on our mission.

## THE CHOICE WILL ALWAYS BE YOURS

I know that many of you have a special connection with one or more of our Hospitals and services.

The organisational changes associated with the Foundation’s expansion will mostly be seamless – often invisible to your interactions. All your connections and relationships will stay the same.

I am committed to making sure your connection with us is always a great experience and I want to assure each and every one of you that we are here to support you in your choice.

Our Hospitals, Kids Research, Bear Cottage and NETS can’t succeed without your support. We know some children may only be with us a short time but no matter for how long, they deserve the very best.

I value greatly the role you play in helping make that a reality.

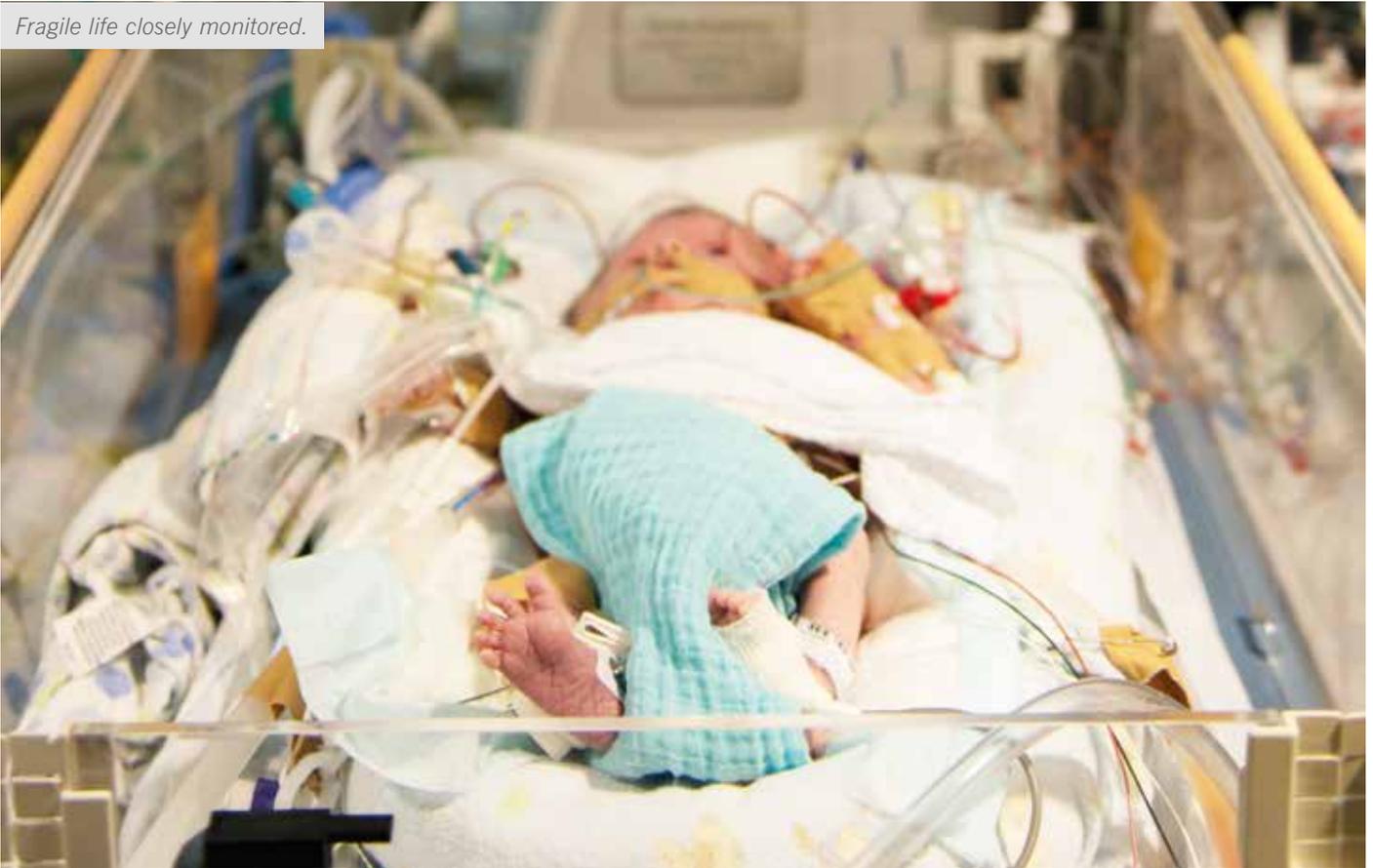
I applaud every one of you for your wonderful generosity. Whether as a volunteer, or by making a \$10 or a \$10 million gift, I want to show you how you help us deliver our vision and what that means for sick kids.

Over the next three to six months I want to meet with as many donors as possible. I’m open to receiving advice and invite conversations to help understand your dreams and how we can work together to help kids live their healthiest lives.

We’re at the beginning of an exciting era and I look forward to meeting many more determined individuals willing to shake up the status quo.”

# ADVANCING CARE WITH TECHNOLOGY

*Fragile life closely monitored.*



**The ongoing support for The Children's Hospital at Westmead from the Seven Hills-Toongabbie RSL Board of Directors and patrons is remarkable and very much appreciated. They're philanthropists with very big hearts who understand the value of investing in medical technology.**

Partners since 1994 and honoured as Benefactors in 2016, the Seven Hills-Toongabbie RSL's generosity has funded over \$455,000 of life-saving equipment for the critically ill children in our care. The significant donations from Seven Hills-Toongabbie RSL have proven priceless. Access to more smart monitors has guaranteed longer monitoring of kids at risk of SIDS, and state-of-the-art medical equipment for our neurology department has delivered world-class care.

The highly sophisticated brain monitoring equipment, used for stereo-EEG monitoring in patients undergoing epilepsy surgery, has made a remarkable difference to diagnosis and treatment. Thanks to this advanced technology our specialists can now, in some children, perform surgery that offers a seizure-free life.

*Amazing partners helping save fragile lives.*



Thanks to the Club's generosity, five new life-saving bedside monitors support our most fragile, at-risk babies in the Grace Centre for Newborn Intensive Care. The Club's further pledge of \$96,600 will fund six high-tech defibrillators for use in critical care areas hospital-wide. Used to bring a child back to life when their heart stops beating, a defibrillator dramatically increases a child's chance of survival from less than 5% to 70%. We are grateful to Seven Hills-Toongabbie RSL for their generous partnership.



## JOINING FORCES TO PREVENT BLINDNESS

**We have wonderful friends in Rotary Clubs all over the world. Thanks to these extensive collaborations and generous partnerships over \$3 million has been donated to The Children's Hospital at Westmead to support vital health care and research projects – including construction of The Rotary Wing including our Adolescent Medicine Unit.**

This year, driven by a shared vision to prevent blindness in children and restore sight, we joined forces with The Rotary Club of The Hills-Kellyville, The Rotary Foundation, and Australian and International Rotary Clubs to equip our Eye Clinic with a \$148,000 state-of-the-art mobile SPECTRALIS OCT diagnostic imaging platform.

As the only dedicated eye health treatment centre for children in NSW, each year our Eye Clinic treats more than 8,500 children. Rotary's support in funding this

high-tech, non-invasive diagnostic imaging device will enable clinicians to more accurately diagnose, treat, monitor, manage and prevent sight-threatening conditions and disorders, debilitating eye diseases, and blindness.

We are extremely grateful to The Rotary Club of The Hills-Kellyville and The Rotary Club of Madras Coromandel (India) who partnered with Rotary Club of Vellore Fort (India), Rotary International Districts 3232 and 3262 (India), Districts 9455 and 9465 (Western Australia), and District 9685 (Sydney) to fund the Visionary SPECTRALIS OCT Diagnostic Eye Imaging Equipment Saving Children's Sight' project. This significant contribution is a truly remarkable example of a shared vision becoming reality. Such foresight will improve the vision and quality of life for children now, and for generations to come. Thank you.



## PASSION FOR COMPASSION IN BULK SUPPLY

*Dressed for success. Casula's colourful characters!*

**At The Children's Hospital at Westmead, we have a thing or two in common with Costco Wholesale Australia. We both know a lot about quality and dedicated service, but it's our tireless commitment to make a difference to the lives of sick kids that resonates as our biggest shared goal.**

As a valued corporate supporter Costco has partnered with us since 2013, raising over \$1.9 million. In honour of this amazing commitment and philanthropic achievement it was with great pride in 2016 we recognised Costco Wholesale Australia as a Hospital Founder.

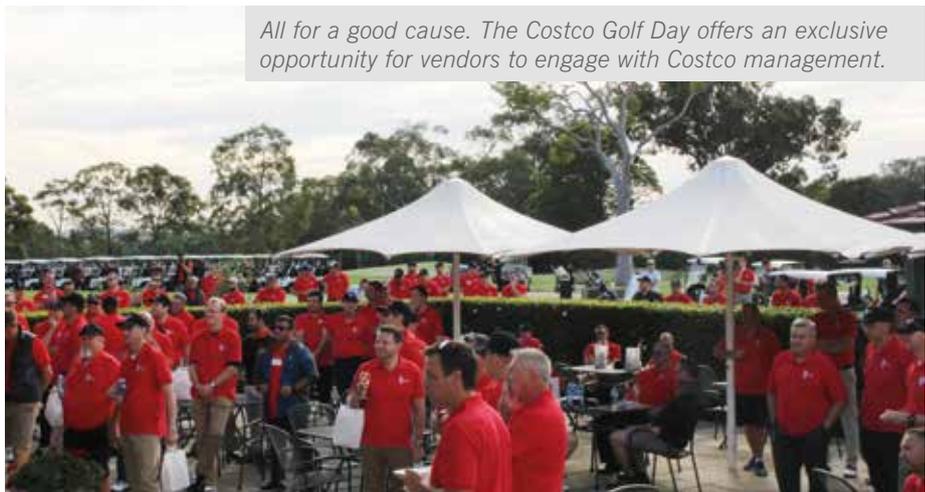
Costco management and staff have excelled in their dedication to support the work of our Hospital. Their creative and innovative activities are always inventive, colourful and engaging – inviting opportunities for store customers to also join in the fun and support their fundraising initiatives.

One such example is the annual Costco Golf Day. This event grants participants willing to pay the right price "exclusive once-a-year access" to key Costco personnel. In just six events Costco have raised over \$1.5 million, a significant investment in the Hospital's highest priority funding needs.

Add that amazing contribution to the remarkable efforts of individual Costco stores at Auburn, Casula and Marsden Park during the Bandaged Bear Appeal in March each year, and the tally rises to \$1.9 million.

Thank you Costco. We commend your passion for compassion and applaud your healthy competitive streak – all in the name of helping sick kids. Your efforts are very much appreciated.

From enabling genomics research into rare disorders to dramatically improve the quality of life of patients to facilitating the purchase of sophisticated laser equipment to ensure the safest eye surgery procedures, Costco's contributions continue to make a world of difference to thousands of sick kids.



*All for a good cause. The Costco Golf Day offers an exclusive opportunity for vendors to engage with Costco management.*

# INHERENT GENEROSITY

**It wasn't until May Olsen died in 1995 that her family learned of her generous commitment to sick kids.**

Betty Olsen must have been born with the generous gene. The middle child of five siblings – sharing is in her blood. Take the time to talk with Betty and her interest in helping others and her willingness to “do her bit” for the community shines through her humility.

Although inspired by her mother's generosity, Betty's personal commitment to supporting worthy causes – evidenced by 30 years as a local branch member of Lions Club International – is alive and strong. Not even a ladder and a spinal injury could stop this passionate and devoted volunteer driving from Canberra to deliver on a promise to chauffeur Olympians and Paralympians around Sydney in 2000!

Betty was already a regular supporter of several charities and community organisations, when she learned that her mother had been regularly donating to The Children's Hospital at Westmead. Betty elected to add the Hospital to her list as well.

“Mum died in 1995, and when I discovered that she had been making yearly donations I decided to continue her tradition,” Betty said.

“I think making donations was mum's way of acknowledging, with thanks, the care her children had received over the years,” she said.

May Olsen raised five children – the two youngest while her husband was away at war. Betty, who this month celebrates her 84th birthday, and her two older sisters were born in the days before immunisations.



*Betty's mother... a true inspiration.*

“In our very early years we managed to ‘catch’ most of the common children's infectious ailments, so my mother had a first hand appreciation of the value of excellent medical care... and prayer,” said Betty.

*Betty... a long time community service devotee.*



Stricken with Scarlet Fever at four years of age, Betty and her five year old sister were isolated from their family while hospitalised for six long weeks in Prince Henry Hospital at La Perouse.

“When I was six, my father was away at war and mum was six months pregnant when I was rushed to St. George Hospital with a ruptured appendix,” said Betty.

“At that time, Penicillin was only available for the troops and the surgeon was apprehensive about whether I'd survive.

“Sulphur was the medication prescribed and thanks to four weeks of excellent care and lots of prayers, I lived to tell my tale, but the impact on mum and her heartfelt gratitude only became evident after she died,” said Betty.

Inspired by her mother's quiet determination to acknowledge the excellent medical care her family had received over the years, Betty has also now made provision in her Will to continue giving – making a lasting gift through the Hospital's Promise Partners Bequest Program.

“There are many children who suffer greatly and require continuous medical care and as the recipient of such excellent medical care in my younger years, it is a privilege for me to be able to donate yearly and to support the Hospital's Promise Partners Bequest Program,” said Betty.

**For more information about our Promise Partners Bequest Program please contact Anne McFadden on (02) 9845 3573 or email [anne.mcfadden@bandagedbear.org.au](mailto:anne.mcfadden@bandagedbear.org.au)**

# UPCOMING EVENTS



City2Surf



A Bear Affair



Blackmores  
Running Festival



Radiothon



## Thoughts from *Bandaged Bear*

With the winter chill still in the air it's important to remain alert to keep kids safe from burns.

Sadly, every year almost 1,000 children in NSW under the age of five need hospitalisation due to severe burn injuries. Common causes of these burns include hot food and drinks, kitchen appliances, heaters, irons, treadmills and barbecues. Spilled hot soup, instant noodles, tea and coffee can take less than a second to cause a serious scald.

How you can prevent scalds in children:

- always supervise young children when in or around the kitchen and bathroom;
- keep all kitchen appliances and hot food and drinks out of reach of young children;
- take care when serving or walking with hot drinks when young children are around;
- always check the water temperature before putting a young child in the bath.

What to do if your child has suffered a burn:

- use cool running water on the burn for exactly 20 minutes (this is effective within three hours of the incident);
- remove clothing and jewellery, if possible;
- call Triple Zero or seek medical help if you are unsure;
- never use ice, iced water, cream, gel, toothpaste or butter on a burn as this can make the burn worse.

For more information on burns prevention, visit the Kids Health website: [kidshealth.org.au/burns-prevention](http://kidshealth.org.au/burns-prevention)



[bandagedbear.org.au](http://bandagedbear.org.au)

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