



# 2012-13

Royal Adelaide Hospital  
Research Fund  
**Annual Report**





# Contents

<b>Message from the Chief Executive Officer</b> .....	<b>4</b>	<b>The RAH Research Fund</b> .....	<b>24</b>	Bequests .....	40
<b>Message from the Fundraising Manager</b> .....	<b>7</b>	Purpose .....	25	Grateful Patient Ralph Hagedorn .....	41
<b>History</b> .....	<b>8</b>	Mission .....	26	Memorial Gifts .....	42
Royal Adelaide Hospital .....	11	The difference a year makes .....	28	Corporate Donations .....	44
Royal Adelaide Hospital Research Fund .....	11	How much raised this year .....	30	Event Sponsors .....	44
New Royal Adelaide Hospital .....	11	Entertainment Books .....	30	<b>Thank you volunteers</b> .....	<b>46</b>
<b>Understanding &amp; preventing disease</b> .....	<b>12</b>	Community Events .....	30	RAH Research Fund Office .....	47
Stroke research at the RAH .....	13	RAH Newsagency .....	33	Lavender Lads and Ladies .....	47
Towards a better understanding of childhood cancer .....	14	Where the money has been spent ...	34	Auxiliary Volunteers .....	49
Osteoporosis prevention using diet .....	17	Donations also directly aid researchers .....	36	Wellness Centre Volunteers .....	49
<b>Improving the treatment of disease</b> .....	<b>18</b>	Project grants and research fellowships .....	36	Hampstead Rehabilitation Centre .....	51
Testing new weapons to fight melanoma .....	19	Why it is important to keep donating .....	37	Volunteer Opportunities .....	51
Prostate Cancer .....	21	<b>Thank you</b> .....	<b>38</b>	<b>Types of donations</b> .....	<b>52</b>
		Memorial ride raises \$5,000 .....	39	Donations .....	53
		Cans for Cancer .....	39	Regular Donations .....	53
		Commemorative Donations .....	40	Workplace Donations .....	53
		Individual Donations .....	40	Matched Donations .....	53
		Life Members .....	40	Celebratory Donations .....	53
				Memorial Donations .....	54
				Bequest Donations .....	54



## Message from the Chief Executive Officer

**David Panter**  
Chief Executive Officer  
Central Adelaide Local  
Health Network

**In South Australia, there are few people whose lives haven't been touched by the Royal Adelaide Hospital.**

Royal Adelaide Hospital is providing more services than ever before with over 83,000 hospital admissions, more than 70,000 emergency department presentations and treated almost 500,000 people at outpatient appointments, positioning us as one of the busiest health services in the state.

The Royal Adelaide Hospital Research Fund raises money to benefit medical research projects of local and global significance.

Thousands of people have donated to support the hospital and medical research – to help provide the best possible care for patients at Royal Adelaide Hospital.

We are strongly committed to providing high quality services now

and into the future. Royal Adelaide's research focus has a strong emphasis on cardiovascular disease, obesity, diabetes, cancer, asthma and chronic inflammatory diseases.

On behalf of the Royal Adelaide Hospital Research Fund I'd like to take this opportunity to thank all our supporters; everyone who has given their financial support over the past year. Your donations, regular gifts, bequests, the tickets you buy to attend our events and the funds you raise out in the community on our behalf, are without a doubt the reason we can continue and plan to grow our research programs.

We look forward to the coming year in which we are determined to increase our awareness in the community and to continue to inspire more people to help us find cures and save the lives of people in South Australia.



7,245 INDIVIDUALS AND 246 ORGANISATIONS GENEROUSLY GAVE

# \$3,291,585

TO MEDICAL RESEARCH AT ROYAL ADELAIDE HOSPITAL IN 2012-13





## Message from the Fundraising Manager

**Mark Goldsmith**  
Fundraising Manager  
Royal Adelaide Hospital  
Research Fund

**The Royal Adelaide Hospital Research Fund is the official fundraising office of the RAH, and plays a significant role in fundraising for medical research.**

I am extremely pleased to report that \$3,291,585 has been raised by the Royal Adelaide Hospital Research Fund in the past financial year. This can only happen with the unwavering support of a very generous community of donors.

I'd like to thank and assure all our donors that the integrity of their donation wishes is honoured. When a donation is received and a specific area of research has been requested for the benefit of those funds, then that wish is of paramount importance.

This Annual Review is a great opportunity for the Hospital to honour the extraordinary efforts of our volunteers. The many volunteer programs in the Hospital provide a valuable service to our patients, visitors and staff. They provide important services that benefit everyone who

visits the hospital. I would like to acknowledge the contributions of all of those people who donate their time and expertise to the RAH.

Some of these marvellous people also assist with the RAH Research Fund's fundraising activities and their contributions are significant.

I am optimistic for the future, next financial year's fundraising events are already well on the way in pre-planning and I'm encouraged by the level of donations received in the past year.

I would also like to share with the community the amazing achievements and discoveries made by our world-class researchers.

This annual review is testament to the generosity of our donors, volunteers and staff. I'd like to personally thank all of our donors, corporate partners, volunteers and supporters for contributing to a better future for all South Australians through their donations to medical research. I look forward to your continued support.

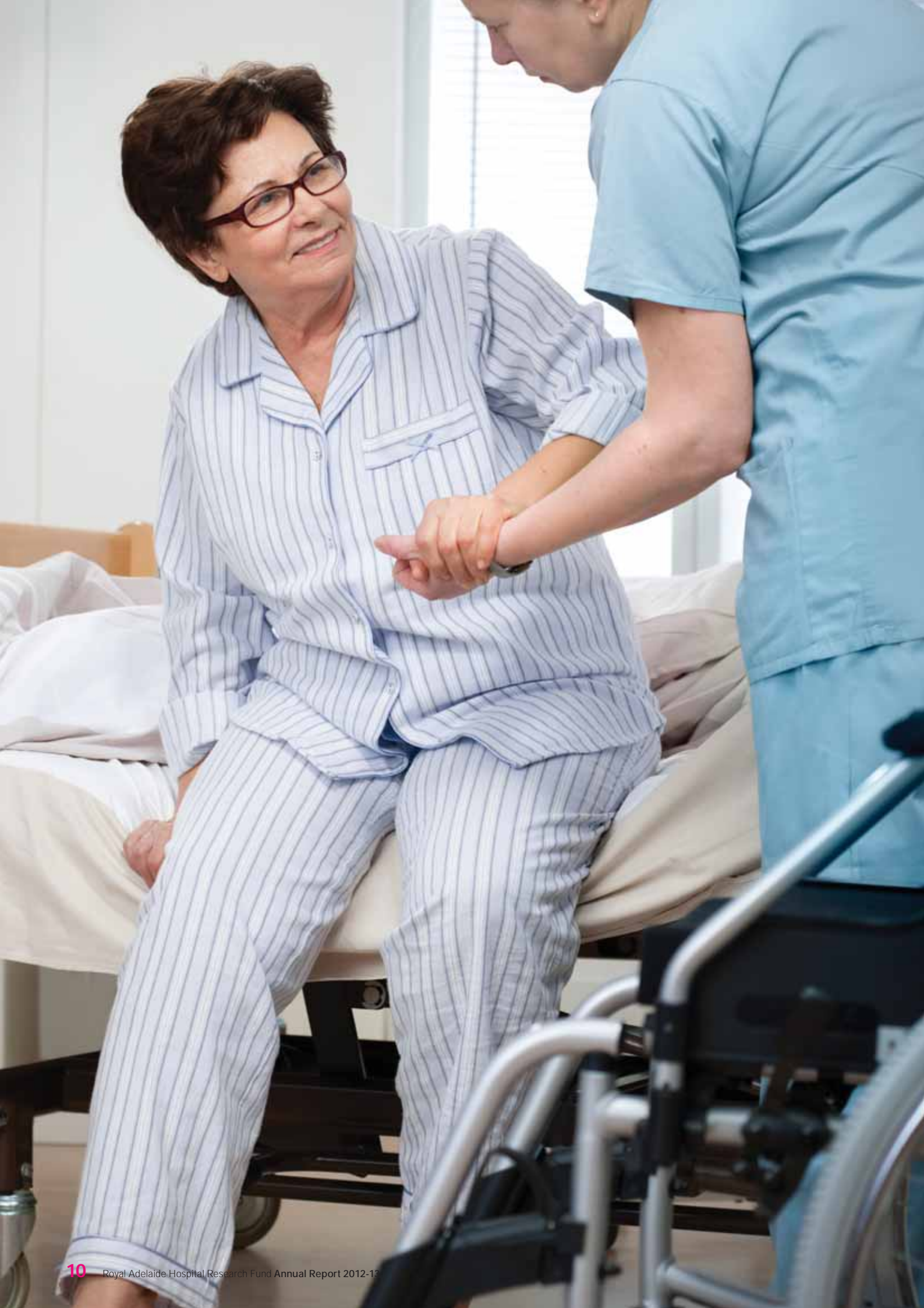


# HISTORY



RAH Research Fund Office Building





THE RAH RESEARCH FUND RAISED MORE THAN

# \$48 million in 30 years

## Royal Adelaide Hospital

Royal Adelaide Hospital is South Australia's largest accredited teaching hospital, providing outstanding medical care, rehabilitation and medical research.

Founded in 1840, the hospital has built an international reputation as one of Australia's finest teaching hospitals, offering basic and advanced training in a range of specialities.

The Hospital employs around 6,000 staff, including over 3,000 nursing staff. Every year the hospital attends to more than 70,000 patients in the Emergency Department and treats more than 4,000 patients in the Intensive Care Unit and the Intensive Care Step Down Service.

More than 22,000 surgical procedures were performed and approximately 83,000 patients were admitted, with almost half a million patients treated at outpatient appointments.

## Royal Adelaide Hospital Research Fund

You may not realise it but community support plays an integral role in the delivery of the exceptional health care South Australians have come to expect.

Fundraising and philanthropy has been a part of the Royal Adelaide Hospital for many years. The RAH Research Fund was established in 1981. As the official fundraising office of the Hospital, it supports researchers and the hospital, the Hanson Institute, SA Pathology, the Centre for Cancer Biology and the University of Adelaide – enabling them to make a positive impact on peoples lives.

The RAH Research Fund has raised more than \$48 million in just over 30 years to support medical research programs. In the 2012-13 financial year the RAH Research Fund raised \$3,291,585 to fund medical research equipment and research fellows.

## New Royal Adelaide Hospital

To ensure South Australians continue to have access to the best possible health care, the State Government has invested \$1.7 billion to build Australia's most advanced hospital – the new Royal Adelaide Hospital.

Due to open in 2016, the hospital will have 800 beds, with 100% of overnight patient rooms constructed as single bedrooms. The new hospital will have more operating theatres, intensive care beds and a larger emergency care capacity than the current hospital.

State Government funds will operate the hospital and provide core clinical services and staffing. With all the government priorities, it is not possible for them to fully fund medical research. To ensure that we have a healthy and vibrant research program, we need philanthropy to play a role in supporting the world-class research being carried out at Royal Adelaide Hospital and its research facilities.



# UNDERSTANDING & PREVENTING DISEASE



**As a not-for-profit organisation, the Royal Adelaide Hospital Research Fund relies on the generosity of donors to fund medical research projects.**

**Every donation, no matter how small, has the potential to save lives. Gifts to the RAH Research Fund are an investment in the future health of our children and grandchildren, in fact the whole community.**

**There are many reasons to support the Royal Adelaide Hospital Research Fund. Each donation tells a story: whether of gratitude for exceptional care, a need to spur on research to discover cures or quite simply a desire to ease the suffering of others. Whatever the reason, it is often your support that can make excellence possible, keeping Royal Adelaide at the forefront of medical research and patient care.**

**A key component to understanding and preventing disease is medical research. The integration of clinicians at the Royal Adelaide Hospital with researchers at the Hanson Institute and the Centre for Cancer Biology (including the ACRF Cancer Genomics Facility) provides many reciprocal benefits to medical research and clinical care.**

**New treatments, cures and interventions would not be possible without medical research.**

**This year the RAH Research Fund has worked to raise money to provide the best possible medical research for patients; research that is looking to understand disease, find cures, improve treatments and undertake more clinical trials.**

### **Stroke research at the RAH**

Stroke research at the Royal Adelaide Hospital has gained more ground. Since our newsletter published his story in Winter 2012, Dr Tim Kleinig, head of the Stroke Unit at the RAH says "the RAH has been the equal fourth best recruiter for a clot-dissolving drug trial". He adds "We have also established the RAH as one of the best recruiters in the country for acute stroke trials."

Most strokes are caused by a blocked blood vessel, an ischaemic stroke. Patients with the most severe ischaemic strokes often don't respond properly to the proven emergency therapy, 'tPA', which works by dissolving the clot. In a severe stroke, often the clot is too big to be dissolved by this medication, and the medication probably only works around 30% of the time. To make matters worse, the brain often dies quicker in these circumstances, as blood flow to the brain is more severely compromised.

Stroke doctors are therefore eager to find new, faster and better ways of removing the clot. The Royal Adelaide Hospital has recently started two

clinical trials that hold promise in this area.

Dr Kleinig says "We are running trials for EXTEN-IA, which compares intravenous clot dissolving medication alone, with medication and mechanical clot extraction. Patients are randomly allocated to tPA alone, or tPA plus 'clot retrieval'."

If patients are allocated to the latter group, once the tPA is infused, patients undergo a small operation in which the artery blocked by the stroke is internally accessed and the clot removed with a retrievable stent. RAH researchers are currently the equal top recruiters in the country for this study.

The Royal Adelaide Hospital is one of only five Australian hospitals selected to take part in the CLOTBUSTER trial. Dr Kleinig explains "This trial looks at the ability of ultrasound energy to enhance the ability of the clot-dissolving drug tPA to dissolve clots." He says "Ultrasound energy is used in addition to tPA to help break up the clot. Previous preliminary studies have shown that ultrasound energy roughly doubles the ability of tPA to dissolve the clot, but this has previously required the use of highly-trained personnel standing with a probe directed at the patient's head for two hours." In this trial the technique is fully automated, via a head-frame.



Zebrafish

## Towards a better understanding of childhood cancer

Dr Quentin Schwarz of the Centre for Cancer Biology is researching embryonic development in order to gain insight into how solid tumours form in very young children.

"I am extremely interested in finding out how young children develop these really nasty diseases." Dr Schwarz said, "My research is focusing on trying to understand how the cancers form in the first place" Dr Schwarz said, "this knowledge is essential in order for us to provide something that's useful for treating young children."

Much scientific research uses simple organisms, like mice, to understand how genes and cells combine to form a complex organism. Now, a popular aquarium fish, the Zebrafish (*Danio rerio*) is becoming increasingly important in scientific research.

In contrast to fruit flies, worms and other simple organisms used in scientific research, Zebrafish are vertebrates. They have a backbone, brain and spinal cord as well as organs such as a heart, liver, pancreas, kidneys, bones and cartilage, which makes them much more similar to humans. Over 84% of human disease-causing genes are found in the Zebrafish.

Unlike mice, Zebrafish embryos develop outside the mother's body and are transparent during the first few

days of life. This enables researchers to scrutinise the details of vertebrate development without having to resort to invasive procedures.

Zebrafish females spawn at intervals of two to three days, laying 200 to 300 eggs at a time. In cancer research the ability to generate tens of thousands of Zebrafish embryos harbouring the same disease-causing mutations is crucial, it enables the process of cancer initiation and progression to be analysed in detail, and for drugs to be screened quickly for anti-cancer efficacy.

Dr Schwarz says "To understand early childhood disease we need to see what is happening during development, using Zebrafish we can see what is happening, which allows us to rapidly translate our discoveries into clinically relevant findings. Because the fish are a see-through organism, we can actually see neurones and blood vessels forming and watch embryonic development in real time."

"The benefit of Zebrafish over mice" Dr Schwarz went on to say "is we can do the same discovery processes with fish as we do with mice, but it's a much more rapid process and much cheaper. This makes them the most powerful organism to use for understanding the basis of human disease."

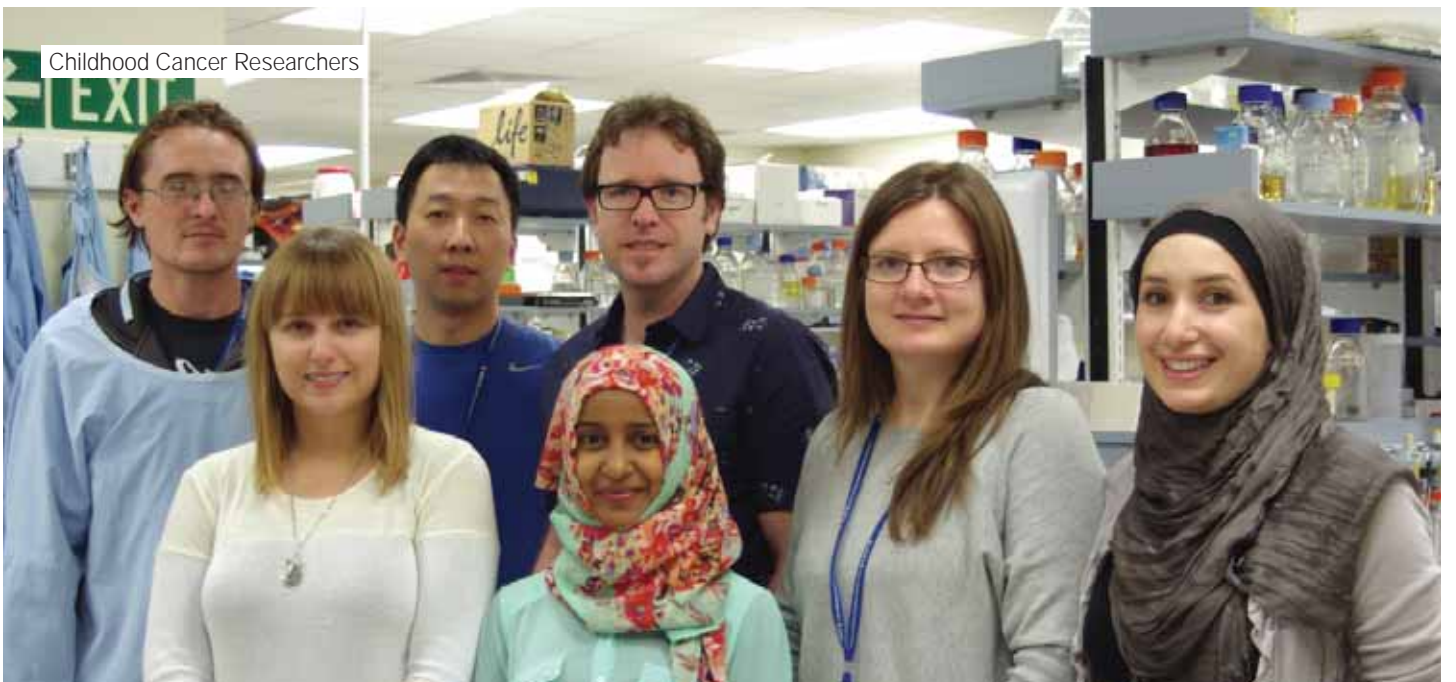
The Royal Adelaide Hospital Research Fund is raising money to purchase a Zebrafish system to aid researchers like Dr Quentin Schwarz. The facility is not just limited to Dr Schwarz, the

resource will be used in a number of different studies, including disease processes in adults.

Research using the Zebrafish should enable scientists to identify tumour cells earlier, they can then try and control what happens in a child that has cancer. The fish can help researchers learn from a normal case with healthy cells, compare it to development in cancer cells and find where the difference lies.

"I'm trying to understand the basic biology in order to understand how cancer forms in the first place, this will provide clear bio markers and new knowledge that we can use for the implementation of new therapies" Dr Schwarz said.

A Zebrafish facility will provide scientists throughout South Australia with an advanced research capability and promote collaborative research. The facility will shape the way scientists do their research, taking basic findings and applying them using the fish to make discoveries that benefit people with cancer and other diseases. This capacity will enable researchers at Royal Adelaide Hospital to gather results far faster and with a wider sample than they are currently able to do so with other animals, like mice.



WHEN WE ARE SICK, WE TAKE IT FOR GRANTED THAT THE DOCTORS AND NURSES WILL KNOW WHAT TO DO TO MAKE US BETTER. IT IS ONLY

# medical research

THAT HAS MADE THIS POSSIBLE



Professor Howard Morris – Osteoporosis Research



We need to drink about the equivalent of a litre of skim milk or eat 700g of yoghurt each day

### Osteoporosis prevention using diet

Every five to ten minutes somewhere in Australia a person is being admitted to hospital with a fracture caused by osteoporosis.

One in three women over 50 will experience an osteoporotic fracture, and one in five men. The statistics are sobering – every person who experiences a fracture has an increased risk of dying in the next decade. One half of people who have had a hip fracture will not regain their original mobility.

The good news is that osteoporosis can be effectively treated. Even better news is that it can be prevented through various lifestyle measures including diet and exercise. Professor Howard Morris is internationally recognised as a researcher in osteoporosis prevention with dietary calcium and vitamin D. He says “For women oestrogen helps maintain calcium in the body.”

He explains “Women have an acute drop in oestrogen at menopause and then have more difficulty absorbing calcium, plus they lose more calcium from their bodies. In men testosterone is converted to oestrogen, but their testosterone levels do not fall like women’s hormone levels.”

Dairy products are a good source of calcium. Professor Morris explains “What is less well appreciated is that consuming adequate calcium throughout life improves bone health, however the amount of calcium we need on a daily basis is higher than many realise. We need to drink about the equivalent of a litre of skim milk or eat 700g of yoghurt each day.”

Research being conducted by a team led by Professor Howard Morris is exploring how osteoporosis can be prevented using dietary strategies. Calcium is ineffective without an adequate level of vitamin D, the vitamin helps us absorb calcium from our diet as well as directly strengthening our bones, it also affects muscle that can help reduce our risk of falls.

Professor Morris and his research team are examining the critical question – how much vitamin D and calcium do we need for beneficial effects and to reduce the risk of hip fracture in the elderly.

Until the research is complete, Professor Morris advises “We are losing calcium from our bodies every second of the day, if we don’t get it from our diet, we lose it from our bones. We can all take preventative methods such as a healthy diet, undertaking exercise, not smoking and taking time to relax so that we can enjoy living independently in our old age.”





# IMPROVING THE TREATMENT OF DISEASE



**Through the generosity of our donors, the Royal Adelaide Hospital Research Fund continued its commitment to support world class medical research by contributing more than \$3,291,585 to medical research projects.**

**Medical research has discovered that many diseases can be prevented, eliminated, detected or managed more effectively through new medical procedures and therapies.**

**Research is the key to unlocking the knowledge we need to find new drugs, new ways to treat old and new illnesses, and new ways to prevent diseases in at-risk people. By extending life and improving health and quality of life, medical research provides great value to our patients.**

**Breakthroughs in treatment are sometimes enhanced when a clinician can move from the bedside to the laboratory bench, treating disease while researching a cure.**

### **Testing new weapons to fight melanoma**

Australia is the melanoma capital of the world, more than 10,000 people are diagnosed with the disease in Australia every year – making it very important that researchers discover more about the disease and how it can be treated.

The Royal Adelaide Hospital's Professor Michael Brown is at the forefront of new drug trials that prolong the survival of advanced melanoma patients, and that may control the disease from spreading throughout the body. Professor Brown explains "There are four main pillars of cancer treatment – surgery, radiotherapy, chemotherapy, and more recently immunotherapy."

"Surgery and radiotherapy are local treatments directed toward *specific* cancer deposits. Chemotherapy and immunotherapy are systemic treatments. Systemic treatments target cancer sites wherever they are located in the body" he said. "Where disease is too advanced to be removed by a surgeon, immunotherapy and chemotherapy can be useful."

Professor Brown says "Immunotherapy works by stimulating the body's immune system to recognise and destroy melanoma cells more effectively."

There are currently about 40 clinical trials running at RAH, all aimed at furthering cancer treatment and helping to ensure that patients survive longer. Professor Brown will be running a clinical trial that will recruit patients who have a molecule on the surface of their melanoma called GD2. He says "We'll take T-cells from the patient and grow the cells in the laboratory. We will then use a retrovirus to pass into those cells so that the patient's

T-cells 'see' the GD2 molecule on the melanoma cells."

"T-cells normally fight infection in the body" Professor Brown goes on to say "we will take advantage of those cells that are not fighting and redirect them to latch on to the melanoma via GD2. When that happens the T-cells are activated, they grow and release toxins against the melanoma, and hopefully this therapy will kill the melanoma. "

Professor Brown is keen to try the therapy in a Phase 1 clinical trial. "A phase one trial" he goes on to say "is a safety trial, and the first step in testing a new cancer agent in humans. In these studies researchers look for the best way to give people the new agent and determine what the safest dose is."

Another agent for melanoma patients that is further along in clinical development is an immunotherapy which uses a new class of antibody called an immune checkpoint inhibitory antibody. Professor Brown explains "This antibody treatment interferes with a switch on the surface of T-cells so that the T-cells are switched back on to attack the melanoma."

"Melanoma is the first disease in which immune checkpoint inhibitory antibodies have been shown to really work, in up to 40% of patients with melanoma treated in early phase trials, it's the first strong clinical evidence that the immune system can be successfully used to fight cancer in people." Professor Brown said.

Australia is the melanoma capital of the world, more than 10,000 people are diagnosed with the disease in Australia every year





Professor Michael Brown

As to the future, Professor Brown's says "I think the predominant way of treating patients in 10 or 15 years will be through new kinds of immunotherapy." He goes on "Much of the coming effort in clinical trials research will be to get immunotherapy drugs into a position where they can be approved by regulatory authorities and placed on the market."

"To get these advances, more money for medical research is required" Professor Brown says "but also a willingness on the part of patients to consider clinical trials. Clinical trial participation always serves future generations of patients."

## Prostate Cancer

Prostate cancer is the most common cancer, after skin cancer, diagnosed in Australian men, with approximately 20,000 new cases each year and unfortunately 3,300 deaths. When localised to the prostate, cancer can potentially be cured by surgery and radiotherapy.

The big issue is being able to predict which cancers are life threatening and likely to spread to other sites (metastasize). Professor Tilley and Associate Professor Lisa Butler from the Hanson Institute have been looking for a solution. Professor Tilley explains "There is a lot of research trying to identify bio-markers which might aid in identifying aggressive or lethal cancers, so that men

who have prostate cancer that is not life threatening and who don't need surgery can go on and lead a normal life."

"For those men who unfortunately develop metastatic cancer, or who relapse after surgery, the traditional approach has been to eliminate testicular androgens" Professor Tilley continues "Why men initially respond well to this therapy and then fail is an area that we've been particularly focusing on."

Men undergoing androgen deprivation therapy experience significant side effects, including reduced libido, impotence, hot flushes, tiredness, sweating, a gradual decrease in body hair, reduced bone and muscle strength and cognitive changes.

Androgen receptors are protein molecules in cells that are essential for testosterone and other male sex hormones to develop and maintain male characteristics. The androgen receptor also plays a critical role in the development and spread of prostate cancer. Current hormonal therapies that are used to treat men with metastatic prostate cancer work by inhibiting the production of androgens or blocking the binding of androgens to the androgen receptor.

Prof Tilley goes on to say "When you do that, the prostate cancer does regress, it appears to go away and symptoms improve, but sadly it's extremely rare that this cures a

metastatic cancer. When cancer starts regrowing, it's often more aggressive."

What has been discovered in Professor Tilley's research (and other groups around the world) is that when you take away the androgen the tumour is very clever and adapts to low levels of androgens. Prof Tilley explains "the tumour can make lots of the androgen receptor protein molecule to increase its ability to grow in low levels of androgen. It can also undergo changes so it can work without needing androgen, or the tumour itself can start making its own androgen to activate this molecule which then stimulates the growth of the tumour."

Professor Tilley goes on to say "This is like fast track evolution. This is the ultimate survival process – it is adapt or die. It's a bit like bacteria in some ways where you throw various antibiotics at it and it keeps mutating and evolving to form new resistant strains."

Research has been focused on investigating new ways to stop this androgen receptor growing. Associate Professor Lisa Butler, who works alongside Professor Tilley, has been exploring ways of using new compounds to inactivate the androgen receptor. They have successfully killed prostate cancer cells in laboratory studies using low doses of a combination of existing and new drugs.

"The ultimate test of this exciting laboratory breakthrough is to see if it improves outcomes and the quality of

life for men suffering from advanced prostate cancer," Professor Tilley says. "The strong partnership between scientists and clinicians at the Royal Adelaide Hospital means patients can benefit from advances in medical science much faster than in the past." Associate Professor Butler adds "These treatments look very promising in our laboratory studies, but we have a lot of work ahead to see if these solutions are viable in the clinic."

Tilley and Butler's research aims to better understand how androgens and androgen receptors drive prostate cancer before and after a relapse of hormone (androgen deprivation) therapy. Their investigations are aimed at developing better strategies for inhibiting the activity of this receptor. Professor Tilley explains "Ultimately, the results of targeting the cause of hormone therapy failure could be applied earlier (when cancer first appears) in order to better treat the disease before using hormone therapy and waiting for a relapse to occur."

Professor Tilley hopes "that the new strategies will lead to better quality of life. If people have a good quality of life then their psychological well-being may help contribute to a better outcome."

"If we can target the androgen receptor in a better way, focusing on prostate cancer cells, and we don't have to reduce androgen hormone levels – then we have a focused therapy that doesn't also have detrimental side effects in other parts of the body." Professor Tilley goes on to say "That would be the holy grail, to have a drug treatment that effectively knocks out this androgen receptor protein in a very prostate cancer specific way, but still allows the beneficial effects of testicular androgens on other body tissues."

Associate Professor Butler adds "What we want to do is use a

combination of different types of drugs to hit the cancer cells more strongly and more effectively, rather than just using one, waiting till the cancer becomes resistant to that drug and then trying another one."

She explains "We are hoping that if you hit the cancer hard enough the first time with a couple of drugs, then you might actually stop it more effectively. We are using old and new drugs that act in different ways on the receptor. Some of them stop the binding, some of them try and make the receptor fall apart and disintegrate and some of them just stop it working properly."

"We are hoping that if you target the cancer from different angles that that will be more effective," Associate Professor Butler says "in our laboratory tests, this seems to be the case, but what is going to be the proof in the pudding is seeing how this works in patients; in order to do that we are trying to move into clinical trials more quickly and get answers faster."

"The way we are doing that is by not just using traditional laboratory test tube approaches, we are trying to use patient tumours more," A/Prof Butler says "We think that's going to be much more relevant in assessing the effectiveness of new treatment approaches and, in particular, predicting whether a drug or combination treatment is likely to work in an actual patient."

Associate Professor Butler says "I believe we should be using human tissue more when we are developing new drugs because it might just allow us to reject some of the drugs that were never going to be any good a lot earlier. Using human tissue might be one way that you can help filter the results down to the absolute best candidates before they go into a clinical trial."

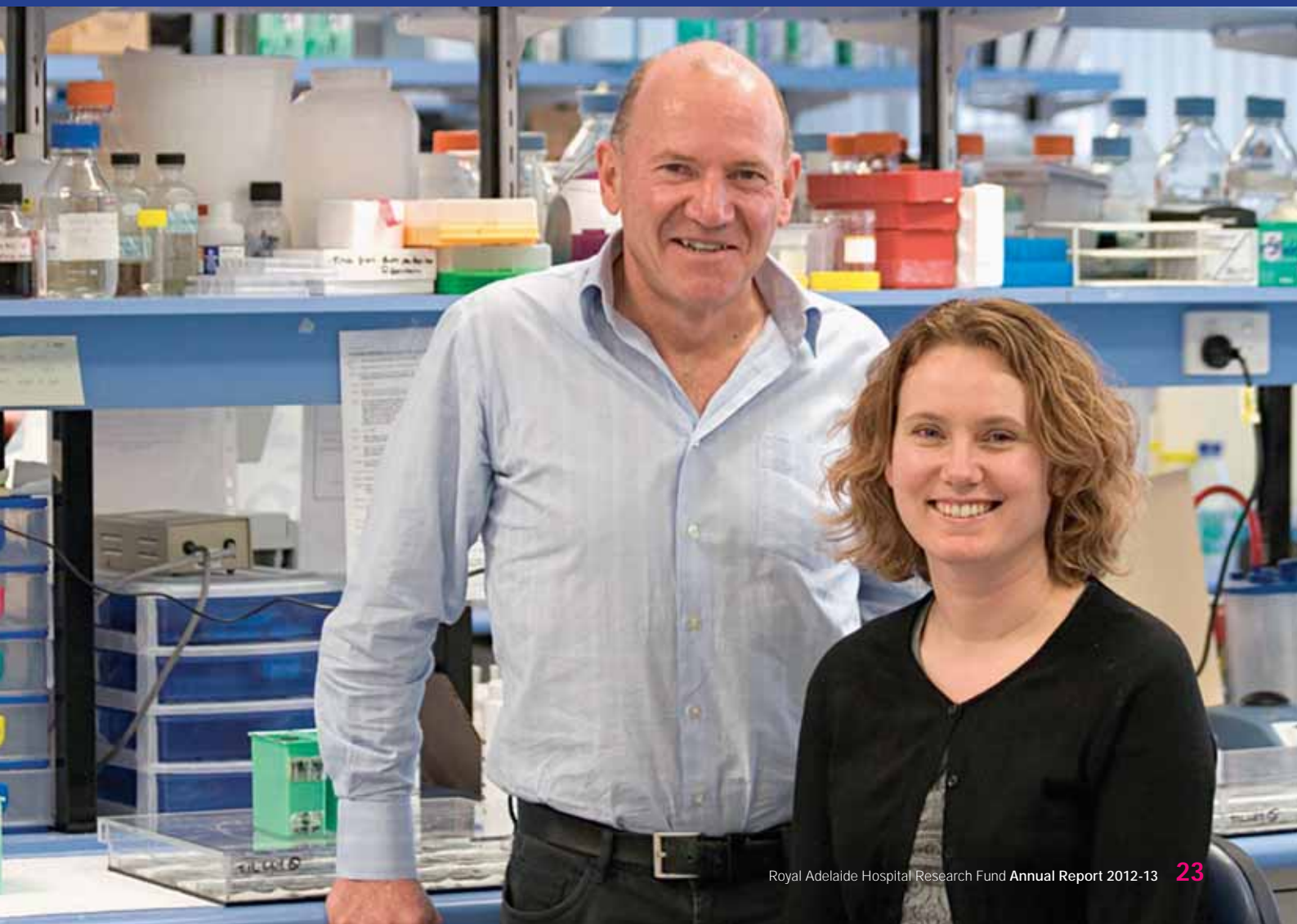
# Top research areas funded

ROYAL ADELAIDE HOSPITAL  
HANSON INSTITUTE  
HAEMATOLOGY

HANSON CANCER RESEARCH  
RHEUMATOLOGY UNIT & CLINIC  
RADIOTHERAPY

RENAL UNIT  
ORTHOPAEDICS  
BURNS WARD

Professor Tilley and Associate Professor Lisa Butler – Prostate Cancer Research





# THE RAH RESEARCH FUND



The Royal Adelaide Hospital Research Fund raises money for the Hospital and medical research by actively seeking donations. These include major gifts, bequests, corporate sponsorships, community fundraising activities and memorial giving programs.

The biggest obstacles faced by researchers at the Royal Adelaide Hospital are time and money. Making fundamental discoveries that lead to breakthroughs in the treatment, diagnosis and prevention of diseases such as cancer, heart disease and diabetes can be a long and costly endeavour.

The Research Fund greatly appreciates the dedicated support of the many individuals who make gifts to support medical research. Each year we are overwhelmed by the commitment our donors show, providing much needed funds to assist our researchers in finding life-saving medical breakthroughs and improving the quality of life for present and future generations.

### Purpose

To raise money for the benefit of medical research

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To support research by seeking financial gifts from individuals and corporations.

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To coordinate and support events to raise funds and the profile of research.

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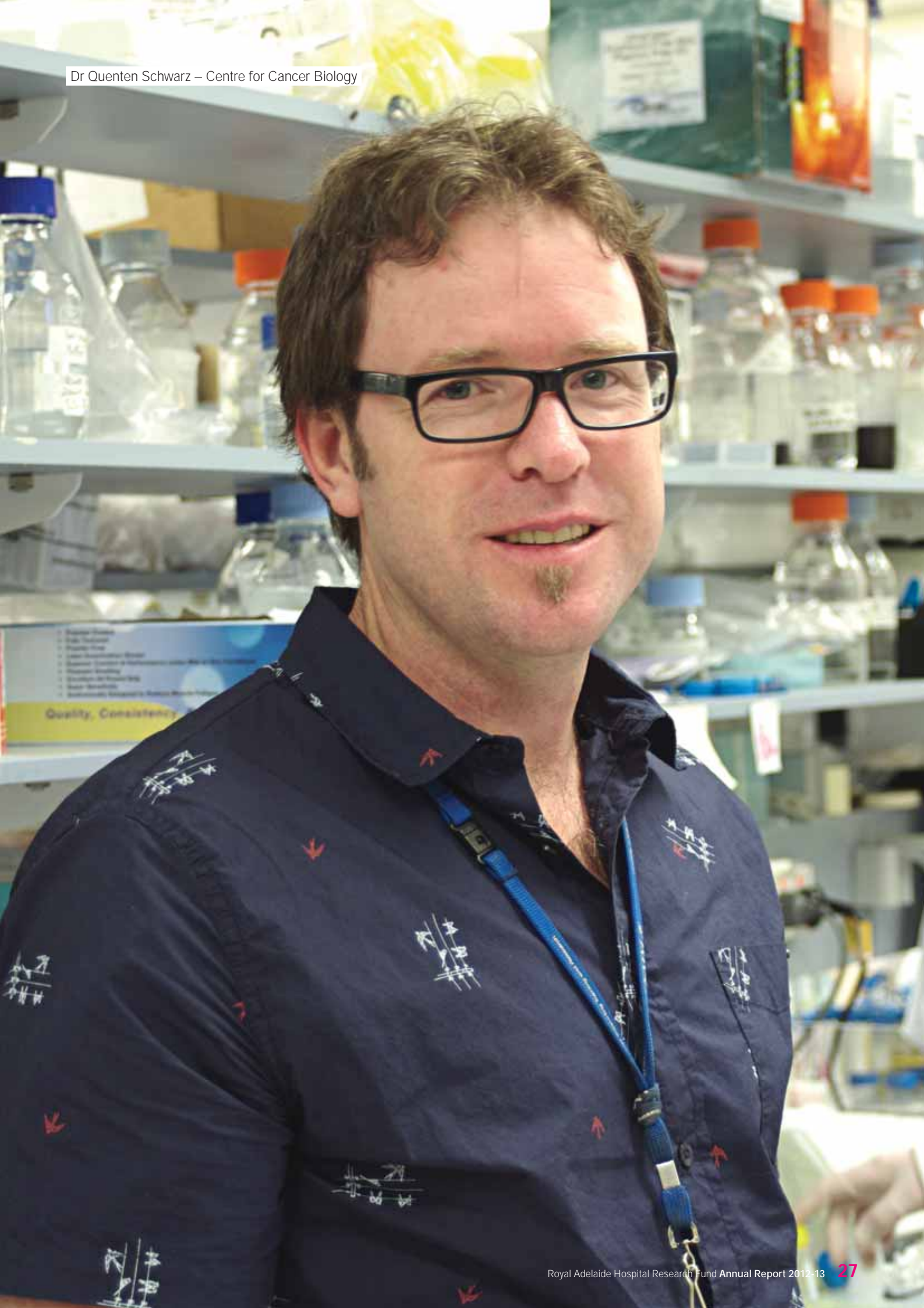
To encourage corporate philanthropy and sponsorship programs.

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To provide specialist advice and support for key fundraising initiatives.



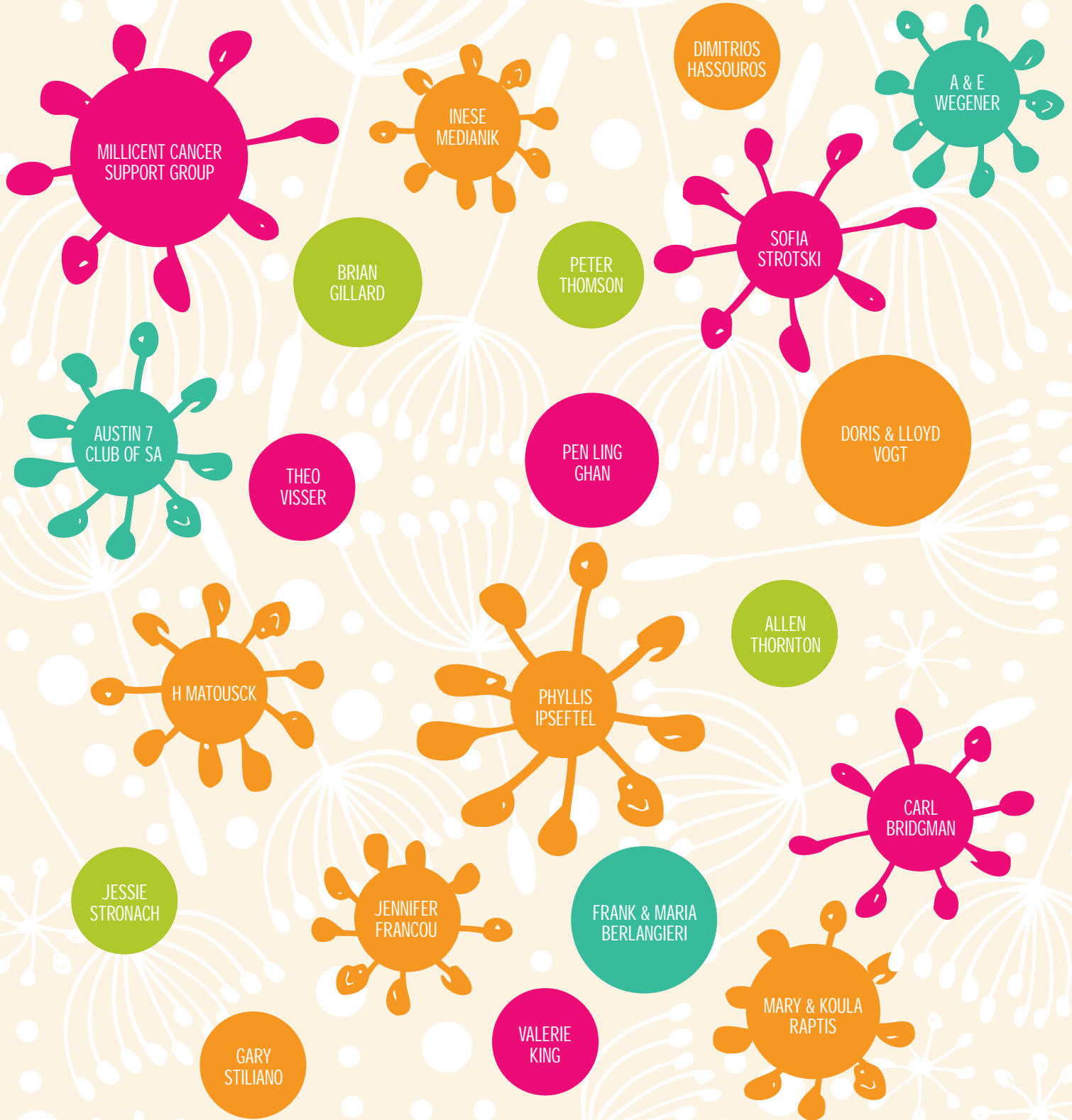
Our mission is to improve the health of communities served by the Royal Adelaide Hospital, the Hanson Institute and SA Pathology through the funding of innovative medical research to provide the best possible healthcare for patients.



# The difference a year makes

In a perfect world, there would be no sick people or individuals with life threatening illnesses, but sadly there is, so that means support for medical research is vital.

We'd like to thank all our donors, these are just a few of our generous community:





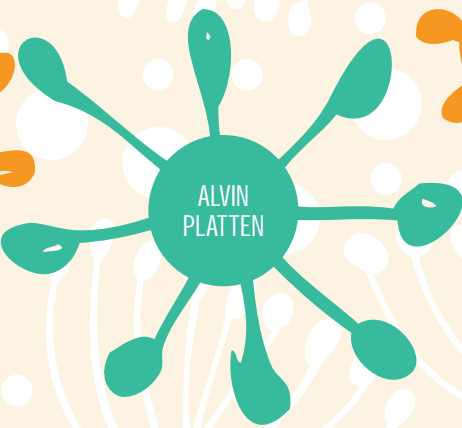
DIRK VAN DER ZEE



HONOR LANG



LUCIA KACZOROWSKI



ALVIN PLATTEN



CC PIANTODOSI



ERIC JONES



ANGELA SCHILD



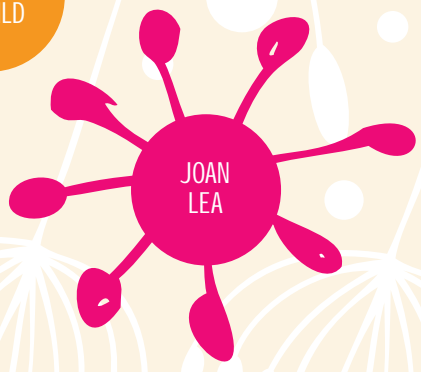
NIKKI BEAUMONT,  
POLLY AND BRIAN  
GOODBURNE



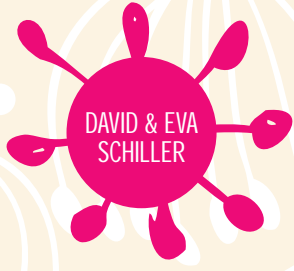
MARGARET ANGOVE



MR & MRS  
AUBREY ABBIE



JOAN LEA



DAVID & EVA  
SCHILLER



LOTTI  
MARCINOWSKI



KJ & KE  
THEEL



B OSTERMAN



BIHN LU



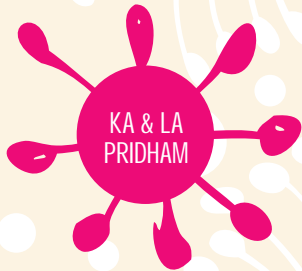
BEVAN  
WILCKENS



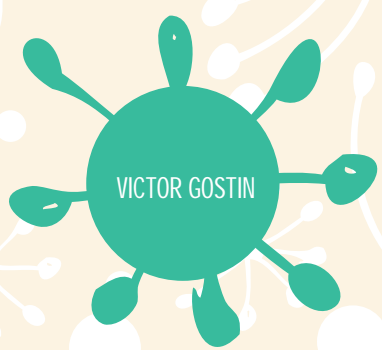
KEITH & PHYLLIS  
CROWLEY



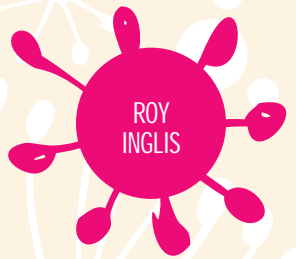
MARIA  
MARINOS



KA & LA  
PRIDHAM



VICTOR GOSTIN



ROY  
INGLIS



HENRY  
BLYTHE



LV  
NITSCHKE



## How much raised this year

The Royal Adelaide Hospital Research Fund is fortunate to have the patronage of some of this State's most generous individuals. \$3,291,585 was donated in response to our appeals in the 2012-13 financial year, and \$349,467.17 was bequeathed.

Each gift, no matter how big or small, has made a real difference to the lives of the people who pass through the doors of the Royal Adelaide Hospital.

Funded by the kindest hearts, money donated to the RAH Research Fund allows the brightest minds to develop new treatments and find cures for many diseases.

Unfortunately governments can't fund everything, which is why donations play such an integral role in funding equipment to allow medical research to continue, ensuring Royal Adelaide Hospital remains at the forefront of patient care and the leading edge of new technology and treatment methods.

The RAH Research Fund cannot exist without sound administrative and financial systems and support; we strive to keep costs as low as possible in order that the maximum amount of money goes where it's needed – to medical research.

The Research Fund is dedicated to making sure that our administrative costs are kept as low as possible.

On average twenty cents out of every dollar you donate covers secure financial record storage, administration costs, printing costs, computers, compliance costs, postage, wages, software licence fees and much more. The RAH Research Fund ensures that it carefully manages your twenty cents, we ensure that we have an extremely efficient and effective organisation that keeps administration and fundraising costs as low as possible.

## Entertainment Books

The Research Fund is a distributor of the very successful Entertainment Book, the discount dining and entertainment voucher book. For every book sold for \$65, the Research Fund receives \$13 that directly aids medical research. In total the Fund received \$8,450 from the sale of these books.

## Community Events

The Royal Adelaide Hospital Research Fund raises extra funds through numerous Fund co-ordinated events, as well as partnering with many amazing individuals and organisations who, like us, think that South Australians deserve excellence and innovation in their health care.

Here are a few highlights from the incredible fundraising efforts of our supporters over the last 12 months.

Following on from the success of the 2011 Gala, the **2012 Gala Italiana**

was held on 21 July at Adelaide Showgrounds. Special guests were fashion designer Jayson Brunson and the Governor of South Australia, His Excellency Rear Admiral Kevin Scarce AC CSC RANR and his wife. Guests were treated to a five course Italian meal and took part in auctions and raffles to raise funds through the Research Fund for the Lillies for Leukaemia Program.

**Fitzy's 5** is a recreational fun-run / walk created by Athletics SA first held on the 1<sup>st</sup> of August 2010. The event honours the memory of David 'Fitzy' Fitzsimons, one of Australia's leading distance runners in the 1970's. A dual Olympian and eight-time Australian 5,000m and 10,000m champion, Fitzy passed away in September 2008 at the age of 58 from non-Hodgkin's lymphoma.

The five kilometre course takes in many of inner city Adelaide's most iconic locations including the River Torrens, Adelaide Oval and the North Adelaide parklands. The run is growing in popularity and has raised close to \$10,000 to support haematology research. The 2012 event in August saw 912 runners participate to help raise awareness of cancer research at the Hanson Institute.

Thanks to the golfers, sponsors and volunteers, the 2012 **Tarkett Tee off Fore Life Golf Day** raised over \$59,000 for the RAH Intensive Care Unit. Last year's sold out event was

Fitzys 5



Faith, Hope Charity Ball



Funds raised by the Royal Adelaide Hospital Research Fund Newsagency in the 2012/13 financial year totalled – \$100,000.



The Strolling Tones



held on the 19 October at the beautiful Mount Osmond Golf Club.

The **Sunday Mail Foundation's Melbourne Cup** lunch raised \$17,000 to provide psychological support for women diagnosed with ovarian cancer who are treated at the Royal Adelaide Women's Health Centre.

On 10 November, the **Faith, Hope and Charity Ball** was held. The annual black-tie ball held at the InterContinental Hotel raises money for to promote awareness of breast cancer, improve patient care for cancer sufferers and breast cancer research. Organised by Mary Tarzia and the RAH Research Fund, the ball raised more than \$104,000 for the RAH Breast Endocrine Unit.

2012 also saw the Research Fund organise a charity movie night. The screening of **Breaking Dawn**, the fourth and final movie in the Twilight series which generated nearly \$5,000 to support the Hampstead Rehabilitation Centre. This centre, a part of the RAH provides treatment to brain and spinal injured patients.

And in May 2013, Rachel Adcroft from Ratbag Productions again

mustered her organisational and dance skills to hold the **Can Dance for a Cure** extravaganza at the Adelaide Entertainment Centre. Hosted by Snowy Carter, more than 1,000 young dancers from 26 dancing schools from all over Adelaide took part in the event. This is the fourth year the concert has been held and has the backing of Adelaide's dancing schools. The event has raised close to \$80,000 to support cancer research at RAH.

The **Strolling Tones**, a nine piece musical group with a mission, have entertained audiences throughout the year, raising money for breast and prostate cancer research. Since 2006, the group have donated over \$93,000 to medical research through the RAH Research Fund.

### RAH Newsagency

The Royal Adelaide Hospital Research Fund Newsagency has been operating for 23 years, during that time over \$1.2 million in profits have been donated back to the hospital via the RAH Research Fund.

Funds raised in the 2012/13 financial year totalled – \$100,000.

Located at the hospital's main entrance, the newsagency offers a number of services to patients, staff and visitors including home delivery and private patient deliveries.

Newsagency Manager, Cynthia Henderson, was named the Australian Newsagent's Federation South Australian Employee of the Year 2013 for her service and commitment. Cynthia will be representing SA at the national awards in October.

The newsagency was also a finalist in the Jenlist Distributors New Technologies Newsagent of the Year.

Open from Monday to Saturday the newsagency stocks the latest magazines and newspapers, plus cards, stationery, books and gift lines. Plus movie tickets, metro cards, stamps, phone cards and phones.





## Where the money has been spent

The Royal Adelaide Hospital Research Fund raises money to help fund the purchase of life-saving medical and scientific equipment in order to improve patient outcomes and ensure the RAH's world renowned research team continues to find better ways to diagnose, treat and ultimately cure life threatening diseases.

Last financial year \$3,291,585 was donated and a portion has been spent purchasing research equipment. Some of that equipment is listed below:

**\$226,000**

for a **Caliper Sciclone** automated liquid handling workstation. This piece of equipment has important applications in areas such as DNA extraction and isolation which are integral in the study of cancer related diseases.

**\$147,600**

for an **Incucyte FLR**, a live cell imaging system that grows cells allowing researchers to watch the development in real time. This equipment gives scientists real insight into how cells interact.

**\$90,000**

for a **Flow Cytometer** used for cell counting, sorting and the detection of biological markers in many blood disorders. This equipment has applications in a number of fields of research such as molecular biology, genetics and Immunology.

**\$230,000**

for a **Gallios flow cytometer**, this useful piece of equipment will be used by scientists in all fields of research including cancer research.

**\$174,500**

for an **autoclave** – a key piece of research infrastructure used by all scientists.

**\$900**

for a **mini analytical balance** which is used for the precise and accurate measurement of compounds used in many areas of cancer research.



# \$3,291,585

DONATED IN 2012/13

## \$14,700

for a **Thermo Scientific Heraeus Multifuge**, primarily used in cancer research. This multifuge separates suspensions into fluids and cells.

A number of **Thermo Cyclers** have also been purchased, these are essential when conducting DNA research. The Cyclers are used when profiling DNA in cancer research. They quantify DNA profiles in particular cancers, and help identify which part of the DNA is most abrogant.

## Over \$100,000

has been spent on **small equipment** for the Genomics facility. Equipment includes water purification, incubators and other pieces for the extraction, detection and profiling of genetic material in various tumours in cancer.

## \$10,000

was spent on a **Gel Doc** for protein analysis. This machine looks at the proteins of DNA to understand how they work in tumours. This machine detects and measures proteins in different patient samples.

## \$28,000

bought a **Blood Cell Analyser**, primarily used in cancer research, this machine analyses blood pictures of animals during and after experiments. The equipment analyses gases and component proteins and sugars in blood.

OUT OF EVERY DOLLAR DONATED,

# 80 cents

GOES STRAIGHT TO MEDICAL RESEARCH

## Donations also directly aid researchers

Current research funded by donations includes:

The study of Cyclotherapy – a promising new approach to prevent the side effects of chemotherapy.

Investigation of a drug interaction that may help regenerate sites of bone damage associated with osteoporosis.

The occupational performance and quality of life impact when using an Occupational Therapy Assistant to facilitate early rehabilitation in acute stroke patients.

A study of cortisol replacement therapy to improve the well-being and analgesia in postmenopausal women with chronic pain.

The development of an Australian prostate cancer study to support research identifying better biomarkers to predict disease progression.

The effect of dietary protein and state of nutrition on appetite and energy intake in older individuals.

Postprandial hypotension in Parkinsons Disease.

## Project grants and research fellowships

Donations allow the purchase of medical research equipment used for multiple projects, other donations fund fellowships – where young scientists are trained for research. A criteria of the funding states that all research must be undertaken within the RAH campus (it can include the Hanson Institute, the Centre for Cancer Research and SA Pathology).

Medical research changes lives every day, a properly resourced researcher can discover new treatments, procedures and diagnosis methods that can enhance a patients quality of life, or even cure them.

The Mary Overton Early Career Fellowship scheme aims to encourage young researchers to make biomedical research a career. Award recipients this year include:

Kate Van Dyke received \$84,000 to investigate the role N-cadherin plays in multiple myeloma cancer. N-cadherin is present in high concentrations in the blood of myeloma patients who have an aggressive form of the disease and respond poorly to therapy.

Agnes Arthur who is looking at regeneration at of bone damage associated with osteoporosis, received \$84,000.

Other research grant recipients funded by donations include:

\$100,000 was awarded to Devika Thomas to study the relationship between bone loss and calcium intake in postmenopausal women.

David Clarkson also received \$100,000 to fund his study into improving outcomes in patients with Chronic Myeloid Leukaemia.

Paul Neilsen received \$35,000 to contribute to his work on cyclotherapy – a new approach to prevent the side effects of chemotherapy.

\$25,000 was awarded to Tanya Little for her work identifying fatty acid sensing molecules in the duodenum of lean and obese people, and the relationship with BMI and dietary fat intake.

And for her study into Hyaluronan, a marker of ovarian cancer chemo-resistance, Carmela Ricciardelli received \$23,000.

**Why it is important  
to keep donating**

The Royal Adelaide Hospital is South Australia's premier hospital providing medical care to the people of the state 24 hours a day, 365 days a year.

The hospital is internationally renowned for excellence in patient care and research and remains a critical centre for care in the SA community.

The on-going support of our donors is essential to enable the RAH to provide the best possible health services and care for this generation and future generations.



THANK YOU



A heart felt **thank you** to the generous community of South Australia, who make medical research possible.

**We are extremely grateful to our donors. The generous support we receive from Individuals, philanthropic trusts and businesses makes a significant difference to the future health of our community. The Royal Adelaide Hospital Research Fund continues to receive outstanding support, bequests and donations, which enable us to provide equipment and resources for the hospital and our research community.**

**I would like to thank all our supporters for their generosity.**

**Philanthropic gifts are an important source of additional support for the hospital they provide greater opportunities to further invest in research, equipment and innovative care. We would like to thank the individuals, companies, trusts and foundations for their support throughout the financial year.**

### **Memorial ride raises \$5,000**

The second annual 'Donna Ride' took place on Sunday 14 April 2013, in memory of Donna Underhill.

Donna was only 25 when she passed away on 12 April 2011, after a 26 month battle with desmoplastic small round cell tumour (DSRCT). The efforts of her parents, Colin and Margaret Underhill, have seen \$4,940 raised in their daughter Donna's memory.

As per Donna's wishes, all donations are given to the Jessie Bradman Oncology Day Centre at the Royal Adelaide Hospital. The centre provides chemotherapy and other supportive therapies to haematology, oncology and solid tumour patients. Money raised provides equipment to make patients more comfortable in the centre.

The main fundraising event is the Donna Ride; however the Underhills have also received support from fundraising events conducted by members of the Port Adelaide Softball Club where Donna was a player for many years. Donations have also been received from family, friends and work colleagues.

Donna's ride is held every year on the Sunday closest to 12 April, it is open to everyone. Past participants include the Adelaide Chapter of the Australian Goldwing Association, Chopper Motorcycle Owners Group, Cadillac Car Club, family members, friends and colleagues of the family. Entry is a \$10 donation per vehicle.

The ride leaves Modbury Waterworld Aquatic Centre who provides support by allowing the group to use their facilities. The ride travels to Hahndorf's Old Mill Hotel where morning tea is available to purchase, then onto Goolwa Lakeside Caravan Park for a reasonably priced sausage sizzle lunch provided by Victor Harbor Rotary.

For more information, or to take part in next year's ride – go to Facebook – Donnas Day Ride.

### **Cans for Cancer**

A can and bottle recycling run has resulted in over \$60,000 being donated to medical research.

Roger Horne has been collecting cans and bottles for about 8 years, and giving the results of his hard work to the RAH Research Fund.

Cans for Cancer was an idea started by Don Dixon, who has since moved to Kangaroo Island. Roger says "I used to drop bottles round to Don's place and one day I told him if he needed a hand to give me a yell. Next week he rang up and said yeah – come and give me a hand."

Roger picks up from the Star of Greece Restaurant at Port Willunga, the Salopian Inn at McLaren Vale, Aldinga Shopping Centre and Willunga Bakery, plus he has another 36 bins placed at different spots around Aldinga.

"I pick up about 2 or 3 times a week in winter, and every day in summer"

A CAN AND BOTTLE RECYCLING RUN HAS RESULTED IN OVER

# \$60,000

BEING DONATED TO MEDICAL RESEARCH



Roger says “then take the bottles and cans to the Aldinga recyclers. All the money I get from the recyclers goes to the Research Fund.”

Roger says “I do it because I like helping people, I thought collecting for cancer was a good cause, both my parents had cancer, I also lost some friends to cancer and you hear so many people get it, this is my way of helping out.”

The Onkaparinga Council supply all the bins for Roger’s enterprise. Roger explains “Trevor from the Council gets me all the bins, as I have to replace ones that are damaged. He also calls and lets me know if there are large numbers of bottles anywhere, I go round and pick them up and donate the results.”

To add to his rounds, Roger says “Every Thursday I do a round picking up from people’s houses in Aldinga. People put bottles out for me; I’ve probably got about 33 customers I pick up from.”

He says “It’s my bit for the community – I enjoy doing it”

In Roger’s spare time he also does up pushbikes for the Save the Children’s Fund. “People donate bikes; I do them up, and then take them to the Christies Beach outlet to be sold.”

## Commemorative Donations

Thank you for the donations received to celebrate:

- The wedding of Rob Wyld & Lee Sturm
- The 60<sup>th</sup> wedding anniversary of Jack & Isabel Featherstone
- Myrith Barr’s 80<sup>th</sup> Birthday
- Elivira Zechmeister’s 80<sup>th</sup> Birthday
- Brian Spry’s 70<sup>th</sup> Birthday
- And Michele Rodda’s Birthday

## Individual Donations

Thank you to everyone who has given so generously to the Research Fund. Including these very generous people:

- H Clarkson
- V Dodd
- CJ Domaille
- A & P Gaeta
- SM Ingman
- M Tarzia
- Bank SA Staff Charitable Fund
- The Greek Community Radio Program
- The Riverland Living to Beat Cancer
- The Sebel Playford Staff
- The Vines Residents and Social Club

## Life Members

The Research Fund would also like to take this opportunity to acknowledge the contributions made by life members of the Fund. Thank you:

- Robert Gerard AO and Fay Gerard
- Gordon Pickard AM
- Maureen Goodwin

## Bequests

The RAH Research Fund would like to thank the many people who made the generous decision to leave a bequest to the RAH Research Fund in their will. The Research Fund acknowledges and appreciates the following bequests that assisted the hospital and its medical research.

We thank both our bequestors and their families for their generosity. The estates of:

- Francis P Armstrong
- John M Bennett
- Nancy J Buring
- Kevin M Edis
- Mona Johnston
- Joan Kennewell
- Constance Milligan
- James I Shackelford
- Tecla M Shaw
- George Southgate



### **Grateful Patient**

Ralph Hagedorn

Mr Hagedorn wrote in recently:

The article regarding Mark Smith's wonderful result brought to mind my own experience at the RAH many years ago.

I had just been demobilised from the Royal Australian Navy after War service, when I was diagnosed with a malignant melanoma on my left upper arm.

Dr Allan Lendon performed a block dissection and I was prepared for amputation, but he decided to wait and see. For many years I attended the Radium Clinic, which was pretty horrific for a young man just turned 20.

I am now almost 87 years old and still fairly active, a great-grandfather and am very grateful for the wonderful gift of life given to me by the skilled surgeons at the RAH.

Keep up the good work,  
Ralph.



# Memorial gifts

**A memorial gift is a sensitive and practical way of expressing your feelings. It's a special way of honouring a loved one or a cherished friendship, and at the same time helping others in need.**

**Donating to the Royal Adelaide Hospital Research Fund in memory of a family member or friend that has passed away is a meaningful way to honour them. Most importantly, no matter whether large or small, memorial gifts contribute to research projects within the Royal Adelaide Hospital.**

**Between 01/07/12 and 30/06/13 donations were gratefully received by the RAH Research Fund in memory of the following people:**

**The RAH Research Fund thanks family members and friends who paid tribute to these special people:**

Ambrusco, Frigerio  
Andersen, Mary Patricia  
Antonello, Giuseppe Placido  
Antoniou, Constantine (Dino)  
Argent, Brian Oswald  
Ashby, Joyce  
Ashfield, David John  
Baldock, Bianca  
Barnden, Nan  
Barrett, Alan Roy  
Barrett, Joan Margaret  
Batten, Mark Howard  
Beard, Nowell  
Bilston, Michael  
Blason, Sergio George  
Boocock, Marion Rita  
Braica, Ivanka  
Brehmer, Guenther  
Brereton, Dudley William  
Bruno, Salvatore  
Campbell, Warren  
Caputo, Carmela  
Care, Frank  
Carman, Gary Romilly  
Carpenter, James Summers

Casale, Antonio  
Casiero, Giovanni  
Cassidy, David Michael  
Ceravolo, Agostino  
Chambers, Marion (Kay)  
Champion, Robert Douglas  
Chapman, Thomas Francis (Tom)  
Charles, Alfred Thomas  
Chiali, Alda  
Clarke, Brian  
Clarkson, Anthony Russell (Tony)  
Constantis, Eleni  
Cook, Robert James  
Cowie, James  
Crick, Donald (Don)  
Cutri, Grazia  
Davies-Latto, Sydney Joy  
De Angelis, Basilio (Sylvio)  
De Angelis, Giuseppe  
Dearman, John David  
Deegan, Josh  
Del Corso, David  
Denton, Geoffrey Edwin  
DeSira, Sammy  
Dobie, Brian Kevin  
Dougherty, Gavin James  
Doyle, Joyce Pauline  
Doyle, Nicholas Edward (Nick)  
Driver, David Henry  
Duncan, Graham Neil  
Dunstone, David Darroch  
Duthie, Veronica Mary  
Edwards, Brian  
Edwards, John Herbert  
Ellis, Gordon & Molly  
Falco, Francesco (Frank)  
Faulkner, Lorna Ruth  
Ferraro, Michele  
Ferry, Ruth May  
Fitch, Leo Frederick  
Flory, Janie  
Freeland, Beryl  
Frencken, Linda Vera  
Friemann, Heinz  
Friend, Harry James  
Frith, Andrew Clifford  
Garnaut, Dianne (Di)  
Geddie, George Alexander  
Giglio, Domenico  
Goh, Mrs  
Golding, Beverley  
Goldsmith, Graeme Storr  
Gower, Jeffery Paul  
Goyder, Colin David  
Graham, Robert Gordon  
Grant, Joyce Doreen  
Green, Peter Clifford  
Greenslade, Dean  
Gunawan, Widajat (Wim)  
Hall, Lachlan McGregor  
Hallpike, Jane Ainslie  
Hammond, Priscilla Jane

Hamsanathan, Perampalam  
Hanlan, Olwyn  
Hartley, Janice Neata St Barbe  
Hawke, Gary James  
Healey, Belinda  
Heinrich, Clement Maxamillian (Max)  
Hembury, Joan Ellerby  
Henderson, Miles  
Hislop, Clinton Vaughn (Clint)  
Holzapfel, Lynton  
Holzberger, Rudolf Konrad (Rudi)  
Hourigan, Lloyd  
Hourigan, Dianne  
Huggins, Julia Rose  
Hutchinson, Graham William  
Irons, Ray  
Jaggers, Patricia Elaine (Pat)  
John, Warren Robert  
Kaidonis, Xenoula  
Katis, Jim  
Kellaris, Athanasios  
Kempster, Betty Margaret  
Kernick, Colin Geoffrey  
Klau, Alic Gordon  
Kneivitt, Theresa Eva  
Lagana, Domenico  
Landolfi, Giulia  
Leister, Glen  
Lethbridge, Alma  
Llewellyn, Inez  
Lugg, Heather  
Macdonald, Vicki Joy Ellison  
MacDonald Steele, Timothy John  
Machin, Stephen  
Manolakis, Elefterios (Terry)  
Manto, Bernardino  
Marsh, Jackson Angus Dean  
Martin, Brian  
Martin, Horrie  
Matic, Kathleen Agnes  
Mavroudis, Basil  
Mayes, Allen Leslie  
Mayger, Mervyn Leonard  
Maynard, Nita Ruth  
McCardle, John  
McKee, Jake Ward  
McLatchie, Sam  
Moffa, Umberto  
Molnar, Kathleen  
Monaghan, Carol  
Morris, Kerwin William  
Murray, David Trevor  
Nicol, John  
Nottle, Joan Elaine  
Oades, Steven Malcolm  
Ott, Gunther Helfrid  
Otten, Petronella (Nell)  
Paglia, Erminia  
Palmer, Murray Leo  
Papapavlou, Pavlou  
Papillon, Zofia (Zosha)  
Pearce, John Ronald

Penna, Enrico  
Pettigrew, Kathleen Dulcie  
Pettigrew, Len  
Pfeiffer, Patricia Alice  
Pfeiffer, Alf Edwin (Sonny)  
Phillips, Peter Barrie  
Pocock, Zena  
Porfyrus, Panayotis  
Preiss, Kenneth  
Pulvirenti, Stefano  
Puopolo, Mario  
Racman, Klaus Dieter  
Rawlins, Shirley  
Reu, Harold Arthur  
Rose, Molly  
Rowe, Joyce Lilian (Joy) OAM  
Russo, Carmela  
Russo, Sharon  
Sando, Brian Gordon OAM  
Santoso, Karenina  
Schonfeldt, Lynnette  
Schultz, Tarlee Ann  
Schumacher, Wayne Philip  
Seneca, Nicola (Nick)  
Seymour, Terry  
Shelley, Daniel Laszlo  
Sims, Vaughan Norman  
Skinner, Graham Michael  
Sparr, William (Bill)  
Sprich, Veronica  
Stallard, Graham  
Stangas, Fotios  
Stoilov, Merrilyn  
Swain, Helen Mostyn  
Taylor, Desma Joy  
Telford, Katherine (Kathy) Iris  
Todd, Donald Keith  
Tongerie, Denis Bradman  
Treadwell, Christopher P  
Trukhanova, Tatiana  
Turner, Neil Ronald  
Underhill, Donna  
Vivekanandan, James  
Vof, Susan  
Walsh, Richard  
Walters, Jean Margaret  
Ware, Brian  
Wellman, Joyce  
Welsh, Alison  
West, Fred  
West, Thomas Frederick (Fred)  
Williams, Helen  
Willis, David Charles  
Wilson, Elizabeth Dawn  
Wiseman, Shirley Una  
Wolfenden, Edwin (Eddie)  
Wright, Ian Thomas  
Wright, Margaret Ann



# We could not do it without you

## We thank the many businesses who support us directly or through their own fundraising efforts

### Corporate Donations

Are you planning an event to invite your clients to, motivate your staff or simply give back to the community?

Dinners, golf days, sporting events, social club meetings – make The Royal Adelaide Hospital Research Fund the beneficiary of your event and show your clients and employees your dedication to medical research.

You can also show your support with an in-kind donation; such as providing prizes, catering or even event production services, the options are endless.

Provision of world-class research and care at The Royal Adelaide Hospital relies on support from the corporate sector, whether your business employs one or thousands, you can make a meaningful contribution to your community's wellbeing.

Research Fund staff are available to help manage your corporate philanthropy, for further information, please contact us on 08 8222 5281 or email [RAHresearchfund@health.sa.gov.au](mailto:RAHresearchfund@health.sa.gov.au).

Substantial donations have been received from 246 corporate organisations, and for that we thank you.

We would particularly like to acknowledge these organisations:

Australian Executor Trustees  
Fay Fuller Foundation Pty Ltd  
FBW Gynaecology Plus  
Lin Huddleston Charitable Foundation  
Macquarie Group Foundation  
Melrose Health Supplies  
San Remo Investments P/L  
Shahin Charity Trust  
Torrens Arms Hotel

### Event Sponsors

Sponsor a Royal Adelaide Hospital event and be recognised as a supporter of medical research in the South Australian business and public community. Various levels of sponsorship are available for our major events and individual research-specific events or research projects.

The RAH Research Fund would like to thank all of our generous sponsors who supported us this year. We could not do it without you.

Academy  
Adelaide Suits Direct  
Australian Carpet & Tile Company  
Access Datacom  
Airstep  
Altro Flooring  
Australian Motors  
Bright Eyes Photography & Make Up  
Capri Theatre  
Class A Jewellery  
Coca Cola  
Colette  
Dorma Automatics  
Elbio  
FBW Gynaecology  
Flooring Trade Depot  
International Ceramics Jim's Pest Control  
McMahon Services  
National Foods  
Payneham Vet Care  
Ratbag Productions  
Shark Cage Diving  
Southern Model Supplies  
Tarkett  
Watson Fitzgerald & Associates

If you are interested in becoming a business sponsor we would love to hear from you. Contact RAH Research Fund for further information on 08 8222 5281 or email [RAHresearchfund@health.sa.gov.au](mailto:RAHresearchfund@health.sa.gov.au).

Substantial donations  
have been received  
from 246 corporate  
organisations





# THANK YOU VOLUNTEERS



**Our volunteers are treasured members of the Royal Adelaide Hospital; they are vital to the smooth and efficient running of the Hospital.**

**Volunteers give their time by providing support to visitors, the public, patients and their families and also behind-the-scenes at the RAH. Other volunteers raise critical funds for the RAH Research Fund.**

**Our volunteers range in age from 16 year old High School volunteers to our dedicated over 80's who work tirelessly for the RAH.**

**We would like to take this opportunity to thank them all for their time and skills, and for making the hospital (and research facilities) a better place for all.**

### **RAH Research Fund Office**

While the Research Fund relies on the generosity of our donors, we are also fortunate to have the support and commitment of our office volunteers.

We would like to acknowledge Maureen Goodwin and Marjory Murray-Bonici, who each year donate many hours helping the busy Research Fund team with a variety of administrative tasks.

### **Lavender Lads and Ladies**

Over 160 amazing men and women volunteer their time and experience in vital roles at the Royal Adelaide Hospital.

This integral service started in 1971 when a small number of ladies from a local fellowship group started visiting hospital patients who were from the country and nursing homes. The ladies devoted their time to these people as they decided these patients were unlikely to have any visitors.

These caring ladies made regular visits, bringing magazines, spending time with the patients and washing nighties and pyjamas when required.

Today the organisation has over 160 volunteers, 80% of whom are female. Volunteers are involved in:

- services to wards
- drivers
- palliative care
- flower care
- soup service to radiotherapy/ chemotherapy outpatient clinics
- shopping
- banking and personal services
- visitor assistance in the Intensive Care Unit
- visitor and staff assistance in the Emergency Department
- assembly of take home packs for the Haematology Department

# Over 160

### **AMAZING LAVENDER LADS AND LADIES VOLUNTEER THEIR TIME**

Volunteers also run 'Headlines', the wig recycling and loan service that provides wigs for patients experiencing temporary hair loss.

The Lavender Lads and Ladies Service runs purely on donated money and whilst all services are freely available, we welcome donations.

In the last financial year the volunteer service provide 39,069 hours of patient care, equating to approximately \$1,072,444 in value. A huge effort!

Thank you to all our Lavender Lads and Ladies.

Barbara Dobie and Wendy Polkinghorne Members of the RAH Auxiliary Executive Committee



Wellness Centre Volunteers (from left): Bill Wake (VOLT Volunteer), Barbara Christenson (Volunteer Coordinator), Dean Boundy (VOLT Volunteer), Jan Packer (Shop Front Volunteer), Alan Spriggs (Men's health Volunteer)



## Volunteers make the hospital a better place for all

### Auxiliary Volunteers

The Royal Adelaide Hospital is very fortunate to have the wonderful support and services of a large team of auxiliary volunteers.

We recognise the valuable contribution each individual provides by offering their time, skills and passion. Auxiliary volunteers ensure the smooth running of the hospital kiosk, a convenient location for staff, patients and visitors to purchase food, drinks and gifts. Funds generated support the hospital.

Established in February 1925 the Auxiliary initially had a temporary kiosk, just inside the gates of the hospital. The shelves were stocked with homemade jam, sauce, cakes and biscuits, plus boxes of powder, toothbrushes, bootlaces, hairpins and more. A new kiosk opened in November 1925 occupying the present site of the Research Fund office on North Terrace.

It only took the Auxiliary's kiosk from February 1925 until June 1984 to distribute its first million dollars to aid the hospital. Its second million was donated in 1989. In its 88 years of operation the Auxiliary's kiosk has contributed just over \$10 million dollars to the hospital. A mammoth achievement! The Kiosk also provides up to \$30,000 annually for the RAH Social Work Unit.

Over the years equipment funded by the auxiliary has included dialysis

machines, mobile x-ray machine, a caravan for nuclear medicine and bone densitometry, a lung function analyser and wall mounted microscopes.

When you buy a coffee – or anything else – from The Kiosk on North Terrace you are making a valuable contribution to the Hospital to support patient amenities and medical research.

We would like to thank all our Auxiliary volunteers for their generous contribution of time and experience.

### Wellness Centre Volunteers

The Royal Adelaide Hospital Wellness Centre (once known as The Health Promotion Unit) began in 1986, our longest serving volunteer, who is still very active and committed, started with the original volunteer group at that time!

At present around 30 volunteers look after our shop-front in the main entrance of the Hospital, providing a broad range of services to patients, staff and visitors.

Wellness Centre volunteers range in age from 19 to 81, and all are brimming with enthusiasm, energy and a genuine desire to make a difference in people's lives. Many have a nursing background, younger volunteers have skills and knowledge in public health, dietetics and health promotion, but all are involved in ongoing training.

Shop-front volunteers monitor blood pressure, measure body compositions, provide health information, including quit smoking programs and referrals to community organisations, as well

as assisting staff with administration duties, including assembling 500 jokes that are appreciated by the public every week.

Many are involved with men's health checks at Clipsal every year, other volunteers run the Winter Day of Taste (Soup Day) or work with allied health practitioners on one of the wards.

Volunteers Listening and Talking (VOLT volunteers) provide a visiting program, which is welcomed by long-term in-patients who may have limited visitors. The VOLT's give patients an opportunity to talk about their troubles, their interests, their family, or whatever else is on their mind at the time. It's also a good opportunity for the volunteers to bring some of the 'outside world' to the patient, reminding them that they'll be back out there soon.

We also have volunteer musicians (including some from the Adelaide Symphony Orchestra) who entertain visitors in the foyer, and patients and staff in out-patient areas and wards.

The Wellness Centre also offers a Workplace Health and Wellbeing fee for service program that targets the corporate sector. Programs include health screening, vaccinations, presentations and workshops on fitness, healthy eating, goal setting and fatigue and stress management.

Without our volunteers, many of the services we provide would not be available. We thank all our volunteers for their time and wonderful contribution.







## Hampstead Rehabilitation Centre

In addition to the hospital on North Terrace, the Royal Adelaide Hospital also embraces the Hampstead Rehabilitation Centre at Northfield. This facility provides rehabilitation services for people recovering from traumatic brain injury, stroke, neurological and medical disorders, dementia, geriatric injury, spinal cord injury, orthopedic conditions, amputations and burns rehabilitation.

A volunteer service has been in place at the Centre for over 30 years; currently there are 70 volunteers assisting therapists and aiding in the smooth running of the facility.

One of the roles volunteers have at Hampstead is running the onsite Café. Other duties involve taking clients to medical appointments at other hospitals and specialists. Volunteers also take clients shopping and accompany them on trips to the movies, the city and other areas of interest as part of their therapy before leaving the Rehabilitation Centre.

Volunteers also drive clients to bus stations, the airport, and on discharge to their home or nursing home. Around the hospital, the volunteers have a laundry service for country clients or those without help/families. There is also a sewing group who mend, repair and make clothes client therapeutic needs.

Volunteers regularly visit clients on the wards, plus meet patients when they arrive at Hampstead, other volunteers work in the Men's Shed with clients, or help with art and music therapy.

Hampstead volunteers worked over 14,000 hours; this generous use of their time and expertise equates to huge financial savings for the hospital.

Our volunteers are greatly appreciated, and we thank them for their devotion and time they give to the Hampstead Rehabilitation Centre.

## Volunteer Opportunities

If you would like to volunteer your time or raise funds for the hospital and medical research please contact:

### Lavender Lads and Ladies

Chris Iovino  
Volunteer Manager  
Ph: 08 8222 4637  
Chris.Iovino@health.sa.gov.au

### Hospital Auxiliary (Kiosk)

Bea Logothetis  
Kiosk Manager  
Ph: 08 8222 4880  
Belinda.Logothetis@health.sa.gov.au

### Fundraising

Julie Dunlap  
Direct Mail and  
Donor Acquisition Manager  
RAH Research Fund  
Ph: 08 8222 5281  
RAHresearchfund@health.sa.gov.au



# TYPES OF DONATIONS



It is always appreciated when people choose to help others in need and contribute to the future of their community

## Donations

Donations can be made to support of specific projects or research areas, donations may be made in cash, by cheque, credit card or EFT.

Online donations will be available soon, the Research Fund will advise all donors when this choice is available.

The RAH Research Fund provides different pathways for giving; you can specify what area of research your donation will support, including – cancer, neurological diseases or cardiac health.

Every dollar counts!

## Regular Donations

Becoming a regular donor is a great way to increase the effectiveness of your highly valued gift.

Making a regular donation allows the Research Fund to plan in advance what research projects and equipment we can fund, whilst at the same time reducing overhead costs such as postage and stationary for both you and us.

You can choose how much you would like to donate on a monthly, quarterly, bi-annually or annual basis from your credit card. Your donation is processed automatically on or near the 15<sup>th</sup> of each month, which makes it easier for you to keep track of.

Ask if your company makes 'matching donations'. This is a system where your employer matches your donation to the Research Fund.

## Workplace Donations

Workplace donations are a simple way for you to regularly donate to the Royal Adelaide Hospital Research Fund direct from your pay.

Donating through your workplace is simple; there is no need to individually send in a donation, which saves you time, paperwork and money!

## Employee Benefits

Donations \$2 and over are tax deductible.

There are no administration fees.

Your employer will provide you with a statement along with your group certificate for the total amount you have donated that financial year.

## Employer Benefits

It demonstrates community spirit.

It will contribute to staff morale and loyalty.

Attracts quality employees, who look for community minded employers.

Check with your employer's payroll department if they offer a workplace giving program, if they do simply fill out a workplace donation authorisation

form and return it to your payroll department. If they don't, why not suggest your workplace gets involved with workplace donating today. Ask them to contact RAH Research Fund on 08 8222 5281 to find out how easy it is to set up workplace giving.

## Matched Donations

Matched donation programs consist of organisations matching dollar-for-dollar an employee's cash donation. Encouraging your employer to participate in "Matched Donating" means your donations to the RAH Research Fund could double.

## Celebratory Donations

Celebrating a birthday, anniversary, wedding, christening or graduation is a time of great joy.

You can spread that joy by donating to the RAH Research Fund. At your next celebration, ask friends and family to donate a gift of hope to the Research Fund instead of giving a gift to you. Donations in lieu of a gift are very simple to arrange.

Contact the Royal Adelaide Hospital Research Fund on 08 8222 5281, or email RAHresearchfund@health.sa.gov.au and we will provide you with personalised donation envelopes that you can use for your next celebration.



You can collect the completed donation envelopes from friends and family and mail or deliver them to us, or your guests can mail them directly to us. Four weeks after the event we will provide you with the total amount donated to the Research Fund in honour of your celebration.

## Memorial Donations

If you would like to remember a loved one who has passed away, you and your family and friends can make a donation to the Royal Adelaide Hospital Research Fund in honour of their memory.

Memorial donations can choose a specific area or department of research to contribute funds to.

The family of the loved one will receive a summary of everyone who donated in memory of their loved one, plus a letter of thanks from the Royal Adelaide Hospital. Donors will also receive a letter of thanks and a receipt for their donation.

Memorial donations can be arranged through the funeral home, or the RAH Research Fund

Memorial donations can be arranged through the funeral home as part of the funeral planning service. Memorial envelopes for funeral services can be requested through the RAH Research Fund office on 08 8222 5281 or by emailing [RAHresearchfund@health.sa.gov.au](mailto:RAHresearchfund@health.sa.gov.au).

## Bequest Donations

A gift to the Royal Adelaide Hospital Research Fund provided for in your Will is another opportunity for you to make a difference to medical research, your bequest can help us fight cancer and other diseases.

Whatever the size, every bequest is important. All bequests are directed to our Endowment Fund where your gift will provide income in-perpetuity, enabling us to plan and fund new research projects with greater ease and speed.

Bequests can be made in different ways, you can choose to bequeath a:

residual gift – which is a share or the whole of your estate after providing for family and friends. percentage of the overall value of your estate – which allows for growth or depletion in the value of your estate.

specified sum of cash – does not allow for changes in circumstances or inflation.

real estate, stocks, bonds, shares, artwork, jewellery, etc.

It's easy to include a bequest to the Royal Adelaide Hospital Research Fund. You can either include the bequest when you make out your Will, or simply add one as a codicil to your existing Will. In either case, you should seek professional legal advice to ensure your wishes are recorded in the correct way.

Please note that it is essential that the correct wording is used in a Will to avoid confusion and subsequent legal costs.

## Corporate Sponsors



ADELAIDE  
SUITS DIRECT



PAYNEHAM VET CARE  
DR KYLIE JOPSON





**Phone** 08 8222 5281

**Email** [RAHresearchfund@health.sa.gov.au](mailto:RAHresearchfund@health.sa.gov.au)

**Online** [www.rah.sa.gov.au](http://www.rah.sa.gov.au)

**Mail** **Royal Adelaide Hospital  
Research Fund**

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North Terrace  
Adelaide SA 5000

The Royal Adelaide Hospital Research Fund is an entity  
of the Central Adelaide Local Health Network.

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