

RAH Researcher

Edition 2 Spring 2018

enhanced patient care at the Royal Adelaide Hospital





Royal Adelaide Hospital, Port Road, Adelaide SA 5000



Royal Adelaide Hospital Research Showcase Thursday 22 November 2018

Join us at the Royal Adelaide Hospital to hear all about the latest innovative research being conducted.

To register your interest call 7074 1445 or email contactus@rahresearchfund.com.au

Dear Supporter, October 2018

It is my pleasure to welcome you to this edition of the *RAH Researcher* – the newsletter of the Royal Adelaide Hospital (RAH) Research Fund - the Hospitals very own fundraising arm.

I would like to thank all of our donors and stakeholders for your support over the last 12 months. We have had a successful year and I am encouraged by the results, but there is still more to do.

The level of donor engagement from individual, corporate and community portfolios is at an all-time high which fully supports our mission to directly link donor generosity with medical research outcomes.

Our new DVD featuring researchers, donors and one very special patient, the delightful Pat Goodwin, is a wonderful tribute to the past, present and future of the RAH Research Fund.

To Quote Pat Goodwin:

"I wish I could show you how I live my life now and how much I enjoy it. And say thank you, and look at me now, and it's because of you! "

This current edition of the *RAH Researcher* highlights some of the research outcomes achieved and great stories about donors and groups who have visited the RAH and met with our world-class researchers.

I urge all donors to support our current appeal featuring Professor Jane Andrews and her work as Head of the Inflammatory Bowel Disease (IBD) Service, Department of Gastroenterology and Hepatology at the RAH.

Professor Andrews has been piloting an integrated mental health screening program via hospital-based psychological intervention with life-changing benefits for IBD sufferers. I'm sure you will agree that Jane's work is remarkable (Page 4) but it can only continue with your generous support. I can guarantee you the money you donate to Jane's research will go towards funding her vital work.

Good wishes and thank you again for your support of the RAH Research Fund.

Smarship

Simon Blight
Fundraising Manager CALHN



Welcome

Welcome to another action-packed edition of the *RAH Researcher*, the bi-annual newsletter of the Royal Adelaide Hospital (RAH) Research Fund—the hospital's very own fundraising arm.



Everyone's family is important.

I am always touched at how our own family of donors, medical researchers and key stakeholders come together in a shared spirit of giving, tireless effort and a passion for supporting medical research.

The Royal Adelaide Hospital (RAH) Research Fund has had a very successful past 12 months but there is still more to do.

All this came together recently in a testimonial video which, in five minutes of magic, left a tear in my eye and a sense of immense pride about the differences we are all making towards medical research and the changes it brings to people's lives.

It tells our story through words from some very special people across individual, community and corporate donor groups, together with researchers and a patient who is living testimony to our work.

If you have not seen the video please have a look on our website www.rahresearchfund.com.au/news or Facebook page www.facebook.com/rahresearchfund.

We take great pride in reporting real outcomes from our campaigns, and where possible, a chance to meet and hear directly from our world-class researchers.

Our most recent campaign, supporting Dr Eddie Tse's work in combatting chronic liver disease, has been supported in huge numbers and we thank you. On page 7 you can read Dr Tse's campaign update. In this issue we are pleased to introduce another great researcher in Professor Jane Andrews who is performing ground breaking work into Inflammatory Bowel Disease (IBD). The article on page 4 provides provides an opportunity for you to both learn about Jane's work and to support her research.

The RAH Research Fund has just launched two community projects engaging and working with service clubs and schools across the State. We hope that we will inspire you through our stories to assist with financial support for medical research, equipment and enhanced care here at the RAH.

Other recent successes have included partnerships with two iconic South Australian organisations, the Law Society of SA and Royal Life Saving SA. They have joined with us to generate much needed funds for medical research through linked projects such as Recycle for Research.

Finally, in addition to thanking all key stakeholders for your past, present and future support, I would like to share a story of our adorable mascot Scrubs adventures in Scotland.

Scrubs hitched a ride in my holiday suitcase and couldn't resist saying hello to golfing legend Phil Mickelson at The Open in Scotland (see photo on back cover).

He's proudly spreading the word of the great works of the RAH Research Fund as widely as possible.

Good wishes and thanks for your support.

Smath

Simon Blight Fundraising Manager CALHN



World-wide, more than 300 million people undergo surgery each year. Surgery and recovery from the procedure places a lot of stress on the human body. Senior Staff Specialist Anaesthetist, **Dr Thomas Painter** and the team at the Department of Anaesthesia are investigating how treatments can influence care and post-operative recovery.

What is the focus of your current research?

We are involved in three major trials: the PADDI trial which is examining the role and safety of a drug commonly used to prevent nausea and vomiting after surgery, the ITACS trial which is examining the role of intravenous iron replacement in patients having heart surgery who are anaemic, and the ROCKET trial which is looking at a common pain medication, ketamine, to

see if it is effective at reducing persistent pain after surgery. I have been very honoured to have been appointed the National Leader for Australia and New Zealand for the upcoming POISE-3 trial. This is a very large trial (10,000 patients) that is being run from Canada looking at how blood pressure is managed around the time of major surgery and also at a medication to reduce bleeding after surgery. We are sure to be very busy.

What do you enjoy most about your work?

I really enjoy working with my research team for such a clear and common goal. Most of all I love chatting to patients, and am constantly thrilled by the enthusiasm that the people of South Australia have for this work. The most common thing I hear when I approach a patient about a research project is: "If this will help others, then I am only too happy to be part of it".

What are some major milestones?

Without doubt, the most exciting part about any research project is the when the results are revealed, usually at one of the big national anaesthesia meetings. This means we can go back to our colleagues and spread the news. Our unit at the RAH has consistently been in the top five recruitment sites internationally for all the trials we have been involved with over the past 10 years. This gives us great certainty that our information is highly relevant to South Australians.

How important is the RAH Research Fund?

Although trials are often funded by large national funding agencies, they are by necessity very big trials and sometimes the money gets spread quite thinly. Organisations like the RAH Research Fund can provide unique and very important opportunities to help supplement this funding and keep the projects on track, on time and relevant to the people they have been designed to help.



Researchers at the Royal Adelaide Hospital (RAH) are building an important third tier of treatment for chronic sufferers of Inflammatory Bowel Disease (IBD).

Pioneering work at the Department of Gastroenterology and Hepatology is demonstrating benefits through providing a "trinity" when it comes to treating IBD – medicine, surgery and a third level of care for the psyche, via hospital-based psychological intervention.

IBD is the name given to a group of life-long gastrointestinal diseases such as Crohn's disease and Ulcerative Colitis which cause inflammation, diarrhoea,

bleeding, fatigue, abdominal pain, anaemia and malnutrition.

It's a disease that affects one of the most private and personal body functions and can affect people due to lack of understanding and the associated perceived stigma. It can lead to isolation with embarrassment caused by factors such as faecal incontinence and urgency.

For the past two years the RAH team, led by Head of IBD Services, Professor Jane Andrews, has been piloting integrated mental health screening and support through a part-time psychologist within the team.

The trial has clearly demonstrated the need for integrated care for IBD patients,

with improvements seen in mental health and quality of life, and a decreased need for hospital visits. However, funding for the psychologist position runs out in September this year and a researcher is desperately needed to further evaluate results and provide ongoing mental health support.

Professor Andrews explains that there is no cure for IBD. The debilitating disease can only be managed. Tragically it commonly first hits in adolescence and early adulthood at a time when people are in the prime of life and their hopes and aspirations are ahead of them.

"This is a time in life when people are developing and establishing their identity,

as well as forging important relationships and careers," Professor Andrews said.

"IBD is largely unpredictable. The chronic and relapsing nature of IBD can significantly affect a person's emotional, social and psychological health and wellbeing."

Mental health issues are prevalent amongst people with IBD and those with mental health issues are more likely to present at Emergency Departments and be admitted than those without.

Significantly, participants who received psychological care from within the RAH IBD service were six times more likely to successfully engage with support, compared to those who were referred externally for community-based support.

"Psychological intervention has been shown to result in significant improvements across a range of clinical outcomes including reduced levels of anxiety and depression, improved quality of life, and improved medication adherence and treatment outcomes," Professor Andrews said.

Seán, a patient with Crohn's disease, is an advocate for psychological support, having witnessed the impact on his own life and dealing with the on-going physical and emotional impacts.

Following surgery which removed his colon and rectum he has suffered from chronic pain. He tries to limit the dosage of medication in order to function but this leaves him uncomfortable and more prone to stress, anger and fatigue.

"I need to go to the toilet on average eight times a day – stress plays a big part in frequency – and into the night, sometimes on multiple occasions and so I never get a good sleep," Seán said.

"Incontinence is also an issue so I need to be near a toilet with washing facilities all of the time.

"Eating lunch and dinner always causes discomfort and so I no longer socialise, especially for evening events."

Seán has benefitted from the RAH IBD psychology services by understanding that the feelings and angry outbursts were quite normal considering his illness and traumatic surgeries.

Learning to deal with negative thoughts, pace his activities, and manage stress using behavioural strategies and hypnosis has helped him respond more effectively to challenges and recognise the early warning signs of flare-ups.

"I have good days and bad days and of course I wish I was cured and could live a normal life," he said. "I keep reminding myself that things could be worse and be thankful I have a wonderful team at the RAH to help when I need it.

"I have not given up totally though and hope someday that a new treatment or even a cure will be discovered.

"This may not be possible without Jane Andrews' fantastic work and the continual funding of providing psychological support and the associated research – not only for me but for fellow and future sufferers."



"Psychological intervention has been shown to result in significant improvements across a range of clinical outcomes including reduced levels of anxiety and depression, improved quality of life."

Professor Jane Andrews

In Australia, **60% of IBD** patients are aged under **40**.

More than **80,000** Australians (6,000 in SA) are currently living with IBD.

Hospital costs associated with IBD are estimated to be more than \$100 million, productivity costs \$380 million and total indirect costs at more than \$2.7 billion.

Inflammatory Bowel Disease Audit Crohn's & Colitis Australia





Law Society of SA charity partnership launched

The RAH Research Fund is pleased to announce its official Charity Partnership with the Law Society of South Australia for the next three years.

A special member networking event was held on Thursday, 5 July on Level 8, at the Royal Adelaide Hospital to launch the partnership.

Members heard from the Law Society's President, Tim Mellor, and CEO of the Central Adelaide Local Health Network, Jenny Richter about the important work of the RAH Research Fund.

Mr Mellor said the Law Society was proud to launch its charity partnership with the RAH Research Fund.

"We are committed to raising the profile of the Fund and assist in its work to raise funds to support the vital work into cancer research and enhanced patient care at the RAH."

Tim Mellor, Law Society's President

Guests were given a behind the scenes tour of the hospital, featuring the Automated Guided Vehicles (AGV's or Rahbots) on Level 1, which made for a popular talking point.

CALHN Chief Executive Officer, Jenny Richter, welcomed the guests and spoke of the remarkable fundraising efforts that the Research Fund had provided the Hospital over the past 35 years.

Ms Richter further highlighted the connection between the BioMed precinct, the South Australian legal fraternity and business community, and welcomed the on-going mutually beneficial partnership.

Chief Executive of the Law Society, Stephen Hodder, commented, "I encourage members and the wider community to support its tremendous work by contributing to the RAH Research Fund".

The RAH Research Fund looks forward to a positive charity partnership with the Law Society and encourages its members to support the work of the Fund through either making donation, purchasing a Scrubs bear, hosting a fundraising casual day in their workplace, or hosting a fundraising event with all proceeds going toward medical research.

Campaign Follow-up

Diagnostic tool for chronic liver disease a step closer



A \$135,000 equipment grant for the Royal Adelaide Hospital (RAH) Liver Unit has put the latest scanning device to diagnose and assess the severity of chronic Non-alcoholic Fatty Liver (NAFLD) disease a step closer.

But more funding is needed to meet the \$200,000 cost of the latest Fibroscan® to replace ageing equipment. NAFLD is now the most common cause of chronic liver disease with long term complications including cirrhosis, liver cancer and liver failure. It's a silent killer, with many people not aware they have the disease until it's too advanced.

The Autumn edition of the *RAH Researcher* outlined the vital work that
Dr Eddie Tse and the RAH Liver Unit team
are undertaking in combatting NAFLD.

Dr Tse explains that a new Fibroscan® would give the team the ability to diagnose and assess the severity of NAFLD through CAP capability which measures fatty change – the first in the State with that capability.

Dr Eddie Tse would like to thank donors for their generous support and commitment to his research.

The HealthELink Study

An additional 500 patients are currently part of the HealthElink online treatment platform which has the potential to harness technology for GPs, specialist nurses, carers and patients to manage a whole range of chronic diseases.

Bringing the total to 40 GPs and 150 Hepatitis C patients in the trial, the platform enables patients and health professionals to log in and access treatment plans and the l atest medical guidelines.

Dr Tse believes the scheme has the potential to positively harness technology and shake up how we interact with the medical system.

"Chronic disease is becoming one of the largest killers in Australia," Dr Tse said. "Significant barriers are still in place, preventing those in need of urgent review and assessment. "We hope one day that projects such as HealthELink will 'disrupt' the health industry, allowing specialist lead care to every Australian, so that waiting lists and access due to geographical reasons will be a thing of the past."

The trial has received praise from Federal Ministers who will continue to work with the team to source additional funding. The Beat Bowel Cancer project at SA Health and the Medical Research Institute (SAHMRI) also sees significant application for HealthElink on early screening and management of bowel cancer.

Dr Tse cites the long waiting lists for colonoscopies – a common diagnostic procedure – but up to 23% of colonoscopies are not necessary, clogging the system for those with urgent need.

Through HealthElink, GPs could have access to the latest guidelines and information to make greater evidence-based treatment decisions.



Lady luck shines with big Lotto wins!

Lady Luck shone on the Royal Adelaide Hospital (RAH) Research Fund Newsagency recently with two big lottery wins for customers – all within a fortnight!

A lucky customer picked up a Saturday X Lotto Division 1 prize of \$417,040 – their ticket to enjoying life and moving to part time work.

That topped a win the previous week when another lucky customer picked up a Division 2 Saturday X Lotto prize of \$10,053.

The newsagency manager Cynthia Henderson said the team was thrilled for their winning customers. "We were so excited to hear the news, and couldn't stop smiling all day. To have two wins - including the big one so close together was a bit of a nice shock," Cynthia said. "It was certainly a talking point around the hospital!"

It's the first Division 1 prize win at the lotto agency and Cynthia says who knows, the next winner might be just around the corner. The Newsagency is located on Level 3 of the RAH, conveniently next to the public dining area. Profits from the Newsagency benefit medical research and enhanced patient care at the RAH.

As well as stocking a range of newspaper, magazines, cards, gifts, books and other merchandise, the Newsagency provides services such as SA Lotteries agency, Australia Post CPA, Parcelpoint/Toll/TNT parcel pick up and drop off agent, and dry cleaning.

Please Gamble Responsibly.

Tea time thanks







It was tea time and thanks to Royal Adelaide Hospital Research Fund donors for their recent support of vital research at two functions attended by more than 50 guests.

At the first morning tea, Dr Jason Powell outlined progress in his team's quest to find better treatments for an aggressive form of blood cancer, Acute Myeloid Leukaemia (AML).

At a second event, Dr Eugene Roscioli outlined progress in investigating wildfire smoke exposure in people with Chronic Obstructive Pulmonary Disease (COPD).

The two researchers both told their guests they were overwhelmed by the response to recent appeals to support their work.

"We're incredibly grateful. This result far exceeds our expectations and makes a huge difference".

Donor generosity has enabled the acquisition of related research equipment for the lung disease project and will enable researchers to go beyond modelling by funding the next stage of

research using tissues and cells provided by people who have COPD.

Support for the AML project has helped develop cutting-edge leukaemia models to predict patient outcomes to therapy. This will help guide and inform future treatment options.

As well, at a community visit to Kalyra Belair Aged Care facility, Professor Hubertus Jersmann and Dr Roscioli were generous with their time and updated residents on the progress of their lung disease research over afternoon tea.

They personally visited a 98-year old resident with COPD who was unable to attend the group afternoon tea.



Emily's sign was much more than a sheet of cardboard with big letters proclaiming: "Stuff for Sale".

It was a sign of love for her grandfather and a little girl's longing to help find a cure for cancer.

Her heart-warming story has been told by her mother Dana and we are proud to tell it here with permission with much thanks to Emily.

"On the 2nd of January 2018, our wonderful Dad and Pa was diagnosed with Stage 4 Oesophageal Cancer, with secondary cancers in his liver and lungs. As you can imagine, our world was crushed. We are a very close family, and in particular, Dad has a very close bond with his much-adored grandchildren.

It was a few weeks after the diagnosis when our 9-year-old daughter Emily (who had been busy outside painting) came to me and asked me to 'check her sign'. I followed her out to discover that she had created a sign advertising "Stuff For Sale".

Emily had received some plaster figures and trinkets as a Christmas present; and she had hand painted each one, wanting to sell them for \$1 each to raise money to help cure her Pa's cancer. And sell them she did – cornering every person who happened to visit our home to make a purchase for a good cause.

"I recall that when we got to the first \$10 raised, Emily asked me, "Do you think \$10 is enough to cure Pa's cancer?". I told her that the doctors and scientists could very well be only \$10 away from finding a cure, and that every little bit helped. At that point – we never could have imagined we would reach over \$200! People were wonderfully generous with their donations – and in the end, the plaster figures ran out, but the money kept coming!

After a few months Emily's tally had reached \$263. Knowing that we were going to be travelling to Adelaide for a PET scan for Dad, we started researching where we would like the money to go. After much deliberation, we decided that the Royal Adelaide Hospital (RAH) Research Fund was the perfect place. We were truly blown away with how many people wanted to help a little girl achieve her goal for something that is very close to her heart."

Knowing that the RAH Research Fund supports vital research for many devastating illnesses, we hope that Emily's donation will go some way in helping all of your wonderful researchers work towards finding a cure, and maybe one day, spare other families from the heartbreaking journey of loving someone, or living with cancer."

If you are inspired to raise funds for medical research and the RAH Research Fund, please contact Ketrah Parsonage, Community Engagement & Events Officer on (08) 7074 1444 or via email Ketrah.parsonage@sa.gov.au

The little shop with a big heart



There's a corner of the Royal Adelaide Hospital that is a little bit like walking into a country fete.

SARAH's Gift Shop has a warm feeling with its shelves stocked with a treasure trove of jams, hand-knitted scarves, booties, baby clothes, hand-creams, soft toys hand-crafted bags and jewellery amongst other gifts - mostly handmade in South Australia.

It's run by the volunteers from the RAH Auxiliary who generously give of their time to benefit the hospital. And this little shop has a big impact.

At its recent 93rd Annual General Meeting (AGM) the RAH Auxiliary generously donated \$10,000 to the RAH Research Fund and \$5,000 to the hospital's Social Work & Counselling Services from sale proceeds.

The gift to the RAH Research Fund has been directed to the research into rare cancers being conducted by Professor Michael Brown and Professor Hamish Scott in collaboration with other research bodies.

Both professors attended the AGM to share details of the research and to outline the impact that donations make to their work.

The donation to enhance the work into rare cancers was a heart-felt gesture from the Auxiliary. One of the volunteers who

sews items for the shop and sources donated handcrafts has been personally touched by cancer.

The RAH Auxiliary has been at the heart of the hospital since 1925 making, sewing and gathering items for sale to support the Social Work & Counselling Services and to buy medical equipment.

As it's a brand new hospital, this year the RAH Auxiliary made its inaugural donation to the RAH Research Fund.

The President of the RAH Auxiliary, Mrs Debbie Conlin said the support of SARAH's shop by staff, patients and their families was very much appreciated.

"We are so rapt that we are able to give back," Mrs Conlin said. "Most of the items are a small amount of money. A book might be just \$2 but everyone that buys something helps us amass a lot over time," she said.

So much so, that since its beginnings in 1925, the RAH Auxiliary has donated more than \$10 million to the hospital.

SARAH's Gift Shop, next to the Public Dining Room on Level 3, is open from 10 am to 5 pm Mon-Fri and 10 am to 4 pm on weekends.

For more information about rare cancers research visit www.RAHresearchfund.com.au

Volunteer **Profile Isobelle Brett**



Isobelle is proud to wear the purple shirt as a Volunteer Guide one day a week. One of the friendly faces located all around the hospital, she helps welcome people to the Royal Adelaide Hospital and is one of the friendly faces at the RAH Research Fund Hub.

What motivates you to volunteer?

My husband and I were lucky to retire early at 60 and feel we now have time to give a bit back to others; no grandkids yet. In the past I have volunteered in many situations whether that's social secretary at the 4x4 car club or on the school council. I like to keep active and be involved in a community.

Why did you choose the RAH **Research Fund?**

In a previous life I was a Medical Secretary in the United Kingdom and Melbourne and I liked the hospital environment and community feeling. I started out volunteering in the kiosk

at the old RAH and after a four month. absence travelling halfway round Australia I returned to the new RAH. in the gift shop at first, then as a Guide and in the Research Fund.

What do you enjoy about your role?

A lot of people find hospitals daunting, so if visitors look like they need a bit of help finding where they need to go, we walk them to the right place. You can have a chit chat along the way or keep quiet if they prefer. In the afternoons you'll find me at the RAH Research Fund Hub counter assisting people with any questions about the Research Fund.

Would you recommend volunteering to others?

Yes it gives you a sense of focus, having a responsibility to be somewhere and a feeling of wellbeing. Having a friendly face on the front counter is so important to the Research Fund and doing odd jobs is also a great help to the staff.



Where's Scrubs?

Our unbearably cute mascot Scrubs is rapidly becoming a selfie star of the world.

So much so he's getting his own Facebook spot Adventures of Scrubs on our Facebook page @rahresearchfund each Saturday fortnight, so you can check out what he's been up to.

We'd love to feature your Scrubs doing what he does best - having cuddles, visiting people, having a teddy bears' picnic, or popping up in the most interesting places. He can even be photographed promoting or getting involved in your fundraising event for the RAH Research Fund.

Get creative. Think: Bear of the World! Tag us with your photos of Scrubs on his adventures so we can share on Facebook or email photos to Ketrah.parsonage@sa.gov.au

Want your own Scrubs? He's available for \$30 from the RAH Research Fund Hub, Level 3 near the Public Dining Area at the Eastern Plaza entrance to the hospital.



Royal Adelaide Hospital, Port Road, Adelaide SA 5000

T (08) 7074 1445

E contactus@rahresearchfund.com.au

To find out more about the **RAH Research Fund visit**

Yes, I want to support vital research and enhanced patient care at the RAH.



with this special gift Please accept the following donation for Professor Jane Andrews, to support her integrated mental health screening program. \$30 \$40 \$50 \$70 \$100 Other \$		
with regular monthly donations I'd like to join the exceptional group of people in the RAH Research Fund's Regular Giving program, and make a monthly donation of: \$25 p/month \$35 p/month \$45 p/month \$100 p/month \$		
My details		
Full name:		
Address:		
Email:	Phone:	DOB:
Please debit my: Visa Mastercard Amex Security Code Card no: Expiry: / Cardholder's Signature: My cheque or money order payable to the RAH Research Fund is enclosed. Please debit my bank account: BSB: Account no: Signature: Account no: Signature:		
And by the way I'd also like to receive information on leaving the RAH Research Fund a bequest in my Will. I just want to let you know I already have left the RAH Research Fund a bequest in my Will. Thank you for your donation. Gifts of \$2 or more are tax deductible.		



Thank you for your donation. Gifts of \$2 or more are tax deductible. Please return this form to: RAH Research Fund, Royal Adelaide Hospital, Port Rd, Adelaide, SA, 5000 Or alternatively: you can donate online at RAHresearchfund.com.au or call (08) 7074 1445

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