

impossible

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FUNDRAISING

Dry July

Helping hand for Jim

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Catching the breeze

Ray's recognition of The Alfred

COMMUNITY

Maureen's legacy

Rebecca inspired to continue



theAlfred
FOUNDATION

DIRECTOR'S REPORT

2023 is shaping up to be another busy year at The Alfred as we progress with a number of major projects – not least of which is the continued construction of the world-class Paula Fox Melanoma and Cancer Centre. The building is rapidly taking shape, with the basement levels complete and the upper levels well under way. It will be exciting to see the installation of the unique and eye-catching glazed façade over the coming weeks and months.

The successful acquisition and recent implementation of the Mobile CT Scanner – the first in any public hospital in Australia – has seen immediate lifesaving benefits in what is Australasia's largest and busiest Intensive Care Unit. Thanks to your generosity, we continue to work hard to acquire the most advanced medical equipment to maintain The Alfred's reputation as a front-runner of medical excellence and best quality patient care. I look forward to keeping you up-to-date with other ground-breaking technologies and infrastructure projects in future communications.

On behalf of my team at the Foundation, thank you for your ongoing support and contributions. You are what helps The Alfred continue to deliver excellence in healthcare – a hospital built by the community, for the community.

Warmest regards,



Patrick Baker
DIRECTOR, THE ALFRED
FOUNDATION

COVER IMAGE

Alfred Health staff Phillipa Hajdasz, Jarman Bunce and Tom Huynh are excited about Dry July.

RIGHT

Associate Professor Tony Walton shows off the new valve clip.

NEWS

Breakthrough valve clip procedure offers new hope

An innovative procedure being performed in The Alfred's Heart Centre is giving new hope to patients suffering from a life-threatening condition.

Until recently, the only cure for Tricuspid Valve Regurgitation (a condition where the valve does not close properly and results in blood leaking back into the heart chamber) was surgery, often ruling out many older patients or those with co-existing health issues.

The Alfred cardiologist Associate Professor Tony Walton says the new procedure involves clipping the valve flaps together with a small device that is guided into the heart via catheter and represents a significant breakthrough in the treatment of this common yet debilitating valve condition.

"With this evolving technology, we now have a very good option for patients who have been living with the condition but who are unsuitable for surgery," A/Prof Walton said.

"Compared to open-heart surgery, there are significant benefits for patients in terms of the procedure being far less invasive, less risky and requiring less recovery time."

The procedure, which takes an hour and a half, is performed while the patient is under a light general anaesthetic, and means the patient is in most cases able to be discharged home within a day or two.





NEWS

A service that offers more than treatment

The Alfred treats thousands of people living with cancer each year through our world-class service, which includes five radiotherapy bunkers (three at The Alfred and two at Latrobe Regional Hospital), 40 inpatient beds, 18 day-admission chairs and 10 cancer clinical trial chairs, among other things.

But it is programs like Dry July which can help with some of the little – and not so little – challenges that confront many of our patients, some who come to us from regional and remote parts of Victoria.

Accommodation for some patients who travel long distances to The Alfred for treatment is one of the programs supported by Dry July to help improve our service.

One of the many patients to benefit from this program is Jim Cochrane, who hails from Marlo, a coastal town some six hours east of Melbourne.

Jim has a long history with The Alfred, having had a brain operation and a pacemaker installed, while his wife also had a heart valve replacement at the hospital.

A lot of exposure to the sun throughout his career, however, resulted in further health problems.

“I was a deckhand on a fishing boat for about 45 years and before that I was a carpenter and joiner apprentice,” Jim said.

He had melanomas removed from his back about 18 years ago and has been battling skin cancer ever

since. Due to the monitoring his pacemaker requires, Jim’s radiation therapy must be performed at The Alfred.

So not only is travelling to the hospital somewhat difficult, the 76-year-old also needs to find somewhere to stay for the six weeks he attends The Alfred for his radiation treatment. Without this support he simply would not have been able to receive his treatment at The Alfred.

“The Alfred has found me accommodation (through funding from Dry July) and the Red Cross takes me backwards and forwards every day. I couldn’t fault The Alfred, they’ve been fantastic for me,” Jim said.

“It’s just a fantastic service, it’s great.”

It is programs like this that funds raised from this year’s Dry July will go towards, so that many other patients can be supported.

Dry July encourages people to give up alcohol for the month of July and raise money for people affected by cancer. Join us this Dry July and help The Alfred continue to support people like Jim who are affected by cancer.

Other projects that are hoped to benefit from Dry July funds include scalp cooling equipment which helps reduce hair loss during chemotherapy (a common side effect of treatment), patient wellbeing initiatives and a music therapy program.

To register your interest, visit [dryjuly.com/2023/register-your-interest](https://www.dryjuly.com/2023/register-your-interest)

ABOVE

Jim Cochrane (second from right) with Alfred Health staff Tom Huynh, Phillippa Hajdasz, Jarman Bunce and Bridget Hogan.



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PROFILE

Maureen's legacy

Maureen Snell's time to live the life she had long dreamed of was fast running out. With lung function reducing to as low as 12 per cent, Maureen's only hope of being able to have extra precious time with her daughters and grandchildren was a double-lung transplant.

Thankfully when the opportunity arose for Maureen to receive the life saving procedure, she was in the care of the highly skilled, specialist Alfred Lung Transplant team. This unit is one of the largest and most successful lung transplant units in the world, with extraordinary survival rates and positive patient outcomes from the more than 1700 transplant operations to date.

After building up her antibodies, Maureen was put on the transplant list and a few months later she received the call that ultimately allowed her seven amazing extra years, which she lived to the fullest, creating irreplaceable memories with her family.



For Maureen, deciding to fundraise for The Alfred was an important way for her to feel she was giving something back. When Maureen sadly passed, it was fitting that her daughter Rebecca continue fundraising as a way to remember and honour her mum's memory.

"Mum got about seven years from her transplant. My sister Julianna and I are eternally grateful for those years with her," Rebecca said.

"During that time post-transplant, Mum was able to share so many experiences, including my wedding, the birth of my son and watching her other grandsons grow, travelling and enjoying her home on the beach.

"If Mum hadn't had the transplant, we would have lost her many years before and would not have had the opportunity to create so many wonderful and cherished memories."

Before the transplant, Maureen had been prevented from doing one thing she truly loved - travelling.

After receiving the gift of her new lungs, she was able to fulfill her dream of travelling and she well and truly made the most of it, making multiple trips overseas to Europe, the US and Canada.

LEFT TO RIGHT

Maureen pictured (left) with Rebecca's dog Benson; on holiday in Positano, Italy (above); and with her grandchildren Alex, Ben and Xavier (right).

One trip she had desperately wanted to make was a special holiday with her two daughters. Remarkably, while they were exploring the depths of the Palace de Versailles in Paris, they ran into a familiar face - Head of the Transplant Service at The Alfred, Professor Greg Snell.

"I was with my younger daughter in the Hall of Mirrors in Versailles and I could hear this familiar voice coming up behind me, especially with that English accent," Prof Snell said.

"While we have the same surname, we are not connected in any way, but our staff developed a close relationship with Maureen and she had rapidly developed a nickname as 'Aunty Maureen', so the staff always referred to her as 'my aunty', which was a little amusing.

"So I tapped Maureen on the shoulder and said to my daughter, 'this is Aunty Maureen', and she was taken aback because she didn't know that we had an Aunty Maureen!"

Maureen started fundraising for The Alfred soon after her transplant, putting donation tins out on the bar at her workplace, the Dorset Gardens Hotel in Melbourne's east.

"Mum was so thankful for her transplant and the amazing work the doctors and staff in the transplant clinic provided, that she wanted to give back to the hospital as a legacy to the person who donated her lungs, but also to help The Alfred continue the excellent care they provided both to her and all of their patients," Rebecca said.

So it was an easy decision for Rebecca to continue the donations, especially as she and her mother had both worked at Dorset Gardens.

Rebecca said that the fundraising was a way to not only show gratitude for the donor, but also to recognise and contribute to the hospital, to help give other people the gift that she and her mother had.

**"We spent a lot of time at The Alfred ... the care was excellent," Rebecca said.
"We're forever grateful."**

"When Mum received her transplant, she lived her life like that was going to be it. She really made up for everything she hadn't been able to do for so many years because she didn't have the lung function to do it and everyday living was tiring and a struggle. Seven years was wonderful to have. My Mum couldn't have had any of that without her new lungs. It was absolutely amazing.

"The fundraising was initially my Mum's way of wanting to contribute something back. Since then I've taken over and continued to do that as my Mum's legacy and as a special way to continue her memories through fundraising.

"To date we have raised more than \$30,000 and we will continue to raise funds so The Alfred can continue their amazing work."



FEATURE

Ray's recognition supports The Alfred

The Victorian Melanoma Service at The Alfred is one of Australia's largest multidisciplinary treatment services for melanoma.

Raymond Batty was the beneficiary of this leading care over many years, after being diagnosed with melanoma in the late 1980s.

After a career as an accountant in a large transport company, followed by a strong social presence within a yachting club, Ray well understood the necessity of teamwork and support.

It was with that in mind that he included a significant gift to The Alfred in his Will to thank the team for the years of treatment he received as together they battled his melanoma.

Born in 1945, Ray's childhood and tertiary years were spent in Adelaide, before he moved to Sydney to work for a transport company, eventually becoming national administration manager at The Overnights, an express transport group.

It was there that he met Dale Jackson – his boss – who would go on to become a long-time colleague and even greater close friend.

Both eventually moved to Melbourne in the late 1980s, where they rejoined forces in the CMV Group based at Springvale, where Ray worked for about 20 years before retiring.

It was then that a melanoma first appeared on Ray's shoulder, which despite being successfully treated at The Alfred, unfortunately returned.

"Back to The Alfred again, they treated him over another six or seven years for that," Dale said.



"Without doubt they prolonged his life with the varying things they were able to do, like chemo and radiation and he was very thankful and very trusting of the oncology department at The Alfred."

The close relationship that Ray fostered with the team at the hospital contributed to Ray including The Alfred in his Will.

"Ray was a unique character, with a distinctive sense of humour which inevitably left a lasting impression on anyone he met – I am sure that treating staff at The Alfred will remember this aspect of Ray's personality," Ray's younger brother Brian said.

Brian said that with all of the family in Adelaide, Ray also relied heavily on his friends and social connections in Melbourne – specifically those at Sandringham Yacht Club.

Ray had joined the club in 2009 and it soon came to represent a large part of his life.

Living alone, those connections were vital, especially once Ray's involvement with The Alfred and its oncology team intensified.

Describing Ray as "a very funny man", Dale was not surprised that Ray quickly ingratiated himself among the yacht club community and became "very connected and very involved".



First in the world melanoma trial to breakthrough barriers

A first-in-the-world trial looking at new treatment options for patients with melanoma that has spread to the brain is set to commence at The Alfred, potentially adding years to patients' lives.

The BETTER trial will investigate whether a specific combination of immunotherapy drugs and targeted radiotherapy can improve outcomes for patients with melanoma brain metastases, who often have a poor prognosis and short life expectancy.

Dr Malaka Ameratunga, head of Molecular Oncology and Rare Cancers at The Alfred and co-chair of the trial, said the research could represent a significant breakthrough for patients previously considered too unwell to participate in trials.

"Melanoma that spreads to the brain occurs in more than a third of patients with an advanced melanoma diagnosis," Dr Ameratunga said. "This trial is particularly significant because melanoma that spreads to the brain is so severe and complex that many patients are unable to participate in clinical trials, resulting in limited treatment options."

The trial will run concurrently at Westmead Hospital in Sydney. It is supported by Melanoma and Skin Cancer Trials and funded by a \$210,000 donation from the Australian Skin Cancer Foundation.

For more information, visit masc.org.au/better

Indeed, Ray's connection will forever remain strong at Sandringham. After he passed away last year, Ray's ashes were scattered from the jetty of the yacht club.

"We knew that's what he would've wanted, so for all of us down at the club who knew Ray intimately, we remember him fondly as we look out from the club having a beer," Dale said.

"Ray is greatly missed by his brother and sister in Adelaide, and by all close friends he made in Melbourne at his workplace and the yacht club."

Gifts in Wills like the one made by Ray are hugely important to The Alfred, each year supporting so much of the hospital's vital, lifesaving work.

Leaving even just 1 per cent of your estate can have a substantial impact on the compassionate care we're able to provide to patients in the future.

If you would like more information about how you can support The Alfred via a gift in your Will, phone Feygl or Sue at The Alfred Foundation on (03) 9076 3222.

ABOVE

Ray Batty was extremely thankful to The Alfred.

ABOVE

Dr Mal Ameratunga (second from left) with Melanoma and Skin Cancer Trials and Australian Skin Foundation partners.

Yes, I would like to donate to The Alfred

\$35 \$60 \$100 \$250 \$1,000

Other \$

OR

I want to give a regular monthly gift of \$ to The Alfred to be deducted from my credit card on the 10th of each month. (I can cancel at any time by giving 14 days notice)

Please find enclosed my:

Cheque Money order (payable to The Alfred Foundation)

OR, please debit my:

Visa MasterCard Amex

Name on card:

Card number:

Expiry date: /

Signature:

From:

Name:

Address:

Phone:

Email:

I am considering including a gift to The Alfred in my Will

I have already included The Alfred in my Will

To make your gift, complete and return this coupon in the enclosed reply paid envelope, or send to:

The Alfred Foundation

PO Box 2021

Prahran VIC 3181

T: 1800 888 878

alwaysalfred.org.au

Donations of \$2 and over are tax deductible

ABN 27 318 956 319



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Make the Impossible Possible

Donate to The Alfred today



COMMUNITY

Our community making the impossible possible



Run Melbourne

You will usually find Director of Trauma Professor Mark Fitzgerald treating the most critically ill patients at The Alfred. This year, Mark has signed up to Run Melbourne. On 16 July, he will be joining other passionate Alfred staff, including members of The Alfred Foundation, patients and supporters, in running to raise funds for The Alfred.

"Melbourne is such a beautiful city, you can't see enough by merely walking! Run Melbourne. We are incredibly grateful for community support here at The Alfred," he said.

It's not too late to sign up to join Mark and the rest of Team Alfred at Run Melbourne. Sign up today at runmelbourne23.grassrootz.com/the-alfred-foundation

Gary Denson

Back in 2020, Gary was told he had just 90 days to live after he was diagnosed with stage four melanoma. After receiving lifesaving surgery, he pledged he would pay it forward, aiming to raise \$90,000 in just 90 days. He went on to hit that target in just 26 days. In total, Gary has helped raise almost \$400,000 with his continued support of The Alfred fundraising campaigns.

Almost three years on, Gary is remaining positive while still battling health issues. He is still incredibly passionate and looking to raise even more funds to support the new Paula Fox Melanoma and Cancer Centre, for which construction is scheduled to be completed early next year.

Thank you to Gary, Kerri and family for your continued support.

To read more about Gary or to donate, visit: alfred-fundraising.raisely.com/90kin90daysgarydenson

Melbourne Marathon

Rahul has signed up to Melbourne Marathon due to his incredibly special connection to radiology. He was inspired to take part in the event by his family. His mum Rika has worked in radiology at The Alfred for 24 years, while his cousin and partner are also studying radiology.

If you would like to join Rahul and Team Alfred, sign up today at melbmara2023.grassrootz.com/the-alfred-foundation

Are you interested in creating your own fundraiser?

Organising your own fundraiser is a great way to take action and support The Alfred. You could take on your own unique physical challenge or ask your friends and family to give to The Alfred in lieu of gifts. You could also create a tribute page to celebrate the life of a loved one.

Head to fundraising.alfredfoundation.org.au and create your own page today.

ABOVE

Rahul, pictured with his mum Rika, is running for Team Alfred at the Melbourne Marathon this year.

The Alfred Foundation

PO Box 2021, Prahran VIC 3181
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