

Wesleylink

WINTER 2017



Finding hope after loss

Wesleylink is a community publication of The Wesley Hospital, a leading Queensland not-for-profit private hospital

Donna and Holly Grundon (centre) with Pastoral Care Manager Julie Mackay (left) and Wesley Maternity Unit Clinical Nurse Manager Nicola McGlynn.

Message from Rob Wise, Acting General Manager



The first half of 2017 has been a busy and rewarding time for the Wesley. We celebrated our 40th anniversary on 1 March 2017 and continue to plan for celebrations throughout the year.

In this edition of Wesleylink we meet the Grundons, an inspirational family who have used their experience with grief and loss to support other families and raise awareness for pregnancy and infant loss.

While this year marks the family's fourth year without their daughter, Lily

Marie, her name will live on through the cuddle cot they donated to our Maternity Unit. Lily's gift will enable other parents to spend more time with their little ones lost using the cooling mattress in the cot.

The relationship between hospital staff and the Grundons was strengthened during that difficult period, and the family have since returned to the hospital multiple times – the first time for the birth of their daughter, Holly, and the second to visit those staff members who helped them through the difficult times. Our staff and VMPs were touched by the Grundon's story and continue to keep in touch with the family to this day.

During my time at The Wesley, I have come to know just how dedicated our staff, VMPs and volunteers can be. We have an

excellent team – one of whom is our Hospital Nurse Manager Christine Henderson. Christine has worked at the Wesley for 39 years and in that time has seen a number of changes, come to recognise many new faces and witnessed significant growth. You can read about her memories on Page 4.

In this edition we also talk to Dr Harry Singh, a paediatric neurologist whose compassion for his patients makes him highly sought after throughout Queensland and Australia. Dr Singh's career path started through tragedy, as a personal experience helped him to realise his passion for assisting families to navigate difficult conditions and illnesses.

We have some wonderful supporters at this hospital. For some patients, it's the small gestures – like handmade comfort toys or breast care cushions which can make a positive difference during their hospital journey.

On behalf of our staff and patients I would like to thank our donors for their continued support of the hospital and urge you to consider a tax-deductible donation to The Wesley Hospital this tax time.

Rob Wise
Acting General Manager
The Wesley Hospital

Do you 'LIKE' us?



Visit facebook.com/wesleyhospital
and LIKE us for exclusive access to news, photos, videos
and more.

A lifetime of memories and skills

The Wesley Hospital Nurse Manager Christine Henderson tears up when she recalls memories of her workplace of 39 years.

Ms Henderson, who started working at the Wesley as a registered nurse in 1978, has had many and varied roles during her career. She credits the hospital's community spirit and the opportunities she was offered as the reasons she stayed with the organisation.

"This is a community, and I think that's what keeps people working here. The Wesley has been so good to me – every time I have needed to move and advance my clinical skills, there has always been another opportunity available to me," Christine said.



Hospital Nurse Manager Christine Henderson with a photo of herself in the 1980s.

The Wesley's relationship with Uniting Church Australia was an important factor in her initial decision to apply for a role at the hospital.

"I'm a Uniting Church member, and the values and beliefs of the church have always been important to me. It was important for me to continue living those values and beliefs in the work that I did."

"As a major teaching hospital, we have to have that growth to continue to move with advancements in healthcare."

Throughout the years, the Wesley has grown from a hospital with 302 licensed beds and six operating theatres, to 538 beds and 19 operating theatres.

Watching her workplace change and grow was tough at times but was always for the better, Christine said. During her time at the Wesley there had been six Directors of Nursing, and all had done a tremendous job in leading the nursing division and upholding the values and beliefs of UnitingCare Health.

"As a major teaching hospital, we have to have that growth to continue to move with advancements in healthcare. We have grown to meet the needs of the community and we have kept up the pace with all the new technologies and different ways of performing surgery and other areas of healthcare."

Christine talks of the many excellent role models she has had over her career, and said she hoped that she has influenced and set a good example for her colleagues in a positive way over the years. She will retire within the next year but she will always think with fondness of the wonderful people she has worked with at the Wesley.

Above all else, however, Christine thinks of the patients she has met over the past 39 years. While she can't remember all their names and faces, she remembers their spirit and tenacity in the face of illness and difficult times in their lives.

Lily's name lives on

Little Lily Marie Grundon's legacy is helping Brisbane families deal with pregnancy and infant loss.

Lily's mum Donna, dad Steve, big sister Ava and younger sister Holly will always feel her loss, but they have found a way to make sure Lily's name is remembered. This year will mark Lily's fourth birthday, and the fourth anniversary of her loss.

Just a year after losing Lily, this inspiring family chose to raise awareness of pregnancy and infant loss through their experience, and embarked on a mission to help other families to cope with a similar tragedy.

“For me, it wasn't just about finding a way to grieve after losing Lily. The more I looked into it, the more I realised that no-one talks about infant loss.”

In 2014, the Grundons started a fundraising campaign to raise \$3000 to give The Wesley Hospital's Maternity Unit a Cuddle Cot – a cot with a cooling mattress which allows families to spend more time with their infant after a loss.

“We thought if we can help just one person through their journey, it will be worth it,” Donna said. “We had so much support from the hospital staff and we wanted to give something back.

“For me, it wasn't just about finding a way to grieve after losing Lily. The more I looked into it, the more I realised that no-one talks about



Donna and Holly Grundon

infant loss. Once we started talking to people, we realised how many people have to deal with this all by them selves. One of the biggest things for me was helping people access the right support – putting people on to the right organisations, finding books for them to read or even talking about it with someone you don't know.”

The campaign took off, and in less than a year the close-knit family and friends raised more than their target amount and were able to gift the cuddle cot to the Wesley.

“It was very overwhelming at the time, because it all happened so quickly. We have some amazing friends and family who wanted to support the cause.”

Nine-year-old Ava also continues to remember her little sister lost. She made an appearance at every fundraising event during the campaign, and wants to start doing more to raise funds and awareness.

After the heartache of Lily's loss, the Grundons had some good news to look forward to – Donna was pregnant again. It was a

bittersweet feeling – the joy and anticipation of a new baby, mixed with anxieties and worries about her health.

“We were on tenterhooks through the whole pregnancy,” Donna said. “I went to see our obstetrician every two weeks and it would be a small relief to see the baby was healthy. Holly was born on the first of December and Lily was born on the sixth of that month two years earlier, so it was a very intense feeling – happiness and sadness all at once.

“Holly is just beautiful and we love her to bits. She and Ava love each other so much and they light up the room when they are together.”

Because Donna and Steve came back to the Wesley to have their youngest daughter, hospital staff knew the family and gave them much-needed support and guidance during their stay.

“When I was having Holly, our midwife, Pat, came and held my hand as I was being put under anaesthetic. We had so much support the last time we were there and it was just nice having everyone there through Holly’s birth as well.”

“This is Lily’s legacy. There are now so many people that will never forget Lily and I think that’s so amazing.”

After a break to recoup and focus on their family’s health and wellbeing following Holly’s birth, the family are hoping to keep speaking out about their experiences.

“We want to continue helping people and raising awareness,” Donna said. “This is Lily’s legacy. There are now so many people that will never forget Lily and I think that’s so amazing.”



The Grundon family donate the Cuddle Cot to the Wesley Hospital team in 2015.

A comfort for WEC children



EC CNM Tom Chenoweth, CWA member and Wesley Patient Safety Officer Meagan Hudson, and DON Cheryl Clayton

"I think the kids will love them. It's nice to be able to give them something that they're able to take home as well."

Children attending the Wesley Emergency Centre will have a friend to keep them company for their hospital journey, thanks to the new Burpengary Green Wattle CWA sub-branch. The group donated 23 handmade comfort toys which will be given to children who attend the WEC. WEC Clinical Nurse Manager Tom Chenoweth said the toys would give the children a welcome distraction while they were being assessed and treated.

"I think the kids will love them. It's nice to be able to give them something that they're able to take home as well."

Pillows of support



Zonta Sandgate member Ruthie Adam (centre) with Wesley Breast Care Nurses Jan Snowdon (left) and Rachel Reid

Thanks to the Zonta Sandgate group, The Wesley Hospital's breast cancer patients will have some comfort to take home.

The Zonta group donated 14 handmade breastcare cushions to the hospital's Breast Care Nurses. Member Ruth Adams said the group decided to start making the cushions when a member's mother was diagnosed with breast cancer last year.

"We realised just how much they meant to the patients, and how much comfort they brought to the people who used them," Ruth said.

"A gift from Zonta Club of Sandgate comes with our love, healing thoughts and very best wishes for a speedy recovery."

The gifts will be wrapped and given to patients with a handwritten note from the group, which says: "A gift from Zonta Club of Sandgate comes with our love, healing thoughts and very best wishes for a speedy recovery. This breastcare cushion has multiple uses: tuck it under your arm to support you when you sleep; protect you from seatbelt pressure; under a jacket or blouse when you go shopping so you don't get hurt when bumped; as a neck pillow and lots of ladies say they 'love to cuddle it like a teddy bear'."

Breast Care Nurse Jan Snowdon said the pillows were used during post-operative recovery. "The patients know they are made with love and are touched that strangers will offer time and skills to make them more comfortable during their hospital stay and beyond."

Tragedy leads to compassionate career

Dr Harry Singh speaks from the heart whenever he talks about his patients. Whether they are based in Brisbane, interstate or even overseas, every one of his patients is treated with the utmost care and respect.

Dr Singh is a paediatric neurologist whose services are always in high demand. Largely based in the Gold Coast, this year Dr Singh expanded his practice to include a clinic at The Wesley Hospital.

Personal tragedies lead him down the path of paediatrics when he was in his final year of medical school, and he has never looked back.

"I love everything about my job - it's the children, and it's the people. My 3 day old nephew died when I was doing my medical training, and I saw the pain that my family went through. That's why I decided to go into paediatrics, so I could try and take that pain away from other families."

"Charity work is very important to me and I find that extremely rewarding. The children I look after range from as little as newborns to 18 years-old."

Dr Singh knows how difficult life can be for parents with children who have neurological conditions, so he does not rush his appointments.

"I do take a lot of time with my patients, and that's part of my own desire to do the best I can for my patients," Dr Singh says. "It's not good from a business perspective, but it is necessary. I have lovely relationships with my patients and their families."

In his limited spare time, Dr Singh can be found playing table tennis and investigating the depths of space with his telescope. He has played table tennis at a national and state level in India and Queensland, even becoming a state champion and retaining the All India Medical Championship title for seven years.



Dr Harry Singh with patient Sophie Mason

Every three to four months, Dr Singh travels back in his hometown of Shimla, in the Himalayas, to treat children with profound neurological disorders and even give financial support to those children through a not-for-profit organisation.

"Charity work is very important to me and I find that extremely rewarding. The children I look after range from as little as newborns to 18 years-old," Dr Singh says. "For me, it's important to give something back to my hometown that helped me through my initial training."

Dr Harry Singh offers both public and private consultations and EEGs. His busy life includes seeing patients at his Gold Coast practice and public clinic at Gold Coast University Hospital, while also fitting in a clinic monthly clinic at The Wesley Hospital.

Yes, I'd like to help The Wesley Hospital

Please direct my donation to: (please tick)

- Maternity Surgical Services Clinical Services
 Choices Cancer Support Centre Area of greatest need
 Other

Please choose a gift amount:

- \$50 \$150 \$200 \$500

Own choice \$

I would like to make a regular contribution of \$.....per month

Please send me information to leave a bequest

I have already left a bequest in my Will

Cardholder details:

Name:

Address:

Suburb: State: Postcode:

Phone:

Mastercard Visa Expiry date /

Card number

Name on card

Signature

My cheque/money order payable to UnitingCare Health is enclosed

Deposit directly into our bank account using the information below:

BSB: 014-002 **Account:** 8356 72569

Reference: Please use your last name and TWHWI

Donations over \$2 are tax deductible and a receipt will be sent to you.

Detach your completed form and send to:

Donor Care Team, UnitingCare Health

GPO Box 2240

Brisbane QLD 4001

Thank You



How you can make a difference

Donate

Your gifts are one of the best ways for The Wesley Hospital to enhance our services, keep up-to-date with technology, expand our clinical capacity and update our facilities. Thanks to the generosity of people like you, we can continue to improve the highest quality of clinical care for our patients.

Donate online at wesley.com.au/donate

Regular giving

You decide the amount and the frequency of your donation which can be altered or paused at any time.

Include us in your Will

The inclusion of The Wesley Hospital in your will is the ultimate gesture of gratitude and perhaps the greatest compliment that you can pay the hospital.

Our mission is to improve the health and wellbeing of individuals and their families. We differentiate ourselves by living out our values to optimise patient care and experience, every day. Donations over \$2 are tax-deductible and a receipt will be sent to you.

For more information on how you can support our life-saving endeavours, please contact our donor care team on 1800 001 953 or by email fundraising@uhealth.com.au

Contact us

To learn more about any hospital project or service, please contact our team on 07 3232 7000 or visit: wesley.com.au

The Wesley Hospital
451 Coronation Drive
Auchenflower Qld 4066

 [wesleyhospital](https://www.facebook.com/wesleyhospital)

 [@wesleyhospital](https://twitter.com/wesleyhospital)

Sustainability

UnitingCare Health is committed to being environmentally responsible. This newsletter is printed on eco-friendly paper.



Your privacy

UnitingCare Health is committed to the responsible management of personal information in accordance with the Privacy Act 1988. We respect your privacy and will only use your personal details for this newsletter. We will never sell, trade or give your personal details to a third party. We have a range of procedures and policies in place to provide a secure environment for the personal information we hold.

WESLEYLINK is a community publication of the UnitingCare Health Fundraising and Marketing office. To unsubscribe, please call **1800 001 953** or email your details to newsletter@uhealth.com.au