

What's On

Viruses in May

This is a unique meeting bringing together Clinicians, Pathologists, Registrars, and Scientists from around Australia. Following on from "Viruses in July", held in 2004, this year's conference includes reviews of recent diagnostic and management issues related to virology. MOPS accreditation points are available on application to the RACP, CPD accreditation points are available on application to the RACGP and RCPA.

Come catch Viruses in May!
Carrington Hotel, Katoomba, Blue Mountains NSW - May 19-21, 2005

Topics covered will include:

- Introductory clinical and diagnostic virology
- Molecular viral diagnostics
- Viral infectious diseases in pregnancy and childhood
- Viral therapeutics

In addition there will be specific seminars on different viruses, including HSV, HIV, rubella, VZV, EBV, CMV and emerging infectious diseases.

Interested staff note the early bird registration deadline is the 4th March 2005 and final deadline is 22nd April 2005.

For further information, please contact Louisa Jones at JonesL@sesahs.nsw.gov.au.

Annual Mandatory Education for all staff

Mandatory training sessions take two hours and will cover the following topics:

- Employee Preventative Health and Infection Control
- Occupational Health and Safety Management
- Security/Personal Safety and Fire and Emergency Training
- Waste Management

Sessions are available
10.00 – 12.00 or 13.30 – 15.30 on:

- Thursday 24 March
- Thursday 14 April
- Thursday 19 May
- Thursday 9 June
- Tuesday 12 July
- Tuesday 23 August
- Wednesday 21 September
- Wednesday 19 October
- Tuesday 15 November
- Tuesday 6 December

Employee Assistance Program

The Employee Assistance Program provides free, confidential, professional counseling for any personal or work-related concerns.

For a free brochure or to make an appointment phone (02) 9382 3681 or (02)9382 6616.

Patient services activity comparison

	January 2004	January 2005
Admissions	849	865
Discharges	862	836
Day only cases	437	362
Hospital Average Length of Stay	2.8 days	3 days
Hospital Average Length of Stay (excl Day Only)	4.4 days	4.8 days
Occupancy	86.3%	91.8%
Non admitted patients	15,949	17,983

Upbeat visitors give kids a special performance



Kids at the school got into the spirit of the show having a turn on a drum after enjoying the spectacle in the school playground

Forty members of the world famous Edinburgh Military Tattoo visited SCH to give a special performance on February 4. Bagpipe players, drummers and highland dancers performed in front of more than 100 children families and staff members in the hospital courtyard and school. The performers braved the heat for an hour and stayed to meet the children and pose for photos after the show.

More than just good fun, the visit complemented the hospital's music therapy program designed to help children cope with hospitalisation.

The Consul General of the United Kingdom, Mr Tim Holmes, also attended the event.



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Welcome back Deborah Picone

Associate Professor Debora Picone has been appointed CEO of the newly formed South East Sydney and Illawarra Area Health Service.

Deborah will be a familiar face to many at SCH having worked as a senior nurse at the then Prince of Wales Children's Hospital more than 15 years ago.

Significantly Deborah was the first senior nurse to be made Director of Nursing.

Founding Clinical Director Professor John Beveridge's recollection of Deborah's time at the hospital is recorded in the soon to be published book *In Safe Hands, Recollections of Prince of Wales Children's Hospital, the formative years of Sydney Children's Hospital.*

Prof Beveridge said Deborah took up the role of Director of Nursing "at a time when the hospital was coming under increasing pressure to justify its budget and to better understand service costs".

"I was grateful for her contribution to that process and for her help in establishing a budget allocation system," he said. "Her computer skills, at a time when few of us were computer literate, were a welcome addition to our skill set. Her ability to 'dance across the keyboard' was a marvel to behold."



Editor's notes

Welcome to the first edition of The Way Forward for 2005. This is also my first edition as Editor. I've just joined the Public Affairs team, filling in for Jenni Corbett while she is on extended leave. I've spent the last ten years working in journalism and corporate communications, and am keen to maintain the high standard of The Way Forward and ensure it continues to meet your needs. I always welcome input from readers and would love to hear your story ideas or suggestions for improving the magazine. I work on Wednesdays and Fridays and can be contacted through the channels listed below.

Another new member of the team is Media Relations Officer, Iain Robinson. Iain has a sports media background having worked with sports bodies including the National Rugby League, Australian Rugby Union, and on the last two Olympic Games. Iain is looking forward to putting his skills to use promoting the unique strengths of SCH to local and national media. Look out for Iain over the next few months as he tries to meet as many people as possible. Please feel free to contact him any time on 9382 3578 if you have any interesting ideas or questions.

Another big change in the Public Affairs team is the departure of Mary Byrne who has left to take up a new role closer to home. As Hospital Liaison Officer, Mary was responsible for managing hospital volunteers, looking after the welfare and entertainment of patients and families with outings and toys, and running many internal events. During her nine years at SCH she was a highly valued staff member who will be sadly missed. We wish Mary all the best for the future.

THE NEXT DEADLINE FOR CONTRIBUTIONS IS MARCH 15.

Please forward articles and photos to:

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Donation for harmonic scalpel hits the right note



Representatives of the Christopher Robin Committee present the cheque to Hospital Executive Director Les White

The Christopher Robin Committee presented SCH with a cheque for \$61,000 at a ceremony at the hospital in February.

The Committee, which raises funds to purchase medical equipment for the hospital, allocated \$41,000 as the final payment for last year's purchase of a Candella Laser. The laser is used to remove disfiguring birthmarks.

The balance of the donation is the first installment towards this year's purchase of a Harmonic Scalpel. A Harmonic Scalpel allows the surgeon to cut tissue and stop bleeding simultaneously. The instrument has also made it possible for doctors to do bowel resections laparoscopically in babies as young as one week of age.

The Committee aims to raise a further \$47,000 for the scalpel through a range of fundraising activities including morning teas, luncheons, fashion parades, golf days and balls.

The next event will be the 2005 Carnivale Charity Evening on March 18. For more information about this or other Committee events contact Anne Smith on 9524 4940.

Asthma rise as children return to school

Staff in the SCH emergency department were kept busy with an increase in asthma cases coinciding with the start of the school year.

Director of the Respiratory Unit Dr John Morton said the beginning of the new school year often saw an increase in asthma rates in young children - in known asthmatics and in children not previously affected.

At this time an asthma attack can be triggered when children are exposed to a range of new infections through contact with other children - including the rhinovirus, or common cold.

"It is important that parents understand the signs of asthma and the effective treatments available. A proper assessment of your child's asthma pattern at an early stage enables an effective treatment plan to be developed," said Dr Morton.

"The key message at the beginning of school year is for asthmatic children to use their preventive medication right now. This includes pre-school children. Reviewing your child's asthma with your GP will ensure it can be well-controlled."

Transition program helps sufferers and parents battle eating disorders

The team at SCH Eating Disorders Unit is providing an intensive, multi-disciplinary treatment for adolescents with anorexia and their families.

The program, developed by hospital staff, is designed to treat the person with an eating disorder while supporting and involving his/her family. During the Transition Program the young person participates in group and individual therapy and supervised meals three afternoons a week. The next Transition program started in February and runs for eight weeks.

Eating disorders tend to be a chronic condition requiring long and repeated hospital admissions. The Transition Program aims to break this cycle.

SCH is fortunate to have a strong integrated Mental Health/Medical/Nursing team working with eating disordered young people as inpatients and as outpatients.

Eating Disorders Unit medical co-ordinator Trish McVeagh said experienced staff delivering multi-disciplinary treatments that include the family were necessary because eating disorders are incredibly challenging mental illnesses.

"Having a patient actively sabotage their treatment is unusual in other paediatric conditions," said Patricia. "In anorexia nervosa, the young person's initial unwillingness to give up their disorder, their active sabotage and resistance to treatment is hard for parents and uninitiated staff to comprehend and deal with."

At times it seems that an eating disorder fights to stay in control of an individual. This means that the adolescent may act in ways they generally wouldn't. So a usually lovely teenager will lie, shout, attempt to fake their weight by hiding objects in their clothing and try to play staff off against each other.

The nursing staff in C3S led by Wendy Dickinson manage these disturbed young people with care and professionalism. The RNs are the frontline of the professional team.

The Mental Health team includes Dr Michael Dudley (Mental Health Coordinator of SCHEDU), Dr Michael Fairley and Dr Konya Roy; clinical psychologists Gerri Minshall, Di Fitzjames and Meg Goodison Farnsworth, Dietitian Katie Stevens, Physiotherapist Ciara Cooney, Occupational therapist Fiona Nielsen, Art Therapist Maralyn Nash and Social workers Emily Smith and Hazel Schollar. The team is assisted by De-arne Crawford, Principal of the Sydney Children's Hospital School. The Medical team consists of Dr Patricia McVeagh, (Medical Coordinator of the SCHEDU team) and her Mental Health Medical Registrar.

The aim of the program is to help young people on their road to recovery and to help their parents support that journey. Gerri Minshall works with the sufferer's motivation to change his/her eating disorder, and teaches skills to cope with healthy weight gain. Di Fitzjames guides the parents in dealing with the day to day stress of a young person not eating, excessively exercising or purging. Our dietitian and occupational therapist eat with the young people in local noodle bars and cafes to assist with their social eating skills, menu selection and table behaviours. Our physician, physiotherapist and dietitian together continuously adapt each individual's physical activity program in line with improvements in his/her nutritional and medical status. The occupational therapist helps the young person take part in community activities and retain contact with peers. Links are made with appropriate social outlets (eg. yoga/pilates classes) to replace the usual compulsion to isolated excessive exercise. Nursing staff co-ordinate the program, supervise patient meals and lead a relaxation group.

The program is fortunate to have advertising professionals and graphic designers from Creato Studios provide education in how the media manipulates and distorts body images. Previous clients who have successfully recovered from an eating disorder also take part in sessions to share their hopes and insights.

Eating Disorders are the third most common ongoing health problem in young women. Up to one per cent of adolescent girls develop anorexia nervosa. Nine out of 10 affected young people are female. When diagnosed and treated later the outcome is worse with a higher mortality and morbidity. The transition program being an outpatient based service has cost, social, family and health benefits. This program is the only intensive day treatment that exists for individuals with eating disorders in the South Eastern Sydney Area Health Service.

Patricia McVeagh and Gerri Minshall, Eating Disorders Unit

Education at Broken Hill

More than 20 paediatric nurses took part in a study day at Broken Hill Hospital facilitated by Pippa Cameron, CNE C 3 West and Alison Dale, Education Officer, PaEDS as part of their work as representatives of the Australian Confederation of Paediatric and Child Health Nurses education sub-committee.

Participants included nurses from Broken Hill Hospital children's ward, emergency department and intensive care as well as Child and Family Health nurses, Royal Flying Doctor Service nurses and student nurses. The Paediatric registrar also attended.

The topics covered were:

- Recognising the sick child and review of physical assessment
- Resuscitation and retrieval
- Fluid management
- Pain management
- Case studies - real life stories and how they were managed
- Child and adolescent mental health update
- What's what in statewide paediatrics

All participants evaluated the day very highly. "It was a great day, informative and well presented," wrote one participant.

Another said: "Thank you. Our isolation (geographical) and small paediatric/child health nurse numbers means we seldom get the opportunity to network and educate and update ourselves. I enjoyed the experience."

Pippa and Alison said they day was a great success and thanked the Paediatric CNC at Broken Hill and paediatric CNS at Broken Hill Hospital for their help. They also said they enjoyed their time in Broken Hill.

"Country hospitality shone from the nurses in Broken Hill as they treated us to drinks and nibbles at 'The Sculptures' to watch the sun set over the desert and dinner the following evening at an amazing restaurant which sits on top of the actual broken hill," said Pippa.

Pippa and Alison were also able to visit the Royal Flying Doctor Service base in Broken Hill where they were given a tour of the planes and equipment. They had a chance to chat with the nurse who was on duty and study the maps and charts outlining clinic runs and day and night landing strips. It really helped them appreciate the enormous distances people travel and



the logistics of healthcare in this rural environment! The ACPCHN donated a Paediatric Handbook to the children's ward at Broken Hill Base Hospital as a future reference manual.

Pippa Cameron, CNE C 3 West and Alison Dale, Education Officer, PaEDS.

Participants found the education day at Broken Hill very helpful

Cherie Blair visit promotes importance of cancer research

Cherie Blair, human rights advocate, QC and wife of British Prime Minister, Tony Blair, visited SCH in February as part of a fundraising tour for Children's Cancer Institute Australia (CCIA).

Mrs Blair visited patients at the Centre for Children's Cancer and Blood Disorders.

Executive Director Professor Les White said the fight against children's cancer required active collaboration between clinical specialists and laboratory researchers.

"The partnership between Sydney Children's Hospital and Children's Cancer Institute Australia exemplifies this and demonstrates our shared commitment to further improving outcomes for children and their families," Les said.

Money raised from Mrs Blair's tour of Australia will help fund a new research initiative at CCIA.

CCIA has been awarded a research contract by the National Institutes of Health (USA), as part of an international consortium to test new drugs for the treatment of childhood cancer. CCIA is one of only six research institutes selected to participate and is the only one not situated in the USA.

There are over 400 new drugs currently being tested for treatment of adult cancers. However, because of the lack of a systematic approach to prioritising which of these drugs should enter clinical trials in children, only a very small percentage of potentially valuable new drugs are currently being evaluated in patients with childhood cancer. Development of a systematic approach to prioritising and testing as many new drugs as possible in children is vital, since it is highly likely that some of these new drugs will be able to overcome the drug resistance that is frequently encountered when children relapse and die of their disease. It is in recognition of this urgent need that the National Institutes of Health are supporting this international consortium.

This international consortium, involving a strategic approach to testing of new drugs for improved treatment of childhood cancer, is a world first and has been three years in planning. The major international children's cancer study groups will be watching the results very closely, waiting to take the most promising drugs into clinical trial at the earliest opportunity.

Volunteer recognised with Australia Day award

Long serving volunteer Helen Poulos has been named Outstanding Volunteer at the Randwick City Council Australia Day Community Service and Youth Awards. Helen has volunteered at SCH for nearly 10 years and is well known for her compassion and hard work.

As a Ward Helper in the Babies and Toddlers Ward, Helen's job is to look after the needs of 22 babies and their parents. This ranges from comforting an upset parent to putting a restless baby to sleep, assisting with feeding and just spending time playing with the children. While Helen is on the Ward, the parents can take a well deserved break knowing that their child is in good hands.

Patients in this Ward suffer from a variety of illnesses from feeding problems to complicated medication conditions. As you can imagine, parents can be quite stressed and upset at seeing their babies ill and Helen has a comforting and caring nature that helps to calm the mothers.

It is not uncommon for Helen to come in on her days off to look after a sick child while the parents attend to other demands on their time. She will even come in on weekends and will stay as long as is needed.

Helen is very highly regarded by the staff of the ward and is considered to be a critical member of the team. Her reliability, sensitivity to the needs of patients and their families, sense of fun and commitment to the work of the hospital means that she is a very busy volunteer and in high demand.

In addition to her work on the ward, Helen also does some clerical work for the Volunteer co-ordinator, answering enquiries from prospective volunteers, making sure that the Volunteer's Room is kept tidy and that there are adequate refreshments for the other volunteers. Mrs. Poulos also trains new volunteers on a regular basis, going through the Policy and Procedures with them and making sure they are comfortable on their Wards.



Great idea leads to awards for brave kids

There's a great new way to reward brave kids for undergoing painful or scary procedures thanks to the new bravery certificates created by the Sydney Children's Hospital Foundation. The certificates came about as a result of a suggestion from a nurse that children should be recognised for their bravery.

The Foundation answered the call and created the certificates which have recently been distributed around the hospital.

Director of Nursing Phyllis Moran said anyone working with children undergoing difficult procedures could simply complete a certificate with the child's name and an explanation of the procedure.

The certificates come in three designs and feature bright cartoon-style pictures. Look out for them in your department now.



The eye-catching new bravery certificates are available now

Patient friend news

There will be a changing of the guards in the Patient Friend role as I will be leaving soon to have a baby! No doubt you will all be kept informed as to who will be working in the role during my maternity leave. Meantime many thanks to all the amazing colleagues I've worked with here and to all the families who have taken the time to thank us and to let us know where we can be making improvements. Wishing you all well over the next year and beyond!

Coralie Lane, Patient Friend

New guide offers summer safety at a glance

A guide to summer safety, endorsed by SCH, has been produced by Malcolm Turnbull, MP, Federal Member for Wentworth.

The guide outlines key information on important child safety and accident prevention in a clear and accessible way. Topics included are:

- Children's injuries, reducing the risks
- Child safety in your driveway
- Bites & stings
- Hot weather care for kids
- Safe toys for toddlers
- Blind cord safety
- Water safety

SCH Executive Director Professor Les White praised the initiative at the guide's launch in February.

"We at the Sydney Children's Hospital in Randwick are enthusiastic to participate in opportunities to promote good health and prevent accidents or injuries," Les White said.

"This guide serves that purpose brilliantly."

The Summer Safety for Kids guide has been distributed to households and businesses throughout Wentworth and is available by contacting Mr Turnbull's electorate office on (02) 9369-5221. It can also be found on his website

<http://www.malcolmtturnbull.com.au> www.malcolmtturnbull.com.au



A guide to summer safety, endorsed by SCH, has been produced by Malcolm Turnbull, MP, Federal Member for Wentworth.

Art news

Watch the walls of SCH carefully and you're likely to see some of the generous gifts received over the last couple of months. The Sara Hess Roney Gallery found a special way to celebrate Christmas last year, donating 25 artworks on Christmas Eve. James Lepley donated two paintings of Sydney Harbour, one of which will be auctioned for fundraising. Pupils of Reddam House donated 89 works to hang permanently in the hospital. And students of Class Artz from Waverley have lent 12 works to exhibit at the end of February.

Lesley Rosenberg, Arts Co-ordinator, SCH Arts Program



One of the works lent by students of Class Artz

Pat on the back

TO THE VERY WONDERFUL DOCTORS AND NURSES IN THE ICU WARD.

In my work as a Family Support Worker I come across families who endure so many difficult and challenging circumstances and have to live with so much heartache I often wonder how they do it.

The care and support that you were able to provide one such family over the years, and in particular over the past few weeks was exceptional, beyond anyone's possible expectations. You are a most remarkable team of people who I feel privileged to have met and come to briefly know.

I often watched you all engage with [the patient], so sweetly, so gently, so determined to make her comfortable, to grant her every request. She loved being with you all, and even indicated that she was so happy to be there, there was no need to go home. She had her mum with her, and all of you, what more did she need?

In addition to taking care of her, you were able to extend that support to her mother. You gave her space to do what she needed to do, you listened to her fears, her hopes, her dreams. You counseled her and comforted her, you guided her and advised her so thoughtfully. I am sure at times she too felt there was no need to ever go home.

And then on that last day... for me to witness and observe you doing what you needed to do to prepare them, was life-changing. I will never forget the kindness and gentleness, the thoughtfulness and grace that you showed in managing those last few hours. I am sure I will not see anything quite like that again.

I wish I could thank each of you personally, and say how much I will take away with me from being a part of your world. I will never forget you.

May you continue to do the wonderful work that you do, and know that those who come into your ward are blessed.

Jewish Care, Family Support Program

AFL stars visit starlight room



Rioli gives Samantha a football during his Starlight Room visit

Players from the Essendon Bombers dropped into the Starlight Room in February as part of the AFL's Community Camps program.

Bomber stars Dean Rioli and Jobe Watson, although bruised and sore from a training session earlier in the day, gave out footballs and spent time meeting their excited fans.

After a grueling interview by Captain Starlight, they had a hard time convincing the kids to switch their allegiances from Sydney to Essendon ahead of their annual pre-season clash with the Swans which they lost the following night.

Rioli enjoyed his visit so much that he offered to come again the next time he was in Sydney.

Do you need help managing your child's weight?

Why not take part in Sydney Children's Hospital "Healthy Weight Healthy Future Program"

Start dates are **February 24th and April 14th**
Children must be between the ages of 5-12yrs
Group numbers are limited
Call 9382 1021 for more information

SCH helps parents with lunchbox tips

SCH dieticians have offered parents helpful hints when packing children's lunchboxes this year.

The tips were issued in a media release this month that also promoted the hospital's Healthy Weight, Healthy Future Program, a six week course designed for parents and run by a dietitian, psychologist, exercise physiologist and paediatrician.

So, how do you pack a healthy lunch for your kids?

Involve your child in lunch planning; that way it is less likely that food will end up being traded or in the bin. Draw up a week of lunches on the fridge so they know what to expect.

Mix it up, variety is the spice of life. Try to include:

DAIRY: Australian kids do not get enough dairy for strong bones and teeth, be sure to include one of the following every day: low fat fruit/plain yoghurt (put in the freezer the night before), low fat/fat free cheese slices in a sandwich or separate as a snack, plain/flavoured low fat milk from the canteen or frozen from home.

FRUIT: Include fruit every day. Fresh is best, it is the most filling, highest in fibre and lowest in calories. A handful of dried fruit is also a good snack such as a box of sultanas, some apple rings, dates or apricots. Canned fruit in natural juice or fruit snack packs like Goulburn Valley are also great. To make fruit more appealing and quicker to eat, make sure it is pre cut.

FIBRE: Choose grainy bread, which keeps kids fuller for longer and is higher in fibre. If there is no getting away from white, try Wonder White with invisible fibre.

SANDWICH FILLINGS: Choose low fat nutritious sandwich fillings and where possible sneak in some vegetables. Lean meat such as turkey, ham and chicken off the bone, low fat cheese, cottage or ricotta cheese, tuna, salmon, egg together with cucumber, lettuce, alfalfa sprouts, grated carrot or tomato. Peanut butter, nutella, vegemite or jam sandwiches should be limited to once a week. Train your kids to have sandwiches without margarine or butter, choose mustard, low fat mayonnaise or low fat dips such as tzatziki or skinny humous to add flavour or moisten the bread.

DRINKS: Choose water or low fat milk as the drinks of choice. If needed, flavour water with some fresh lime/lemon juice or diet cordial. Avoid freshly squeezed juice, commercial juices and fruit juice drinks as juice of any kind is high in calories, low in fibre and promotes tooth decay.

AVOID: High calorie packet snack foods, such as muesli bars (even the ones that say 97% fat free), chips, chocolates, sweet biscuits and lollies. They leave you hungry, offer no nutrition and are expensive.

LIMIT: visits to the canteen to once a week or less. Choose the better options on the menu. Remember without pocket money kids can't buy much! Save the money you would normally give your child and they can buy a CD, go to the movies, buy a toy etc.

For more information about the Healthy Weight, Healthy Future Program call 9382 1021.



Majid Mnette, Brendan Rogers, Shaylee Beattie, and Haroun Mnette enjoy a healthy bite at the hospital school

Message from Professor White

Dear Colleagues

In January 2005 we entered a new era for health services in NSW. We are now part of the newly-formed South East Sydney and Illawarra Area Health Service with a massive geographic span from the harbour to the far south coast and a population of 1.2 million. Our new Area CEO, A/Prof Debora Picone, is well-known to many of us, while the newly-appointed tier 2 Executive, (Matthew Daly, Barry Shepherd, Elizabeth Koff, Siun Gallagher) is a mix of old and new faces.

Given the progress of networking within the old SEH Child and Adolescent Division, as well as our historic clinical relationships with colleagues in the Illawarra, amalgamation seems like a natural progression with a manageable range of challenges and opportunities. The first meetings of the enlarged Division have been arranged along with those of the appropriate sub-committees and working groups.

At the same time, there is evidence for a markedly increased recognition of matters relating to paediatrics and child health in statewide forums. The formation of a specific Health Priority Taskforce, the maintenance of a Statewide Networking Steering Group and the establishment of new interactions such as the Selected Specialty Services, Child and Adolescent Mental Health and the Deloitte review, all speak to this trend. There are, of course, further goals in establishing child health streams for each Area, creating effective coordination in planning and funding of services and relationships with other agencies.

At the campus level there will also be both challenges and opportunities. An expectation of the new system will be a matrix of clinical streams/divisions intersecting with facility-based management. It requires us, once again, to consider enhancement of our already exemplary campus relationships and potential further integration. If this seems like a reversal of ten years of progress and achievement, please reconsider in light of the following facts. We are approaching these proposals with:

- Defined budgets and processes.
- Existing or proposed agreements with transparent mechanisms to manage, monitor and review.
- Data systems to inform and improve such processes.
- An established and effective SCH management structure and
- A spirit of partnership and mutual support as distinct from the historic subsidiary status with uncontrolled cross-subsidy.

Does this mean that there are no risks? Certainly not. However, there is an agreement at all levels to progress these negotiations through consultation, transparency and a search for mutual benefit. Our profile as a leading Children's Hospital and a statewide service is not in question but we will need to be diligent to ensure that unintended consequences of change do not adversely affect our productivity and effectiveness.

At the same time, our partners at the UNSW are also at a critical stage. The positions of both the Dean and the John Beveridge Chair (and potentially Head of School) are being advertised with expectations of new appointments in the next couple of months. Appropriately, our relationship with the School and University is being revisited and further explored.

The cynic in us will look at the many changes above, see a pendulum and duck. The pragmatist will see evolving cycles and get on with the work at hand. Most importantly, the optimist will see the opportunities for getting better, more comprehensive and more effective. My message is to keep a balanced view, consider the opportunities, and be proactive and innovative.

Best wishes,

Les White



Bank plays fairy godmother

The National Australia Bank recently played the part of Fairy Godmother to sick children and their families at the Sydney Children's Hospital at Randwick by granting \$4000 to the Fairy Garden.

The Fairy Garden is part of the Fairy Sparkle Forest Gardens, a program developed by Fairy Sparkle. The Garden was nominated for the NAB Staff Volunteer Grant by the four Business Banking Centres located in the Sydney CBD.

The Garden is a magical sanctuary, a world of its own for sick children and their families to retreat during long term hospitalisation, and the Grant will go towards purchasing and installing an advanced fully automated drip irrigation system for the Garden.

Regional Executive for the Eastern Suburbs Business Banking Centre Ron Coskerie said that being able to award the \$4000 Staff Volunteer Grant to Fairy's garden is the icing on the cake for what has been a very rewarding year for the partnership.

"Over the past 12 months, employees within the CBD Limited Team have contributed 500 hours community work to support Fairy Sparkle in maintaining this Garden for the children," Ron said.

Founder of the Forest Gardens, Fairy Sparkle, says being awarded the Grant means it is now possible to totally overhaul the irrigation system installed some five years ago, which no longer meets the requirements of the garden today.

"The Garden averages about \$3000 per month to maintain, not including the hundreds of hours of community work completed by volunteers such as those from the National," Fairy said.

"Upgrading big ticket items like this are the greatest financial challenge, and the Grant could not have come at a better time.

"It will enable us to purchase and professionally install a new irrigation system in the Garden thereby reducing the workload on our volunteers, who spend a lot of time watering by hand, and allow them to focus on other tasks in the Garden."



Greg Norworthy - NAB, Louise Paulis - NAB, Paul McCann - NAB, Fairy Sparkle, Joe Dugas - NAB, David Loy - Director of Administrative Services SCHR and Ron Coskerie - NAB