

News from The Foundation



Helping patients breathe easy

The team on Ward 72 at Auckland City Hospital is making the most of new equipment to monitor patients' breathing, thanks to a generous donation from the Hunter family.

Auckland City Hospital Charge Nurse for Respiratory Service Sinu Mohan says the transcutaneous CO² monitor, which was purchased with the

\$30,000 gift, is making a big difference. *"It is such a useful piece of equipment and we're very grateful to the Hunter family for their generosity, which made this purchase possible,"* says Sinu.

The new equipment monitors the oxygen saturation and carbon dioxide concentration in the patient's blood through a sensor affixed to skin, which gives staff an overall assessment of the patient's ventilation. By providing instantaneous feedback on the patient's ventilation effectiveness, the CO² monitor gives early warning of respiratory compromise.

The Hunter family, owners of the Auckland-based education

company Writer's Toolbox, were delighted to purchase the new CO² monitor for the hospital's respiratory department.

Ian and Debra Hunter say: *"Respiratory problems of any form are frightening. We have experienced lung disease on both sides of our family, so we know what a difficult and painful time it can be for many people. We were pleased to support the great work of the team at the respiratory unit in this way. If the CO² monitor can help aid accurate and speedy diagnosis, then that's a good thing."*

The Hunter family's gift is hugely appreciated and will make a wonderful difference on Ward 72.

We are the Auckland Hospital Foundation

A message from our Director **Candy Schroder**

I am pleased to announce our name change to Auckland Hospital Foundation.

Our name reflects our purpose, to support Auckland City Hospital and its associated sites. Our supporters are proud to help the incredible hospital teams do even more for patients and whānau in their care. I thank you for sharing that goal.

I am also happy to share that we have incorporated our te reo Māori name, *He Kāmaka Hōhipera ō Tāmaki*, into our identity. As a team, we are honoured to acknowledge our country's heritage and ancestry in this way.

Our website address has moved to www.ahf.org.nz



but our team remains the same, with myself as Director, Kate Dalders as Fundraising Manager and Jennifer Porter as Communications Manager.

I would like to personally thank everyone who supports our fundraising efforts. We remain committed to working with individuals and organisations that wish to help our hospital teams do

even more to help every family, and we look forward to continuing on that journey with you.

Please email us at hello@ahf.org.nz or contact the team on **09 307 6039** with any questions.

Ngā mihi nui,
Candy Schroder, Director,
Auckland Hospital Foundation

New fellowship to improve women's surgery outcomes

Dr Jessica Dunning, a Senior Medical Officer in Obstetrics and Gynaecology at Auckland City Hospital,

will spend the next two years developing her skills in treating issues such as endometriosis, chronic pelvic pain and management of fibroids, thanks to receiving a funded surgical fellowship here at Auckland City Hospital.



With the support of Johnson & Johnson and Olympus, this two-year fellowship can proceed. All of us are looking forward to seeing the clinical achievements and improved patient outcomes that result from this work.

Jessica says, "This fellowship has far exceeded my expectations. I'm so grateful to J&J and Olympus for supporting the fellowship and supporting me. I'm looking forward to learning about managing complex patient needs and improving my surgical skills. I'm passionate about improving women's health."

The fellowship is being driven by Dr Michael Wynn-Williams, Dr Sarah Fitzgibbon and Dr Simon Edmonds, who are committed to developing gynaecology surgical training opportunities in New Zealand.

Dr Michael Wynn-Williams says, "It is really important that we can offer world-class surgical fellowships here in New Zealand. I myself had to travel overseas for a specialised fellowship and, as a result, I didn't end up returning home for 20 years. We are very appreciative of the donors to the Auckland Hospital Foundation who help make this happen."

We're so grateful to Johnson & Johnson and Olympus for stepping forward and supporting this training opportunity, which wouldn't otherwise be possible.



Over winter we connected our Rise scholarship recipients with some of the people who help make their nursing and midwifery journeys possible.

As the first gathering following the COVID-19 Delta outbreak, it was a meaningful occasion where everyone shared the impact our scholarship programme has had on them, particularly over these challenging times.

The aspiring nurses and midwives explained how funding from supporters is helping them achieve their degrees.

Recipients explained how crucial the scholarship is for them, from helping pay for additional costs such as child care and travel, to providing the support they need to navigate their way to successfully complete their studies.

Deputy Chief Nursing Officer Wendy Stanbrook-Mason says: *“It’s our role and our honour to provide logistical and pastoral support to these passionate people. They are our future and they are essential to strengthening our nursing and*

midwifery workforce, which is a key focus for us.”

The supporters who attended also shared their reasons for giving, many of whom are inspired by the hard work and dedication of nurses and midwives who have helped them in the past.

We were delighted to have this opportunity to come together, share kai, encourage our student nurses and midwives, and allow our supporters to hear first-hand the life-changing difference they are making.

Fundraising star and dancing star align



Stroke survivor Paul Harvey recently held his most successful event to date. The funds raised will help stroke patients at Auckland City Hospital.

Paul has been helping stroke patients since his own stroke in 2018, and among Paul’s 60+ Longroom guests was Dancing with the Stars icon Nerida Cortese.

As a friend of Paul’s, Nerida says she loves supporting his fundraising efforts every year: *“All Paul’s guests are so supportive of his cause.”*

Thanks to Paul’s sponsors and guests at Longroom, over

\$11,000 was raised to help build a new stroke treatment suite. Paul has now raised \$55,000 to help pay for new stroke facilities and equipment.

Nerida says, *“I love that, through Paul’s events, we are raising money for such fantastic equipment that will give brilliant outcomes to more stroke patients.”*

Paul remains passionate about making a difference: *“It’s rewarding to know I’m helping people get the very best stroke care; I hope to inspire others to think about how they can give to the hospital that helps them.”*

Thank you, Paul, for your inspiring and unwavering support!



10 healthy eating tips

In time for summer, Health Navigator is helping families get smarter with how and what they eat with these top 10 tips for healthy eating every day.

1. Start with breakfast – every day!

Why? To increase metabolism, energy levels and help avoid snacks between meals.

2. Eat regular meals – at least 3 each day.

Why? To help manage hunger and extra snacking.

3. Have smarter snacks – and only if you need them.

Why? If you're not hungry between meals, you don't need snacks. If you do feel peckish, reach for fruit, nuts, vege sticks, crackers with hummus etc.

4. Be mindful – take your time and notice what you eat.

Why? Eating quickly while you're on the run and distracted can mean you eat more food than you need.

5. Portion sizes matter.

Why? Eating too many healthy foods can still cause weight gain.

6. Think about what you drink – water is always best.

Why? It's free from the tap, healthy, good for the environment and good for you.

7. Fill up on vegetables and fruit – 5+ a day.

Why? For extra fibre, vitamins, minerals and antioxidants. They are also low in energy (calories), are packed with goodness and help prevent heart disease, stroke and high blood pressure, and some cancers.

8. Have whole grains when you can.

Why? They are high in fibre, so keep you feeling fuller for longer. And they're good for your gut health.

9. Cut back on the fat.

Why? Eating less fat helps with weight loss. The type of fat you do eat is also important.

10. Replace salt with other flavours.

Why? To improve blood pressure and decrease risk of heart disease.

Visit our website www.ahf.org.nz for more details about Health Navigator's food tips. Happy eating!

Your donations are helping our hospital teams do even more

Together, we've made some incredible achievements since launching four years ago. As we move into a new era, working with Te Whatu Ora | Health New Zealand, we are excited about our future fundraising projects, including new treatment facilities for cancer and stroke patients.

Your donations are helping every family receive the best possible hospital care. Thank you to everyone who has made an impact in our hospitals.

Here's a snapshot of what we've fundraised together so far:

\$1,042,600 
to refurbish 40+ **whānau rooms**


\$179,300 
to help our **COVID-19** response

\$160,300 
for **staff welfare and wellness**

\$645,100 
towards **training and scholarships**

\$1,181,000 
to fund advancements in **hospital departments**

\$3,189,200 
in pledges and donations to 'change the game' for **stroke patients**

\$309,600 
towards our **regional cancer department**

\$390,800 
towards life-changing and life-saving **research**