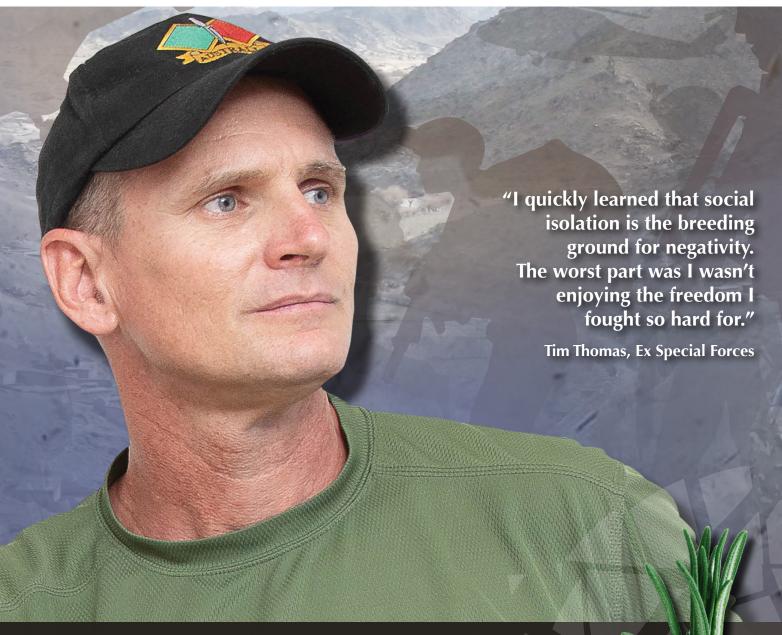
# TRIBUTE



Newsletter of the Gallipoli Medical Research Foundation

**Autumn Edition 2019** 



## Supporting veterans through life after service

GMRF researchers and supporters are working together with our veteran community to enhance understanding of the psychological and physical toll associated with the transition from service to civilian life.

We honour our Diggers legacy with Remembrance through Resear

# TRIBUTE

One of the best parts of my job is the opportunity to meet some amazing and inspirational people. People like Tim Thomas. Tim served his country as a Commando in the Special Forces and during his time in the Australian Defence Force saw the highs and lows of military service. Tim recently visited us at GMRF to help us generate awareness of the GMRF Transition & Reintegration study with the extensive network of exserving ADF members. Tim has become a good friend to GMRF since joining one of our research projects a few years ago. He calls the team at GMRF, the G Force!, which along with our research participants and our amazing supporters, I think Tim has hit the nail on the head!

Another visitor to GMRF recently is the fabulous Howard Bell, a strong and determined man who had his world turned upside down by metastatic melanoma. Howard participated in one of our melanoma clinical trials at the Cyril Gilbert Cancer Centre at GPH and the outcomes of Howard's participation have given him and his family a new lease on life.

We take pride in the significant advances we have made through working collaboratively with our research partners and participants in veteran mental health, liver disease, respiratory disease and cancer. You will read about some of our recent achievements in this Tribute.

I want to take this opportunity to thank Tim, Howard and our other wonderful research participants for believing in the work we are doing and trusting us with their physical body and their valuable time and to help us change lives.

Our success is a direct result of the commitment of these remarkable individuals and the donations given so generously by you, our amazing network of supporters.

Miriam Dwyer GMRF CEO

Two images have been used in collage on the the front cover: **1.** Credit - Australian Department of Defence Copyright © Commonwealth of Australia 2010 . This work is copyright. You may display, print and reproduce this material. www.flickr.com/photos/isafmedia/5792649153/in/photostream/. **2.** Pictures By PO (PHOT) Hamish Burke www. flickr.com/photos/isafmedia/5792997854/in/photostream/



Tim Thomas is an Ex Special Forces Commando who participated in GMRF's veteran mental health studies and now helps to raise awareness on the need for better support through the reintegration process. He shared some of his experiences with us.

#### **Before I left the Defence Force**

I completely over simplified it. I told myself, "If you can survive in the Army, you can survive in civilian life; In fact, you're going to do really well!" Unfortunately, that's a bit like a fish saying, "I can swim really well, so I should be fine on land." Civilian life is a completely different landscape both physically and mentally. No one explained that to me or gave me tools to deal with it.

#### What is was like 'on the other side'

Difficulties with practical issues such as getting housing and a job were compounded by a lot of undiagnosed (and personally unacknowledged) regimentation and PTSD. I was becoming more withdrawn and my family was suffering. I kept telling myself, "I'm still doing my job well, so everything must be fine." Wrong!

#### **Getting support**

Places of support/healing aren't created equal. They're like coffee shops; they're on every corner, but it's really hard to find one that suits you. Most people (especially us blokes) don't ask for help until it's at crisis stage and then they need to see someone right now!

The good news is when you find the right provider, healing takes less time than you think. Bad news is the hardest, most time consuming part of your healing journey is the search for the right support. For me, it took 3 years to find a good GP, 4 years to find a good psychiatrist, and 8 years to find a good psychologist. The last one was by far the hardest, but, it saved me 50 years of healing and a family breakdown.

We are grateful to Tim for sharing his story and for his involvement in our VMH Initiative (More on Page 3).

# Veteran Reintegration Study





of veterans who transitions service in the past five years had a diagnosable mental health disorder.

reported significantly higher mental health symptoms across all

### Researching a better transition to civilian life

The journey from service to civilian life can be a daunting prospect. You leave the familiar military framework to be confronted by a civilian system at odds to the life you've known for years. The transition process leaves many veterans feeling lost and alone, and the psychological toll can be devastating.

GMRF, in partnership with RSL Queensland, is conducting a comprehensive study into the psychological impact associated with the transition from military service to civilian life. GMRF's Veteran Mental Health Initiative Leader Dr Madeline Romaniuk hopes the study will help address the high rate of veterans struggling.

"Our research goes beyond the statistics and attempts to understand more deeply, why members are at such high risk of developing a psychological condition when they discharge," Dr Madeline Romaniuk

In addition to a study examining the experience of loss (which you can read about on page 4 of this newsletter), Dr Romaniuk and her team have conducted the largest qualitative research study done on transition among Australian veterans.

This study has helped to identify factors that lead to a successful or poor transition. Phase 2 of the VMHI Study is analysing the effectiveness of an assessment tool (developed using these factors) to identify veterans at risk of poor transition.

"We've had over 470 participants volunteer for stage 2 of the study so far," Dr Romaniuk says. "The veterans who participate in this study often explain to me they have had a difficult transition themselves, and they want to prevent the same mistakes occurring to others."

GMRF is in the final stages of phase 2, with the online survey open until the end of April. The VMHI team are now expanding the reach of the survey to personnel who are about to discharge from the Defence Force.

This research will result in a unique tool which may contribute substantially to how veterans transition out of the Defence Force. It will enable early intervention and strategic targeting of individual needs, helping to ensure support is in place in the early stages of reintegration.

"It has become clear that we need to be looking at prevention, not just 'cure'. We want to prevent these difficulties from occurring and give members the best chance to have a successful and healthy transition," Dr Romaniuk says.

There is no doubt the transition process will continue to be a unique and challenging experience, but GMRF - with the help of RSL Queensland and the wider ex service community – is committed to ensuring veterans don't face this journey alone.

#### Find out more about the study at

http://bit.ly/reintegrationstudy

1 Mental Health Prevalence Report (2018), Mental Health and Wellbeing Transition Study, the Department of Defence and the Department of Veterans' Affairs, Canberra.

# Reintegration Research





# New research highlights universal impact of reintegration out of the forces

Veteran Mental Health Initiative researchers at GMRF are contributing to global understanding of the reintegration process, publishing a systematic review in the Journal of Military and Veterans' Health.

Dr Romaniuk and Research Assistant Chloe Kidd conducted the study which collated and analysed all the studies published world-wide examining the psychological process of discharging from the military.

The systematic review of 18 qualitative and mixed methods studies revealed the psychological adjustment experiences of veterans reintegrating into civilian life following discharge from military service are characterised by extensive and multiple losses.

"The study demonstrated that veterans across cultures are experiencing a profound sense of loss following discharge from the military," Dr Romaniuk says.

"This falls into three central themes; loss of community and culture, loss of purpose, and loss of identity. It

translates to losing your friends, support network, and where you feel you 'belong', not knowing who you are anymore, and not having a reason to get up in the morning," Dr Romaniuk says.

The study highlighted the fact that upon return to civilian life the vast majority of veterans felt disconnection from people at home, including family and friends, who had not shared the experience of military service. Veterans felt that those who had not served in the military could not understand them or their experiences during service.

"This finding helps explain why so many ex-service personnel go on to develop a mental health condition such as anxiety or depression," Dr Romaniuk says.

This study was made possible by RSL Queensland and its ongoing commitment to our veterans through funding of the Veteran Mental Health Initiative.

Please call GMRF on 07 3394 6776 or visit our website if you would like a copy of the published article.

### Mental Health Research



# Healing comes through compassion therapy

For many veterans, posttraumatic stress disorder (PTSD) takes a terrible toll, not only on their own lives, but also that of their families. Past research has revealed the impact of PTSD on couple relationships, including; lower marital satisfaction, poorer bonding, emotional withdrawal, greater hostility, increased violence and higher rates of separation or divorce.

Thanks to Medibank's *Mental Health & Wellbeing Fund*, our Veteran Mental Health Research Unit is conducting a trial into Compassionate Mind Training for veterans and their partners - the first of this approach to involve ex-service personnels' partners. The course develops participants coping strategies, addresses shame and self-criticism, and has been demonstrated to reduce distress symptoms in psychological and medical conditions.

Feedback from couples participating in GMRF's Compassionate Mind Training includes;

- An engaging and worthwhile program that broadens understanding of compassion and provides practical support to manage difficult emotions and PTSD symptoms
- It provided a shared language and common understanding about the tricky ways our minds and emotions work.
- Taught me how to be helpful and not harmful to myself and others, how to say "no" and set boundaries, and how to cultivate self-forgiveness.

To date, 10 couples have completed or are in the process of completing the 12 session program.

# Mental Health First Aid equips veterans' families

What do you say to a loved one with a mental health issue? How do you spot the signs of substance abuse? What help is available for those who are struggling?

These questions and more are addressed in GMRF's Mental Health First Aid Training, funded by Medibank's *Mental Health & Wellbeing Fund* and coordinated by GMRF Clinical Psychologist Dr Justine Evans.

The training is equipping families of veterans with information and techniques to understand common mental health issues. It also provides knowledge about available resources and ways to access professional help.

Dr Evans is currently conducting the course in Brisbane, Townsville and Hobart. She believes the training is helpful and relevant for everyone, and recently offered the training to GMRF staff.

"It was a great opportunity for us to discuss issues around mental health, and the importance of looking after ourselves and others," Senior Clinical Trials Coordinator Bronwyn Casey says. "For me, this was especially relevant given the challenges of working in the cancer field."



### **CALL FOR PARTICIPANTS**

**Compassionate Mind Therapy for Veterans and Partners** https://bit.ly/GMRF-CMT

**Mental Health First Aid Training for Family Members of Veterans** https:bit.ly/GMRF-MHFA

## From the RSL News Desk





# Online portal draws on veteran experience to teach kids resilience

Resilience and empathy are important life skills, particularly for kids. But how can parents and teachers help our kids stay strong and healthy in mind and body?

RSL Queensland has launched new online resources to help Queensland kids learn how to look after their physical and mental health, and show compassion and empathy to those around them.

RSL Queensland State President Tony Ferris said the latest RSL Education module, which is aligned with the Health and PE (HPE) curriculum, draws on RSL Queensland's extensive experience in supporting veterans.

"We developed RSL Education to provide Queensland school students of all ages with engaging, factual information about Australia's rich Defence history, but it is also an opportunity for us to share our knowledge and expertise in health and wellbeing," Mr Ferris said.

"We know mental health and wellbeing is an issue, not just in the Defence family, but across the broader community."

He said the HPE module was designed to be interactive, with activities and content to suit students from Prep to year 12.

"There's a mini bootcamp for primary school students and interactive activities to help older students understand what resilience is and how they can build their own inner strength," Mr Ferris said.

Since its launch in July 2018, RSL Education has had more than 25,000 visitors.

Check out these and other great digital resources on Australia's Defence history at <u>rsleducation.com.au</u>

# Our Liver Health: A Snapshot





**LIVER FUNCTIONS** producing bile to help dissolve fat storing nutrients making proteins breaking down substances



#### A BUILD UP OF **FAT IN THE LIVER**

If fatty liver disease develops into cirrhosis, which is hardening and scarring of the liver, progression to liver cancer becomes a real possibility



National annual cost burden of liver disease is



Liver disease often has NO SYMPTOMS can be hard to detect. If left can lead to cirrhosis and liver cancer

Liver cancer rates have increased

www.cancer.org.au/news/blog/research/three-charts-on-cancer-rates-in-australia,-where-liver-cancer-is-on-the-rise-while-other-types-fall.html

Liver cancer is **INCREASING** AT A FASTER **RATE THAN ANY CANCER** 

in Australia



**WE NEED** YOUR

Our liver research receives 100% of its funding from our generous supporters. By making a donation to GMRF you are helping fight the impact of this growing health crisis.

Donate online at www.gallipoliresearch.com.au OR Go to page 16 to find out how you can support this life-changing research

It's a big problem. So what are we doing about it? Right now, GMRF researchers are:

Evaluating druggable targets in liver cancer





Identifying how to target cancer stem cells effectively



Developing liquid biopsies to replace invasive surgical biopsies

Identifying new biomarkers to differentiate liver disease and liver cancer

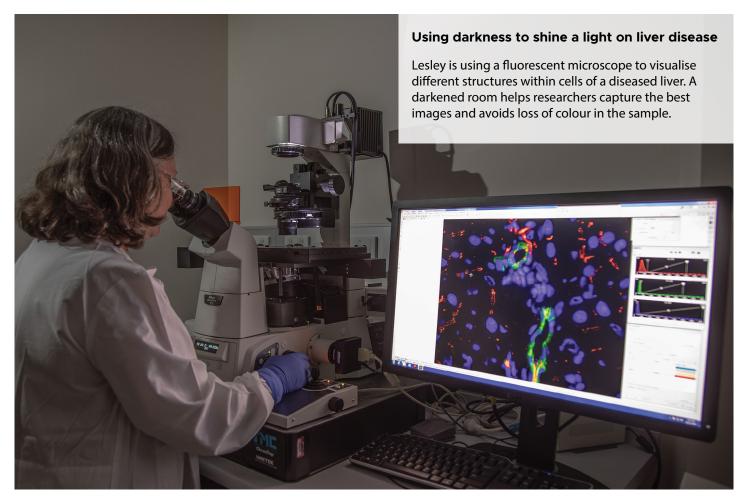
adult Australians have **FATTY LIVER DISEASE** 

Liver cancer is the

most common cause of death from cancer worldwide

## Liver Disease Research





# Research identifies key factor in liver disease progression

For most of us, liver health is not really front of mind. But with fatty liver disease now affecting 1 in 4 adult Australians, we think it's time to give our livers a lot more thought.

Researchers are working hard to better understand what we're up against, and it's a complex issue. Fat tissue throughout the body is not simply a storage depot for excess fat. It is a dynamic organ capable of secreting molecules called growth factors and cytokines that can play a role in both health and disease.

We have long known excess iron can damage the liver and that excess fat in the liver can be harmful. Now, thanks to research conducted by the GMRF Liver Research Unit, we understand more about how fat (both in the liver and elsewhere in the body) interacts with iron to speed up damage to the liver.

Research published by GMRF last year confirmed iron has a role in exacerbating fat cell (adipocyte) dysfunction.

Our current research focus in the GMRF laboratories is on how iron and the iron storage protein ferritin act to increase the inflammation that leads to liver injury.

These studies suggest a link between iron, ferritin and fat cell biology. This has implications for our understanding of how liver injury develops in fatty liver disease and alcoholic liver disease which are often complicated by elevated iron.

As these studies continue we hope to identify ways to slow down the injury process or develop treatments to help the millions of Australians battling liver disease.

This research is funded by GMRF donors. Please donate today to help the team progress their important work. To find out more or donate visit <a href="https://www.gallipoliresearch.com.au/research/liver-disease">www.gallipoliresearch.com.au/research/liver-disease</a>

## Liver Cancer Research





#### Researcher Profile: Lu Cao

Lu joined our Liver Cancer Unit as a Research Assistant in 2018 and has set her sights on a very aggressive form of primary liver cancer; cholangiocarcinoma. We caught up with her recently to get an update on her work:

## Most people wouldn't have heard of cholangiocarcinoma - what is it?

Cholangiocarcinoma, known as bile duct cancer, is a type of cancer that forms in the bile ducts. It is the second most common type of primary liver cancer.

#### How big an issue is it?

Currently it's quite rare, but the rate is rising. It is usually diagnosed in advanced stages which means it has limited therapeutic options. Survival is around just 12 months in most cases. There is a big gap between effective treatments currently available and the level of need. The development of better treatments is urgently required.

#### So how will your research help the situation?

I'm investigating the interrelationship between cancer stem

cells, immune modulators and metastasis. Cancer stem cells or CSCs represent the most malignant population of cells that are the drivers of tumour initiation, growth and metastasis. This research theme aims to identify how CSCs avoid immune responses and spread to a distant location, and evaluate methods to kill these cells.

#### What steps are required to progress this work?

First we need to enrich CSCs from other regular cancer cells, a tricky process in itself. Then we'll study their functions and behaviour, and determine the best gene ID to identify CSCs, as well as the essential modulator that endow CSCs with the ability to escape chemotherapy. We'll use "blockers" to inactivate these targets in order to eliminate CSCs.

#### What motivated you to become a cancer researcher?

Before moving to Australia from my home in China, I had done some work in liver cancer. The CSC theory on which my work is based has provided an important conceptual framework for understanding tumour progression and treatment. I am excited for the opportunity to contribute to furthering our understanding and opening new windows of attack against liver cancer.

# Cancer Wellness Program





# How yoga can be part of patients journey to wellness

Jenni Milton, certified Yoga Instructor and Cancer Care Nurse, GPH Cancer Wellness Program

Yoga enhances physical and emotional wellness cultivating a peace that many patients thought they had lost forever. As an adjuvant therapy, yoga and meditation can help cancer patients learn new ways to respond and work with disease and treatment side effects. It is for this reason that it yoga workshops are now offered by the GPH Cancer Wellness Program, funded by GMRF donors.

A solid body of evidence from experimental studies has indicated stress influences the immune system and contributes to the development and progress of immune-related diseases such as cancer. In 1989 a study by Stanford Psychiatrist David Spiegel found women with metastatic breast cancer who participated in a support group lived longer than those who did not. This support appeared as a variable which protected and/or mitigated stress levels which had a positive effect.

Likewise yoga, breath work and meditation can reduce stress and promote healing. Indeed the American Cancer Society (www.cancer.org), describes yoga as a "complementary therapy" which can "reduce levels of stress, and bring about feelings of relaxation and wellbeing and enhance quality of life for some patients with cancer". Instead of being stuck with a few grim options and suddenly being exiled to unfamiliar, frightening territory at diagnosis, we as health professionals can promote ways to help empower cancer patients to live with illness.

As a cancer care nurse and yoga teacher, I feel it is the responsibility of health practitioners to educate cancer patients how to accept their disease and not try to run away from it but to live with it while they must. We can guide their focus from trying to control their disease to practicing control over their body, mind and spirit.

You can help the GPH Cancer Wellness Program in providing yoga and other support services to cancer patients. Donate at <a href="https://www.gallipoliresearch.com.au/hospital-initiatives/cancer-wellness/">www.gallipoliresearch.com.au/hospital-initiatives/cancer-wellness/</a>

## **GMRF Clinical Trials Unit**



# Illness causes a sudden change to retirement plans

Serious illness can turn your whole life upside down in an instant. One day life is normal, the next could bring a diagnosis that changes everything. Brisbane local, Howard Ball, experienced this firsthand and shared his story with us...

I turned 60 in 2016, and as a member of the Queensland Police Force that means one thing: retirement. I had a few ideas in mind to keep myself busy; contract work, local traveling and a taste of 'grey nomad' living with the wife.

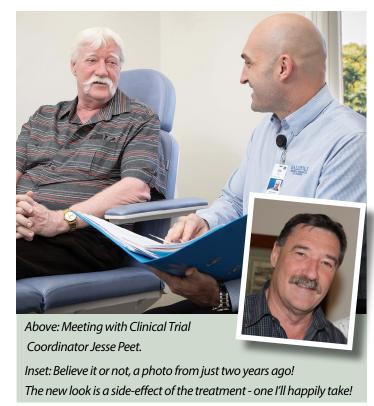
That's the way it goes - you figure out what your plan is, but then everything changes. It was later that same year I went to a health clinic with a rash and swelling in my groin, but not too worried. They ran a few tests, I saw a few doctors and was sent in for a PET scan. That's when the diagnosis came: advanced melanoma.

From that point, everything sort of goes into a big black hole. You don't want to put your life on hold, but with that kind of diagnosis you can't make solid plans for any sort of future either.

Soon after the diagnosis I was referred to Dr Victoria Atkinson, a Principal Investigator for the GMRF Clinical Trials Unit. She's the one who told me I was eligible for a trial at GMRF. It was either that or surgery, and after discussing it with the family I went for the trial.

I started the trial in February 2017 with monthly treatments and a quarterly scan. The results were encouraging to start with, but you never want to get to ahead of yourself.

I didn't have any real issues, but things were quite



restrictive for a while. I was really impressed with the whole clinical trials set-up. Everybody knew their part and there was never any false promises.

The treatment finished early, and I remember the words that ended it; Complete Response. Not cured per se, but they couldn't find a single cancer cell in my body. It was such a relief. Now I can start to look to the future again, I can go back to those plans.

This trial has made an incredible difference to me. If you're supporting the work of GMRF, then you have made this possible. It's not something in the future, or a possibility, there are real results coming from your support of medical research and for that I thank you!



Our Clinical Trials Unit offers ground-breaking new treatments to patients suffering from serious illnesses such as liver disease, respiratory illnesses and a number of types of cancer. Find out more at www.gallipoliresearch.com.au/clinical-trials-unit

## **GMRF Innovation Grants**



# Pilot study to help rehab patients return home sooner

With the help of GMRF donors, staff at Greenslopes Private Hospital are leading the way in innovative patient care through research to address the impact of cognitive impairment on orthopaedic patients undergoing rehabilitation.

Thanks to funding from the GMRF Innovation Grants Program, occupational therapist Carissa Bernal-Carrillo and staff at the Rehabilitation Unit are trialling a computer-based cognitive therapy program aimed at improving cognitive function, activities of daily living and outcomes for patients.

"Based on research I'd conducted as part of my Masters, I found that cognition is an influential factor that impacts on patient's length of stay and outcomes," Carissa says, "The research also indicated that our orthopaedic patients often present with a mild cognitive impairment which is not routinely addressed as part of the rehabilitation process."

Armed with the findings of her Masters research, Carissa successfully applied for a GMRF Innovation Grant in 2018. Now in its eighth year, the grants program has provided thousands of dollars in funding to enable GPH staff to conduct research into a range of areas to improve outcomes for hospital patients.

Carissa's project will trial the use of the computer-based program Rehacom. This software assists therapists in rehabilitating patients in the areas of attention, concentration, memory, perception and the function of day-to-day tasks.

"Previous cognitive therapy has all been paper-based or on IPads, which can be tricky for older patients to



Carissa Bernal-Carrillo is awarded a 2018 Innovation grant by GMRF Co-Patron Professor John Pearn

use," Carissa says, "This program allows us to simulate situations that are difficult to replicate in hospital. It can identify cognitive issues that may be associated with daily tasks, such as money management or shopping."

"With a program like this we can potentially better identify the resources and therapy suited to a patient's recovery as an inpatient and the services and supports a patient requires for discharge. It also allows us to start doing practice much earlier on, hopefully leading to patients getting home sooner."

Carissa and her team aim to run the pilot program from March to September this year and review the results to determine the impact on patient outcomes.

"I'm grateful to be given the opportunity to research something with the potential to be such a benefit to a variety of patients. Not only could this help patients during rehabilitation, but also longer term living at home safely and with a better quality of life."

Find out more at <u>www.gallipoliresearch.com.au/gmrf-innovation-grants</u>

Since 2012, GMRF has funded 16 research projects to help enhance clinical outcomes at Greenslopes Private Hospital The GMRF Innovation Grants are made possible by Thynne + Macartney Lawyers, Greenslopes Private Hospital and our very generous donors.





# Corporate Supporter Thynne + Macartney



# When does a document become a will?

Historically for a will to be valid it must meet strict formal requirements, including that it be in writing, signed by a testator who in turn signs in the presence of two witnesses.

However, over a decade ago, legislative amendments meant that documents that didn't meet these formal requirements could, with the assistance of the Court, become a valid will.

These changes have seen the following "documents" admitted to probate:

- hospital menu (with notes about a will on the back);
- writing on a wall;
- notes on an iPhone;
- an unsent text message;
- · video will; and
- files saved on a computer.

A more conventional example arises where a person has a will drafted by a solicitor, approves that draft but passes away or loses capacity before that will can actually be signed. Sadly, many informal wills are actually a part of a suicide note.

However, provided that there is a document, even an electronic one, which contains testamentary gifts (that is, gifts designed to take effect upon the death of the person) and which the person intends to be their will, the document could, with the assistance of the court, become a valid will.

However, because the document does not meet the formal requirements, the process of dealing with an informal will is far more expensive, time consuming and requires a hearing in the Supreme Court, before probate can be granted.

And, because many informal documents are not written by lawyers, they are often incomplete and contain inconsistencies and ambiguities. This often leads to further court proceedings to clarify how the estate should actually be dealt with.

Although it might be tempting to draft your own will, for the sake of time, money and simplicity, this is often a false economy. The costs of dealing with an informal, or even unclear, will could run into tens of thousands of dollars.

However, for a modest fee, a succession lawyer can draft a will that will meet the formal requirements and will give effect to your wishes.

If you have any questions, please contact one of the members of the Wills and Estates Team at Thynne & Macartney Lawyers.

If you would like to have an obligation-free chat about leaving a gift to GMRF in your Will, contact Sharon Wood on 07 3394 7508 or woodsharon@ramsayhealth.com.au



#### Excited to be partners in innovation!

The Thynne + Macartney team were there to celebrate with Catherine Stewart, winner of their Discovery Grant at the GMRF Research Awards Night. For three years, Thynne + Macartney have generously sponsored this award which has funded research to improve outcomes for patients at Greenslopes Private Hospital. You can find out more about the Innovation Grants Program at www.gallipoliresearch.com.au.

# **Our Community**



#### Walking the Road to pay tribute

Many of our amazing supporters share a common bond; the loss of a loved one due to serious illness and a desire to save others from that heartache.

One such group of supporters is Brian Davies and the family and friends of Brisbane local, Col Shields - Brian's Grade 7 teacher and Aussie Rules Coach. Col passed away in 2011 after a battle with melanoma. In an effort to help loved ones heal, Brian and Col's family launched the Col Shields Memorial Golf Day in 2012.

"We wanted to help find a cure, not just for melanoma but for all types of caner," Brian says. "There was a great amount of planning involved, but everyone pitched in and it brought us together"

Over the past seven years the Golf Day has raised \$17,000 for GMRF's cancer research. As a result, Col's name is now displayed on our Discovery Partner Honour Board, along with that of good mate and Golf Day organiser Roy Ryan.

While the Golf Day will continue, Brian is furthering his support of medical research with the the Great Ocean Walk, an initiative of the National Fire Industry Association (NFIA). As past president of 16 years and patron of the organisation, Brian is leading the way in promoting the walk to NFIA members and the public.

The three day trek will take 10 participants through national parks and along the stunning coastline of the the Great Ocean Road in Victoria. Funds raised from the trek will be split equally between GMRF and the Queensland



Brian (far right) with friends and family of Col Shields. Col's name was added to our Discovery Partner Honour Board in 2016.

Find out how you can have your name, or the name of a loved one, honoured on this board by calling us on 07 3394 7284.

Brain Institute at the University of Queensland.

"The response we've received has been fantastic," Brian says, "We've got five sponsors on board and a whole lot of interest in the cause, including GMRF's work in supporting returned soldiers."

Brian encourages everyone to get involved in community fundraising. "You can have a lot of fun," he says. "If something sad happens, this is a way to bring out some positives and help people grieve."

We are incredibly grateful for all our community group supporters. If you're interested in getting involved in fundraising for research, please call Sharon Wood, Community Partnerships Coordinator, on 07 3394 7284.

## **Our Community**





# Fundraising superstars the Diggers' Dozen need your help!

They say a trickle can lead to a stream and create a deluge, and that's exactly the approach the Diggers' Dozen volunteers at Greenslopes Private Hospital have taken to their support of GMRF's research.

Since the beginning of the Foundation's existence, the Diggers' Dozen have been fundraising through small donations collected throughout the hospital, raffle carts and other fundraisers such bake sales and bookfests.

As a result of their fundraising efforts over the past 14 years, the Diggers' Dozen have raised an incredible **\$297,900** for our research!

Diggers' Dozen President Betty Jenkins is eager to continue to the group's generous support, but they need help to do this. The group are on the lookout for two new volunteers to join their ranks to help sell raffle tickets throughout the hospital.

If you've got some spare time and are looking for a fun way to help your local community then this could be the perfect opportunity for you! You don't need any experience in fundraising or sales, just a warm and friendly attitude and a desire to meet new people. You'll be directly supporting GMRF's researchers and likely make some new friends along the way. The Diggers' Dozen are social bunch - regularly going out for lunches and movies together - and are excited at the prospect of two new friendly faces to join them!

If you are interested in getting involved please call GMRF on 07 3394 7284.



## BENEFITS OF VOLUNTEERING:

Need more motivation? Research indicates that there are many positives for the volunteer, including;

- Create a feeling of purpose and achievement
- Decrease feelings of isolation
- Enhance self-esteem and confidence
- Decrease depression and stress
- Enhance sleep patterns
- · Create deeper ties with the community
- Establish friendships with like-minded people
- Enhance overall physical health.

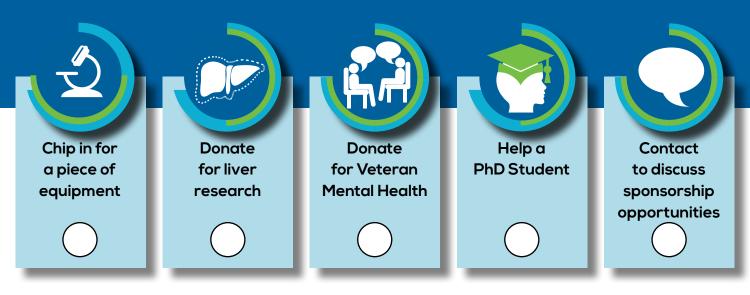
This information was provided by GMRF's good friends at RSL Queensland who are also big believers in volunteering!

# Our promise to you...

#### 100% of your donation is used to change lives.

The in-kind support we receive from Greenslopes Private Hospital, together with the income generated from our Clinical Trials Unit, covers our administration costs. Every cent of what you give goes directly to our medical research.





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#### You can donate online via our secure website at <u>www.gallipoliresearch.com.au</u>

Please return to: GMRF, Greenslopes Private Hospital, Newdegate Street, GREENSLOPES QLD 4120.

#### **Gallipoli Medical Research Foundation**

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