TRIBUTE

Newsletter of the Gallipoli Medical Research Foundation

Spring Edition 2019

"It's exciting to have my research recognised by experts. It tells me I am on the right track to make a real difference in the fight against liver cancer."

Ritu - GMRF PhD Student & GESA Young Investigator of the Year Finalist 2019

Growing the impact of clinical trials

Research into earlier cancer diagnosis

Study to help veterans transition after service

Gallipoli Medical Research Foundation is supported by - Greenslopes Private Hospital
Part of Ramsay Health Care

TRIBUTE

Welcome to the Spring 2019 edition of the Gallipoli Medical Research Foundation (GMRF)*Tribute*.

As you will read in this newsletter, expansion and growth have been a theme that's covered a number of our research projects and support initiatives.

Our Veteran Mental Health Initiative has undertaken three major studies that aim to address a broad spectrum of reintegration, transition and mental health issues affecting veterans and their families.

We are also continuing to work with Greenslopes Private Hospital (GPH) on expanding the GPH Cancer Wellness Program, proudly funded by GMRF. This is off the back of an outstanding year of growth which saw the program double its reach to 460 patients.

We've also funded a new cancer study and expanded the number of clinical trials offered for patients to access new treatments.

For more on what we've achieved together you can view our 2019 Impact Report online or call us to request a copy.

A big thank you to GMRF's committed and generous donors, community supporters, and corporate partners for making our work possible. This is your Tribute!

Miriam Dwyer
GMRF CEO

Liver Research

A step forward in liver transplant research

The dramatic increase in the prevalence rate of fatty liver disease in Australia has led to a rise in the number of donor livers unsuitable for transplant or that fail after transplantation.

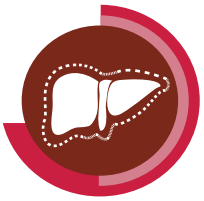
GMRF PhD Student Raji Baidya from the Liver Research Unit is working to address this and has recently identified key cell death pathways in transplant liver cells injured by fat and hypoxia (lack of oxygen).

"Due to the obesity epidemic, many potential donor livers will have excess fat. Fatty livers tend to fail or are susceptible to complications after transplant," Raji says.

Now that she has determined how these livers are failing, her focus will turn to how she can stop this process by targeting these pathways in order to reduce the likelihood of cell death in transplant livers.

To date, Raji has presented this work at five major conferences and completed the mid-candidature review of her PhD in July this year. With one year remaining, Raji will now perform further studies to test her theories.

"I'm now into the testing stage with experiments to determine if targeting the initiation and execution steps of cell death can improve overall liver function," Raji says.



Last year, 318 Australians received a liver transplant. 10-13% of recipients will die within three years of transplant, while 15-18% will require re-transplantation due to failure of the donor liver.

Cancer Research

GMRF Student making her mark in cancer research

As a second year PhD student, Ritu Strestha is just at the start of her career in hepatocellular carcinoma (HCC) research. Given what she's already achieved, the years ahead are bright and promising.

Ritu has embarked on a project identifying novel druggable targets to improve therapy for HCC, a primary liver cancer. She hasn't been daunted by the enormity of the problem primary liver cancer presents as a cancer with a survival rate of just 1-3% in advanced stages.

Ritu is exploring links between the process of epithelial to mesenchymal transition (EMT), immune checkpoints and cancer stem cells and how they are contributing to tumour progression and therapy resistance.

"It is still in the early stages, but the long-term impact of my project will be to improve the therapeutics in HCC by reducing resistance to treatment of cancer stem cells."

It's been a productive year for Ritu, completing the mid-candidature of her PhD in July and recognised as a finalist in the Young Investigator of the Year Award at the 2019 Gastroenterology Week in Adelaide in September.

"In the long run, my project will contribute to novel therapeutic approaches in HCC that can improve response rate and survival for patients."

"I'm proud of what I've achieved so far, but I'm still looking ahead because there's a lot more to do," Ritu says.

Ritu is now identifying pathways involved in regulation of immune checkpoints in HCC that contribute to therapy resistance and testing various inhibitor drugs.

You can help the team progress this important work by making a donation online at:
www.gallipoliresearch.com.au/research/liver-cancer

New research into earlier detection of oesophageal cancer

GMRF Affiliated Researcher, Associate Professor Luke Hourigan, is embarking on a new research project aimed at Barrett's Oesophagus (BO), a precursor to oesophageal cancer.

The Australian Barrett's Cohort with Dysplasia and Early Cancer Study (ABCDE Cancer Study) will analyse data from a national database of patients with dysplastic BO treated by A/Prof Hourigan. This data will then be used to identify at-risk patients for earlier detection and treatment for oesophageal cancer.

It is a timely study, with the rate of oesophageal cancer rising seven fold in the last three decades, far outstripping the rate of change for any other malignancy in the developed world.

"The outcomes of this study could be life-changing for thousands of Australians. If we can recognise patient risk factors that lead to progression of cancer, our surveillance strategies and treatment options could potentially be more targeted and effective, thereby slowing or potentially reducing the incidence rate of cancer," A/Prof Hourigan says.

1,338 Australians died from oesophageal cancer in 2016.

The study will use the extensive clinical data held in the ABCDE Cancer Study database to identify the risk factors that lead BO to progress to cancer.

A/Prof Hourigan hopes the findings will also contribute to treatment guidelines leading to more targeted and effective interventions.

This study has been made possible thanks to a generous GMRF donor and is on track to commence later this year.

Cancer Wellness Program

Greenslopes Private Hospital
Part of Ramsay Health Care

A growing community of support and wellness

The Cancer Wellness Program at Greenslopes Private Hospital (GPH) is centred on the philosophy that treating cancer takes caring.

Funded by GMRF to complement the outstanding medical treatment offered at GPH, the Cancer Wellness Program supports patients the whole way through their cancer journey.

Over the past 12 months alone, the program has doubled its reach, providing support and advice to 460 patients, their carers' and support networks.

This rapid growth highlights the value of the Program as more patients, carers and family members seek out its services. Participant feedback has been overwhelmingly positive, with patients feeling empowered in navigating cancer treatment, and supported by health professionals and a community of fellow cancer patients.

The growth and success of the program has prompted GMRF, together with Greenslopes Private Hospital, to look to the future and plan for an expanded program with the capacity to support even more patients and families. Program Coordinator Amanda Lucas is excited by what expansion could mean for patients.

"The first two years of this program have been a great success. However, we are still not getting to everyone on the program; more can be done to support the patients, their families and carers. The Cancer Wellness Program has the potential to develop into a flagship program that other centres can look to," Amanda says.

Plans for expansion include more regular seminars and activities such as craft and yoga as well as an online platform for patients and their support networks to access important information.

Over the past 12 months, the focus of the program has been on monthly education sessions providing patients and carers with practical tools and support to manage treatment and wellbeing. Sessions included:

- Supporting carers emotionally and physically
- Finance, superannuation and legal services
- Exercise, nutrition & cancer
- Survivorship and inspiration days
- Journaling
- Acupuncture, Qigong and self massage

460 Patients reached, over 200% growth in 12 months

248 Attendees at regular education sessions

21 Sessions and activities during 2018/2019

Cancer Wellness Program

Greenslopes Private Hospital
Part of Ramsay Health Care

In 2018 and 2019, the Cancer Wellness Program provided patients with access to a range of new activities and alternative therapies to complement clinical treatment.

"Many patients want to learn about the traditional and practical therapies out there, but in the safety of a hospital setting, knowing the presenters we find are trained and professional," Amanda says.

As well as providing valuable advice and information, craft and other activity sessions have created the opportunity for patients and carers to connect with one another. It is this aspect of community that Elise Henry, who was diagnosed with breast cancer in February 2018, says is one of the program's greatest strengths.

"A big part of my recovery was finding this community and connecting with women who understood what I was going through," Elise says.

After completing active treatment earlier this year, Elise has become a strong advocate of taking a holistic approach to cancer treatment and wrap-around services like the Cancer Wellness Program.

"It's not just about clinical treatment. There is so much else that goes on when you're going through the cancer journey. If I hadn't accessed the Wellness Program services and community I don't think I would be functioning now. Medically I might be better, but mentally and emotionally I'd still be a wreck," Elise says.

As part of the increasing schedule of activities, yoga is now a regular offering.

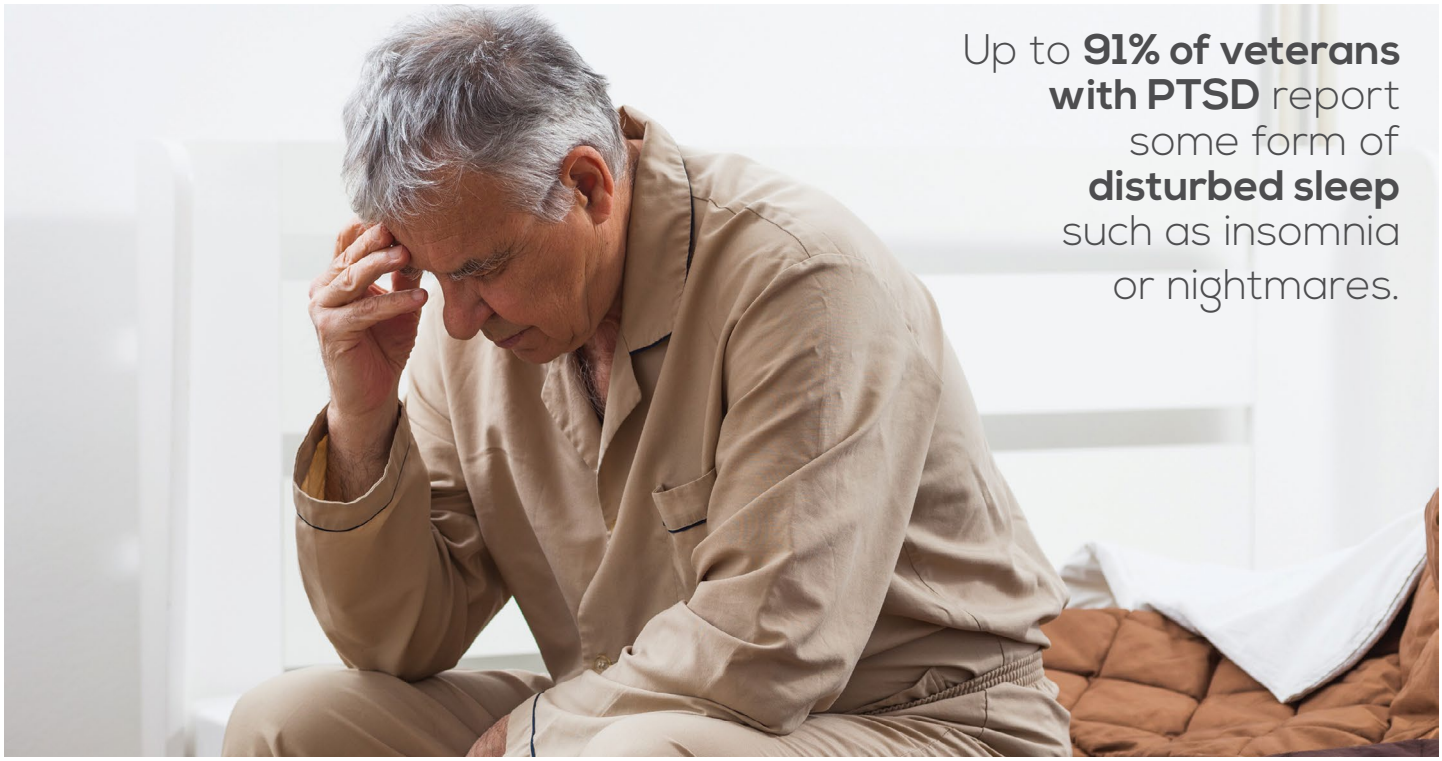
"The seated yoga is really accessible for everybody. Older patients and people who are not feeling well on treatment may still be able to participate. It feels like you've got a bit of control back when you can start even gentle exercise," Elise says.

To get involved in the Cancer Wellness Program, contact Program Coordinator Amanda Lucas on 07 3394 7669.

The GPH Cancer Wellness Program is proudly funded by GMRF. You can support this program by making a donation at: http://bit.ly/GMRF-CancerWellness

"The longer I went to the program, the more confident I became through treatment."

Veteran Sleep Study



Changing the way we treat sleep issues for our veterans

Sleep is vital to overall health and wellbeing. It recharges body and mind, promotes muscle growth, and optimises brain function. But for many veterans with PTSD, a good night's sleep is hard to achieve.

To address this issue, GMRF has launched the Veteran Sleep Therapy Study. Funded by the Department of Veterans' Affairs, the study is investigating the use of innovative coping and behavioural management techniques to improve the sleep of veterans with posttraumatic stress disorder (PTSD) and disturbed sleep.

Principal Investigator of the study, Dr Justine Evans says, "The statistics clearly show disturbed sleep is a widespread problem in veteran PTSD communities. What the stats can't convey as clearly is the huge impact sleep disturbance has on quality of life.

"Disturbed sleep can prevent people from engaging in physical activity, from finding employment, engaging in family activities, and carrying out routine tasks."

The study offers free group treatment in the form of either Cognitive Behavioural Therapy for Insomnia (CBT-I), or CBT-I and Imagery Rehearsal Therapy (IRT) combined.

CBT-I, the current gold-standard treatment, aims to improve sleep habits and behaviours by identifying and changing the thoughts and the behaviours that affect the ability of a person to sleep or sleep well.

IRT aims to equip patients with strategies to alter recurrent nightmares by "rescripting" an alternative, non-distressing ending to a nightmare. Individuals practice "rehearsing" the altered dream, with the goal of reducing the frequency and intensity of upsetting dreams.

"The study is focusing on some of the most common sleep problems that veterans' with PTSD experience, including insomnia, nightmares, and sleep apnoea. A unique feature of the study is that we are also interested in knowing whether individual risk of sleep apnoea, which is common in veterans, impacts on CBT-I and IRT treatment outcomes," Dr Evans says.

To find out more about the GMRF Veteran Sleep Therapy Study, visit http://bit.ly/GMRF-VSTS or call the GMRF team on 07 3394 7284.

Military Reintegration and Transition

Our Veteran Reintegration Research revealed:
78% of veterans reported experiencing a difficult transition to civilian life.

Launching a new phase in reintegration research

The Military Reintegration Study, launched in April this year, is aiming to identify and target the core of reintegration difficulties for our veterans. The goal is to provide a practical solution: an innovative tool to assist in the earlier detection of reintegration difficulties and the development of targeted interventions for clinicians.

The study is an extension of the five-year Veteran Reintegration Study conducted in partnership with RSL Queensland. It aims to improve transition for Australian Defence Force (ADF) personnel by developing a method to determine 'readiness' for civilian life prior to discharge.

GMRF's reintegration research has found that 78% of veterans struggle with the transition process from military service to civilian life. The issues can present in many ways: difficulty finding work, the breakdown of family and other relationships, or mental health issues such as depression and anxiety.

While further support is needed to help veterans manage these issues, the aim of the Military Reintegration Study is to take this one step further and develop tools aimed at identifying potential issues before they arise.

GMRF Associate Director of Mental Health Research Dr Madeline Romaniuk and her team have had a busy 12 months, analysing over 725 survey responses from veterans, and using the information to develop a series of questionnaires for current serving personnel who are in the process of discharging from the regular ADF.

"This phase of research is focused on the development of two psychometric assessment tools – the first of their kind available globally," Dr Romaniuk says.

Highlighting the potential benefit of the tools, the

As part of study recruitment, Major General Natasha Fox, Head of People Capability for the Australian Defence Force visited GMRF and assisted in the filming of promotional material.

Military Reintegration Study has gained organisational support and Command approval from the Australian Defence Force as well as Department of Defence – Joint Health Command.

"Through their support of this research, Defence is demonstrating that they understand the importance of this issue and are proactively invested in solutions," Dr Romaniuk says.

"It's our hope these tools will be used by health care providers, case mangers, and transition coaches as routine practice to enable timely detection and assessment of reintegration difficulties. The findings may also lead to new targeted interventions for clinicians."

Find out more about the Military Reintegration Study and GMRF's other veteran research at: www.gallipoliresearch.com.au/veteranhealth.

This study is conducted in partnership with RSL Queensland.

RSL Queensland

Other Veteran Research

Managing chronic pain with mind and body

Countless veterans have experienced the impact chronic pain has on their mind, but many may not have experienced the transformative benefit their mind can have on managing their pain.

GMRF GP Ambassador, Dr Phil Parker, is a veteran and general practitioner based in Brisbane who treats veterans and civilians struggling with chronic pain.

"Around 11 per cent of all GP encounters in Australia involve chronic pain. It can be challenging for a patient to achieve control of the pain. I've seen many patients who get desperate for anything that might fix the problem quickly," Dr Parker says.

"The impact goes far beyond the physical. It can impact your mood, limit motivation to look after yourself, increase fatigue and impact work performance and maintaining personal relationships."

Medication plays a role in pain management, but GPs and other allied practitioners also try to support patients in ways aimed at providing longer-term benefit – such as cognitive behavioural therapy.

If you suffer from chronic pain, it is important to remember that while there may not be 'cures' there is help available. There are several specialised programs aimed at helping chronic pain sufferers to live the best lives possible.

The Wellness Centre based at Greenslopes Private Hospital (GPH) offers a six-week program to veterans and civilians who suffer from chronic pain. The Independent Management of Pain through Activity and Cognitive Therapy (IMPACT), equips chronic pain sufferers to self-manage their condition.

IMPACT Program Occupational Therapist, Jenny Pashley, says there is hope for sufferers if they have a proactive mindset to treatment and management of pain.

"Veterans are used to 'pushing through', but pacing exercise and movement is crucial to retrain the system and avoid a 'boom and bust' approach," Jenny says.

"Some people become fearful of movement because of the pain, which reduces mobility and increases severity. We teach cognitive behavioural techniques, where patients learn ways of movement that don't cause pain to flare up, which reintroduces confidence in increasing activity levels."

GMRF provided grant funding for Jenny and other staff at the Keith Payne Unit at GPH to conduct research into the psychological and functional outcomes of the IMPACT Program in 2015.

"The research showed veterans who completed the program had a significant reduction in measures of anxiety, stress and depression than the veteran control group. We've had some people become pain free, but mostly it's about increased activity, managing the pain and reducing the amount of pain medication, which leads to an improved quality of life."

The IMPACT Program is accessible by pain specialist referrals. If you are interested in finding out more about the program, contact the IMPACT team on 07 3394 7030.

If you or someone you know is affected by chronic pain, Dr Parker's general advice for you is;

Identify stressful areas of your life – A demanding job or minimal rest periods can worsen chronic pain.

Reduce alcohol intake – Alcohol can lead to a long-term worsening of pain and heightened pain sensitivity.

Focus on sleep – Developing good sleep routine and hygiene practices can lead to a reduced pain sensitivity during the day.

Get moving – Exercise has a demonstrated benefit to reducing chronic pain, but should be developed as part of a plan with a physiotherapist.

Get your family involved – Family can play an important role in encouraging socialisation, adherence to exercise and sleep routines.

Wartime photos inspire daughter's passion

By Louise Liddiard-Smith

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

When Rod Whitaker was deployed to East Timor in 2000 as a driver with 6 BSG UNTAET, taking his film camera with him was a way of recording his memories. For his daughter Rhiannon, those photos are a way of connecting with her father's time away from home.

"It's nice to look back on what he experienced, and I get to experience that through his photos," Rhiannon says.

Now in her third year of a Bachelor of Photography at Griffith University, Rhiannon credits her father with helping her discover her passion.

"His photos inspired me to be the photographer I am at the moment, and hope to be in the future," she says.

The RSL Queensland Scholarship, managed by the Australian Veterans' Children Assistance Trust (AVCAT), is helping Rhiannon make the most of her time at university.

"Having the scholarship behind me, it really helps to focus on my grades and my marks. Working 25 hours a week and trying to do 40 hours a week of uni, it really takes a toll on you," Rhiannon explains.

"So being able to put that aside and then focus solely on my degree and my work is really helpful."

As she comes to the end of her time at university, Rhiannon encourages potential students to consider further education.

"It's really important for pushing yourself and finding what you really want to do in life," she says.

It means a great deal to Rhiannon that the RSL Queensland Scholarship, managed by AVCAT, is available to veteran dependants.

"It is really important to keep that support going, because I know a lot of families do struggle when they come out of Defence. I would definitely recommend this scholarship to anyone who's eligible. Honestly, it's a bit of a life changer."

Applications for 2020 Veteran Dependant Scholarships close on 31 October 2019. RSL Queensland also provides scholarships for ex-Defence personnel and their partners. Learn more at rslqld.org/scholarships.

GMRF Clinical Trials Unit

Growth of clinical trials gives hope for the future

For over thirty years, Associate Director of Clinical Trials, Dr Suzanne Elliott, has been a part of the process that turns medical research into the new treatments available today. She shares the changes she's seen in clinical trials, the growth of the GMRF Clinical Trials Unit (CTU), and what's next for the Unit.

What changes have you seen in clinical trials over your years in the industry?

The variety and complexity of the studies, and the demands of the clients have significantly increased in the past 30 years. The drugs themselves are much more sophisticated and complex these days. There's also now biomarker testing associated with each trial as routine practice - comparing differences between disease and normal tissue as well as why some participants respond and others don't. The data collected identifies new targets for future trials.

What's your experience of the patient perceptions of clinical trials?

Many patients don't even consider a clinical trial as an option. In oncology only 5% participate in trials. For us, it's about making trials accessible so patients consider them as an option. The drugs we use today can only be used because patients went on trials. Personally I think there is a lack of awareness for this process. I think the people who go on trials are heroes. They're giving their valuable time to research. It may or may not cure them, but it will provide vital information for future patients.

What does it mean to you to be recognised as the ARCS Favourite Investigational Site yet again?

I'm absolutely thrilled! It's lovely to have the support of our valued clients and to be recognised by our peers. It is a credit to my wonderful team, the investigators, and Greenslopes Private Hospital who support these trials.

How has the CTU changed in your time as Manager?

When I first started we had 80-90% of our trials in oncology, now it's about 65%. Primarily we are covering melanoma, lung, prostate and other cancers, but our disease range has grown in alignment with GMRF's lab research focus to include respiratory illnesses and liver disease. We also have a growing pool of clinicians, with 13 across all trial areas.

The CTU hat-trick! The team were delighted to be awarded the Favourite Investigational Site in Australia 2019 by the Association of Regulatory and Clinical Scientists (ARCS) - making it the third year straight!

What gets you most excited for this work?

I am passionate about the end result. Trials can produce a new drug for patients who didn't have many options, and my team and I get to be part of making this happen.

Our Clinical Trials Unit offers ground-breaking new treatments to patients suffering a range of serious illnesses. Find out more at www.gallipoliresearch.com.au/clinical-trials-unit

GMRF Research Awards Night

Celebrating our progress in research together

On October 2, GMRF held one of its favourite events of the year; the Research Awards Night. It was a night to celebrate the progress we've made, highlight the impact of past and current research, and look to the future with the announcement of new GMRF and Innovation Grant research projects.

Highlighted throughout the evening was the innovation, impact and influence of GMRF's researchers, projects and contribution to policy and novel treatments.

We were delighted to announce two Innovation Grant recipients for 2019 *(featured on right)* as well as an Affiliated Research Award *(page 3)* for a new cancer study. Presentations from past recipients demonstrated the outcomes being produced, including changes to training procedures and further research to increase the scope and impact of Innovation Grant projects.

Testament to GMRF's growing reputation in delivering high-impact research, we were honoured to have some distinguished guests join us for the Research Awards Night, including GMRF Patron Dame Quentin Bryce, Brigadier Andrew Hocking and Assistant Minister of State Assisting the Premier, Ms Jennifer Howard. GMRF Ambassador and Channel 7 Presenter, Pat Welsh, set the tone for an enjoyable evening as emcee.

Guests also heard from Simon Cleary, author of 'The War Artist', a novel on the journey of healing from war trauma, which had been informed, in part, from GMRF staff.

It was a proud night for GMRF and it's supporters, one that spurs the team on to another 12 months of innovation, influence and impact!

GPH Medical Education Coordinator, Dr Tracey Papinczak, was awarded the Thynne + Macartney Discovery Grant 2019 for her project aimed at increasing knowledge and skills in communications of Junior Medical officers with patients and peers.

GPH Physiotherapist, Gina Holland, was the worthy recipient of the 2019 GMRF Innovation Grant Award for her project aimed at improving lung function for patients post Open Heart Surgery through High-Flow Oxygen Therapy.

GMRF Innovation Grants

Research alleviating the burden of pressure injuries

The prevalence of pressure injuries is increasing in hospitals around Australia, putting strain on staff resources, costing the healthcare system, and causing further harm to patients.

Pressure injuries, commonly called bedsores, are localised injuries to the skin or underlying tissue as a result of pressure or friction. Patients who develop a pressure injury while in hospital have an average of almost 24 days longer length of stay than patients who do not acquire pressure injuries.

Extended stays, nursing time, and further operations to treat severe pressure injuries contribute to a combined estimated cost on the healthcare system of almost $50,000 per patient.

Nurse Unit Manager Catherine Stuart has worked at Greenslopes Private Hospital for almost two decades and has seen firsthand the significant impact of pressure injuries. Motivated by a desire to turn these observations into improved outcomes for patients, Catherine applied for a GMRF Innovation Grant.

Now in it's eighth year, the GMRF Innovation Grants provides funding to GPH staff to establish a research project aimed at enhancing outcomes for hospital patients and staff.

The driving theory behind Catherine's research project was that the rate of pressure injuries could be significantly decreased by extending and improving staff education on prevention and management.

Catherine conducted an education module which included a test mannequin, resources and a Specialist Wound Nurse who visited wards to educate staff on pressure injury staging, management and prevention.

Catherine and Hayley with 'Seymour' the training mannequin, presented their findings at the Research Awards Night 2019.

The education strategy was conducted over a three month period from May-July 2019 (the months with the highest reported rates of pressure injuries), providing in-service training to 452 staff, which included 344 one-to-one training sessions.

As a result, there was a significant decrease in the number of pressure injuries compared to the corresponding period in 2018. Also, 95% staff surveyed reported an increased confidence in detecting pressure injuries.

"The results confirmed my theory. The increase in education and knowledge has improved detection of pressure injuries earlier, especially for our high-risk patients," Catherine says.

"The value this research project provided hasn't been limited to just one ward," Catherine says. "Improved education can help to enhance the health of patients throughout the hospital."

This grant was proudly funded by GMRF Discovery Partner Thynne + Macartney Lawyers.

Since 2012, GMRF has funded **19 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.

Thynne Macartney Lawyers

Greenslopes Private Hospital
Part of Ramsay Health Care

When does a document become a Will?

Hear from an expert: Karen from Thynne + Macartney Lawyers

I've been an estates lawyer for over a decade and had the privilege of helping clients work through their estate plans. I have also advised many family members on a difficult estate administration or who had the prospect of approaching the Supreme Court for assistance. So I thought I would share my top three tips (and traps to avoid!).

Make a Will

It sounds so obvious and easy, but with so many of us being time poor, it is easy to put off making a Will. In my view, everyone aged 18+ should make a Will. If you don't, you run the risk of dying "intestate" and the rules of intestacy apply. Intestacy rules are a standard set of rules for the distribution of an estate where there is no Will. Unfortunately, the intestacy rules rarely represent how you would choose to distribute your estate.

It is also important to nominate an executor, who can stand in your shoes and take control of your affairs from the date of your death. If you do not have a Will, an application will usually need to be made to the court for an administrator to be appointed, which can take a couple of months from start to finish.

Engage a lawyer to prepare your Will

I have seen hundreds of Wills during my career, including "homemade" or "newsagent" Wills. With a few exceptions, the majority of such Wills result in costly court appearances to ensure that the Will Maker's intentions were upheld. This is very unfortunate as the main reason usually given by the Will Maker for not seeking legal advice at the time was a desire to avoid costs.

There are many specific rules which lawyers experienced with Wills can assist you to successfully navigate. For example, it is particularly important to ensure that the identity of any beneficiary is properly described. In the case of a charitable beneficiary, this means getting the proper name of the charitable beneficiary from the organisation itself as the name it is most commonly known by may be different. A failure to do so may mean an application to the court. The court may need to decide whether the words used in the Will can be interpreted as referring to a particular charity. For example, if evidence can be produced that the Will Maker often contributed to a similarly named charity, this may be sufficient for the court to order that gift to be paid to that charity instead.

In other cases where there is no such history, if more than one charity fits the description, or if the charity has ceased to exist, the court may administer the gift cy pres. This means the court will order the gift be given to one or more organisations that fit the Will Maker's description.

While many problems with homemade Wills can be rectified, this usually requires court intervention. These costs could be in excess of $10,000. The cost and stress for your loved ones during a difficult time can easily be avoided by the modest cost of engaging a lawyer to prepare a Will. An experienced lawyer will also help you to identify any other documents required to complete your estate plan, such as a beneficiary nomination for your superannuation or life insurance policy.

Regularly review your Will

I recommend reviewing your Will at the same time each year, such as when filing tax returns or at New Year. No changes will be necessary most years, however, if you or any of your beneficiaries marry, divorce, die or are born (eg grandchildren), you may need to update your Will. Some events (such as marriage, divorce or the ending of a de facto relationship) automatically revoke your Will, or at least parts of it.

For further information, please contact Karen Gaston on kgaston@thymac.com.au or (07) 3231 8835.

Our Community

Veteran Ambassador to walk in Diggers' footsteps

Running along the coastline of Victoria, the Great Ocean Road is an undeniably beautiful stretch that draws in tourists from all over the world.

While thousands of trekkers walk the track every year, there is a group undertaking the challenge in October that have extra special motivation.

The National Fire Industry Association (NFIA) Patron's Annual Walk for Charity have chosen GMRF, alongside the Queensland Brain Institute, as beneficiaries of a four day fundraising trek. The combined efforts of organisers Brian and Liz Davies and eight other trekkers have already raised over $200,000 for the two charities.

GMRF Veteran Ambassador, Ex Special Forces Commando Tim Thomas is taking part in the trek, and is excited for the connection the Great Ocean Road has for his fellow service personnel - a road which was built in part by returning Diggers from the First World War.

"It was important for me to participate in the NFIA walk," Tim says.

"The building of that road created a goal for ADF members to pursue, and I'm sure in pursuit of that goal many healing experiences occurred."

With a $10,000 fundraising target, Tim says "My goal is to create healing experiences for ADF members and my wider community through this effort."

You can support Tim on his fundraising journey by making a donation at: http://bit.ly/NFIAWALK-Tim

The Col's Shields Memorial Golf Day was on again in September 2019, with the group raising $4,008 for GMRF's cancer research.

The Right Note hosted the Garage Bar Choir in September, singing together as one voice and raising $1,050 for the Cancer Wellness Program.

New GMRF team member here for our community

I am delighted to have been appointed as the GMRF Community Engagement & Fundraising Coordinator. My role gives me the opportunity to get to know our generous supporters. I am also keen to engage with the community groups who support GMRF through fundraising events and activities. If you would like to invite me to your community group, business or association to share the work of GMRF, or simply catch up for a coffee and a chat to find out how you can help, please get in touch. I would love to meet you.

Tracey Lowe | 07 3394 7508 | lowet@ramsayhealth.com.au

Run for Remembrance

Greenslopes Private Hospital
Part of Ramsay Health Care

In 2017, 229 runners and walkers took part in the inaugural Red Run to pay tribute to our veterans and support GMRF's research. In 2018, we doubled the numbers with 487 taking to the start line. We're keen to double our numbers again as we line up to run for Remembrance in 2019.

Held at Kedron-Wavell Services Club on Sunday 3rd November 2019, the Red Run is all about bringing the community together in a show of support for our veterans in the lead up to Remembrance Day. With tunes from the 7th Brigade Band, prizes to be won and interaction with the 2nd and 14th Light Horsemen, the Red Run is also a lot of fun!

So how do you get involved? It's as easy as 1,2,3!

1. Register as an individual or get a team together

The more the merrier! Sign up as individual, family, or team. As a friend of GMRF, you can enter GMRF10 in the coupon code and get a 10% discount on your registration fee. Be one of the first 500 to register and you'll receive a free Red Run T-shirt!

2. Set up your fundraising page

Once you've signed up to run, walk or jog, set up a fundraising page at everydayhero.com.au/event/red-run to start fundraising. Every dollar you raise will go directly to research aimed at enhancing the health and wellbeing of veterans and their families.

3. Spread the word!

Help us raise awareness and encourage more people to get involved by spreading the word about Red Run to your family and friends. Go on Facebook and like our page (GallipoliResearch) and share the event, share your training progress or promote your fundraising page.

For help setting up your fundraising page, or for fundraising ideas, contact Tracey on 07 3394 7508 or at lowet@ramsayhealth.com.au.

Find out more at www.redrun.com.au

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"Rotarians have a saying that 'We turn conversations into actions' so in 2017 when we heard about the inaugural Red Run and the work of GMRF our members voted to support this event and have continued to do so."

Marie Turner | Chair of the Services Committee

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 you give goes directly to our medical research.

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

Gallipoli Medical Research Foundation

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