

Friendly Life

NDIS SERVICES EXPAND
AT THE FRIENDLIES
Story Page 2



**Friendly Society
Private Hospital**

Leading Healthcare for the Wide Bay

thefriendlies.org.au

f friendlysocietyprivatehospital

NEW THERAPY TO LIMIT HAIR LOSS FROM CHEMOTHERAPY NOW AVAILABLE AT THE FRIENDLIES

A complementary therapy that limits hair loss in patients receiving chemotherapy has been made available in Bundaberg for the first time, thanks to The Friendlies Foundation purchase of a \$50,000 machine.

Patients at the Friendly Society Private Hospital have already begun using the Scalp Cooling Machine, which works to reduce the temperature of the scalp immediately before, during and after chemotherapy treatment. This reduces the blood flow to hair follicles which can prevent or minimise hair loss.

Nurse Unit Manager of Day Oncology DA Halpin said if a patient wanted access to scalp cooling previously, they had to travel to Brisbane for their chemotherapy treatments.

"A lot of patients, especially women, feel very self-conscious when they start to lose their hair as a result of chemotherapy treatment," Ms Halpin said.

"We are so pleased we can now offer this service locally so patients don't have to make the difficult decision of travelling to Brisbane to access this new hair-saving therapy."

The Friendlies Foundation public relations officer Tunja Cottier said the foundation would continue to support the Friendly Society Private Hospital as it worked to grow vital oncology services locally.

"The need for oncology services continues to grow. This donation by The Friendlies Foundation has enhanced The Friendlies ability to improve patient outcomes by funding this equipment which goes beyond the treatment of cancer and supports the patients emotionally," Ms Cottier said.

Photo from Left to Right: Patients Helen Rimmington and Helena Adams with The Friendlies Foundation public relations officer Tunja Cottier and Day Oncology Nurse Unit Manager DA Halpin inspect the new Scalp Cooling Machine.

Helena Adams was the first patient at The Friendlies to utilise the exciting technology.

Mrs Adams said as a business owner, preventing hair loss gave her the comfort of choosing who to tell about her treatment.

"I have had some natural thinning but I haven't lost any clumps of hair. People who don't know me wouldn't know I was having chemotherapy. I think this kind of treatment is beneficial to everyone, but especially to people in the public eye," she said.



LEAVE A LASTING LEGACY WITH The Friendlies Friendship Tree



The Friendlies Foundation Friendship Tree represents the special relationships that grow in a healthcare setting.

Public Relations Officer Tunja Cottier said this beautiful hand-painted tree not only added colour and life to The Friendlies hospital foyer, but served a special purpose.

"We have special leaves that can be added to the tree in memory of a loved one, in thanks of a staff member or team, or simply to show people's support of The Friendlies," Ms Cottier said.

"The foundation is happy for anyone to come and add a leaf to the tree. If people would like to make a donation alongside their leaf, we would be most grateful."

"Any donation or leaf placed on the tree really represents a lasting legacy to healthcare in our community for decades to come," Ms Cottier said.

All money raised by The Friendlies Foundation supports The Friendlies in continuing to be a leader of regional healthcare.

"Without a sense of
Caring
There can be no sense of
Community"



NDIS SERVICES EXPAND WITH COORDINATOR AND DEDICATED TRIAL SPACE



NDIS services at The Friendlies have continued to grow with the appointment of NDIS coordinator Fiona Field and the opening of a dedicated space for equipment trials.

Fiona has joined The Friendlies team after working in the disability sector for more than 10 years.

"I am really excited to join The Friendlies to help further grow the NDIS services and extend our delivery to Home Care Package Providers in the region," Fiona said.

Fiona works closely with our allied health, pharmacy and maintenance teams to deliver a range of services to NDIS participants.

The Friendlies has recently opened a display home on Crofton Street, to complement other service offerings such as assessments, treatments, equipment, consumables and home modifications.

"It is fantastic we have been able to open this space as a dedicated house for NDIS participants and Home Care Package Providers," Fiona said.

"This house is set up with a large range of equipment such as home care beds and lift chairs, so participants can try the different styles and models and see what will best meet their needs before they purchase."

House trials can be arranged through occupational therapists at Friendlies Physiotherapy & Allied Health on 4331 1888. Other Occupational Therapists and Home Care Package Providers are welcome to use the house for equipment trials by calling Fiona on 4331 1027, or emailing ndis@thefriendlies.org.au.

THE FRIENDLIES WELCOMES NEW OT

Jared Clifford has joined Friendlies Physiotherapy & Allied Health as a senior occupational therapist.

Jared has extensive experience working as an Occupational therapist including:

- » Management of an occupational therapy department within the aged care sector including provision of therapies and manual handling education.
- » Senior position with the NHS based in London for two years in a community rapid response supported discharge role.
- » Management of an occupational rehabilitation team focusing on the rehabilitation of injured mine workers including the creation of a dynamic exercise program for injury prevention.
- » Lead occupational therapist for seating and equipment prescription in Newcastle in the private sector.
- » Senior role within a large private company in Newcastle dealing predominantly with complex NDIS clients.

Jared's areas of interest include hand therapy and how hand injuries impact on individuals day to day life, as well specialising in equipment prescription, home modifications, hand therapy and paediatrics.

The Friendlies now has three occupational therapists, six physiotherapists and a podiatrist who offer a range of services and treatments to both children and adults, as well as being an NDIS provider.



To make an appointment with Jared or one of our other Friendlies Physiotherapy and Allied Health staff, call our friendly team on 4331 1888



Falls Prevention & Exercise Program

FULLY SUPERVISED CLASSES WITH A PHYSIOTHERAPIST AND PERSONAL TRAINER WORKING ON

Upper Limb
Strength

Lower Limb
Strength

Core
Stability

Balance

Tuesdays & Thursday's • 9am to 10am • 10am to 11am • \$15*

*May be claimable on private health extras. Physio assessment required before participation in class. We recommend 10 classes over 5 weeks.



For more details or to book
Telephone 4331 1888
or Email alliedhealth@thefriendlies.org.au
FRIENDLY SOCIETY PRIVATE HOSPITAL
19-23 Bingera Street, Bundaberg





When you have an emergency, you need a comprehensive healthcare facility that puts your mind at ease, every step of the way.

AT THE FRIENDLIES YOU CAN EXPECT:

- Minimal Wait Times
- Specialist Led-Department
- New state of the art facilities with a welcoming environment
- Leading Edge medical technology
- Experienced and compassionate professionals with advanced training in emergency care

It is easy to choose The Friendlies Emergency Department, as no appointment, referral or private health insurance is required.

MEETING COMMUNITY HEALTH NEEDS

As a community pharmacy, The Friendlies do more than just dispense medication. Our pharmacists, led by Chief Pharmacist Jason Vizgoft, can offer a range of professional services.

Jason joined The Friendlies team last year after relocating to Bundaberg in 2011. Jason has a special interest in community pharmacy and has worked at a number of pharmacies across Bundaberg including Blooms, Priceline and Carlyle Gardens.

Our team work alongside GPs and other health professionals to make sure our customers have the most current information regarding their health and disease management. This helps to ensure our customers' health needs are not only being met, but are being supported through their pharmacy as well.

WE DO THIS THROUGH A NUMBER OF PROFESSIONAL PROGRAMS SUCH AS:

- MedsCheck • Vaccinations
- DNA Testing • Blood Pressure monitoring
- Diabetes services, including glucose testing
 - Wound Care • Sleep Apnoea & CPAP
 - Home Medication Reviews
- Health Clinics • Weight Loss Management

TO FIND OUT MORE ABOUT OUR
PROFESSIONAL SERVICES, ASK TO SPEAK
TO ONE OF OUR PHARMACISTS.



LATEST 3T MRI TECHNOLOGY comes to Friendly Society Private Hospital

The Bundaberg community has access to a new, state-of-the-art Medicare-rebateable 3T MRI scanner thanks to I-MED Radiology located in the Friendly Society Private Hospital. The scanner is the latest 3T Magnetic Resonance Imaging scanner from Siemens Healthineers and offers revolutionary technology that automatically adapts to the individual anatomical and physiological differences of patients to enable customised, high quality imaging without the use of ionising radiation. It is the first of its kind to be installed in a regional radiology facility in Queensland.



The scanner is now operational, and I-MED Radiology Bundaberg is currently taking appointments for patients with an appropriate GP or Specialist MRI referral.

TELEPHONE: 4131 2800

PODIATRY

At Friendlies Physiotherapy & Allied Health

- ▶ Foot & Ankle Pain
- ▶ General foot care
- ▶ Nail Surgery
- ▶ Sports Injuries
- ▶ Diabetes Assessment
- ▶ Orthotics
- ▶ NDIS Referrals Accepted
- ▶ DVA Referrals Accepted
- ▶ EPC Referrals Accepted



T 07 4331 1888

E alliedhealth@thefriendlies.org.au





Keeping You Healthy at Home



PHARMACY PRODUCTS ON SALE SATURDAY FEBRUARY TO SATURDAY MARCH 2.

VEHICLE HANDY BAR

- A portable device designed to help you safely get in and out of a car, it simply inserts into the door latch of your vehicle to act as a temporary handle.

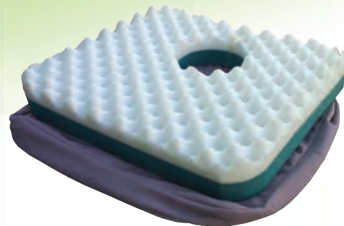
\$42.95

REG \$54.95



COCYX RING CUSHION

- Off-centred cut out for pressure relief.
- Reduces pressure on the coccyx or haemorrhoids.
- Promotes correct posture.



\$54.95

REG \$69.95

- Removable washable cover

FREEDOM OVERBED TABLE

- Height adjustable
- Tilt and table top angle adjustment
- Folds for easy storage
- Lockable castors



\$170

REG \$219.00

- Sturdy powder coated steel frame

ASPIRE HIGH BACK CLASSIC DAY CHAIR

- Available in Champagne or Slate
- Adjustable legs.
- Contoured backrest in high-back design, provides increased postural support.
- Powder coated steel frame making cleaning easy.



\$299

REG \$455.00



OMRON BLOOD PRESSURE MONITOR 7121

- Stores 30 measurements in memory. Including date & time, irregular heartbeat, hypertension and also body movement indicators.
- Cuff Size 22cm-42cm arm circumference.

\$95.00

REG \$119.00



BATH BOARD

- Easy grip handle for secure transfers, drainage holes.
- Adjustable legs to fit a large range of tubs.
- Portable & lightweight.

\$69.95

REG \$89.95



MLE PEDAL EXERCISER

- Easy to assemble, compact & totally portable.
- Ideal for those with limited movement. Helps promote muscle tone and movement.



\$45.95

REG \$59.95



SHEEP SKIN PLATE WITH STRAPS

- 100% Australian Made Sheepskin.
- Natural insulator, warm in winter, cool in summer.
- Available in a range of colours.
- 140cm x 60cm



\$119

REG \$148.95



METRON METPRO HOT/COLD PACK

- Available in different sizes
- Soothing relief to painful areas
- Can be heated or frozen



STARTING FROM

\$16.95

REG \$32.95

ASPIRE MEAL TRAY WALKER WITH BRAKES

- Adjustable height.
- Large 6-inch wheels with lockable handbrakes



\$109.95

REG \$139.00

WTC URBAN WHEELCHAIR

- A smart, sporty and classy looking compact unit, it is comfortable and user friendly.
- Ultra light frame
- Folding backrest
- Attendant brake
- Swing up leg rests
- Rear wheel locking brake
- Weight capacity 120kg



\$420

REG \$535.00

FREEDOM TRANSROLLER ROLLATOR/WHEELCHAIR

- Transroller can be converted to a wheelchair within second.
- No tools required
- Lightweight



\$299.95

REG \$379.95

- Colours may vary



Friendly Society
Pharmacy

CBD: 9 BAROLIN STREET
HOSPITAL: 19 - 23 BINGERA STREET

PHARMACY E-NEWSLETTER: thefriendlies.org.au/news [friendlysocietypharmacy](https://www.facebook.com/friendlysocietypharmacy)