

Healthy

Becoming the Healthiest Community
An initiative of the Ipswich Hospital Foundation

Living

IPSWICH



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Image by Talitha Rice Photography

- Delicious Christmas recipe
- Trivia buffs raise vital funds
- Generous donations support IHF
- Breast Cancer Awareness Month

IHF appeal to community for hospital playground

 A tax deductible donation to Ipswich Hospital Foundation makes Christmas giving all that more special! Visit our website ihfoundation.org.au today!

This year Ipswich Hospital Foundation (IHF) and Ipswich Hospital hope that your Christmas donations will go toward the Ipswich Hospital Foundation Christmas Appeal which aims to raise \$50,000 for a playground project for the Children's Ward. Story page 2.





Loving this time of year

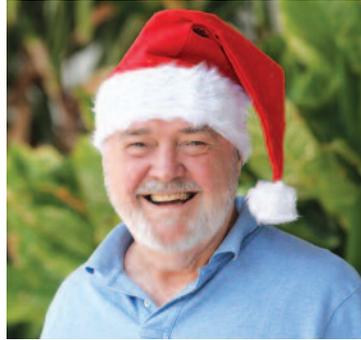
I love this time of year and for a number of reasons.

1. It is moving into summer. I know I will complain about the heat but if I look back at winter I realise I should not. It just seems easier to get up and exercise in the mornings during summer than in winter. Looking at the activities and people exercising in the parks around town, I do not think I am alone in this view. Why not give some of the Ipswich Hospital Foundation's Fit4Life activities a try. The certified trainers running the sessions really make the sessions available for all levels of fitness. Remember though in the summer to protect against the sun (but if you forget the trainers have sunscreen available) and keep yourself hydrated.

2. It is time to be resolute. As the New Year approaches it is not too early to start thinking about our resolutions. I really do not put much faith into New Year's resolutions but I always do them. What I have found is that if I make the resolution (usually involving increased exercise or better nutrition) as a continual process instead of a particular date of 1 January, it works better. Give it a try.

3. It is time to celebrate. People especially are celebrating as they graduate or move from one grade to the next. It is quite an accomplishment and we should all celebrate as these, often young, people really accomplish fantastic feats by successfully meeting these milestones in their life.

4. It is also a time to be joyful as we



are moving into the holiday season. People in general just seem to be in better moods. Also, let us try to rejuvenate ourselves as we take some leave, go on trips or just relax. It is really essential for our mental and physical health to refresh ourselves and get our priorities in order. That is a great reason to be joyful.

5. It is time to give thanks and share. In the United States the end of November celebrates Thanksgiving Day but even though we do not have this day in Australia people still seem to be especially thankful and generous at this time of year. This year the Ipswich Hospital Foundation is trying to raise funds to refurbish the children's outdoor activity area at Ipswich Hospital – the Playground Project. It is not a large area or an elaborate play area we are attempting to provide, but seeing a child's face brighten up as get out of their beds and enter the playground area, makes it worth while. Please help by donating and if you are able come on the 17th of December to come to the appeal launch.

To all Happy Holidays and keep healthy.

Tom Yates, Executive Officer, Ipswich Hospital Foundation | Tel: 1300 736 428
E: healthyliving@ihfoundation.org.au | W: ihfoundation.org.au

You can help sick kids have fun

This year Ipswich Hospital Foundation (IHF) and Ipswich Hospital hope that your Christmas donations will go toward the Ipswich Hospital Foundation Christmas Appeal.

IHF Executive Officer Tom Yates said we are hoping to raise \$50,000 to fulfil the Playground Project.

"The newly refurbished Children's Ward needs a new playground and outdoor area." "I would like to thank Cala Ahmed from West Moreton Anglican College who is kicking off our Christmas Appeal 2015 with a donation of \$484.55.

Cala and her fellow students at WMAC raised funds for the Children's Ward at an interschool sport BBQ."

"We need more donations like Cala's to help children in hospital have fun!"

"Please consider giving a gift this year that will last beyond Christmas."

"Encouraging your workplace to get on board for giving at Christmas is a great way to spread Christmas cheer and end the year on a high."

"I invite all donors to help us celebrate the appeal with a function at the Children's Ward on Thursday, 17 December where you can pledge your donations, see the area we are renovating and enjoy some holiday cheer (in a few cheeky refreshments)!"

"This will also be a chance to meet likeminded donors and staff of the children's ward who are always keen to see the

faces behind donations."

Event details

What: Ipswich Hospital Foundation Christmas Appeal

Where: Sunshine Children's Ward outdoor area (entry off Court Street, Ipswich)

When: Thursday, 17th December, 11am (Santa to arrive at 12pm)

Why: To thank you for helping us raise funds for a new children's playground.

RSVP: 1st December 2015.

To give to the Ipswich Hospital Foundation Christmas Appeal contact IHF on 1300 736 428 or donate online www.ihfoundation.org.au

Community Health Chat

What was your favourite IHF event in 2015?



The Ipswich Hospital Rehab Garden update. I volunteer for that ward.
Christina, Brassall



Tonight! (IHF donor thank you movie – Spectre: James Bond)
Dean, Coalfalls



Ipswich Park2Park.
Paul, Deebing Heights



Tonight is great. It is so nice to be thanked. (IHF donor thank you movie – Spectre: James Bond)
Ros, Yamanto



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Donate online today!

IPSWICH HOSPITAL FOUNDATION CHRISTMAS APPEAL



Help us raise \$50,000 for the Playground Project

Consider giving a gift this year that will last beyond Christmas.

Visit www.ihfoundation.org.au to get involved. See back page for more info.





Expanding to save Ipswich children's teeth

Oral Health Prevention Van journey



Oral Health promotion has been made fun thanks to the West Moreton Oral Health Education Van using giant teeth and brushes to help children feel more comfortable at the dentist.

Ipswich Hospital Foundation (IHF) provided funding to support the Van in its bid to improve the oral health experience for children across West Moreton.

The van set off on its maiden journey on 30 June and will have visited five schools by the end of the year.

Principal Oral Health Therapist Sandra Macfarlane said the grant money purchased a range of dental related toys and books as well as toothbrushes and floss.

"Plastic teeth models and brushes, patient play dental mirrors, puppets with dentures and educational books help make visits to the dentist appear much less scary!

"I really want to thank IHF for their grant as it was the catalyst for this project to help us shape the smiles

of happy kids with healthy teeth." "Each child who attends a session in the Oral Health Education Van will receive an oral health care pack funded by IHF."

"The sessions offer a full explanation on caring for teeth. We pack a healthy lunch box, talk about healthy food choices and show correct brushing techniques."

"The response from schools has been incredible. It's always great to see kids get excited about looking after their teeth, particularly our primary school aged children," she said.

Ipswich Hospital Foundation executive officer Tom Yates said the project helps to improve the dental experience for children by familiarising them with the education van prior to visiting the treatment van."

"I think it's a fun and effective program. Encouraging good oral health improves general health and that's what we're all about," he said.



West Moreton HHS Dental Van brightens kid's visits with toys, iPads and by making dental health a fun experience.

Rehabilitated garden brightens patient's stay

Ipswich Hospital's Rehabilitation Ward has been given some garden therapy to liven up their courtyard area.

IHF granted funds for the refurbishment of the gardens to act as a nice space for families and recovering patients to visit.

IHF staff member Judy Andrews and Ward 6B Activities Officer Ishah Lamberton worked together on the garden refurb and we think it looks fabulous! Ishah said the garden is an instrumental part of encouraging patients to come outdoors.



Healthy Living Ipswich editor Chelsea Rees inspects the improved gardens at Ipswich Hospital's Rehabilitation Ward.



Walking Schools program sets off on right foot

This school term Ipswich Hospital Foundation launched a Walking Schools program at four schools across the West Moreton region.

Walking Schools Coordinator Jacinda Chisholm said the goal of the program is to increase physical activity levels for Ipswich school children.

“Evidence suggests that in order to achieve health benefits school children should complete a minimum of 60 minutes of moderate to vigorous physical activity daily but the most recent national health survey showed that only one third of Australian children are meeting this recommendation.

“We are trying to implement changes in the Ipswich community and hope that this will have a wider effect.

“Ipswich Grammar, Leichhardt State School, Woodlinks State School and Mount Crosby State School are all enjoying having a



Ipswich Grammar students join IHF mascot Sneaky in taking a healthier path at school by becoming more active.

personal trainer from the Ipswich community lead them in a twenty minute walk around the school grounds before their classes start.

We're thankful to have had the support of Kody Playford from BodySwitch, Paula Moore from Moore Results and local Zumba instructor Connie Jeffrey as motivational leaders for the participating school kids who will receive prizes from the

foundation after they've walked a total of twenty kilometres.

2016 will welcome more schools to the Walking Schools Program and should see many children well on their way to reaching the 20km milestone.

To enquire about Walking Schools for your school or for more details contact Jacinda Chisholm jacinda@ihfoundation.org.au



Want to make a difference in your community?

VOLUNTEERS NEEDED for the Ipswich Hospital Foundation



Volunteering provides an opportunity for people to participate in planning, providing and evaluating health services in a way that complements, but in no way substitutes paid work. It also enables volunteers to use their skills and experiences to develop and achieve personal goals, bringing the community into the workplace.

The Ipswich Hospital Foundation utilise volunteers in a number of areas including:

- Meet and Greet reception areas at the Ipswich Hospital
- Parents in Theatre
- Hospital Museum
- Rehabilitation
- Events like Park2Park to name a few.

If you are interested in becoming a volunteer please complete the Volunteer's Application Form online at www.ihfoundation.org.au and return it to the Volunteer Coordinator, Judy Andrews by email volunteers@ihfoundation.org.au or telephone 0409 899 686.

Phone 1300 736 428 or visit ihfoundation.org.au to learn how you can help!



Breast Cancer Month brings women together

Caroline Leach and Meagan Kumar are new found friends and interestingly both being local to Ipswich and a female is about all they have in common.

Meagan owns and manages Café Magnolia situated across from the Ipswich Hospital.

She said she first heard Caroline's story during one of her visits to the café while being treated at Ipswich Hospital for Breast Cancer.

"I decided to help Caroline out by decorating the café for Breast Cancer Awareness Month, stocking the pink cups for awareness and donating proceeds from all pink treats sold."

Healthy Living Ipswich shared a cuppa with Meagan and Caroline on Breast Cancer Awareness Month launch day at Café Magnolia.

Afterwards Caroline happily invited Healthy Living Ipswich editor Chelsea Rees to her final appointment with the doctor prior to celebrating her final chemotherapy treatment.



Caroline Leach celebrates her last chemotherapy session with a brave face.



Meagan Kumar and daughter from Café Magnolia raise a pink cup for Breast Cancer Awareness Month.

Chelsea only needed to spend a short time with Caroline to see she was a very special lady. She shows true resilience which she expressed in the form of great humour and creativity.

She spoke a lot of the poetry she has dabbled in as an outlet and acting as an ambassador for Breastscreen Ipswich during Breast Cancer Awareness Month.

"I am a visual person and I just know that if I had seen one of these pink cups I would have made a move to get a mammogram earlier than I did."

"Unfortunately I waited until I was 48 to have a mammogram but I hope the cups and by sharing my story more women will become aware.

"I am feeling good and the doctor

only needs to see me every three months but this changes your life and so many things are different now.

"I urge women to pay great attention to their health and to access a mammogram. The month was celebrated with morning teas across the district and the launch of the pink cup campaign in 23 cafes in Ipswich.

Caroline's contact with the West Moreton Hospital and Health Service will not be limited to her doctor's appointments as she plans to spend her spare time volunteering for the hospital.

If you would like to make contact with Caroline or learn more about volunteering at Ipswich Hospital contact Chelsea Rees on 1300 736 428.

Pamper with a Purpose raises community awareness



Alecia and Kemsah.



Alison, Karlene and Jenny.



Fiona, Kym, Geoff, Christina and Desley.



Keith McDona, Nadine Webster, Rebecca Sheaman, Sharon Monteith and Toni Phelan.

The Ipswich District Crime Prevention Unit in Partnership with Ipswich City Council, Ipswich Domestic Violence Action Centre, True Relationships formally known as Family Planning Queensland, West Moreton Women's Health and Committee Patron Ipswich City Council Mayoress Janet Pisasale with the support of Ipswich Hospital Foundation, are proud to again host the Pamper with a Purpose High Tea and Symposium for the second consecutive year.

The High Tea and Symposium was held at The Terrace Function Centre, North Ipswich Reserve, North Ipswich on Friday 23rd October 2015 with over 100 attendees.

The speakers and service providers at the symposium addressed issues of violence against women and children including the safe use of technology from a Task Force Argos representative. Attendees also enjoyed a high tea, raffles and information stalls.

Sgt Nadine Webster the project coordinator said, "The Symposium provides a safe, supportive environment for members of the community, service providers, students and health professionals to come together and stand united with the message that Violence against Women and Children will not be tolerated in our community whilst highlighting the support and assistance available for persons who may have been affected".

The Committee looks forward to hosting the event again in 2016.



IHF funding provides ACE artwork

The finishing touches are being placed on the walls of Ipswich Hospital's Acute Care of the Elderly (ACE) Ward 7C this month thanks to funding from the Ipswich Hospital Foundation.

The passionate team who provide care for elderly patients with complex care needs sought artworks for the walls of the ward to assist recovery by creating a more home like environment.

Nurse Unit Manager Carol MacLennan said her team endeavours to make the lives of its patients more comfortable during their stay which can be lengthy.

"The artwork promotes movement around the ward, reduces boredom, provokes memories in our dementia patients and provides talking points to stimulate social engagement.

"I would like to thank Dr Alison Cutler, one of our leading geriatricians for her help in sourcing the artworks which are both stimulating and culturally relevant to the people of Ipswich.

"We have been fortunate to have donations of several Darcy Doyle prints and a textile artwork which were the first pieces to be placed in the ward," she said.



Cover prints from the 'Queenslander' monthly journal, newspaper articles, photos and artworks sourced from the State Library of Qld, Gallery of Modern Art and donated pieces.

Local family drop-in clinics help ease parent's minds



Senior Physiotherapist Tim Effeney discusses baby Emilia's development with mum Tatiana.

The West Moreton Hospital and Health Service Child Development Service (CDS) Drop-In Clinic is the only one of its kind in Queensland.

Held in Ipswich and Goodna, the clinics are a great place for parents to talk about their child's development including concerns they may have about their child's speech and language development, gross motor and fine motor skills or their play skills.

Louise Van Every, Team Leader Child Development Service said other common concerns relate to their child's feeding skills, musculoskeletal issues such as feet, hip and walking patterns and self-care skills.

"The drop-in clinics have speech pathologists, occupational therapists and physiotherapists available to talk with families. The appropriate therapist will provide advice relating to their

child's needs on the spot.

"It's important to note that the drop-in clinics don't replace services provided by the Child Development Team. However, it does enable faster access to a professional who may then refer the child for a more detailed assessment if required," Ms Van Every said.

The Child Development Service (CDS) provides community-based support and specialist developmental advice for families to identify their child's strengths and promote their development in preparation for life ahead.

Children are eligible for CDS until the age of 18 except children requiring speech pathology. These children are eligible until they enter Prep.

The drop-in clinics run:

- every Tuesday 8.30 – 11.30 am
Ipswich Community Health Plaza,
Bell Street, Ipswich
- every Friday 8.30 – 11.30 am
Goodna Community Health Centre,
Queen Street, Goodna

No appointments are necessary to come to the drop-in clinics. Families can pop by within these times and see someone from the Child Development Service.

Self-care skills are those everyday tasks required for daily living such as dressing, eating and cleaning your teeth.

Gross motor skills are larger movements your child makes with his or her arms, legs, feet, or entire body. So, crawling, running and jumping are gross motor skills, while fine motor skills are smaller actions such as picking things up between their finger and thumb, wriggling their toes in the sand or using scissors or a pencil.



Trivia buffs raise funds for Ipswich Hospital



IHF's October Trivia Night raised a huge \$4000 for Mental Health Research thanks to sponsors and supporters.

QCMHR Assistant Director Duncan Mclean said the centre is extremely grateful for the long-term support they have received from Ipswich Hospital Foundation (IHF).

"Our research program covers a range of topics related to mental health, policy and epidemiology, to basic science topics such as genetics and developmental neurobiology."

"While research can yield significant short-term, medium-term and long-term benefits for the people of Ipswich and West Moreton, it certainly requires a long-term investment."

IHF has partnered with QCMHR over

many years, allowing us to not only conduct internationally-recognised research, but also to foster and grow the next generation of mental health researchers in South-East Queensland through their support of research scholarships.

"It is the generosity of the people of Ipswich who regularly support IHF functions such as this trivia night which helps our research continue," he said.

Thank you to the wonderful sponsors Ipswich Jets Leagues Club, Ipswich City Council, Riverlink Shopping Centre, The People's Gym, Body Joy, Katrina's Cupcakes, Talitha Rice Photography, Big Hit Teamwear, Nutrition Station Ipswich & Priceline Australia Yamanto!





Maintain healthy eating over Christmas period



Steph Cronin

Associate Sports Dietitian
& Accredited Practising Dietitian

It's that time of the year when every week is filled with barbeques, brunches, parties and functions. While it is important to enjoy the Christmas period, it is also easy to overindulge in all the delicious food that is associated with the festive season.

Here are my top 5 tips for a healthy Christmas:

- **Use a small plate:** don't overfill your plate (or go for second helpings) and you will significantly cut down the amount you eat- simple!
- **Don't overindulge on "treat" foods:** fill up on vegetables/ salads and fruit and try to limit dips, creamy sauces, pastries and sweets.
- **Don't arrive at gatherings hungry:** canapés and party foods are usually high in fat, sugar, salt and kilojoules. Eat something light and nutritious before you go so that you aren't tempted to overeat these types of foods.
- **Moderate your alcohol intake:** if you are a social butterfly then plan the number of drinks you are going to have before you arrive or nominate yourself to be

designated driver.

• **Increase your exercise:**

Christmas break is one of the best times of the year so get outside, make a trip to the beach, go mountain climbing or go for a ride/run around your home town or holiday destination - the best way to sightsee!

Be mindful of what and how much you are eating and you will be on your way to a happy and healthy New Year!



get the edge from your diet



Rhiannon Mack
Nutritionist

Healthy Living Ipswich contributor Rhiannon is a local nutritionist and chef with a knack for developing easy, healthy (delicious!) recipes.

After graduating from a Bachelor of Nutrition she worked as a cooking school teacher, and then later as a private chef.

She also contributes to the Lorna Jane website *Move Nourish Believe*, writing nutrition articles and recipes. Her work has featured in many of the Lorna Jane eBooks and Lorna Jane Clarkson's books *"More"* and *"Nourish"*.

Submit your family favourites to be healthy-ised by Rhiannon. Send to chelsea@ihfoundation.org.au



facebook.com/rhiannonmacknutrition

Open fruit mince pies for Christmas

Makes 12 serves

Pastry:

- 2 cups spelt flour
- 2 egg yolks
- 1 tsp vanilla extract
- 1 tsp allspice
- ½ cup butter (or coconut oil)
- 2 Tbs muscovado sugar
- 1-2Tbsiced water

Filling:

- 2 apples, core removed & diced
- 1 cup sultanas
- ½ cup currants
- 2 oranges, zest and juice
- 2 Tbs pepitas
- 1 cinnamon quill
- 2 tsp nutmeg
- 1 tsp allspice
- 1 tsp fresh ginger, finely grated
- ½ cup water
- Dark chocolate, to drizzle over the top

Place all of the filling ingredients into a large bowl and stir well.

Cover and leave in the fridge to sit overnight. Then, in a pot on low heat, simmer the filling for around 15minutes, or until softened, stirring frequently.

Set aside to cool until ready to use.

Preheat the oven to 180C. Place all of the pastry ingredients, except the iced water, into a food processor. Using a low setting,



process the ingredients until they come together to form a dough. If required, pour in some iced water to combine.

Halve the mixture, wrap in glad wrap and place in the fridge for 10minutes.

Meanwhile, heavily grease mini tart cases or a muffin tray.

Remove one half of the dough

from the fridge, and, working quickly, press enough mixture into the cases to cover the bottom and sides about 1cm thick.

Repeat with the second half. Place pie weights into the bottom of each base and bake for 10 minutes.

Remove the weights and bake for a further 5 minutes if required.

The bases should be lightly browned. Set aside to cool.

To assemble the pies, place a generous amount of filling into each base.

Melt the dark chocolate and drizzle over the top of each pie with a spoon.

They are best stored in an airtight container in the fridge.



Generous donations support better health

This edition Ipswich Hospital Foundation is shining a light on our local shopping centres and their customers for their generous donations this year.

Kmart Redbank contributed \$372.77 of customer donations through the Spare Change Community Program. Riverlink Shopping Centre regularly contribute customer donations from their community advertising Board. Redbank Plaza Shopping Centre regularly donate funds from school holiday activities and offer up their school holiday entertainment characters to visit the Children's Ward.

The patients and families who visit the Ipswich Hospital really commend your efforts. The Sunshine Circle continues to enhance the facilities and expertise of the staff in addition to preventative and health education programs on children's health.

Andrew Spark

Andrew Spark is a local star to add to IHF's list of people to thank. He donated \$1000 to the Older Persons Mental Health Unit. The funds were used to give the ward's recreational activities a boost. The ward purchased a portable radio to be used in the garden, BBQ and all the trimmings, stationary and craft items as well as portable soccer goals, balls and a badminton kit. Nurse Unit Manager Helen Douglas said the ward is already having a tonne of fun using the new equipment – thank you!

Ash Walsh and Mayor Paul Pisasale

A generous donation warmed the hearts of the Sunshine Children's Ward at Ipswich Hospital recently.

Ash paid a visit to the ward on Friday, 30 October before heading off to participate in the Noosa Triathlon that weekend. Ash Walsh Motorsport have contributed \$10,000 to the purchase of a multi-purpose observation monitor which will ensure many young families are able to stay in Ipswich for the care of their children. Mayor Paul Pisasale also contributed \$3543 to secure the purchase of this equipment.

The monitor allows doctors to accurately monitor heart rhythms and print out results immediately for review. Ipswich Hospital Foundation CEO Tom Yates said it is people like Ash Walsh and Mayor Paul who make our job at the foundation a delight.

Happy Wanderers Tours

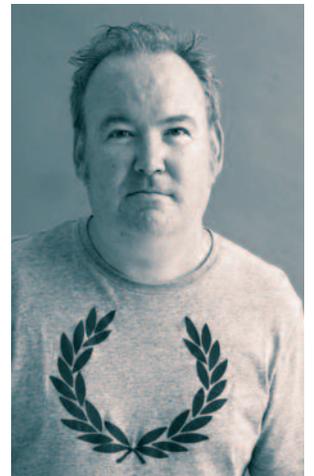
Bob and Jason Green are famous in the bus tour community for putting on some of the best value and most adventurous tours. This passionate father and son duo are also famous in the Ipswich Hospital Foundation community for being show stopping fundraisers. Their most recent donation has purchased two sleep apnoea monitor machines for the Special Care Nursery at Ipswich Hospital. The monitors are vital for the safety of premature babies in hospital. The Special Care Nursery staff and IHF are so grateful for your fundraising efforts! Tickets for the 2016 Happy Wanderers Bus Tour (May 11-31) are on sale now. Contact Jason on 0439 014 239 or email happywandererstours@bigpond.com.



Local V8 Supercar driver Ash Walsh meets Neve Bolton of Augustine Heights.



The Happy Wanderers Bus tour raised funds for Ipswich Hospital Foundation.



Local businessman Andrew Spark.

WMAC student shows true qualities of leadership



Pacey White and Imogen Taylor chat after his performance.

Pacey White is an exceptional young man who chose Ipswich Hospital to be the site where he would share his talent in a bid to obtain a leadership position at West Moreton Anglican College (WMAC).

WMAC prospective school leaders are set a Talent's Challenge with \$10 to complete it. Pacey used his \$10 to purchase small percussion gifts for children on the ward and presented them after performing a few tunes with his brother at Ipswich Hospital's Sunshine Children's Ward.

Pacey said his gift is music and being a keen musician he wanted to give a gift to show what joy music can bring.

Thanks Pacey! Good luck from everyone at Ipswich Hospital Foundation – we don't think you'll need it though!





Bloke's Breakfast raises awareness and funds

The 5 November Breakfast for Blokes crowd was lucky enough to catch Ben Walker for a chat and breakfast.

Ben is a coach of the mighty Ipswich Jets Rugby League Team, a business man, husband and father to four children and he says it is all about balance.

Bill Savage and Ben gave kindly of their time to perform a Q&A session on work life balance and how to achieve it, fitness and health and a how a healthy culture was achieved at the Jet's Rugby League Club.

Thank you to all attendees at this breakfast and all Breakfast for Blokes in 2015 – we look forward to seeing you next year. If you would like to make a suggestion for a healthy topic to feature contact IHF on 1300 736 428 or info@ihfoundation.org.au



Mayor Paul Pisasale, Bill Savage, Guest Speaker Ben Walker and Ipswich Hospital Foundation EO Tom Yates.



Neil Harding, Jim Madden MP and Wayne Wendt from Ipswich Jets Leagues Club.



Craig Rule and Peter Wyman.



Michael Reynolds and Vic Pascoe.

Prepay for a family member or friend to enjoy FIT4LIFE activities in 2016! What a terrific Christmas gift!



MEMBERSHIP

\$15 a fortnight for UNLIMITED Fit4Life classes

Do you go to two or more Fit4Life classes a week?

Sign up to the IHF Membership and save!

Visit: www.ihfoundation.org.au

Customer Reference: member

Further info: 1300 736 428

info@ihfoundation.org.au

Membership cost is \$15 per fortnight for UNLIMITED Fit4Life classes.

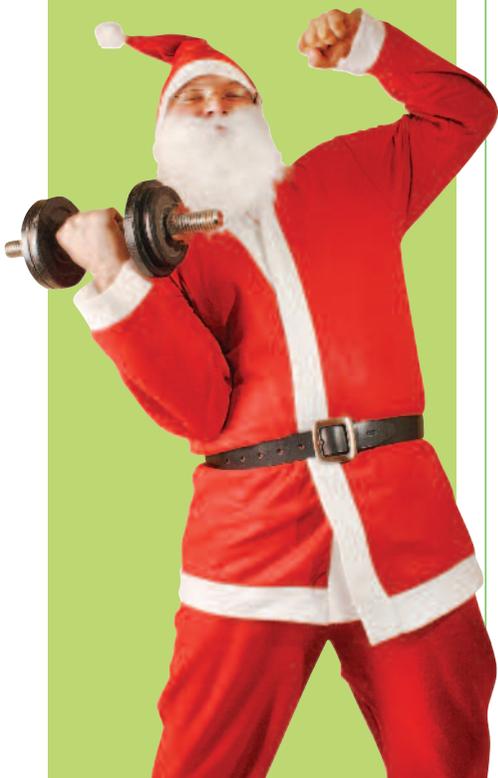
- Plus:
- Discounts on Healthy Events
 - Discounts on IHF merchandise
 - Member's prize draws
 - Your own membership card
 - Be part of a bigger group striving to *Become the Healthiest Community in Australia*





The Fit4Life team are taking a break but you don't have to!

Fit4Life will break for Christmas on Friday 18 December at 5pm and return Monday 4 January at 7am for Redbank Walking. Merry Christmas to all from the Fit4Life trainers.



FIT4LIFE Low Cost Fitness Activities

Ipswich Hospital Foundation provides a variety of affordable fitness activities each week. For detailed information please visit www.ihfoundation.org.au or phone 1300 736 428. Maximum class cost \$5.

Winter Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Full Body Fitness Bundamba State Primary School				5.30pm		
Redbank Walking Redbank Plaza	7.00am				7.00am	
Boxercise Churchill State School Hall			5.30pm			
Park Fit Limestone Park Griffith Rd Entrance		9.00am				
Running Bill Paterson Oval Limestone Park	5.30pm		5.30am		5.30am	
Energiser Amberley District State School	5.30pm					
Riverlink Walking Riverlink Shopping Centre		7.00am		7.00am		
Circuit Training Churchill State School Hall	5.30pm					
Mums & Bubs Fitness Queens Park Nature Centre				8.30am		
Mums & Bubs Fitness Robelle Domain stage					8.30am	
Low Impact Blackstone Hall	10.00am					
Orion Walking Orion Springfield Central			7.00am			
Park Run (near) Bill Paterson Oval Limestone Park						7.00am

BACK FROM JANUARY 2016!



60 AND BETTER

You can't turn back the clock, but you can wind it up again!

Weekly fun fitness activities for the 60 and better!

Square Dancing

Beginners Monday 12.00-1.00pm
1.00-3.00pm
\$3, \$6 Caller costs
Annex, Humanities Building
56 South Street Ipswich

Boccia

Tuesday 9.00-12.00pm
\$2 donation welcome
Includes morning tea
Annex, Humanities Building
56 South Street Ipswich

Table Tennis

Tuesday 1.00-4.30pm
Friday 1.00-4.30pm
\$2 donation welcome
Bring afternoon tea to share
Annex, Humanities Building
56 South Street Ipswich

Tai Chi for Diabetes

Wednesday 2.00-3.00pm
\$5 instructor costs
Cafeteria, Level 1,
Humanities Building
56 South Street Ipswich

For further information please contact Ipswich 60 and Better Program on 3282 8644 or www.60andbetteripswich.com.au

Healthy Living Health & Fitness Directory

To feature your health and fitness service in the Healthy Living Health & Fitness Directory phone 1300 736 428.



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ankle & foot pain Shoulder, elbow, wrist, neck & jaw pain.
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IPSWICH HOSPITAL FOUNDATION CHRISTMAS APPEAL

IHF is hoping to raise \$50,000 to fulfil the Playground Project. The newly refurbished Children's Ward at Ipswich Hospital needs a new playground and outdoor area.

WE NEED YOU TO HELP CHILDREN IN HOSPITAL HAVE FUN!

Consider giving a gift this year that will last beyond Christmas.

The Ipswich Hospital Foundation Christmas Appeal will be celebrated with an event where local businesses, organisations and individuals will be invited to visit and enjoy a tour through the ward, refreshments and entertainment. This will be a time to drop off your gift to the Children's Ward and meet other likeminded donors.

Help us raise \$50,000 for the Playground Project

CHRISTMAS APPEAL EVENT DETAILS

Where **Sunshine Children's Ward outdoor area
(entry off Court Street, Ipswich)**

When **Thursday, 17th December, 11am
(Santa to arrive at 12pm)**

Why **To thank you for helping us raise funds for a
new children's playground**

RSVP **1st December 2015.**

To give to the Ipswich Hospital Foundation
Christmas Appeal contact IHF on 1300 736 428 or
donate online www.ihfoundation.org.au

