



Healthy

Becoming the Healthiest Community
An initiative of the Ipswich Hospital Foundation



Living

IPSWICH

Fun kid's activities

The season for giving

Healthy festive treats



Image by Talitha Rice Photography



facebook.com/healthylivingipswich

Fundraisers Grace and Richard Jenkyn sold raffle tickets at Sam's Warehouse and Bunnings stores, along with collecting gifts and prizes all year round for major cent auctions in support of the Ipswich Hospital Foundation.

Grace and Richard have raised over \$67,000 for the Hospital Foundation over eight years

Grace and Richard Jenkyn are givers. In fact, all they ever seem to do is give of their time and generosity to others.

Until recently the couple were two of the only 'on the ground' fundraisers for Ipswich Hospital Foundation. They spent 4 days a week, most weeks selling raffle tickets and collecting raffle prizes over the past eight years.

Ipswich Hospital Foundation executive officer Tom Yates said he has been both amazed and inspired by the hard work and sense of giving from the Jenkyns over the last eight years.

"Grace and Richard have been great friends of the Foundation for eight years now and I would like to thank them sincerely for the things they have done for our local Ipswich Hospital and health services in Ipswich."

"Upon handing in their final cheque we tallied their total donations to a huge \$67,938."

"I think Christmas is the perfect time to assess how much we give of our time and money to those who are less fortunate."

"Between the two of them, they have 8 children, 24 grandchildren, 12 great grandchildren and we at IHF just don't know how they found time to do so much fundraising!"

"While we are sad to see them go we understand that their health and wellbeing come first."

Grace Jenkyn told IHF that she can't believe that a whole eight years has passed.

"We just love kids and being out and about talking to people and selling tickets."

The couple have raised funds for many charities including Endeavour and Multicap.

If you'd like to become an IHF volunteer phone 1300 736 428 or visit ihfoundation.org.au



Thank you to our team of volunteers for their dedication during 2014!



Want to make a difference in your community?

VOLUNTEERS NEEDED!

Ipswich Hospital Foundation Events

We are always looking for volunteers to help out at our healthy events, golf days, fun runs and race days. If you can spare a few hours it would make a real difference. Your help will enable the IHF to raise much needed funds for better facilities for the community.

Ipswich Hospital iVolunteer Program

iVolunteer is an initiative of the West Moreton Hospital and Health Service which offers many different opportunities for volunteering. Volunteers for meet and greet, patient activity help, way finding and chaplaincy are always welcome. Contact IHF for further details.

Phone 1300 736 428 or visit ihfoundation.org.au



You can help secure a healthier future all

Planning and making a Will is a very personal matter and your primary concern would be to ensure that you have adequately provided for your loved ones. Having ensured their future, then you may wish to consider a gift in your Will to the Ipswich Hospital Foundation.

By considering the Ipswich Hospital Foundation (IHF) as a beneficiary as part of your estate, you can be sure that the people you care about will be treated to the very latest in medical technology, with the benefits of local quality care for years to come.

Your legacy will make a difference

So many services already offered by the West Moreton Hospital and Health Service and the Ipswich Hospital Foundation could be improved with your help. New technology and treatments we can only dream of now could be achieved thanks to your legacy.

By making a bequest to the Ipswich Hospital Foundation, you are making an ongoing commitment to the health and wellbeing of those treasured people in your life. It means that when you are no longer here to love and care for your family, you can be sure that there is a team of local, skilled professionals working to care for your loved ones - as much as you do.

Making your Will

You can make out your own Will, but it is preferable to go to an expert such as a solicitor or trustee so that your wishes can be ensured. Your Will should be kept up to date to reflect changes such as marriages, births and deaths. You may choose to give your legacy anonymously, or to be recognised in the community as health ambassador.

The following are guides for making bequests to the Ipswich Hospital Foundation:
I GIVE (the sum of) or (a percentage of my Estate) to the IPSWICH HOSPITAL FOUNDATION to be used and applied for (the area of most need as determined by the Ipswich Hospital Foundation) (or state a specific area where you wish your legacy to be applied) and I DECLARE that the receipt of the authorised officer of the Ipswich Hospital Foundation shall be good and sufficient discharge to my Trustees for the amount due under this my Will.

Informing the IHF

By informing us of your intention to leave a bequest to the Ipswich Hospital Foundation, we are better able to plan for the long-term future. We are also able to provide you with information on different projects that are happening if you would like. However this is totally at your discretion.

All information received by the Ipswich Hospital Foundation is treated in the strictest confidence and we will respect your wishes if you choose to remain anonymous. Simply call the Executive Officer Tom Yates on 1300 736 428 or send an email message to him at tom@ihfoundation.org.au

How are the funds used?

The funds are used to improve, develop and maintain the health of our community, your local health service and the health/ medical research being conducted locally.

If you have a specific area that you would like your legacy to be committed to, you can choose for your bequest to be used for this purpose alone. For example, if you would like your bequest to be used for the Queensland Centre for Mental Health Research or the Sunshine Circle for Children's Health, you can stipulate this.

Planning for the inevitable



Wills are never a common choice of conversation at the dinner table or over coffee, but they are important. Walker Pender Group have made it easy for us to understand wills and bequests.

No matter how big or small your estate is ensure that your wishes are fulfilled. Wills, Estate Planning and Powers of Attorneys may sound daunting, but they're designed to ensure all your plans are effectively managed as you see fit.

No one should underestimate the value of planning, both throughout your lifetime and following.

Do you know what will happen to your assets? If you have an effective Legal Will your wishes will be followed, if you don't the distribution may not be as you intended or desired.

A Will allows you to decide how your possessions and property are to be distributed. Never compromise on quality for such an important life decision that will

affect you and your family.

Particular consideration also needs to be given in relation to the affairs of people with disabilities or special needs. There are many in the community, often parents or other relatives, who have the responsibility of a person with special needs. They need to consider their Wills to ensure that there are proper provisions for that person and how they will be looked after in the future. Sometimes Trusts are included in a will.

It is highly recommended that you seek legal advice to form the best plan for you.

Walker Pender Group are committed to finding the best possible solution for you. Planning for unfortunate circumstances can be relatively pain free with the right legal advice.

You can contact Walker Pender Group on telephone 1300 712 335 or visit www.walkerpender.com.au. They have offices in Ipswich City Mall and Orion Springfield Central.



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Talitha Rice
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Schoolies learn valuable lessons

Lockyer District High graduating glass were challenged to think about their drinks at a pre schoolies program to learn some important lessons about partying, alcohol and driving.

The students were treated to a host of information sessions to add to their tool belt for life after school.

Lockyer District High Chaplain Pauline Sutton said that they tried to make the program a bit of fun with a serious message.

"Think the Drink raised awareness about drink driving and standard drinks and Love Bites a program on sexual abuse and healthy relationships."

"The Love Bites program included a series of videos with real life situations of sexual abuse I think it really resonated with a lot of the students."

"All we can hope is that they take heed of the messages spoken today and make informed choices in their life after school," she said.



Lockyer District High School students learned important life lessons relating to alcohol and sexual health in sessions overseen by Queensland Police Gatton.

Gatton Senior Constable Lilly Voigt and her team of officers were on hand to coordinate simulation activities.

Student Chloe Collier said she couldn't believe the difference she felt wearing the simulated beer goggles. "It completely altered my perception of where I was steering the go kart and my vision was doubled!"

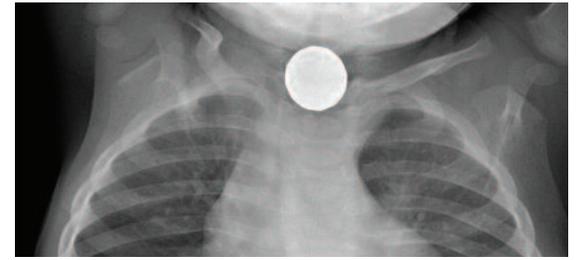
"It felt awful not to be in control - that

definitely says something about drink driving," she said.

Lockyer District High teacher Greg Leathart said that these types of life lessons are vital.

"Days like this give the students an opportunity to see firsthand the consequences your actions can have," he said.

Christmas safety alert



When purchasing gifts for your family this Christmas, there are some important facts to consider that can help safeguard the health of your family's smallest members.

Disc batteries are very common in items such as torches, watches, artificial tea lights and many other novelties. The batteries and battery compartment of these products are often easily accessible to children and pose a significant risk to their health.

• When swallowed or inserted, batteries can become lodged, causing severe damage

- In some cases, batteries can have enough charge to cause a chemical reaction and burn tissue
- Damage can occur in as little as two hours and can continue even after the battery is removed
- Symptoms can include poor feeding (can sometimes still take fluids), irritability, fever, vomiting, drooling, coughing and discharge (ear, nose, eye).

Please secure items which contain these batteries and if you do witness ingestion or insertion in the mouth, ear, nose or under eyelids, seek immediate intervention from a medical provider.

New Springfield Office NOW OPEN



The Principals and staff wish their clients and friends a happy and prosperous Christmas and New Year

walkerpendergroup

- Wills, Estates & Powers of Attorney
- Litigation, Personal Injuries
- Property & Commercial Laws & Leases
- Criminal Law
- Legal Aid
- Family Law
- Dispute Resolution
- Conveyancing
- Accounting & Taxation
- Financial Planning
- Estate Planning



No rest for the Pyjama Foundation and their Love of Learning Program

After working with the West Moreton Hospital and Health Service and the Pyjama Foundation to collect 1300 books for children in care this Child Protection Week, *Healthy Living Ipswich* editorial team was interested to see what the Pyjama Foundation were doing for Christmas.

The Pyjama Foundation Regional Coordinator for Ipswich Julie Craig said the foundation will celebrate with children in care this Christmas.

"We like to recognise special events in these childrens' lives and giving them a gift at Christmas time is something a little extra that we can do."

"Our Annual Christmas party will be held on Sunday, 7th December, the children are treated to a jumping castle, snow cones, BBQ dinner and a special visit from Santa."

"We are currently running a toy drive for the Ipswich region children for which donations can be made to the Pyjama Foundation head office."

"If you would like to give more than toys,

Ipswich has one of the largest rates of foster children in Queensland, so we are always in need of new volunteers here in Ipswich."

"All we ask is one hour a week of your time to visit the home of a Foster Child delivering The Pyjama Foundations, Love of Learning Program."

"The Pyjama Foundation recruits screens, trains and supports community volunteers, known as Pyjama Angels."

"Volunteers are matched with a child in care and visit them each week to deliver The Pyjama Foundation Love of Learning Program®."

"This learning-based mentoring program has produced many positive results for the children, including improving their literacy and numeracy skills, increasing their self-confidence, and widening their networks and experiences within the community," she said.

If you are interested in becoming a volunteer Pyjama Angel contact admin@thepyjamafoundation.com or visit www.thepyjamafoundation.com.

Booval Fair shares Christmas spirit



Booval Fair Shopping Centre have recently upgraded their in store Christmas decorations and have very generously contributed their old items to Ipswich Hospital Foundation.

Booval Fair Marketing Manager Lauren Roche said the Centre is happy that the decorations are going to a new home.

"Thanks to the Ipswich Hospital Foundation we are able to help spread Christmas cheer with the donation of our decorations. After all, Christmas is a time for giving."

"We are glad that the decorations are able to be used positively to bring joy to the people of Ipswich."

"The Ipswich Hospital Foundation work tirelessly to support the Ipswich community and we are very pleased that we are able to support them in their endeavours," she said.

Ipswich Hospital Foundation Media and Fundraising Coordinator Chelsea Rees said the decorations will be put to good use decorating children's health spaces in the Ipswich Hospital.

"The decorations will also make their way around to various community groups in the area."

"We are grateful for Booval Fair for thinking of us – it is great to see so many local businesses showing their generosity especially at Christmas time," she said.

Merry Christmas
from the Llewellyn Team

WE ARE OPEN OVER CHRISTMAS

DEC 24 OPEN	DEC 25-26 CLOSED	DEC 27 OPEN 8:30 - 4PM	DEC 29-31 OPEN	JAN 01 CLOSED	JAN 2-3 OPEN
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Holiday boredom busters



Susan Yates
Body Joy Personal Trainer

Did you know that 1 in 4 Australian children are now overweight or obese?

The Australian Institute of Health and Welfare released this information in

2013, indicating a steady increase since 1995. And once children become obese, they are more likely to stay obese into adulthood and have an increased risk of developing diseases associated with obesity.

It's no surprise that this trend is strongly linked to how long children are spending looking at screens (TV, computer, video games, iPhones, etc.). In 2012 the average child's "screen time" was over 2 hours a day, and increasing with age.

How to lure your child away from their favourite screen?

What better place to be active than in one of 500 parks across the Ipswich region? Pack up a healthy picnic, head to your local park and treat yourself and your kids to some fun, games and adventure in the outdoors!

Here are some tried and tested games you can add to your arsenal of healthy boredom busters - all endorsed by a group of 4 - 10 year olds!



Hot Potato

Hot Potato

Equipment: Medium beach ball, timer (eg iPhone).

Instructions: Working together, children try to keep the ball from touching the group by gentle upward tapping. Time their efforts as an incentive to beat their best time.



Styro Hockey

Styro Hockey

Equipment: Pool noodles cut into three even pieces to make sticks (use different colours for each team), medium beach ball, 4 cones.

Instructions: Set up cones as goal posts - one goal at each end of the play area. Divide children into two teams, assign goalies and team leaders. Team leaders stand in the centre facing the opposing team goal and on "go" play commences with each team trying to score as many goals as possible.



Builders and Bulldozers

Builders and Bulldozers

Equipment: 20 cones (or more for a bigger group), timer.

Instructions: Place half the cones on the ground standing up and the other half lying down. Divide children into two teams. Within the allocated time (eg 1 minute), Team 1 will knock down as many cones as possible (hands only) and Team 2 will leave as many as possible standing up. Change teams and repeat. The "moral" to this game is, "it's much harder to build a building than to knock one down".



Palm Push

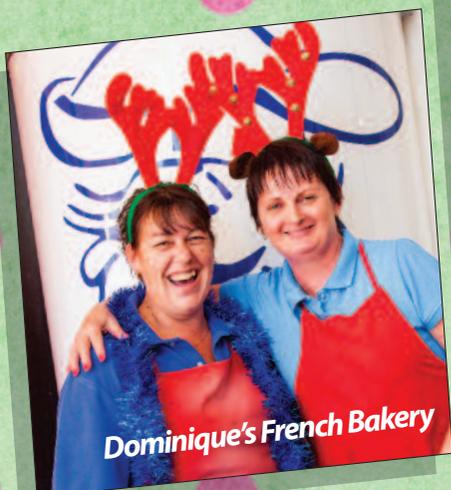
Palm Push

Equipment: Nil.

Instructions: Divide children into pairs and stand opposite their partners. Place palms together, take one or more steps back and lean in to each other to stay balanced, and attempt to push each other up to standing straight.

Merry Christmas from Ipswich City Square!

Visit www.facebook.com/ipswichcitysquare for a huge range of gift ideas in our special Christmas Gift Guide album!



IPSWICH CITY SQUARE
THE HEART OF THE HERITAGE CITY

Join Body Joy "Park to Park Safari" School Holiday Adventures
January 19, 21, 23, 9.00am-12 noon.

See advertisement on the next page or visit www.bodyjoy.com.au for details.



FIT4LIFE Low Cost Fitness Activities take a break over Christmas period

The Ipswich Hospital Foundation's popular weekly FIT4LIFE fitness activities will be taking a short break from 19 December until 5 January. IHF thanks all those who have joined us at these weekly events during 2014 and look forward to welcoming you back in 2015 as we continue our mission to *become the healthiest community.*



These activities and more will return in 2015:

Full Body Fitness
Bundamba State Primary School

Redbank Walking
Redbank Plaza

Boxercise
Lobley Park Churchill

Park Fit
Limestone Park Griffith Rd Entrance

Running
Bill Paterson Oval Limestone Park

Energiser
Amberley District State School

Riverlink Walking
Riverlink Shopping Centre

Circuit Training
Lobley Park Churchill

Mums & Bubs Fitness
Queens Park Nature Centre

Mums & Bubs Fitness
Robelle Domain stage

Low Impact
Blackstone Hall

Orion Walking
Orion Springfield Central

Aqua Fitness
Bundamba Swim Centre

For detailed information about the recommencement of FIT4LIFE programs visit www.ihfoundation.org.au or phone 1300 736 428. Maximum class cost \$5.

Parkrun continues for fitness fans

Our popular free Parkrun training session will continue throughout the Christmas / New Year period at both locations.



These timed events

allow runners of all fitness levels to participate and continue to gauge their performance improvements.

Parkrun is free and is held

at 7am each Saturday at Limestone Park, Ipswich and Catherine Morgan Park, Augustine Heights. It is timed and is over a 5 km course.

For more information and to register visit parkrun.com.au



Get a group of friends together and enjoy a Saturday morning of fitness.



The timed training enables you to keep track of your fitness goals and aim for improvements.



Whether you come by yourself or with friends, Parkrun offers a friendly morning of fitness training.



Parkrun is popular with runners of all ages and fitness levels. Join us at your local event.

Healthy Living Health & Fitness Directory

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



Body Joy "Park to Park Safari" School Holiday Adventures

January 19, 21 and 23, 2015

Numbers strictly limited!
Bookings essential!



Holiday fun for kids aged 4 - 10 years



Find us on Facebook

Details at bodyjoy.com.au or phone 0417 750 364

Keep moving with these regular running and walking groups in 2015

Coached by qualified personal trainers from Gale Force Running Squad, these running sessions are designed to improve fitness, share running tips and help prepare you for your running event.

From beginners to experienced runners, everyone is welcome. There is no booking or registration required. Come along, have fun and get fit at the same time.

\$5 per session



Parkrun is a world wide phenomenon that has just landed in Ipswich. It is a free, 5KM, timed event, held every week rain, hail or shine. This event is run by volunteers with support from IHF and Ipswich City Council.

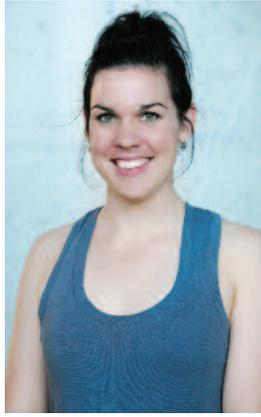
To register, visit www.parkrun.com.au you will receive a barcode you can bring along to have your time recorded for you to keep track and improve week to week. **FREE sessions**



Regular walking sessions provide a safe environment out of the weather for people of every fitness level and age to get active.

- Riverlink Shopping Centre - Newsagent Entrance
 - Orion Springfield Central - Optus Entrance, Woolworths Mall
 - Redbank Plaza - Cinema Entrance
- Gold coin donation





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".

Here Rhiannon shares some delicious festive treats that you can make for your family and friends as gifts or simply to enjoy yourself over the Christmas period.



For more nutritious food ideas visit the website rhiannonmack.com or follow her on Facebook.

Keep reading *Healthy Living Ipswich* for recipes and food demos by Rhiannon.

Festive treats for family and friends

Lemon Shortbread

Makes 15 serves

- 2 ½ cups spelt flour
- ½ cup muscovado sugar
- zest of 2 lemons
- 1 tsp vanilla extract
- 1 cup organic butter (or coconut oil), melted

Preheat oven to 180C. Place all ingredients into a bowl, and stir well to incorporate. Place the dough onto one half of a piece of baking paper, and press down (using the other half) until it is about 1/2 inch thick. Cover, and place into the fridge for at least 20minutes. Remove from the fridge, and using a small cookie cutter, cut out the shortbread and place onto a lined baking tray. Repeat the process until all of the dough has been cut into shapes. Bake in the oven for 12-15mins, or until lightly browned. The cookies will harden once cooled. Store in an airtight container to maintain their freshness.



These delicious treats make ideal Christmas gifts for family and friends.

- 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 10minutes. 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.

Herbed Bread Twists

Makes 12 serves

- 2 cups spelt flour
- ½ tsp baking powder

- 1 tsp sea salt
- 1 tsp smoked paprika
- 2 tsps dried herbs
- 3 Tbs cold, organic butter (or coconut oil), extra to brush
- ½ cup cold water

Preheat the oven to 180C. In a food processor, place all of the dried ingredients, and pulse to mix. Add in the cold butter or oil, and process until it combines to make a crumbly mix. While still on, slowly pour in the cold water. Process until it forms a ball in the mixer. Place onto a lightly floured surface, and using a rolling pin, roll it into a 1cm thick rectangle - approximately 15cmx30cm.

Carefully slice the dough, width-wise, into approximately 1cm strips. Press the ends of two strips together, and carefully twist them all the way until the other end. Firmly pinch the other end together. Lay each twisted breadstick onto a lined baking tray. When all of the dough has been made into bread twists and are laid out on the tray, brush each one lightly with butter, and sprinkle extra herbs on top. Bake in the oven for 15-20mins or until firm and lightly browned. Set aside to cool.

What is Spelt Flour?

Spelt flour can be found in most good supermarkets. Spelt is a grain that is related to wheat, however, many find it more easily tolerated (it is less likely to cause gastrointestinal side effects). Spelt is an easy, and healthier, substitution for wheat and all-purpose flours.



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MERRY CHRISTMAS



IHF WISH LIST

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TOM

KATHERINE

JUDY

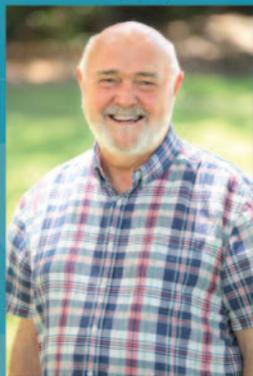
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TALITHA

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Mini Tramp



New trainers



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Clean eating plan



Nutribullet



Magazine
subscription



Resistance bands



THANKS FOR TAKING STEPS IN 2014 WITH IHF IN BECOMING HEALTHIER!