

ANNUAL  
REVIEW

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SPINNAKER  
HEALTH  
RESEARCH  
FOUNDATION



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## Audited Financial Statements

Interested persons may receive a copy of the audited financial statement of the Spinnaker Health Research Foundation for the financial year ending 30 June 2020 by written request to [admin@spinnakerhealth.org.au](mailto:admin@spinnakerhealth.org.au)



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# CHAIRMAN'S REPORT



**MARK BALFOUR**  
CHAIRMAN

**It would be difficult for me to open this address any other way than by acknowledging this remarkable past year that we have experienced.** We have seen the world plunged into what can only be described as a 'health catastrophe'. Many of us have reflected on how lucky we are to be so geographically isolated; a notion so often bemoaned in the past, but which now, with good cause, we celebrate along with the swift actions of our Federal and State governments to contain a threat that has so many countries and communities hostage around the world.

As a medical research foundation, we were acutely aware of the role we needed to play. As COVID-19 continued to spread at an alarming rate from one country to another, the world's scientific and medical leaders focussed upon speedy and sustainable remedies and solutions.

At Spinnaker we thought there was another problem that needed some answers – **and that was all about our community; the individuals in it and the health services that keep them well.**

Following extensive consultation, discussion and deliberation, the Trustee Directors committed significant funding to a three-year research project that seeks to better understand how COVID-19 affects an individual who has been infected, and if there are long-term health considerations as a result.

We believe that having this information available to all health professionals and governments around the world will allow for earlier intervention, increased monitoring and, ultimately, improved long-term health outcomes. It will also allow us to better understand how we should respond to the threat of infection, manage our immediate response, and guide us through not just

health, but social and economic management. **We believe it is just as important to look to the future as it is to manage the present and we have made an important investment in not just our local, but our global community.** Read more about this research on page 9 of this report.

Our commitment to our community did not end with this response to COVID-19. We remained acutely aware that other diseases would not wait for the pandemic to resolve so we continued to support areas of critical medical research where, and as, we could. In December 2019, we awarded more than \$145,000 to 10 research projects at a wonderful night of celebration hosted at the University of Notre Dame Australia in Fremantle. The breadth of awards offered this year was again impressive and included projects to develop chronic pain medication, the use of Artificial Intelligence in diabetes management and the application of video technology for improvements in cancer detection. The Foundation continues to be in awe of the many great ideas and initiatives from researchers for improved patient care and we remain committed to the development of our early career researchers as much as the funding of entrepreneurial thinking, through our Seed Grants.

The Foundation also looked to expand its spectre of support for Western Australian research by assessing critical gaps in translational knowledge and research funding, committing to the support of two important strategic areas. The first was heart and lung research, with a particular focus on improvements in organ transplant. A further consequence of the geographic isolation I touched on earlier, is the significant impact on the availability of hearts and lungs for transplant. A dedicated team

of clinical researchers at Fiona Stanley Hospital established the Heart and Lung Research Institute in 2013 to improve the viability and accessibility of organs to increase both the likelihood and the success of transplants for critically ill Western Australians. The Foundation has extended its support to them through a formal partnership and we have now started a program of fundraising to sustain their research and underpin their success.

The second strategic research priority that the Foundation seeks to develop is the area of men's health. It is perhaps not well understood that in Australia, and indeed throughout the world, men's health initiatives continue to be less funded and less resourced than women's health, despite the fact that men continue to face poorer health outcomes and earlier death.

The Foundation is now working with leading medical experts to develop a holistic and integrated

physical and mental research framework that will respond to the priorities of the WA Men's Health and Wellbeing Policy.

Against the background of logistical challenges, I applaud the Executive and Board of Spinnaker for remaining stable and productive, managing to work with the preservation of good governance and excellent productivity. I extend my absolute gratitude to my fellow Directors for their unwavering commitment and their capacity to really step up and be aware of the responsibility we all shared as stewards of such a Foundation at such a critical time. In so doing I also extend my thanks to the executive team who worked very hard over the past year to not just respond to uncertain circumstance, but maintain and enhance in many ways, the operations of the Foundation. In this financial year we have had no retirements from the Board membership however we were pleased to have welcomed Sasha Bosich who brings not just

her professional expertise, but a personal passion for improved patient care due to her own health experiences.

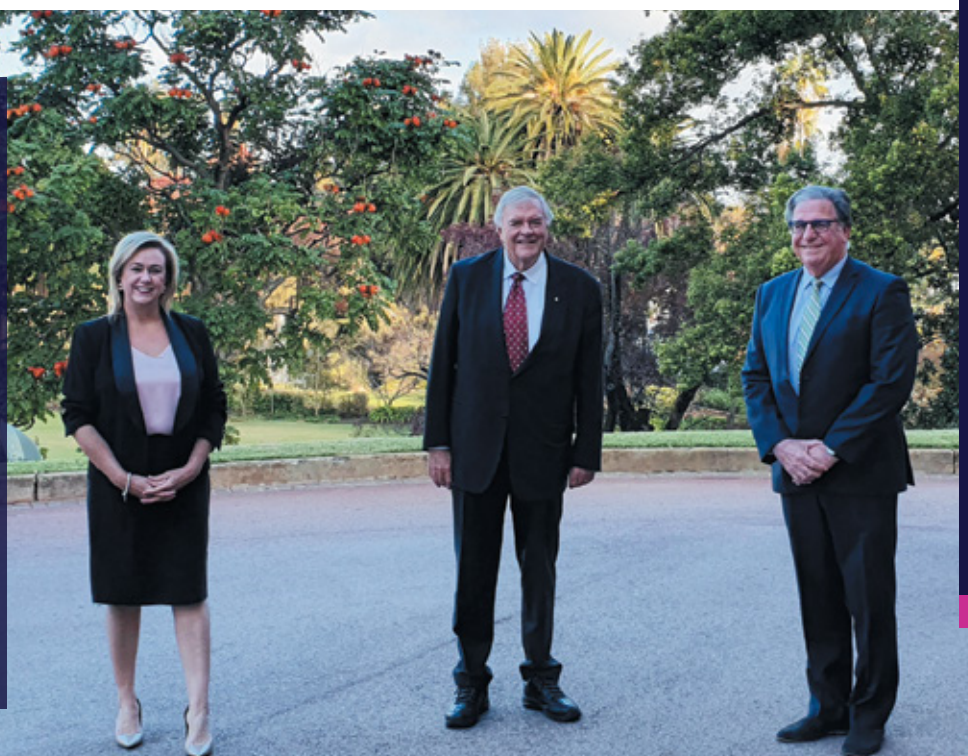
In closing, I want to invite you to join us in our optimism for a more stable year ahead, not denying the many challenges we continue to face. I also encourage you to continue in your generous support of medical research. Our opportunity for challenging the outcomes of this current health crisis sits firmly within the realms of knowledge and experience and it is only through the funding of critical medical research that we can position ourselves well enough to move forward with optimism.

**The generosity of our many donors has been unwavering and for that we are more than just grateful, we are humbled.**

**Mark Balfour**  
Chairman

"I am proud to be a Patron of Spinnaker Health Research Foundation – an organisation which supports innovative health and medical research in collaboration with universities and research institutions in Western Australia. Ensuring the best health outcomes for our community has never been more important and we are lucky to have Spinnaker contributing to our world-class research efforts here in WA."

**The Honourable Kim Beazley AC,**  
Governor of Western Australia



*CEO Dana Henderson, The Honourable Kim Beazley AC and Chairman Mark Balfour.*

# CEO REPORT



**DANA HENDERSON**  
CHIEF EXECUTIVE OFFICER

**The past financial year was beset with a health crisis never experienced before and which brutally and tragically impacted communities across the globe.**

In writing this report I have had the opportunity to consider the year from many perspectives and it has provided me with the opportunity for meaningful reflection.

It has been said on many occasions that we are so very fortunate in WA, as the threat so feared in March did not eventuate in the way it has done in so many parts of the world. However, I am convinced that we have not paused to question why this was the case – why did WA find itself in the very fortunate position it did?

**At Spinnaker we are privileged to work alongside many of the people who have worked so tirelessly, efficiently and effectively to ensure we have stayed ahead of the curve and, by comparison, free from the overwhelming threat of COVID-19.**

It was impressive to see the way in which the health service adapted at such pace, the medical staff responded so rapidly, and every person working in our hospitals, from the cleaners to the surgeons, committed to showing up every day without complaint. Earlier this year the risk was great, the future uncertain and the response of our health care services admirable.

We were also in the honourable position to work side by side with our colleagues throughout the charitable sector as we all joined forces to respond to the needs of our community and assist government as they too rapidly responded to uncertainty of such magnitude. These collective efforts have shown the power of community response and I have been very impressed by the leadership shown across this State.

**I have also been in awe of the astonishing response of our community. Individuals, who have come together to support, assist and care for others; who have put aside their own needs to ensure others less fortunate are ok.** We started the year with an enormous out-pouring of community support as fires ravaged the lands, our habitats and our homes, and just a short month later, a disease of unprecedented threat, scarred every corner of our globe.  
**Yet still the community dug deep.**

Personally, this has been a year of unprecedented professional growth and reward. To be in the position of leading a medical research foundation has perhaps never been more significant. We have risen to the challenge of better understanding the impacts of the pandemic while maintaining our commitment to research in south metropolitan Perth and support for the researchers who respond to the needs of our community. Those needs have perhaps never been more urgent and pronounced.

I am very proud of the team who have worked tirelessly and with great innovation and agility to adapt to a rapidly changing environment. Like many organisations, our work intensified this year and the team worked with diligence, entrepreneurship, frugality and a sense of deep commitment to our cause.

In December we awarded 10 grants to Early Career and Seed Grant recipients and I am pleased to say we received a record number of applications, the calibre of which was ever impressive. The breadth of endeavour and the scope of investigation was truly rewarding and our only difficulty is not awarding more each year. The grants we are able to award are dependent upon the generosity of our donor community and we strive to increase that investment every year.

In addition to the grants, the Foundation received several significant gifts to support key areas of research at Fiona Stanley Hospital. This included donations from Conquer Cystic Fibrosis in support of lung transplants, Lawley Hormone Solutions to support men's health research and Abbott Australia to fund a cardiology fellowship.

It is only fitting that I close with **thanks to our entire community of supporters. These donations continue to save lives in our hospitals and I am able to see that on a daily basis.** It is only because of our donors and the foresight they have to care for their loved ones, their neighbours and their extended global community, that we can do the important work we do. There has never been a time when medical knowledge has been more relied upon. To our donors, who understand our collective wellbeing depends on it now and in the future, **I offer my heartfelt thanks and my commitment to making sure we continue to strive for you.**

**Dana Henderson**  
Chief Executive Officer

**“RESEARCH IS IMPORTANT TO ME  
BECAUSE RESEARCH CHANGES LIVES.  
NEWBORN RESEARCH GIVES THE  
OPPORTUNITY TO ALL BABIES TO  
GROW INTO HEALTHY CHILDREN AND  
HEALTHY ADULTS. AS A PHYSICIAN,  
I BELIEVE IT’S MY RESPONSIBILITY TO  
ENGAGE IN RESEARCH AND CREATE  
NEW POSSIBILITIES.”**



**Dr Shail Mehta** Neonatologist and researcher, Fiona Stanley Hospital

# OUR FOUNDATION

## CORPORATE GOVERNANCE

Spinnaker Health Research Foundation is an independent charitable trust, administered by a corporate trustee, which was founded in 1996 at Fremantle Hospital. The Foundation is governed by a board of Western Australian business leaders who voluntarily commit their expertise and is supported by a Scientific Advisory Committee comprised of leaders in clinical and academic research. The Foundation is managed by a small executive team based at both Fiona Stanley and Fremantle Hospitals.

## SPINNAKER BOARD



**Mark Balfour**  
Chairman and  
Director



**Steve Robertson**  
Deputy Chairman  
and Director



**Helen Warnock**  
Director



**Mark Rintoul**  
Director



**Jenny Rachmat**  
Director



**Geoff Booth**  
Director



**Brad Thomason**  
Director

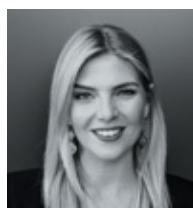


**Sasha Bosich**  
Director

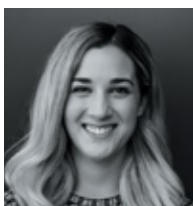
## SPINNAKER TEAM



**Dana Henderson**  
Chief Executive  
Officer



**Betsy Westphal**  
Marketing and  
Communications  
Officer



**Dani Ryder**  
Development Officer



**Professor  
Barry Marshall AC**  
Nobel Laureate



**The Honourable  
Kim Beazley AC**  
Governor of  
Western Australia



**Patricia Kailis AM OBE**  
Governing Director MG Kailis Group (*dec*)

## OUR PATRONS

## SCIENTIFIC ADVISORY COMMITTEE

### Professor John Olynyk

Consultant Gastroenterologist & Hepatologist, SMHS  
Professor, School of Medical and Health Sciences, ECU

### Professor Jim Codde

Director, Institute for Health Research, University of Notre Dame Australia

### Professor Merrilee Needham

Head of Department Neurology – FSH  
Foundation Chair of Neurology – joint appointment  
Murdoch University, University of Notre Dame Australia and FSH

### Adjunct Professor Chris Judkins

Cardiologist at Cardiology Department – FSH  
Adjunct Professor University of Notre Dame Australia

## GENERAL ADVISORY COMMITTEE

### Ron Bennetts

Finance, governance, risk management and organisational change

### Jane McNamara

Corporate affairs and communications

### John Murray

Tax law, governance and not-for-profits

## SPECIALIST ADVISORS

### Professor John Olynyk

Consultant Gastroenterologist & Hepatologist, SMHS  
Professor, School of Medical and Health Sciences, ECU

### Professor David Fletcher

Clinical Staff Representative, Fiona Stanley and Fremantle Hospitals Group



# IN MEMORY OF...

## VALE DR PATRICIA KAILIS AM OBE 17 APRIL 2020

**Governing Director MG Kailis Group  
and Patron of Spinnaker 2008 – 2020**

For all of the other important events of 2020, one in particular stood out for Spinnaker; the passing of our esteemed and valued Patron, Dr Patricia Kailis AM. Dr Kailis was an inaugural member of the Fremantle Hospital Medical Research Foundation (now Spinnaker), a position she held for 10 years before accepting the invitation to be joint patron in 2008 alongside Professor Barry Marshall. Patricia retained this role until her passing. The Foundation will be forever grateful for the many significant contributions she made over such an extended period of time. This support included the establishment of the Kailis Scholarships with the University of Notre Dame and sponsorship of the Foundation's annual awards event. Patricia was deeply invested in the encouragement and development of new research and researchers and actively engaged with the successful grant recipients.

Dr Kailis's commitment to medicine has had an enduring legacy for Western Australia. She was well regarded for her work in genetic counselling for neurological and neuromuscular disorders, alongside her business acumen as a pioneer of the local seafood industry and the establishment of Kailis Pearls with her late husband Michael. Patricia will be remembered as a significant and impactful contributor to our Foundation and for the enduring legacy of research achievement since its conception.

## VALE DR YUSUF NAGREE 22 NOVEMBER 2019

**Emergency Physician, Fiona Stanley Hospital,  
Co-Director Emergency Department, Geraldton  
Hospital and Scientific Advisory Committee  
Member for Spinnaker 2017 – 2019**

On 22 November 2019 Dr Yusuf Nagree, a valued, trusted and admired member of our Scientific Advisory Committee, passed away following a short battle with cancer. Dr Nagree held a deep commitment to research and emerging researchers alike, selflessly dedicating his time to the selection and award of Spinnaker grants right up until the time of his passing.

Yusuf was Emergency Physician at Fiona Stanley Hospital and also held senior medical roles at Fremantle Hospital, Armadale/Bentley Health Group and Geraldton Hospital. He was a board member of the Australasian College of Emergency Medicine and Professor of Emergency Medicine at the University of Western Australia. Dr Nagree was among the most influential emergency medicine doctors in Australia, recognised both nationally and internationally. He was a passionate advocate for his profession to which he volunteered his time and expertise to a wide range of professional committees. Yusuf was deeply committed to his patients and his community and the legacy of his passion and his dedication remains with us today.

## 2020 SNAPSHOT

<b>24 YEARS</b> IN OUR COMMUNITY	<b>246</b> RESEARCH PROJECTS	<b>&gt; \$4.6M</b> IN FUNDS DISTRIBUTED	
<b>\$55,543</b> RESEARCH TRAVEL GRANTS	<b>\$582,318</b> PHD RESEARCH PROJECTS	<b>\$3,614,084</b> GRANT RESEARCH	<b>\$375,047</b> MEDICAL EQUIPMENT

# RESEARCH FOCUS

## 2018 EDITH HEARNE BEQUEST RECIPIENT DR MELANIE BURKHARDT

Clinical psychologist Dr Melanie Burkhardt has 16 years' experience working with people living with chronic health conditions, with a special interest in high-risk patients living with Type 1 and Type 2 diabetes. Melanie works within a multidisciplinary team, in a tertiary diabetes centre based in Western Australia. Her research examines the translation, development and evaluation of behavioural interventions to improve self-care and reduce psychological distress in high-risk patients. Melanie provides education and consultation regarding the psychological care of people living with diabetes at a local and national level.

In 2018, Spinnaker awarded Dr Burkhardt a grant to evaluate the effect of behavioural intervention to improve self-care, glycaemic control, mental wellbeing and the overall quality of life for adults living with diabetes. People with diabetes are required to evaluate and manage their care every day. **Many find this challenging, and the daily burden can result in psychological stress and poor management**, even with access to multidisciplinary medical teams.

With the support of a generous bequest gift, the Edith Hearne Bequest, Dr Burkhardt and her team were able to evaluate how effective a program of psychological intervention might be in a group of high-risk adult patients with complex diabetes. The project is nearing its conclusion with many of the 45 patients who participated reporting they felt more in control, more confident and maintained better health due to the interventions. The team will now use the findings to consider ways to integrate interventions into clinical care programs at the hospital.

## 2016 LEN AND BARB HITCHEN GRANT RECIPIENT PROFESSOR ERIC VISSER

Professor Eric Visser, Churack Chair of Chronic Pain Education and Research at the University of Notre Dame Australia, recently published the findings of his 2016 grant that sought to examine the preventive effects of combined antioxidant drug therapy in an effort to reduce both the intensity and frequency of migraines and headaches in chronic sufferers. The MIGRANT study, a collaboration between Notre Dame and Murdoch Universities, was able to demonstrate that the combined application of N-acetylcysteine, Vitamin E, and Vitamin C (NEC) was, in fact, effective. A further, randomised controlled trial is now planned to further test the findings.

**The study has also led to incidental findings that have had spin offs in other areas of neuropathology and chronic pain** and the online headache diary developed as part of the study is now being used in other migraine studies to great effect.

The grant to Professor Visser and the team was only made possible due to the generosity of Len and Barb Hitchen. Len was a founding board member and Chairman of the Foundation and his and Barb's support has endured across the decades.

Professor Visser said the research was hampered by several set backs, including the very sad passing of one of the research team.

"After five hard years of toil and delays the research would not have been possible without the support of Spinnaker and the Len and Barb Hitchen award. Thank you so much for the support!" said Professor Visser.

## XVIVO LUNG PERFUSION - IMPROVING LUNG TRANSPLANTATION IN WA

In 2019, Spinnaker purchased world-leading lung transplant technology, the XVivo Lung Perfusion machine, for Fiona Stanley Hospital's Heart and Lung Transplant Unit. The purchase was made possible due to funds donated by Conquer Cystic Fibrosis. The machine conditions lungs and keeps them viable outside of the body, allowing a greater availability and improved condition once transplanted.

Australia leads the world in lung transplantation. WA's service was established in 2004 and now performs an average of 15 transplants a year. However, WA's remoteness means that many lungs that might be suitable for patients here in WA simply cannot make the journey due to barriers of time and distance.

**Organ perfusion overcomes barriers to transplant success, notably the accessibility and viability of organs.** Perfusion can keep donated lungs alive, functioning and improving in condition as they make their way to the patient. It not only reduces waiting times for people on the transplant list, but ensures the organs they receive are in the best possible condition. Currently, 50% of recipients will only survive for 5 years after a lung transplant. Investment in technology such as this, in combination with targeted research, will ensure improved extent and quality of life for so many West Australians. We are incredibly grateful to CCF for the donation of \$278,000 which was raised at their annual gala event and gifted to Spinnaker to facilitate the purchase on behalf of the hospital.



## 2020 RESEARCH GRANTS

PROJECT TITLE	CHIEF INVESTIGATOR	DONOR
Whole Body PET-CT scan to diagnose and manage myositis	<b>Dr Shereen Paramalingam</b> <i>Consultant Rheumatologist</i> Fiona Stanley Hospital, PhD Student - The University of Notre Dame Australia	<b>The Rotary Club of Fremantle</b>
SUBDUE-1	<b>Prof Dickon Hayne</b> <i>Head of Urology</i> Fiona Stanley Hospital & Professor of Urology - The University of Western Australia	<b>SMHS Doctors who Donate</b>
Artificial intelligence-based eye screening for patients with diabetes at Fremantle Hospital	<b>Prof Yogi Kanagasingam</b> <i>Research Director</i> CSIRO Australian e-Health Research Centre & Adjunct Professor, School of Medicine - The University of Notre Dame Australia	<b>Fremantle Hospital Ladies Auxiliary</b>
Detecting high-risk genetic changes in patients with myeloproliferative disorders	<b>Dr Teng Fong Ng</b> <i>Consultant Haematologist</i> Rockingham General Hospital	<b>SMHS Staff Lottery for Spinnaker players</b>
Can testosterone help treat men with Crohn's disease?	<b>Dr Abhey Singh</b> <i>Gastroenterologist</i> Fiona Stanley Hospital	<b>Austal Company and Staff</b>
Can hyperbaric oxygen therapy improve remission rates in acute severe ulcerative colitis?	<b>Dr Jesica Makanyanga</b> <i>Gastroenterologist</i> Fiona Stanley Hospital	<b>Len and Fran Mihaljevich</b>
Tapping the video goldmine: How technologies used by tech giants for video analysis could inspire an improved way to diagnose and measure cancer in biopsies	<b>Dr Jeremy Parry</b> <i>Anatomical Pathologist</i> PathWest, Fiona Stanley Hospital	<b>David Clegg</b>
Development of a new drug for chronic nerve pain	<b>Dr Michal Luniewski MD FANZCA</b> <i>Consultant Anaesthetist</i> Fiona Stanley Hospital	<b>The City of Cockburn</b>
A study of the effects of a silicone-based topical dressing on the rate of wound healing, pain and scarring outcomes in donor site wounds, and in burns to the face in comparison to standard care.	<b>Mrs Fiona Poelchow</b> <i>Senior Occupational Therapist</i> State Adult Burns Service of WA, Fiona Stanley Hospital	<b>The Rotary Club of Attadale</b>
Establishing an accurate diagnostic tool for lung transplant rejection	<b>Dr Herbert Ludewick</b> Heart & Lung Research Institute Harry Perkins Institute for Medical Research at Fiona Stanley Hospital	<b>The Stan Perron Charitable Foundation</b>

# RESEARCH IMPACT



*Prof Elaine Holmes, Prof Jeremy Nicholson, Steve Robertson and Dana Henderson at the Australian National Phenome Centre*

## COVID-19 RESEARCH

When COVID-19 arrived in Western Australia there was an immediate, collaborative response from researchers across the state, ready to do what they could to help protect us from a poorly understood threat. The response, led by WA Health Translation Network, brought together clinical and academic researchers from the hospitals, universities and institutes to examine treatments, clinical interventions, testing and community impact.

**This was a virus never before seen, more easily spread and more complicated than any other corona virus, and one we simply did not know how to treat.** We needed to look quickly to science that would help us understand how to detect, treat and, ultimately, prevent this disease.

**At Spinnaker, we wanted to better understand what was happening because of this disease. As a Foundation we engaged with the West Australian government, our community of researchers, and health professionals as we watched the pandemic spread and the uncertainty unfold.**

We came to believe that the greatest contribution we could make was to gain a deeper understanding of the impact of COVID-19, allowing us to better plan for the future.

Through the support of generous donors and an exceptional gift directly from the Foundation, we have committed significant funding for world-leading research by the Australian National Phenome Centre (Murdoch University).

The project, a collaboration with Addenbrooke's Hospital at the University of Cambridge, will help us better understand the pathway to recovery for COVID-19 positive patients, including long-term, life-impacting disease risks.

This world-first, international collaboration will examine samples collected from COVID-19 positive patients in WA, the UK, France, Spain and Malaysia over three years to better understand how the infection affects people in the short, medium and long term, and how patients recover from the disease. The results have been rapid, and after just a few short months the project has produced

seven papers, three of which have been published internationally and four of which are currently under peer review.

The research has identified markers for the onset of diabetes and damage to the heart, lungs, liver, brain and vascular system; irrespective of the severity of the infection. The information assessed and reviewed to date indicates this is a systemic disease, not just respiratory, and the opportunity to intervene at an earlier stage is likely to lead to improved short and long-term outcomes for patients. The findings of the ANPC demonstrate that 'recovered' patients continue to be metabolically abnormal, in particular with signs of cardiovascular damage. It supports reports from the UK that 78% of patients had cardiac damage and 60% had myocardial inflammation 3 months after 'recovery'. The ability for us to monitor patient's recovery over the next three years will be important to assist in understanding the impact of infection on an individual's health and **allow early intervention to offset the possibility of lifelong disease and impairment.**



*Prof Jeremy Nicholson, Mark Balfour, Steve Robertson & Prof Elaine Holmes*

Significantly, it will allow health systems around the world to better prepare for the likelihood of a continuing and increasing burden of disease, allowing governments to better plan for the longer-term social and economic impacts.

**Spinnaker is very proud to be able to support this important piece of research that will have an impact for our local and our global community.** Importantly, the research findings will assist in informing further research in our

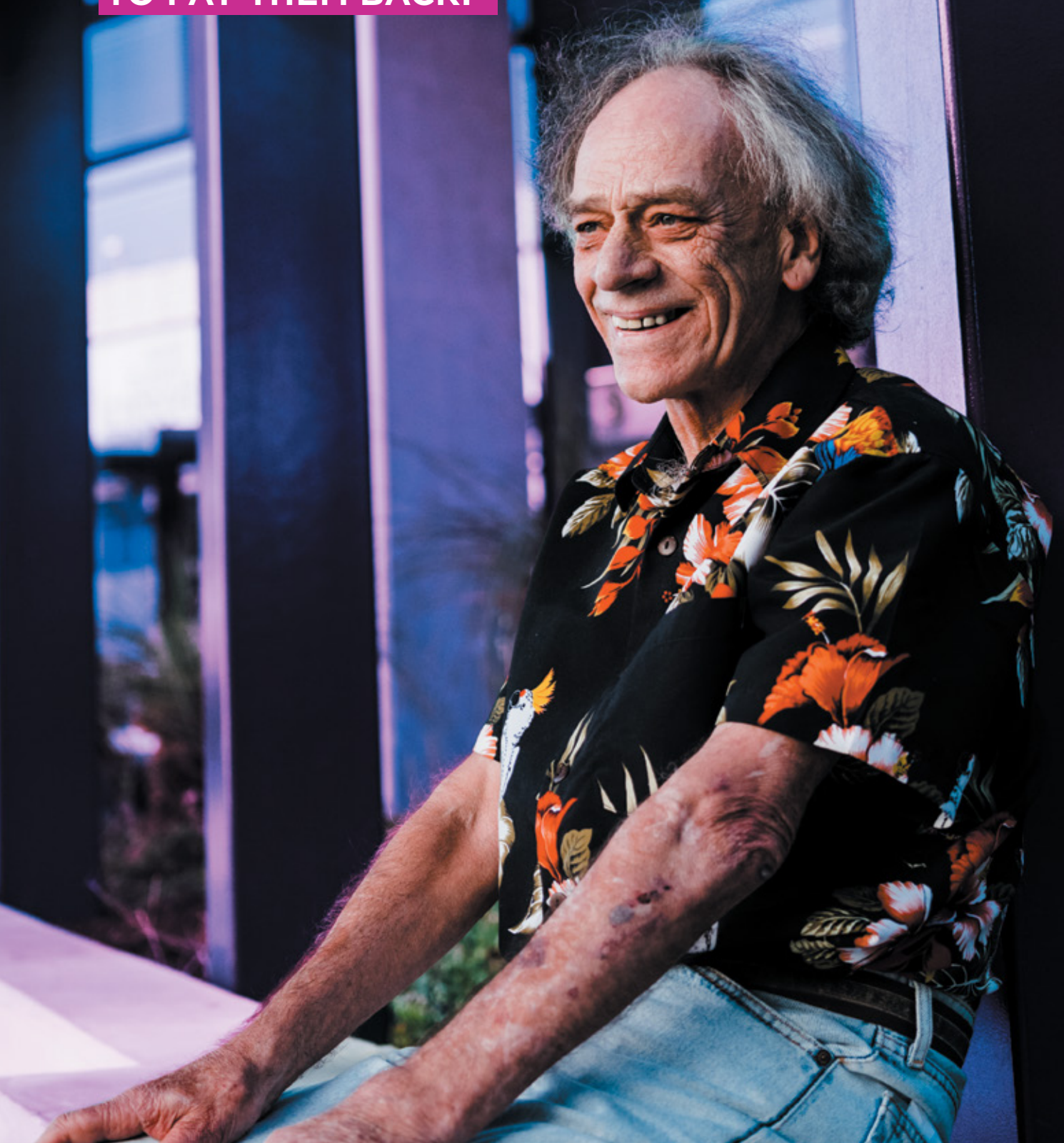
hospitals that will support members of the community who may have the misfortune of enduring longer term, life-impacting complications from infection. The research is led by world-renowned phenomics pioneer and Executive Director of the ANPC Professor Jeremy Nicholson in partnership with Addenbrooke's Hospital University of Cambridge, UWA and Bruker.



**“The lung manifestations of COVID-19 are the tip of the iceberg; it is a deep systemic disease with multiple faces and long-term complications. Thanks to Spinnaker, we are now beginning to understand this much better through the work of the ANPC and its international collaborators.”**

**Professor Jeremy Nicholson**

**“AFTER I WAS IN HOSPITAL  
THE LAST TIME, IN FREMANTLE,  
THE NURSES AND EVERYTHING  
WERE THAT FANTASTIC I JUST  
WANTED TO DO SOMETHING  
TO PAY THEM BACK.”**



David Clegg Donor, patient



## DONOR FOCUS

**Dog loving philanthropist David Clegg has an insatiable curiosity about the world. He also, it has to be said, has an uncanny knack for breaking bones.**

Jetty hijinks led to a broken neck at 10. Then one particularly unlucky finger took a beating. “I tried to stop a dog fight and it took half my finger out. Then I dropped a rock on my finger, then a kid bent my finger back — that’s just in primary school! Then I fell down a sprinkler hole and fractured my leg. The last one, when I broke my ankle, I had a dozen screws and two plates put in.”

Later he’ll remember the fractured jaw he suffered during a few seasons fishing at Carnarvon — another jetty mishap that this gentle, affable and apparently rather clumsy man can only laugh about.

All of those injuries mean the former school teacher and builder’s labourer has had more opportunity than most of us to experience the public hospital system. That last accident, which required a couple of stays at Fremantle Hospital — “It was like a school reunion I’ve been there that many times” — only served to crystallise the immense respect he has for health professionals.

That gratitude, combined with his ongoing quest for answers about the way the world works, prompted David to donate to medical research.

“After I was in hospital the last time, in Fremantle, the nurses and everything were that fantastic I just wanted to do something to pay them back.”

David is about as far from the multi-millionaire philanthropist cliché as you can get. An old surfer dude who spent the ‘70s chasing the ‘endless summer’ through Asia,

David lives a simple life with his beloved border collie Alesha, living off an invalid pension and some inheritance from his late parents.

**Though he adores spending time at the beach, educating himself on YouTube and playing with his Nikon camera, David also thrives on the thrill he gets from contributing to medical research.**

“The first one was Fiona Wood. She’s just amazing ... inspiring,” David says.

He proudly rattles off a list of research projects he has helped support.

“The money I donated last year, that went to a lady who is studying people who have pain from the scarring of burns. The other one was pregnant women with sleep apnoea. The other one is a guy who is doing research into people who have trouble after knee and hip surgery. He’s just made a big discovery in the research he’s been doing.”

Indeed, getting to meet the researchers who benefit from his donations is the ultimate thrill.

**“Instead of giving the money to thin air, you’re meeting the person who is doing the research.”**

Ask this modest man why he donates to help save lives and he’ll give you a beautiful answer. “People helped save my life heaps of times.”

For the rest of us, he reckons **donating to research is donating to your future self.**

“Everyone is going to end up in hospital at some time or another.”

# SPINNAKER IN THE COMMUNITY



## ANNUAL AWARDS CEREMONY

On 3 December 2019 we announced the recipients of the 2020 Early Career Research and Seed Grants at an exceptional ceremony hosted by the University of Notre Dame Australia. The event each year is an excellent opportunity for us to come together with our generous donors, and the research community we support, to celebrate the exceptional work happening in support of the hospitals of south metropolitan Perth and the patients who depend upon them. Following the most competitive year of grants in the Foundation's history, Spinnaker was pleased to be able to award 10 project grants with a total investment of \$145,000. The breadth of research funded this year was again exemplary and included research into new medications for chronic nerve pain, video technology for improved cancer

detection and the use of Artificial Intelligence in the management of diabetes. We very much look forward to sharing the results of these projects with you as they come to fruition and translate to improvements in patient care.

## COMEDY NIGHT

Little Creatures Brewery has supported the Foundation since we began in 1996 and this year they partnered with Comedy Lounge to host an inaugural fundraising event to support research. Knee Slap for Spinnaker was held in the Sonar Room of Little Creatures on 26 November to a capacity crowd, and there was barely a dry eye in the house as the four fabulous comedians, including Mix 94.5's Janelle Koenig, had us in stitches. Thanks to everyone who attended, made donations on the night and slapped their knee for the important work we support. We look forward to many more such events in the future.

## CHARITY LEADERS TOUR OF FIONA STANLEY HOSPITAL

The heads of some of Perth's leading not for profit groups joined Spinnaker on a tour of Fiona Stanley Hospital on 21 Feb 2020 to learn more about the way research funded by Spinnaker is being applied to patient care in the hospital. Conquer Cystic Fibrosis, Harry Perkins Institute for Research, Heart Foundation WA, Co3 Dance and Lotterywest visited the State Rehabilitation Service, State Burns Service, State Hyperbaric Service and Heart & Lung Transplant Unit, discussing current research and the application of findings in each of the areas. The spirit of collaboration is integral to the success of medical research, and community serving organisations in general. This was an important opportunity for us to meet with colleagues, share ideas and impart knowledge of benefit to each of the organisations.



## COMMUNITY FORUM: FREMANTLE DIABETES STUDY

On 26 August 2019, Spinnaker hosted a community forum to share findings of the world-renowned Fremantle Diabetes Study. Community members heard from Keynote Speaker, Tim Davis who, along with Dr Wendy Davis and a team of visionary researchers at Fremantle Hospital, completed two successful phases of the study which ran over 25 years and recruited more than 3000 participants. The study has changed what we know about diabetes globally with key outcomes including: the development of a valid cardiovascular disease/diabetes risk calculator, development of a diabetes-specific hand-held medical record, contribution to the development of the International Diabetes Federation SMBG guidelines, the identification of carotid bruit (narrowing neck

arteries) as a strong predictor of stroke in Type 2 patients and the discovery of a long list of diabetes predictors, risks and complications. This has led to significant improvements in the treatment patients now receive for diabetes.

**Spinnaker is pleased to have funded 14 research projects within the study, with the most recent awarded in 2018.**

The event was also an opportunity to celebrate local researcher and nurse, Jocelyn Drinkwater who was awarded the 2019 Australian Diabetes Society President's Clinical Young Investigator Award for her project "The relationship between retinopathy assessed using optical coherence tomography angiography and carotid disease quantified by ultrasonography in type 2 diabetes". The project was part of the Fremantle Diabetes Study and was funded in full by a generous gift to Spinnaker, the Edith Hearne Bequest Grant.

## GOLF DAY

The wonderful, hardworking volunteers at Fremantle and Attadale Rotary Clubs once again put on a fabulous charity Golf Day for us in March this year.

The event, as it is every year, was oversubscribed and we are so incredibly grateful to the many corporate teams and individuals who come along to raise funds for us and fellow charity, Care Cure Support.

With thanks to the support of many donors, including our wonderful, long-term supporters Little Creatures Brewery, who contributed goods and services for the event and Rotary, who gifted \$21,984 to us to fund research at our hospitals. A massive thank you to Rod Rate and the entire team who work so hard to make the day a success.

## WE COULDN'T DO IT WITHOUT



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To all of our donors, every cent makes a difference in our fight against disease. **THANK YOU.**

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