

# Factor Matters

Haemophilia  
Foundation  
NSW



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Winter 2023

Volume 54

*Hunter Region Family Fun Day*

*World Hepatitis Day 2023*

*21st Australian Conference*

*BDAM 2023 Family Day-Out*

*HFNSW 2023 Family Camp*



## About Us

HFNSW is a member driven not for profit organisation that provides support programs and advocacy for the NSW bleeding disorders community, their families and carers. While specialist doctors and nurses provide world class medical and social care for our members, we provide complimentary services beyond the Treatment Centres such as continuous education, lifetime connections and community events, peer-to-peer counselling, and help with identifying solutions to improve the quality of life for people living with an inherited bleeding disorder.

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Prof Kevin Rickard, AM, RFD

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Paul Bedbrook - Treasurer  
Dr Liane Khoo - Member  
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Stephanie Devine - Member  
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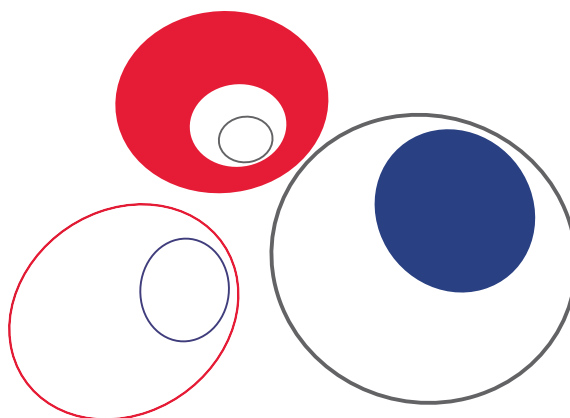
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## Factor Matters Vol 54, Winter 2023

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Dan Credazzi

President,  
Haemophilia  
Foundation  
NSW

## A Word from the President

We begin by expressing our heartfelt appreciation to the NSW Health, Sydney Local Health District (SLHD) NGO program for their annual grant, which plays a crucial role in sustaining your Foundation. Thanks to their unwavering support, we are able to provide exceptional services to all People with a bleeding Disorder (PwBD) in NSW, as well as their dedicated carers and families.

While we are truly grateful for the grant, we have to address the fact that expenses continue to rise, and the grant is fixed. However, we have an exciting plan in place! As mentioned in the last newsletter, we did have a meeting with the Sydney Academy of Sports & Recreation at Narrabeen. It was a good meeting and we did our best to negotiate a new deal, however we weren't able to get a discount and still hold the camp in summer. The costs of camp have risen over 30% since pre-covid.

Every year, we have a review with the SLHD to make sure things are on track. Every three years, we review our performance metrics and Key Performance Indicators (KPIs) to ensure that our services align with your community's needs. These are set and we'll have the KPI's, financial statements and audit record available for your review at the October 19 AGM. We will notify you of the venue as soon as it is confirmed, so please keep an eye out and rsvp.

Luckily, we are on the brink of securing a fantastic office space near the RPA, courtesy of NSW Health.

This wonderful opportunity will enable us to allocate the rent & utility costs we currently pay towards sustaining our annual camp as a free event. Now, here's where things get a bit adventurous. Our current lease on Mountain Street is up for renewal this month, and we've made the decision to not renew it. This means that we won't have a fixed office for a few months until the new NSW Health office on Carrillion Ave is ready.

Our important documents will be stored securely offsite until we can transfer them to our new space. This move saves us several months' worth of rent, enabling us to cover a portion of this year's increased camp expenses.

We are determined to keep our camp and regional events thriving because of your positive feedback. Please do take the time to complete any surveys which come your way from Shiva or HFA. Survey results are a KPI!

The latest magic, longer lasting treatments, with weeks in between infusions, can be forgotten. Pick a day, stick with it and record in myABDR. Stay connected with your HTC, and, of course, stay in touch with us! We are here to support & empower you.

*Best wishes,  
Dan*

# HUNTER REGION FAMILY FUN DAY - 30 APRIL 2023



On the beautiful Sunday of May 30, 2023, HFNSW once again hosted a family fun day at Dullboy's Social Co in Warners Bay, NSW. The event created a fantastic opportunity for families to come together and enjoy a fun-filled day.

The event saw families catching up with each other while participating in various activities, including bowling and arcade games. The atmosphere was filled with joy and laughter as everyone mingled and enjoyed the games.

The turnout was impressive, with around 50 attendees consisting of parents, caregivers, and children. It was heartening to see Jaime Chase, Haematology Clinical Nurse Specialist, and Dr Janice Chamberlain from John Hunter Children's Hospital, among the attendees, showing their support for the event.

HFNSW has always been committed to looking after its members and their families, providing them with opportunities to connect and socialise with others who are going through similar life experiences. The family fun day was a testament to that commitment, providing a platform for families to meet and bond with others in similar situations.

The event was beautifully captured in photographs, showcasing the smiles, joy, and camaraderie of the day. The feedback received from the attendees was overwhelmingly positive, with everyone appreciating the efforts of HFNSW in organising such a memorable event.

The family fun day in Warners Bay was a great success, and HFNSW looks forward to organising similar events in the future to continue supporting its members and their families.









## HAEMOPHILIA EDUCATION FORUM

Friday 14th of April 2023  
9am - 4pm  
KPEC Auditorium, RPAH Hospital & online

The Haemophilia Treatment Centre at RPA Hospital organised its inaugural forum on April 14th, 2023, aimed at providing education and assistance to nursing staff and allied health professionals in managing patients with haemophilia. The timing of the event was ideal, as it coincided with World Haemophilia Day, which was only three days away. The primary objective of the forum was to equip participants with knowledge about haemophilia, its complexities, and the optimal ways to provide care for patients within the healthcare setting.



The event began with registrations opening at 8:30 am and an opening welcome speech was given by Dr. Teresa Anderson AM, the Chief Executive of Sydney Local Health District. It was heartening to have her as a part of the event.







Then the first session started at 9:10 am and was focused on an overview of bleeding disorders. Dr. Liane Khoo gave an informative presentation on haemophilia and other inherited bleeding disorders, followed by a patient story.

After the morning tea break, the second session began, which covered the practical nursing aspects of haemophilia. Mr. Stephen Matthews discussed the practical aspects and challenges of haemophilia nursing, while Ms. Jamie Chase talked about managing haemophilia in a rural setting. Dr. Shiva Tabari spoke about the role of patient advocacy by Haemophilia Foundation NSW.

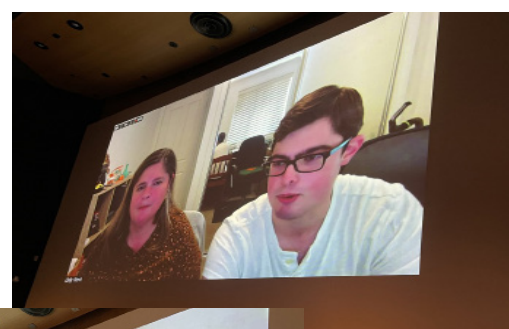


After lunch, a practical demo and hands-on practice for reconstituting different clotting factors was conducted. The third session of the day focused on genetics, pregnancy, and kids in bleeding disorders. Ms. Shona Reid spoke about genetics and testing of inherited bleeding disorders, while Dr. Jenny Curnow discussed pregnancy and delivery considerations in patients with bleeding disorders. Ms. Robyn Shoemark gave a talk on kids with haemophilia, followed by a patient story.



The fourth and final session of the day was centered around joint health in patients with bleeding disorders. Dr. Robert Russo spoke about how joint assessment is done, and Mr. Joshua Hutton discussed the role of the physiotherapist in patients with bleeding disorders. Another patient story was shared before the event concluded with an afternoon tea break and a lucky door prize.

Overall, the event was heartening and informative, providing attendees with a comprehensive understanding of bleeding disorders and practical advice for managing them. Dr. Theresa Anderson's opening speech set the tone for the day, and the patient stories shared throughout the event provided a human perspective on the importance of supporting those with bleeding disorders.



# Men's Health Week 2023

12 - 18 June 2023

Men's Health Week is celebrated every year around the world in the middle of June, and in 2023 the dates are June 12-18. It is an important opportunity to highlight the importance of men's health, and to promote and support the health and wellbeing of men and boys in our communities.

During Men's Health Week, it's a good opportunity to raise awareness of haemophilia and its impact on men's health. It is important for men and boys with haemophilia to have access to appropriate medical care and support, as well as education about how to manage their condition. This can include learning how to self-infuse clotting factor, managing joint health, and avoiding activities that may increase the risk of bleeding.

During Men's Health Week, there are many ways that individuals and communities can raise awareness of hemophilia and support men and boys living with the condition.



Here are some ideas:

- Organise a community fundraiser or event to raise funds for hemophilia research and support programs. This can include a charity walk or run, a concert or music festival, or a sports tournament.
- Share information about hemophilia on social media, using hashtags such as #Men'sHealthWeek and #HemophiliaAwareness. This can involve sharing personal stories, educational resources, or promoting events and fundraisers.
- Invite a hemophilia specialist to speak at a Men's Health Week event or seminar. This can provide an opportunity for men and boys with hemophilia, as well as their families and caregivers, to learn more about the condition and how to manage it.
- Encourage men and boys to get involved in physical activities that are safe and suitable for individuals with hemophilia, such as swimming or cycling. This can promote physical fitness and wellbeing, while also helping to build community and support networks.
- Create educational resources about hemophilia for schools and workplaces, to increase awareness and understanding of the condition. This can include posters, brochures, or online resources that provide information about the symptoms, diagnosis, and treatment of hemophilia.

Men's Health Week provides a valuable opportunity to raise awareness about hemophilia and other health issues that affect men and boys. By promoting education and action, we can help to improve the health and wellbeing of men and boys in Australia, and ensure that those living with hemophilia receive the support and care they need.

# New simple haemophilia testing guide

## Explaining genetic testing and factor level testing simply

the **female** factors

### *Haemophilia testing in women and girls*

Genetic testing | Factor level testing



Unsure about genetic testing and factor level testing in haemophilia and how it works in women and girls?

Haemophilia Foundation Australia has published a new education resource, Haemophilia testing in women and girls: a guide to answer these questions simply and clearly.

The resource is aimed at women, girls and parents of girls and uses relatable stories, infographics and diagrams to tackle some complex information in an accessible way.

How does a woman or girl know if she is affected by haemophilia?

- What are genetic and factor level tests?
- Who should have these tests and when?
- How is haemophilia passed on in a family – and what if there is no family history?
- Why do some women and girls have bleeding symptoms or haemophilia and others do not?

HFA developed the education resource in collaboration with women and parents in the Australian community, Haemophilia Treatment Centres and genetics and legal experts. We would like to thank everyone involved for their advice and creative

#### HOW CAN YOU ACCESS THE RESOURCE?

Visit the HFA website page:

<https://tinyurl.com/haemophilia-testing-simple>

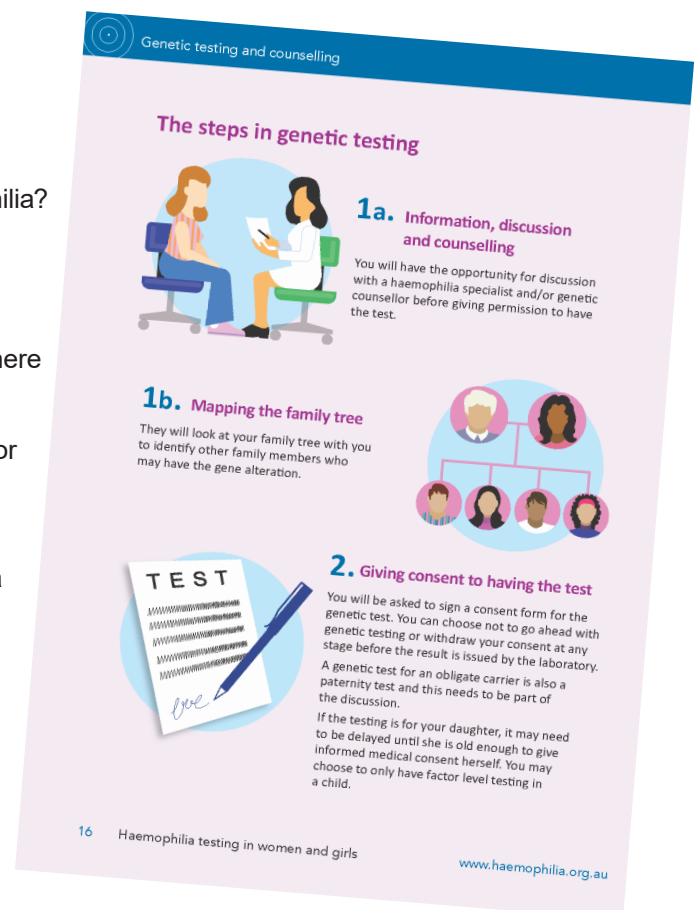
- Download the entire resource
- Read it online magazine-style (ISSUU)
- Download specific sections, eg genetic testing and counselling.

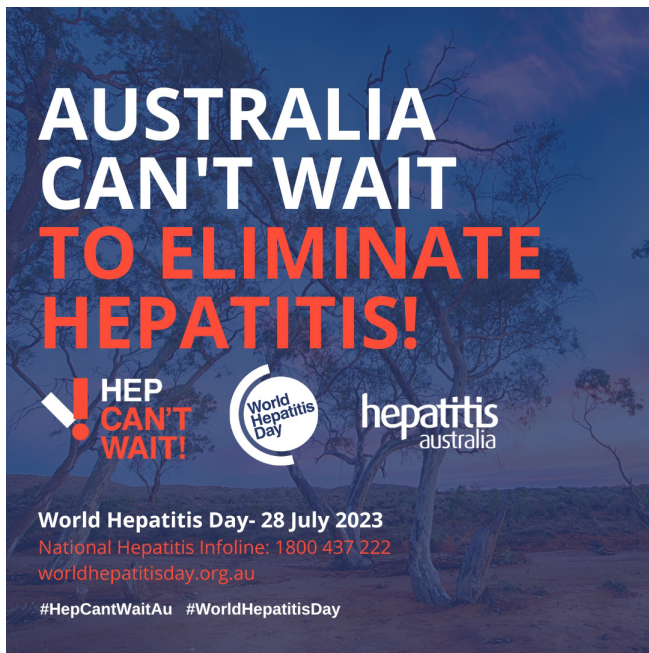
Look out for the web page version – coming soon!

To request print copies (free)

- email HFA at [hfaust@haemophilia.org.au](mailto:hfaust@haemophilia.org.au)

**We invite you to take a look at the resource - and pass it onto anyone you think would find it helpful.**





In July 2023 Australian landmarks will be glowing green to raise awareness about eliminating viral hepatitis.

World Hepatitis Day is marked internationally on 28 July and is one of the World Health Organization's nine official global public health days. Green is used by the global NOhep movement – the colour of life, vitality and progress.

World Hepatitis Day is an opportunity to come together to step up efforts to eliminate viral hepatitis, in particular hepatitis B and hepatitis C. Once again, the theme in 2023 is Hepatitis can't wait.

Many people don't know that they have hep C. For example, you could be at risk if you have a bleeding disorder and ever had a blood product before 1993.

Or some people have been cured but still need follow-up for their liver health, especially if they have cirrhosis.

Do you think this might be you? Or someone you know?

By talking to our friends, family or a doctor about testing, treatment and liver health checks we can work towards the goal of viral hepatitis elimination by 2030.

On World Hepatitis Day we are reminded not to wait – know your hep C status, have treatment to cure hep C, where possible, and follow up on your liver health after treatment.

Look out for more information and activities on our website and social media in the week leading up to 28 July.

## FIND OUT MORE

Australian World Hepatitis Day website - [www.worldhepatitisday.org.au](http://www.worldhepatitisday.org.au)

HFA World Hepatitis Day page - [www.haemophilia.org.au/world-hep-day](http://www.haemophilia.org.au/world-hep-day)





## **Haemophilia Foundation NSW** **Family Camp & AGM 2023**

Come along and join us for HFSNW's family camp, with lots of fun and activities for all family members.

You may wish to attend all two nights and enjoy all activities or part of the camp. Either way, we would love to see you there.

**When:** Friday 17 November 5pm to Sunday 19 November 2023.

**Where:** Narrabeen Academy of Sport, Wakehurst Pkwy, North Narrabeen NSW 2101

This is a **free event** for members and their families.

Spaces are limited and booking is essential.

Please RSVP asap, no later than **SATURDAY 30TH SEPTEMBER**  
through the link below

[www.trybooking.com/CJMJV](http://www.trybooking.com/CJMJV)

Or

send your completed form (included in this issue) to  
[coordinator@hfnsw.org.au](mailto:coordinator@hfnsw.org.au)

Please mention the names of all attendees, ages of children, phone and any dietary requirements.



## FAMILY CAMP 2022-23 Application Form

Friday 17 - Sunday 19 November 2023

**FAMILY MEMBERS**

**AGE OF CHILDREN**


**ADDRESS:** \_\_\_\_\_  
 \_\_\_\_\_

**Email:** \_\_\_\_\_

**CONTACT PHONE NO:** \_\_\_\_\_

**ACCOMMODATION (TICK ONE ONLY)**

- FRIDAY NIGHT ONLY
- FRIDAY AND SATURDAY NIGHT
- SATURDAY NIGHT ONLY
- DAY STAY ONLY (SATURDAY)

ANY SPECIAL ACCOMMODATION REQUIREMENTS:

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**MEALS – PLEASE INDICATE HOW MANY ADULTS ‘A’ & CHILDREN ‘C’ FOR EACH MEAL (CHILD – UNDER 16Y0)**

___A___C DINNER FRIDAY	___A___C BREAKFAST SATURDAY	___A___C LUNCH SATURDAY
___A___C DINNER SATURDAY	___A___C BREAKFAST SUNDAY	___A___C LUNCH SUNDAY

ANY SPECIAL DIETARY REQUIREMENTS OR ALLERGIES: \_\_\_\_\_  
 \_\_\_\_\_

*Dinner on Friday is served between 6 -7pm. Lunch on Sunday is served after 12.00pm*

**Please complete and return latest by SATURDAY 30<sup>th</sup> September 2023 to:**

Email (preferred): [coordinator@hfnsw.org.au](mailto:coordinator@hfnsw.org.au)

Mail: HFNSW, PO Box 631, Broadway NSW 2007

Applicaton form also available to be filled online at <https://www.hfnsw.org.au/support-services/family-camp>



# Tips to Alleviate

A N X I E T Y

Anxiety is a common experience for all of us, whether it stems from a specific situation, such as going to school or a job interview, or is something more ephemeral. It is your body's natural response to stress.

Monique from Beautiful Minds, spoke with us at the [HFA conference](#) about anxiety, and how we can overcome it.

Watch her presentation where she explores wellbeing and mental health and shows some simple techniques to feel calmer and more relaxed.

Video Link: <https://youtu.be/3iiHW8V8vZQ>



## What are her top tips for alleviating anxiety?

### The Body Thump Technique

1. Stand up
2. Place one palm out
3. Form a fist with your hand
4. Gently thump your fist up and around your body

## Face Tapping

1. Spot pressure with your fingertips along your face
2. Lightly tap with your fingers

## Breathing

1. Inhale through your nose
2. Exhale through your mouth, with your lips pinched like they're holding a straw



## STOP Strategy

- S – STOP
- T – Take long, slow breaths out
- O – Observe your surroundings
- P – Proceed

## 54321 Activity

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste



## Ice Technique

Simply hold some ice in your hand. This:

1. Lowers your temperature
2. Stops the adrenaline
3. Hones your focus – it's the only thing you can feel

## Colour Walk

- Go for a 10 minute walk around your block and count how many different colours you see

## Write and Rip

- Write down your fears and then rip them up. This gets them out of your head and onto paper.



## The Calm Palm

1. Hold one hand up
2. With your other hand, use your pointer finger to trace your hand



Beautiful Minds also assisted us during the conference with a three-part workshop focused on mental health and wellbeing. The workshop was free to all young people aged 10-30, run by HFA with the support of an education grant provided by CSL Behring.

If you are concerned about your anxiety, please reach out to a loved one or talk to your GP.

Who else can you talk to?

There are several support agencies where you can have a chat anonymously on the phone or online, for example

- [Lifeline Australia](#) - phone 13 11 14
- [Kids HelpLine](#) - phone 1800 55 1800
- [ReachOut](#)
- [Beyond Blue](#)



Source: Factored In ([www.factoredin.org.au](http://www.factoredin.org.au)), the Haemophilia Foundation Australia youth website

Date accessed: 31/05/2023

\*Reprinted with permission

Anxiety is a prevalent mental health condition in Australia, affecting a significant portion of the population. According to Beyond Blue, one in three women and one in five men will experience anxiety at some point in their lives. The organisation further highlights that anxiety disorders are the most common mental health condition in the country, with approximately 14% of Australians being affected by these disorders annually.

Various factors contribute to the development of anxiety in Australia. The Black Dog Institute emphasizes the role of socioeconomic factors, such as financial stress and unemployment, in increasing the risk of anxiety. Additionally, the Australian Bureau of Statistics reports that individuals with a lower level of education and those living in remote or disadvantaged areas may be more susceptible to anxiety disorders.

Recognising the impact of anxiety on individuals' lives, the Australian government has made efforts to enhance mental health services across the country. Initiatives like the Mental Health Care Package and the establishment of dedicated mental health helplines, such as Beyond Blue's support service, aim to provide accessible support and resources for individuals experiencing anxiety in Australia.

**Haemophilia Foundation NSW also provides its members with a valuable mental health consultation rebate of up to \$100 per year.**



**Come and enjoy a day out with your loved ones at our  
PICNIC EVENT!**

We will have plenty of food, snacks, and drinks for everyone to enjoy!

**When: Sunday 29 October 2023, from 11:30am to 2:30pm,**

**Where: Osborn Park**

**Boomerang Street and Motley Avenue, Haberfield, NSW 2045.**

Let's raise awareness for haemophilia and other bleeding disorders by participating in one or two laps of running around the park. Don't worry, you can go at your own pace!

There will be fun activities for kids including face painting and balloon twisting.

Booking is essential for this event. Please register through the link below

[WWW.TRYBOOKING.COM/CIXTK](http://WWW.TRYBOOKING.COM/CIXTK)

or email [coordinator@hfnsw.org.au](mailto:coordinator@hfnsw.org.au)

Don't miss out on this great opportunity to connect with others in the bleeding disorders community, and raise awareness for an important cause.

See you there! 😊



## 2023 Conference

The **21st Australian Conference on haemophilia, VWD & rare bleeding disorders** will be held face-to-face at the Pullman on the Park, **Melbourne, 24-26 August 2023**.

**HFA conferences bring together people** with bleeding disorders and their families and carers, as well as health professionals, policy makers and industry. It is a great opportunity to learn, discuss key issues and plan for the future.

### PROGRAM

The Program committee is working together to put together a program that is interactive, educational and covers current and emerging issues and topics.

Topics include:

- New therapies in bleeding disorders – including gene therapy
- VWD
- Rare bleeding disorders
- Women and girls with bleeding disorders
- MSK (musculoskeletal) and ankle arthropathy
- Mild haemophilia
- Children and families
- Inheritance, genetics and family planning
- Making career choices
- Fitness and sport
- Pain
- Getting older
- Good health and wellbeing

The program will include presentations from people living with bleeding disorders as experts as well as health professionals and other specialist speakers.

The venue has good access in and around the hotel and on the conference floor, with direct lift access. The hotel is suitable to people who use wheelchairs.

## COMMUNITY FUNDING

Haemophilia Foundation NSW provides free conference registration for members with a bleeding disorder and one accompanying parent/carer. In exchange, members are requested to share an article, report, or photos highlighting the conference and their insights..

HFA has also allocated funding to help community members with expenses to attend the Conference.

### Thank you to the sponsors!

Gold



Silver

CSL Behring



Supporter BiOMARIN

## Register Now

<https://tinyurl.com/HFAConf>





# MELBOURNE 24 – 26 AUGUST 2023

## 21<sup>ST</sup> AUSTRALIAN CONFERENCE ON HAEMOPHILIA, VWD AND RARE BLEEDING DISORDERS

### WORKING TOGETHER - IMPROVING OUTCOMES

*Hear personal stories and the latest from the experts*

#### THURSDAY 24 AUGUST 2023

1830 - 1930	<b>Welcome and Exhibition Opening</b>
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#### FRIDAY 25 AUGUST 2023

0845	<b>Official Conference Welcome</b>		
0850-1015	<b>Plenary 1: Treatment landscape into the future</b>		
	<i>Australian and international perspective Where have we come from and what is around the corner?</i>		
1015-1045	<b>MORNING TEA</b>		
1045-1215	<b>Plenary 2: Gene Therapy</b>		
	<i>How does gene therapy work? What is the science, what are the risks and benefits?</i>		
1215-1330	<b>LUNCH</b>		
1330-1500	<b>Concurrent 1</b> <b>The impact of new treatments on children and families</b>	<b>Concurrent 2</b> <b>Making Career Choices</b>	<b>Concurrent 3</b> <b>Rare Bleeding Disorders</b>
	<i>What are the benefits &amp; challenges? Physical activity in children</i>	<i>What are my options? What do I need to consider?</i>	<i>Diagnosis, treatment and care for rare bleeding disorders</i>
1500 - 1530	<b>AFTERNOON TEA</b>		
1530-1700	<b>Plenary 3</b> <b>Women and girls with bleeding disorders</b>		
	<i>Diagnosing bleeding disorders in females, assessment, treatment and care.</i>		

#### SATURDAY 26 AUGUST 2023

0700 – 0830	<b>Men's Breakfast</b>		
0700 – 0830	<b>Women's Breakfast</b>		
0845-1015	<b>Plenary 4</b> <b>Managing mild haemophilia</b>		
	<i>Mild haemophilia clinical and self management and physical activities in children and adults</i>		
1015-1045	<b>MORNING TEA</b>		
1045-1215	<b>Concurrent 4</b> <b>Keeping fit and recovering from bleeds</b>	<b>Concurrent 5</b> <b>Getting Older</b>	<b>Concurrent 6</b> <b>Inheritance, genetics &amp; family planning</b>
	<i>Looking after yourself physically – sport and exercise, fitness, and recovering from injury.</i>	<i>Issues of ageing, new therapies, BBVs, health and wellbeing. Senior care services. Peer support.</i>	<i>Genetics and inheritance Reproduction and family planning – testing and options for management</i>
1215-1330	<b>LUNCH</b>		
1330-1500	<b>Concurrent 7</b> <b>Pregnancy, childbirth &amp; newborns</b>	<b>Concurrent 8</b> <b>VWD</b>	<b>Concurrent 9</b> <b>Pain</b>
	<i>Pregnancy, management of delivery and care of the mother and newborn</i>	<i>Diagnosis, treatment and care with new international guidelines. What's in the future?</i>	<i>Where are we going with pain and pain management now? Chronic, procedural and acute pain.</i>
1500-1530	<b>AFTERNOON TEA</b>		
1530-1700	<b>Plenary 5</b> <b>Working towards good health</b>		
	<i>Looking after ourselves and moving forward, even with challenges Keeping connected with our families, friends and communities. Let's talk about our wellbeing</i>		

For more information: [www.haemophilia.org.au/Conferences](http://www.haemophilia.org.au/Conferences)

Register online: <https://tinyurl.com/HFACConf>



invites you to join us for

## **2023 Annual General Meeting & Information Evening**

**When: Thursday, 19th October 2023, at 6 PM**

**The venue will be announced**

President, Mr Dan Credazzi JP  
to Welcome All and MC us through the meeting

The meeting will be an opportunity

- *to be in the know with what has been done and future plans*
- *to hear about recent innovative treatment developments from our clinical consultants*
  - *to share your ideas*

**LIGHT REFRESHMENTS WILL BE PROVIDED.**

**Booking is essential for this event. Please click on the link below:**

[www.trybooking.com/CJMJT](http://www.trybooking.com/CJMJT)

**or, send us an email to**

**coordinator@hfnsw.org.au**

We hope to see you at the AGM! 😊



## MEMBERSHIP FORM 2022-2023

### PERSONAL DETAILS

Mr/Mrs/Ms/Other: ----- Name:----- (Required)

(Member details below only required if changed)

Mailing Address: -----

----- Post Code: -----

Ph: (H) ----- (Mobile) -----

Email: -----

Family Details (if completing this as a parent/carer indicate with \* for person with bleeding disorder)

Mother's Name: ----- Father's Name: -----

Child's Name: ----- DOB: ----- BD: -----

Child's Name: ----- DOB: ----- BD: -----

Child's Name: ----- DOB: ----- BD: -----

Treatment Centre Attended: -----

### PRIVACY

We respect your privacy. Your details will NOT be provided to other organisations or individuals without your permission. Your membership details will assist HFNSW in planning for activities to meet your needs; however, you are not required to provide all details including health information on this form if you do not wish to. Haemophilia Foundation New South Wales (HFNSW) was founded to provide support and education to individuals and families affected by haemophilia, von Willebrand disorder and other related bleeding disorders. HFNSW is a member organisation of Haemophilia Foundation Australia (HFA) which is the national peak advocacy body for the bleeding disorders community.

HFNSW membership automatically entitles you to have access to HFA services and programs, including receiving their quarterly newsletter National Haemophilia. Mark this box if you do **NOT**  want your name and address recorded on the HFA database.

### ANNUAL MEMBERSHIP \$20 PER APPLICATION (INCLUDES GST) SINGLE OR FAMILY MEMBERSHIP

Membership \$20.00 (Inc. GST) \$ -----

Donation\* \$ -----

TOTAL \$ -----

### PAYMENT DETAILS

Payment of the membership fees can be made through the following options:

- Cheques/money orders payable to: Haemophilia Foundation NSW Inc.

Mail to: HFNSW, PO Box 631, Broadway NSW 2007

- EFT payment to: Haemophilia Foundation NSW CBA BSB: 062204 Account number: 00902590

*WHEN PAYING ONLINE PLEASE USE YOUR FULL NAME IN THE DESCRIPTION FIELD & FORWARD YOUR RECEIPT NUMBER WITH YOUR MEMBERSHIP RENEWAL.*

Please retain a copy of this form for tax purposes if desired. A receipt will be posted to you.



## HAEMOPHILIA CENTRES

### **Kids Factor Zone**

#### **The Children's Hospital at Westmead**

General: (02) 9845 0000

Robyn Shoemark (Nurse)-- quote Pager no. 7052

[robyn.shoemark@health.nsw.gov.au](mailto:robyn.shoemark@health.nsw.gov.au)

Ady Woods (Nurse)-- quote Pager no. 6273

[adrienne.woods@health.nsw.gov.au](mailto:adrienne.woods@health.nsw.gov.au)

Social Work Department:

[Schn-chw-socialwork@health.nsw.gov.au](mailto:Schn-chw-socialwork@health.nsw.gov.au)

### **Sydney Children's Hospital Randwick**

#### **Haematology**

C2 North, Sydney Children's Hospital

High St. Randwick NSW 2031

General: (02) 9382 1111

Grainne Dunne (Nurse)

Direct: (02) 9382 1240

[Grainne.Dunne@health.nsw.gov.au](mailto:Grainne.Dunne@health.nsw.gov.au)

### **Royal Prince Alfred Hospital**

#### **Haemophilia Treatment Centre**

RPA, Missenden Road

Camperdown NSW 2050

Stephen Matthews (Nurse)

[stephen.matthews1@health.nsw.gov.au](mailto:stephen.matthews1@health.nsw.gov.au)

Phone: (02) 9515 7013

### **Newcastle - Adult Services**

#### **Calvary Mater**

#### **Haematology Department**

Corner of Edith & Platt Streets

Waratah, NSW 2298

General: (02) 4921 1211

Dale Rodney (Nurse)

[Dale.Rodney@calvarymater.org.au](mailto:Dale.Rodney@calvarymater.org.au)

Bryony Cooke (Social Worker)

[Bryony.Cooke@calvarymater.org.au](mailto:Bryony.Cooke@calvarymater.org.au)

(02) 4014 4811

### **Newcastle - Paediatric Services**

John Hunter Children's Hospital

Lookout Rd

New Lambton Heights NSW 2305

General: (02) 4921 3000

Jaime Chase CNS

0448 511 539

[jaime.chase@hnehealth.nsw.gov.au](mailto:jaime.chase@hnehealth.nsw.gov.au)

Cathy Morrison (Social Worker)

[cathy.morrison@health.nsw.gov.au](mailto:cathy.morrison@health.nsw.gov.au)

## HFNSW MEMBER SERVICE

Membership \$20 (inc. GST)

**HFNSW Annual Family Camp:** HFNSW offers free of charge family camp for people with bleeding disorders and their families

**NSW Community & Educational events:** HFNSW offers fun community and educational events for members and their families/carers across NSW for different purposes including raising awareness, building community, and updating, training and educating.

**Newsletter:** HFNSW provides quarterly newsletters that offer information and details of events, personal stories, education, treatment information, etc.

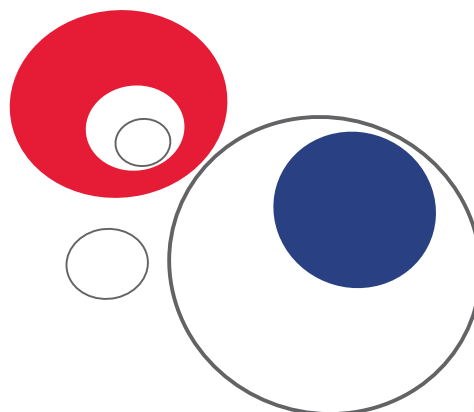
**Financial Assistance:** HFNSW offers MedicAlert subsidies, shoes rebates, Mental Health Consultation rebates, travel assistance, education & training, grants.

**Information and Support:** HFNSW provides information and support in the form of:

- Education and assistance to members with bleeding disorders and those who also have HIV
- Tutors and entertainment to members who might require extended hospitalisation
- Information and social activities for members and their families
- Rural visits to areas of NSW where there are no specialists

## HFNSW COMMITTEE...

Being a member driven organisation, the committee is always interested in hearing from its members, community, friends and family. If you want to have a say in how the Foundation delivers its service and shapes its future, please contact the office at [coordinator@hfnsw.org.au](mailto:coordinator@hfnsw.org.au)





Congratulations to the winner of our Colour-in competition,  
Saga, 4 years old 😊

