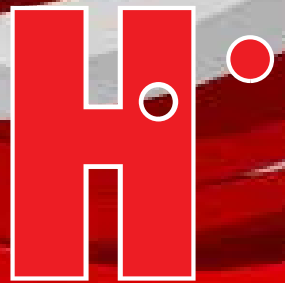


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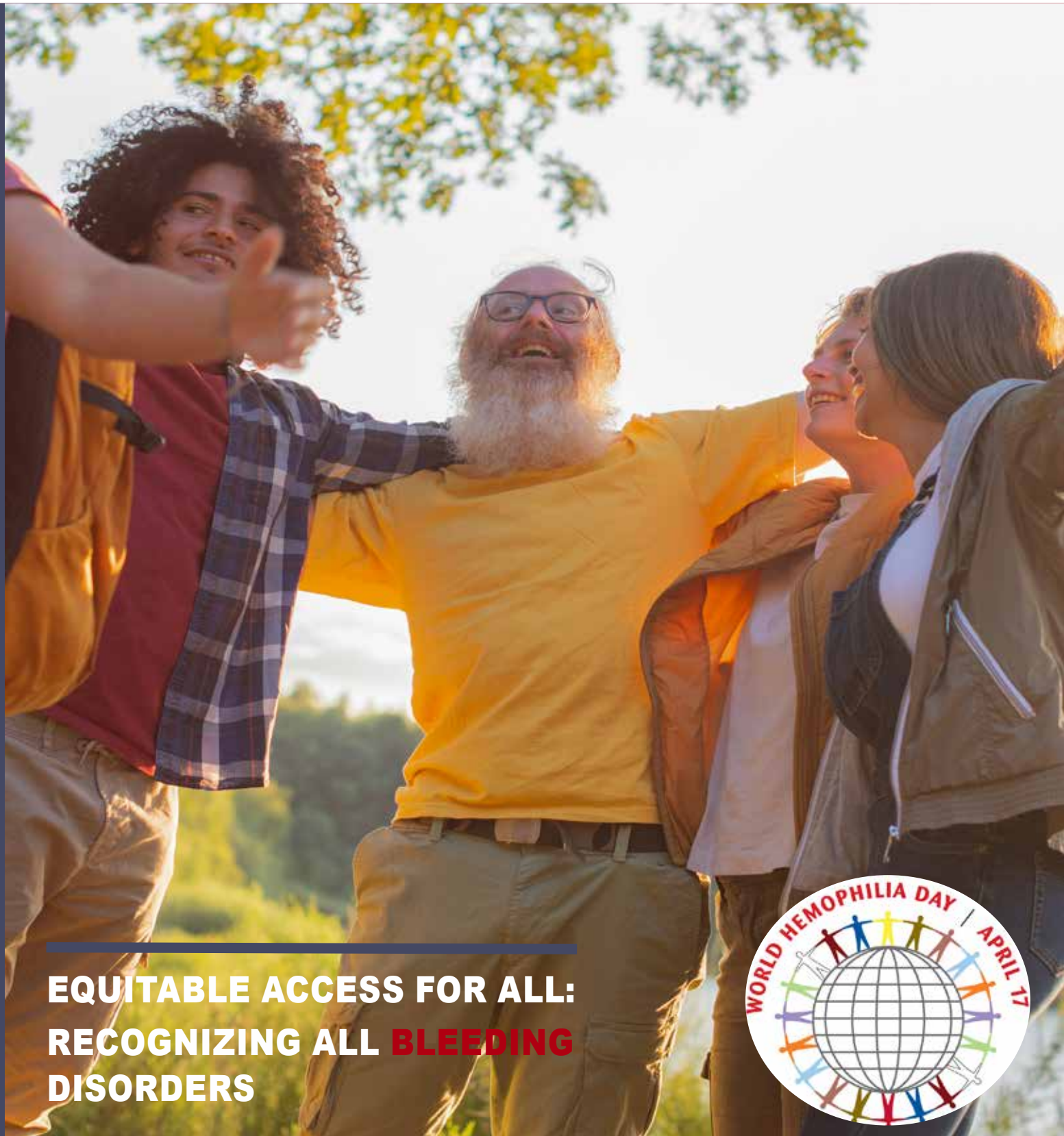
Haemophilia
Foundation
NSW



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Volume 57



**EQUITABLE ACCESS FOR ALL:
RECOGNIZING ALL BLEEDING
DISORDERS**



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.

HFNSW Patron

Prof Kevin Rickard, AM, RFD

HFNSW Committee

Dan Credazzi - President
Dr Garry Lynch - Vice-president
Dr Liane Khoo - Member
Stephanie Devine - Member
Dr Susan Russell - Member
Hamish Robinson - Member
Adam Buckle - Member
Alan Dursun - Member

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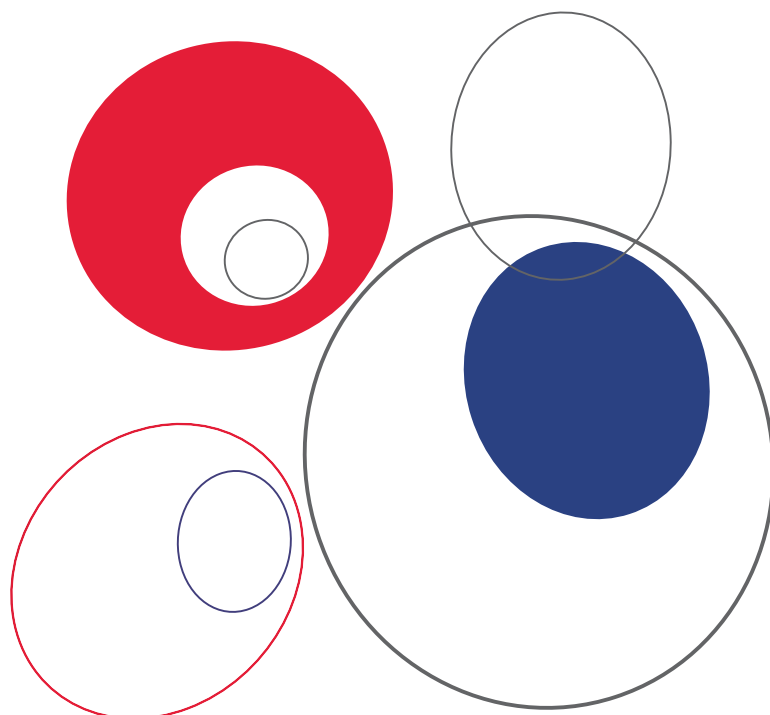
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Dan Credazzi

President,
Haemophilia
Foundation
NSW

A Word from the President

Dear Member,

Your Haemophilia Foundation has completed the office relocation and we are excited about the new home at Carillon Ave, strategically located near the Royal Prince Alfred Hospital HTC. This relocation is more than just a change of address; it symbolises our commitment to enhancing accessibility and fostering closer collaborations. The Thalassemia Society also shares an office and we have already discovered many synergies worth exploring. Our new office is equipped with state-of-the-art facilities that will enable us to expand our services, host more educational and peer support events, and continue advocating for the needs of the NSW bleeding disorders community.

In line with our mission to support all individuals affected by bleeding disorders, HFNSW recently celebrated International Women's Day with an event at our new offices, dedicated to women's bleeding disorders, with a focus on effective self-advocacy. Historically, the focus within the bleeding disorders community has predominantly been on men with haemophilia. However, women also face unique challenges, including being carriers of the haemophilia gene, which can result in symptomatic carrier status, and then there are other bleeding disorders like von Willebrand Disorder.

Dr Liane Khoo hosted the event, and Suzanne O'Callaghan, HFA's Policy, Research & Education Officer, came from Melbourne to present the advocacy toolkit and other useful resources developed in response to requests from members. And the message of self-advocacy was reinforced by your HTC Social Worker, Nicoletta Crollini.



This event provided a platform for education, awareness, and dialogue. It was also generously supported by our local business neighbors, Campos, Aesop & Hoochi Mama who provided some catering and freebies. Moving is always easier with nice neighbors.

As your HFNSW Committee looks forward, our focus remains steadfast on improving the lives of individuals and families affected by haemophilia and other bleeding disorders. The Committee recently recommended that we not hold the family camp at the end of this year. Instead, we plan to have single day events across the state to broaden our outreach in 2024. Hopefully, we can establish a cadence of these events that become equally important peer support venues as the camp has been to so many families. At this point, we are planning to hold the family camp every two years, based on costs & funding at the end of 2025. We will also introduce an affordable co-payment per family, similar to what is done by other State Foundations.

We extend our heartfelt gratitude to our staff, members, donors, volunteers, and healthcare partners for their unwavering support and generosity.

Take care,

Dan

**RARE IS
STRONG!
PROUD!
MANY!**

**#RAREDISEASEDAY
RAREDISEASEDAY.ORG**



Rare Disease Day 2024

28 February was Rare Disease Day. This year Rare Disease Day was celebrated worldwide on 29 February to raise awareness and generate change for people with rare diseases.

The 2024 theme of Rare is many. Rare is strong. Rare is proud reminds us how important it is to come together and connect as a community. This is an opportunity to share personal stories and acknowledge the challenges for our community members who live with a rare bleeding disorder.

Many people with rare bleeding disorders feel very isolated. They may never have met anyone else who has the same condition and sharing personal stories is an important way to feel connected. You will find personal stories of people with rare bleeding disorders on the HFA website www.haemophilia.org.au and on our social media platforms.

WHAT IS A RARE DISEASE?

In Australia, a disease is considered rare if it affects less than 5 in 10,000 people.

Around 8% of Australians (2 million people) live with a rare disease.

About 80% of rare diseases are genetic. Diagnosis can often take time because these conditions are complex and doctors do not see them often.¹

Haemophilia is considered rare. Approximately:

- 1 in 6,000 males has haemophilia A
- 1 in 30,000 males has haemophilia B

Researchers are still gathering data on how many females are affected by haemophilia.

Some bleeding disorders are very rare.

For example, factor X (10) deficiency only affects 1 in a million people.

Type 3 VWD is the rarest form of von Willebrand disease, occurring in 1 in 500,000 people in countries like Europe and the USA.

Sometimes these rare bleeding disorders are not well-recognised. While only several hundred people have been diagnosed with Glanzmann thrombasthenia worldwide, it is thought that others are undiagnosed.²

For more information on Rare Disease Day, visit www.rarediseaseday.org

REFERENCES

1. Australian Government. Department of Health. What we're doing about rare diseases. <https://www.health.gov.au/health-topics/chronic-conditions/what-were-doing-about-chronic-conditions/what-were-doing-about-rare-diseases> Accessed 20 February 2024

2. Orphanet: the portal for rare diseases and orphan drugs. <https://www.orpha.net/> Accessed 21 February 2023

International Women's Day 2024

On the 7th of March 2024, the Haemophilia Foundation NSW (HFNSW), in partnership with The Haemophilia Treatment Centre (HTC) at The Royal Prince Alfred (RPA) Hospital hosted an event for International Women's Day.

This was to raise awareness of inherited bleeding disorders in women and to bring the community together to work on advocacy and how to improve care for this important group of people.

Women with different types of inherited bleeding disorders from all over Sydney came to discuss their lived experience, and the issues and barriers they faced.



The event began with Dr Liane Khoo, HTC director, speaking about the importance of women's voices and celebrating their contributions.



Dr Khoo shared the powerful touching story of Anne and her haemophilia journey, which highlighted her experience of self-advocacy and the importance of ongoing awareness about women with bleeding disorders.

“

I remember vomiting up what looked like black blood. My tonsils had been removed and I wasn't well. I was very young and, at that time, there was no discussion about bleeding - let alone a bleeding disorder in the family. Growing up I had very heavy bleeding with my periods. I just accepted it.

Since then, we, as a family are fortunate to have forged strong connections with the Haematology Department at RPA. It's been a great relief that I now understand more about Haemophilia A - particularly Haemophilia A and women. It's so important that young women who might be affected are properly informed. As a family, we will continue to advocate for women's access to best information and services.” ___Anne



Ms Nicoletta Crollini, Social Worker at Royal Prince Alfred Hospital HTC, shared the importance of self-advocacy and ways in which this can be achieved.

Nicoletta explored the importance of linking in with health care professionals and bleeding disorders/haemophilia teams to better understand one's individual care plans.



Nicoletta promoted self-advocacy and expressed how there is always power in knowledge, and knowing your own body and health, which can bring confidence and self-determination to oneself for many living with bleeding disorders.

“

This event is about bringing women together to share stories, experiences, learn and promote self-advocacy.” ___Nicoletta Crollini



Ms Suzanne O'Callaghan from the Haemophilia Foundation Australia also spoke of the importance of sharing individuals' experiences with Haemophilia and bleeding disorders to create ongoing conversations. Through sharing experiences, Suzanne and the Haemophilia Foundation Australia aim to improve the diagnosis, treatment, and education of women with

bleeding disorders. Suzanne explained there are support groups throughout Australia where women with bleeding disorders connect and share their experiences, creating an advocacy group.

The Haemophilia Foundation Australia plans to continue researching and exploring women's support and advocacy both nationally and internationally.



“

Connecting with others is so important - sharing experiences and personal strategies. I felt very privileged to be part of the HFNSW International Women's Day event, to meet the women who attended and hear what they had to say - and see their enthusiasm about coming together again..” ___Suzanne O'Callaghan



Finally, Ms Shiva Tabari from Haemophilia Foundation NSW shared the future goals of the NSW Haemophilia Foundation, and that there will be continuous efforts to share and spread education, provide family and financial support, and create a space where members from the community can connect. The Haemophilia Foundation NSW look forward to holding events going forward, including the upcoming World Haemophilia Day. Shiva ended with a heartfelt story that explored Kim and her family's journey with a bleeding disorder.

The formalities of this event concluded and allowed everyone to talk, share their own stories and connect through their inspiring experiences of living with inherited bleeding disorders.

Everyone was excited to continue to work on raising awareness of bleeding disorders in women and to participate in more of these events.



There was a great community spirit to the event. The local community around The Royal Prince Alfred Hospital came together to help support this event with Campos Coffee Newtown providing some coffee and tasty cakes; and Hoochi Mamma Café on Missenden Road providing some delicious sandwiches. Thank you also to Aesop Newtown for providing some sample skin care products for the attendees.



We are also always grateful for the ongoing support from the Sydney Local Health District who continue to support HFNSW and the HTC.

Ms Rebecca Bromelow

Student Social Worker, Royal Prince Alfred Hospital

Ms Nicoletta Crollini

Haemophilia Social Worker, Royal Prince Alfred Hospital

WORLD
HEMOPHILIA DAY
APRIL 17, 2024
#WHD2024

EQUITABLE
access for all



RECOGNIZING
ALL BLEEDING
DISORDERS

WORLD HAEMOPHILIA DAY 2024

Every year on 17 April World Haemophilia Day is recognised worldwide to increase awareness of haemophilia, von Willebrand disease and other inherited bleeding disorders. This is a critical effort since with increased awareness comes better diagnosis and access to care for the millions who remain without treatment.

World Haemophilia Day was started in 1989 by the World Federation of Hemophilia (WFH), which chose 17 April as the day to bring the community together in honour of WFH founder Frank Schnabel's birthday.

In 2024 the international theme is “**Equitable access for all: recognizing all bleeding disorders**”.

The World Federation of Hemophilia (WFH) vision of Treatment for All is for a world where all people with inherited bleeding disorders have access to care, regardless of their type of bleeding disorder, gender, age, or where they live.

Did you know, WFH estimates that over 75% of people living with haemophilia worldwide have not yet been identified and diagnosed.

The World Federation of Hemophilia, with the support of volunteers from around the world, does remarkable work to improve access to diagnosis, treatment, care and support for people with bleeding disorders.

Haemophilia Foundation Australia is a WFH member organisation and many Australian volunteers have been involved with WFH programs. HFA has supported many programs over the years and participated in the WFH Twinning Program and various committees that work to achieve the objectives of WFH.

In Australia, our community is fortunate to have access to a range of treatments, care and services. During recent times, some new haemophilia therapies available in Australia have led to fewer or no bleeds and greatly improved the quality of life of those who have been able to use them. We look forward to more novel therapies in the future for everyone.

LIGHT IT UP RED

We have many locations and landmarks all over Australia **Lighting up Red** in support of World Haemophilia Day. In NSW we have the following locations:

- Newcastle City Hall Clock Tower
- Port Macquarie Town Square

For updated locations keep an eye on HFA website www.haemophilia.org.au/WHD and HFA social media platforms.



WORLD HAEMOPHILIA DAY 2024

Haemophilia Foundation
New South Wales



Celebrate **WHD 2024** with
Haemophilia Foundation NSW (HFNSW)

Date: Wednesday 17 April 2024

Time: 5:00pm to 7:00pm

Location: G06/138 Carillon Ave, Newtown, NSW 2042

Join us for an enlightening evening featuring clinician talks, inspiring patient stories, and engaging Q&A sessions.

Light refreshments will be provided.

RSVP by Tuesday 16 April 2024 through the link:

www.trybooking.com/CQDWV

We look forward to seeing you!

How to be kind to yourself (without going to a day spa)

Lydia Brown

*Senior Lecturer in Psychology,
The University of Melbourne,*

“I have to be hard on myself,” Sarah told me in a recent telehealth psychology session.

“I would never reach my potential if I was kind and let myself off the hook.”

I could empathise with this fear of self-compassion from clients such as Sarah (not her real name). From a young age, we are taught to be kind to others, but self-kindness is never mentioned.

Instead, we are taught success hinges on self-sacrifice. And we need a healthy inner critic to bully us forward into becoming increasingly better versions of ourselves.



But research shows there doesn't have to be a trade-off between self-compassion and success.

Self-compassion can help you reach your potential, while supporting you to face the inevitable stumbles and setbacks along the way.

What is Self-Compassion?

Self-compassion has three key ingredients:

1. Self-kindness

This involves treating yourself with the same kindness you would extend towards a good friend – via your thoughts, feelings and actions – especially during life's difficult moments.

For instance, if you find yourself fixating on a minor mistake you made at work, self-kindness might involve taking a ten-minute walk to shift focus, and reminding yourself it is OK to make mistakes sometimes, before moving on with your day.

2. Mindfulness

In this context, mindfulness involves being aware of your own experience of stress or suffering, rather than repressing or avoiding your feelings, or over-identifying with them.

Basically, you must see your stress with a clear (mindful) perspective before you can respond with kindness. If we avoid or are consumed by our suffering, we lose perspective.

3. Common humanity

Common humanity involves recognising our own experience of suffering as something that unites us as being human.

For instance, a sleep-deprived parent waking up (for the fourth time) to feed their newborn might choose to think about all the other parents around the world doing exactly the same thing – as opposed to feeling isolated and alone.



It's not about day spas, or booking a manicure

When Sarah voiced her fear that self-compassion would prevent her success, I explained self-compassion is distinct from self-indulgence.

“So is self-compassion just about booking in more mani/pedis?” Sarah asked.

Not really, I explained. A one-off trip to a day spa is unlikely to transform your mental health.

Instead, self-compassion is a flexible psychological resilience factor that shapes our thoughts, feelings and actions.

It's associated with a suite of benefits to our wellbeing, relationships and health.

What does the science say?

Over the past 20 years, we've learned self-compassionate people enjoy a wide range of benefits. They tend to be happier and have fewer psychological symptoms of distress.

Those high on self-compassion persevere following a failure. They say they are more motivated to overcome a personal weakness than those low on self-compassion, who are more likely to give up.

So rather than feeling trapped by your inadequacies, self-compassion encourages a growth mindset, helping you reach your potential.

However, self-compassion is not a panacea. It will not change your life circumstances or somehow make life “easy”. It is based on the premise that life is hard, and provides practical tools to cope.

It's a factor in healthy ageing

I research menopause and healthy ageing and am especially interested in the value of self-compassion through menopause and in the second half of life.

Because self-compassion becomes important during life's challenges, it can help people navigate physical symptoms (for instance, menopausal hot flashes), life transitions such as divorce, and promote healthy ageing.

I've also teamed up with researchers at Autism Spectrum Australia to explore self-compassion in autistic adults. We found autistic adults report significantly lower levels of self-compassion than neurotypical adults. So we developed an online self-compassion training program for this at-risk population.

Three tips for self-compassion

You can learn self-compassion with these three exercises.

1. What would you say to a friend?

Think back to the last time you made a mistake. What did you say to yourself?

If you notice you're treating yourself more like an enemy than a friend, don't beat yourself up about it. Instead, try to think about what you might tell a friend, and direct that same friendly language towards yourself.





2. Harness the power of touch

Soothing human touch activates the parasympathetic “relaxation” branch of our nervous system and counteracts the fight or flight response.

Specifically, self-soothing touch (for instance, by placing both hands on your heart, stroking your forearm or giving yourself a hug) reduces cortisol responses to psychosocial stress

3. What do I need right now?

Sometimes, it can be hard to figure out exactly what self-compassion looks like in a given moment. The question “what do I need right now” helps clarify your true needs..

For example, when I was 37 weeks pregnant, I woke up bolt awake one morning at 3am.

Rather than beating myself up about it, or fretting about not getting enough sleep, I gently placed my hands on my heart and took a few deep breaths. By asking myself “what do I need right now?” it became clear that listening to a gentle podcast/ meditation fitted the bill (even though I wanted to additively scroll my phone).

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Theconversation.com

Date accessed: 11/03/2024

Supports available

Please note there are plenty of services available, most do not require you to leave your home. Please reach out for help if you need it!

These services are listed below:

- **Beyond Blue** (For everyone)

1300 224 636
www.beyondblue.org.au

- **HeadSpace** (For young people and parents)

Find local centre online
www.headspace.org.au

- **Kids Helpline** (For kids, young people and parents)

1800 551 800
www.kidshelpline.com.au

- **Lifeline** (For everyone)

13 11 14
www.lifeline.org.au

- **Mental Health Line** (For everyone)

1800 011 511

Contact your Haemophilia Treatment Centre

You can contact your local HTC and connect with the psychosocial worker at the centre to talk through what is happening, and if needed, the psychosocial worker can connect you with long term support.

Talk with your GP

You can also visit your GP who can complete a Mental Health Treatment Plan with you, which is a tailored plan that links you in with specific mental health support services. A Mental Health Treatment Plan will allow you to initially access 6 individual psychological appointments that are subsidised through Medicare. If more sessions are needed you can discuss this with your GP to access more Medicare subsidised psychological appointments. Through a Mental Health Treatment Plan, you will be able to access a range of psychological support specialists such as psychologists, social workers and occupational therapists to assist with your mental health care needs.

HFNSW financial support

If financial challenges are a barrier to you accessing support and dealing with mental health issues, please note that HFNSW is now able to provide support to members. Financial assistance will be offered to HFNSW members dealing with mental health issues through bill rebates for mental health services, including consultation fees. Each year HFNSW members will be able to access up to \$100 of financial support to assist with their mental health care needs.

Why is PROBE important?

HFA is building evidence about the needs of men and women affected by haemophilia in Australia with the PROBE Australia Study and they would really appreciate your help.

WHAT IS THE PROBE STUDY?

This study is co-ordinated by Haemophilia Foundation Australia and is an internationally recognised and validated questionnaire. It collects data on the impact of haemophilia on the quality of life of both men and women who are affected, either because they have haemophilia or carry the gene. It compares their experience to people who do not have a bleeding disorder.

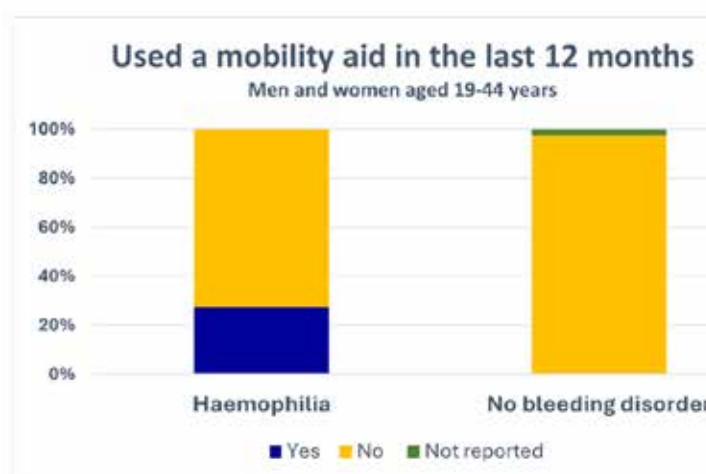
So far HFA have only had around 150 men and women complete the PROBE survey – they need at least 400 for good data.

WHAT DO WE DO WITH THE DATA?

PROBE data is high quality and credible and HFA and Foundations use it in many ways. You may have seen some of the data from the 2019 PROBE Australia Study in reports and conference presentations. Some examples include:

- In discussions and submissions to government, to advocate for people with bleeding disorders about new treatments and services
- In the HFA Getting Older report, to underline the issues for physical function and pain, and for people with mild haemophilia, women, hepatitis C
- At the 2023 Australian Conference on Haemophilia, VWD and Rare Bleeding Disorders conference in the plenary on mild haemophilia
- International meetings to discuss the issues for people with mild haemophilia
- HFA have had a poster on 2019 PROBE data accepted for publication at the 2024 WFH Congress in Madrid – this is a peer-reviewed publication.

PROBE data speaks for itself



PROBE Australia Study

HOW CAN YOU HELP?

Please consider completing the current PROBE Australia survey as soon as possible – and you don't need to have a bleeding disorder to contribute!

If you don't have a bleeding disorder, you can be a health professional, someone interested in haemophilia, or any adult Australian really. The comparison group is a slice of the Australian general community.

PROBE is voluntary and anonymous, so it is up to you – but we would really value your support.

WHO CAN COMPLETE THE SURVEY?

Adult men and women (18 years+) who live in Australia and:

- have haemophilia or carry the gene
- OR
- do NOT have a bleeding disorder (comparison group)

HOW TO DO THE SURVEY

The questionnaire is available:

Web version at myprobe.org

Or download the [myPROBE](#) app from Apple Store or Google Play (Android)

Or ask us or HFA for a print survey pack



FOR MORE INFORMATION

Visit www.haemophilia.org.au/probe-study

Or contact Suzanne at HFA:

E: socallaghan@haemophilia.org.au

T: 1800 807 173



Men's Health Week 2024

Celebrating Health and Awareness
for Men with Bleeding Disorders

June 10 - June 16

Men's Health Week is celebrated globally every year in the middle of June, with the upcoming dates for 2024 being June 10-16.

This week presents a valuable opportunity to focus on the health and well-being of men and boys in our communities, including those living with haemophilia and other bleeding disorders.

Promoting Awareness of Haemophilia

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

Supporting Men and Boys with a Bleeding Disorder

Men's Health Week is an opportunity for individuals and communities to show support for men and boys living with haemophilia. Here are some ways to raise awareness and provide support:

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.



- **Health Promotion Activities:** Organise health promotion activities such as fitness classes, healthy cooking demonstrations, or mindfulness sessions to promote overall well-being among men with a bleeding disorder.
- 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 the bleeding disorders.



Celebrating Men's Health and Well-being

Men's Health Week is also a time to celebrate the health and well-being of men and boys in our communities. Encourage men to prioritize their health by scheduling regular check-ups, adopting healthy lifestyle habits, and seeking support when needed.

Let's make Men's Health Week 2024 a meaningful and impactful event for the haemophilia community. Together, we can raise awareness, promote health and well-being, and support men and boys living with haemophilia.



Easter Colour-in competition!

Young Ones Are Invited!

Colour in this page and win prizes such as movie tickets.

Please send by 15 May 2024 to:

Haemophilia Foundation NSW

PO BOX 631, Broadway NSW 2007

WFH 2024 WORLD CONGRESS

APRIL 21–24 | MADRID, SPAIN

Register now: wfh.org/Congress



WFH 2024
WORLD
CONGRESS

ORGANIZED BY: World Federation of Hemophilia
HOSTED BY: Federación Española de Hemofilia (Fedhemo)

The World Federation of Hemophilia (WFH) and La Federación Española de Hemofilia (Fedhemo) are excited to welcome the global bleeding disorders community to the WFH 2024 World Congress in Madrid, Spain from April 21 to 24.

This event will be the most comprehensive international event on bleeding disorders in 2024 and will bring people with bleeding disorders and other stakeholders together in one place. The Congress will take place at the IFEMA Convention Centre in Madrid—a world-class venue in a world-class city that's easily accessible to international travelers.

[<Registration Link>](#)

Your continued support matters!

The membership registration/renewal form is included in this issue. Payment of donations and the membership fees can be made through the following options:

- Visit Haemophilia Foundation NSW website <http://hfnsw.org.au/>, the donation button at the top of the Home-Page of the website, or the membership page <https://bit.ly/3QHhVdh> or use the QR code below
- cheques/money orders payable to:
Haemophilia Foundation NSW Inc. and send to
Haemophilia Foundation NSW, PO Box 631, Broadway NSW 2007
- EFT Payment
BSB: 062 204 Account number: 00902590

Account Name: Haemophilia Foundation NSW

Please include your name in the comments field and email your receipt number to admin@hfnsw.org.au



HAEMOPHILIA CENTRES

Kids Factor Zone

The Children's Hospital at Westmead

General: (02) 9845 0000

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

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

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Cathy Morrison (Social Worker)

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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.

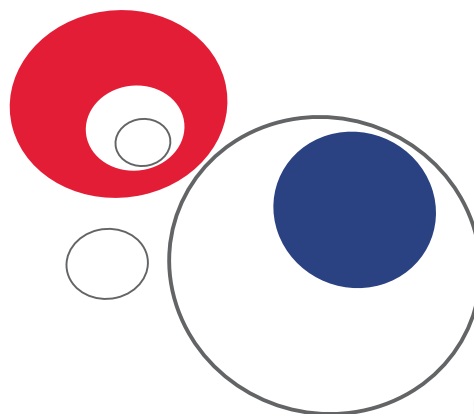
Financial Assistance: HFNSW offers MedicAlert subsidies, shoes rebates, Mental Health Consultation rebates, travel assistance, education & training, grants.

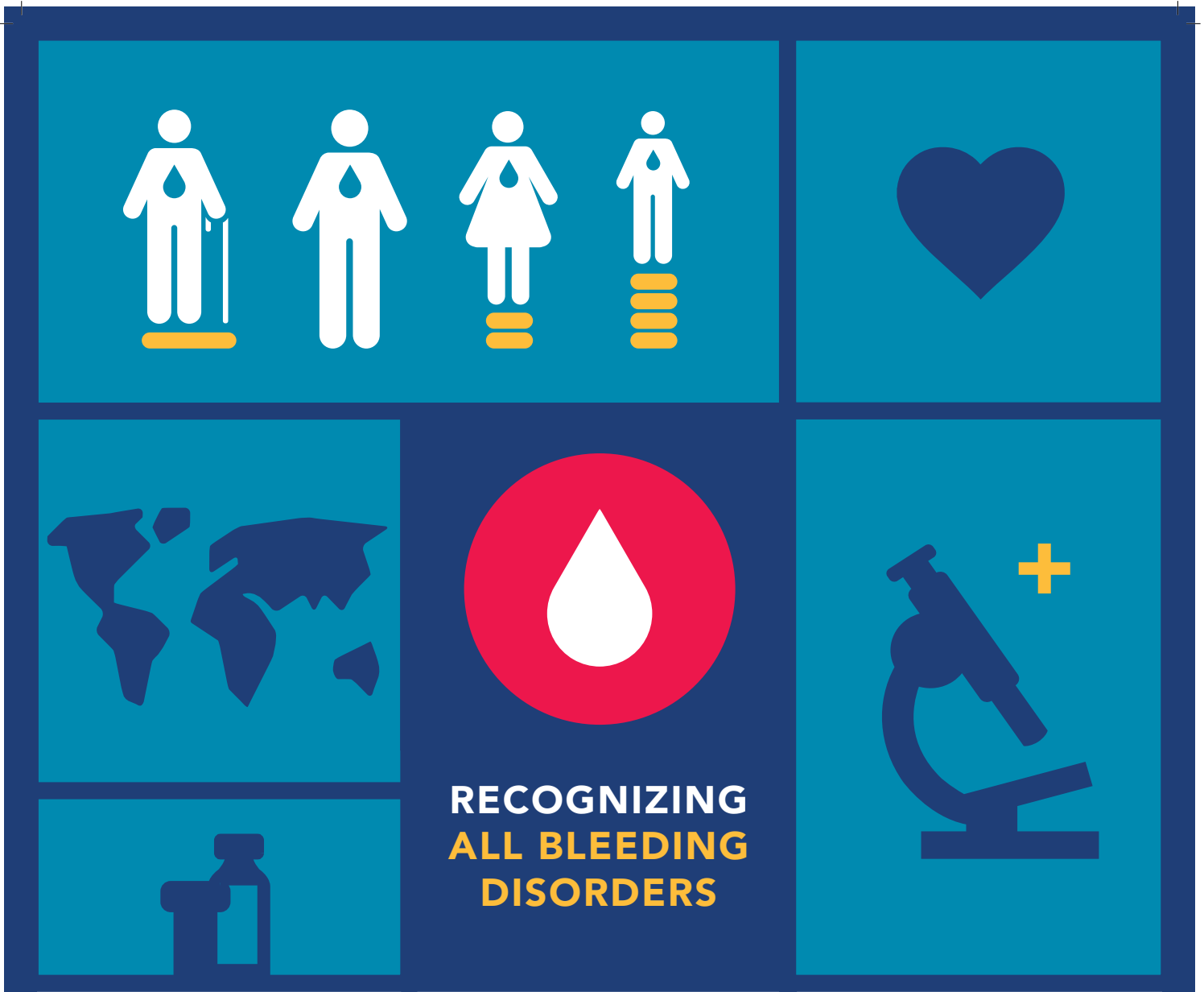
Information and Support: HFNSW provides information and support in the form of:

- 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





EQUITABLE access for all

**WORLD
HEMOPHILIA DAY**
APRIL 17, 2024



[WFH.ORG/WHD](https://www.wfh.org/whd)
#WHD2024



Haemophilia Foundation
New South Wales