



Perth Children's Hospital Foundation Greenspace Upgrade

The grassed Greenspace located at the northern end of Perth Children's Hospital has been transformed into an immersive, natural environment for all users of the QEIMC Campus to enjoy.

The upgraded Greenspace will provide a nearby escape for patients, visitors and staff from sometimes stressful clinical environments.

This area will be a natural extension of the award-winning [Kids' Bridge](#), connecting QEIMC to our neighbor, Kings Park.

In respect of the Noongar land on which QEIMC is located, the Greenspace will incorporate traditional and contemporary cultural themes and Dreamtime stories, creating a rich, experiential space to cultivate wellbeing.

As well as providing an opportunity to enjoy the healing benefits of nature, the design features:

- A natural learning precinct offering educational opportunities on native flora, fauna and Noongar culture.
- Nature play-space providing a sense of fun and normality away from the sterile hospital environment. Being able to escape the confines of hospital will help achieve a greater sense of wellbeing which is important for maintaining the psychological health of those dealing with childhood illness.
- Entertainment space for performers and/or outdoor events.
- Rest and relaxation space for patients, visitors and staff.

For more information about this fantastic Greenspace upgrade, [visit the Perth Children's Hospital Foundation website](#).

This fantastic new Greenspace is open from Saturday 16 December. Why not explore the space or find a shady spot to take a break?



TravelSmart

Bike Month 2023 at QEIIIMC

Thank you to everyone who made Bike Month 2023 a 'wheely' big success! The QEIIIMC Trust was delighted to see so many new and regular cyclists at each of our Bike to Work Breakfasts on 2 and 4 October. We are especially appreciative of those who braved strong winds to attend the Monday session. [Coffee Anatomy](#) kept the food topped up throughout the events and it all went down a treat with the hungry guests.

All four of the October maintenance sessions with the [Bike Dr.](#) were booked up almost instantly. We know a number of you missed out on getting your bikes serviced. Due to popular demand, the Trust are bringing the Bike Drs back. We have scheduled a session each month until June 2024.

The bookings in these new sessions are going fast and we love to see so many cyclists getting their bikes into top condition ready for summer. To enquire about upcoming sessions, please email: MCTravelSmart@health.wa.gov.au

Are you a cyclist, current or aspiring, who missed out on seeing us during Bike Month? Want to chat and grab a reusable water bottle and sunscreen to help get you summer cycling ready? **Pop in and see us at the TravelSmart Junction, E Blk, G Floor, Sir Charles Gairdner Hospital. Mon to Fri, 8:00 AM – 4:00 PM.**

12th MACA Cancer 200 Ride for Research

Cycling for a cause

Congratulations to the 1,800 riders in the MACA Cancer 200 who completed 200km on October 14 and 15 raising a record-breaking \$8.8 million for cancer research at the Harry Perkins Institute of Medical Research.

The riders fundraised tirelessly all year and rode in challenging conditions, helped on their amazing journey

by their supporters and cheer squads, many who travelled the 200km with the riders. An incredible group of dedicated volunteers were also crucial to the success of the event.

[Click here to find out how you can get involved with the 2024 MACA 200, Ride for Research.](#)

Walking more your style?

Don't forget: [the New Town Toyota Walk for Women's Cancer](#) is also coming up on Saturday 27 April and 2024 marks a very special ten-year anniversary for the event. There's still time to register and show your support for this amazing, supportive walk, with participants also fundraising for important research at the Harry Perkins Institute!

Festive Scrubs

Brighten your day and spread festive cheer with colourful Christmas themed scrubs, now available for purchase at the PCHF Gift Shop (located on the Ground Floor at PCH) and online.

Select from a range of fun Christmas themes including Tropical, Doggy, Snowman, Outback and Koala's first Christmas, that are sure to lift the spirits of patients and staff while helping WA's sickest kids.

Scrubs are available for \$59, with proceeds going to Perth Children's Hospital Foundation to help sick children get well and stay well. [View the entire range and order yours here.](#)

FIRE HAZARD REMINDER: smoking is not permitted anywhere on the QEIIIMC Campus.

Cigarette butts can quickly ignite garden mulch and bins. As we move into our warmer months, the hot, dry Perth weather means that one careless action can quickly put everyone on Campus at risk.

Smoking is prohibited at QEIIIMC and butts must be disposed of responsibly for the safety and wellbeing of all our staff, patients and visitors.

The [QEIIIMC Smoke Free Policy](#) includes all car parks and all external perimeters of buildings, including on Winthrop Avenue.

