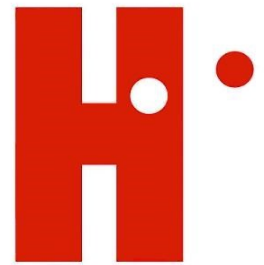


# Contact



**Newsletter of Haemophilia Foundation WA Inc.**

**June 2021**



*Photography by Leon Ewing  
IG@sonnenmasse*

**HAEMOPHILIA FOUNDATION WA INC.**

City West Lotteries House, 2 Delhi Street, West Perth WA 6005  
P: 08 9420 7294 E: [office@hfwa.org](mailto:office@hfwa.org) W: [www.hfwa.org](http://www.hfwa.org)

**HFWA is grateful to Fuji Film Australia for their ongoing support in printing the  
Contact Newsletter**

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## Your Committee

Gavin Finkelstein (President)	0415 978 031
Cheryl Ellis (Vice President)	0402 033 652
Robert Butler (Treasurer)	9381 3386
Shane Meotti (Secretary)	

Susie Couper  
Dale Spencer  
Paul Keogh  
Michelle Dinsdale  
Belinda Broughton  
Melanie Gould

Profiles of committee members can be found on the website, [www.hfwa.org](http://www.hfwa.org) 'Your Committee'

**HFWA Office Coordinator - Jenny Hough**  
**Haemophilia Foundation WA Office**  
**Phone: (08) 9420 7294**  
**Email: [office@hfwa.org](mailto:office@hfwa.org)**



## Cover Picture World Hemophilia Day 2021

### PERTH CHILDREN'S HOSPITAL CONTACT DETAILS

Clinic H, Level 1 (Haematology/Oncology Outpatients: Ph: 6456 0170  
Medical Staff: **Dr Tina Carter** - Ph: 6456 0170  
Nursing Staff: **Natalie Gamble-Williams** and **Stacey Hutchison**  
(Mon - Thurs 8:30 am - 4:30 pm) Ph: 6456 0170 or 0466 318 286  
After Hours: **(EMERGENCIES ONLY) Ph: 0410 717 816**  
ABDR Data Manager and Clinical Trial Coordinator: **Marina Goruppi**



### FIONA STANLEY HOSPITAL CONTACT DETAILS

Clerk Front Desk: **08 6152 6542**  
Medical Staff: **Dr Stephanie P'ng** and **Dr Dominic Pepperell**  
Nursing Staff: **Sandra Lochore** and **Lara Olson**  
Social Worker: **Helena Reynolds** (Mon and Thurs 9:00 am - 1:00 pm, contact for appointment)  
Ph: 6152 6527  
ABDR Data Manager and Clinical Trial Coordinator: **Marina Goruppi**



Entrance to the Cancer Centre is on the outside of the building  
Haemophilia and Haemostasis Centre  
Level 1 Cancer Centre  
Fiona Stanley Hospital  
102-118 Murdoch Drive  
Murdoch WA 6150

Postal Address (address all correspondence as Private and Confidential);  
Haemophilia and Haemostasis Centre  
Level 1 Cancer Centre  
Fiona Stanley Hospital  
Locked Bag 100, Palmyra DC WA 6961

Opinions expressed in Contact do not necessarily reflect those of the Foundation. All information is published in good faith but no responsibility can be accepted for inaccuracies that may result from events beyond our control. HFWA reserves the right to edit articles as it sees necessary. Material supplied on the internet is for information purposes only and is not to be used for diagnosis or treatment.

## President's Report

# 2021

Hi Everyone

I hope everyone is well and as many of you as possible are getting your COVID-19 vaccinations when you qualify for them. If you have any concerns, see the HFA website or contact the HTC for further information.

I've had my first Astra Zeneca dose and I didn't have any bruising at the injection site and only suffered mild flu like symptoms on the first night. I took two Panadol before going to bed and didn't experience any further reactions and I look forward to receiving my second dose.

Things at HFWA continue on as usual and we were sad to farewell Mel (again). Mel has decided on a sea change and taken the plunge to move down south to the Mount Barker area and we wish her all the best in her new life. Once again we thank her for everything she has done for us over many years in her capacity as Office Coordinator and for her valuable contribution as a committee member.

HFWA is offering to fund a number of members to attend the virtual 20th Australian Conference on Haemophilia and Rare Bleeding Disorders. Registration fee is \$50 for a person with a bleeding disorder, family or carer and Haemophilia Foundation Staff. Please consider attending the national conference in this unique way because the more attendees that participate will ensure a more enjoyable experience for all.

For those of you who have been transitioning to Hemlibra, we hope this has been successful without any issues.

World Hepatitis Day is on 28 July and the theme is '**Hepatitis can't wait**'. This is a timely reminder for everyone that has undertaken treatment to ensure they have follow up tests regularly to monitor their liver health.

Peer group activities are ongoing and we look forward to catching up with you whenever you can possibly join in.

Regards

Gavin Finkelstein



**World Hepatitis Day 2021:  
Hepatitis Can't Wait**

BROUGHT TO YOU BY  
World Hepatitis  
Alliance

## Haemophilia Foundation of WA Membership

HFWA membership falls due on 1 July 2021 and the HFWA Membership period runs from 1 July 2021 to 30 June 2022. Please click the following link or enter it into your browser to access the membership form <https://www.hfwa.org/get-involved/memberships>.

HFWA is committed to the promotion of Haemophilia and related bleeding disorders on a state, national and international level and being a member entitles you to:

- Membership to Haemophilia Foundation Australia
- Receive the quarterly newsletter
- Access to peer support activities
- Access to library resources
- Subsidised Medic Alert emblem
- Shoe subsidies

The cost of membership remains at \$25.00 per family and payment can be made by EFT, pay securely by credit card via the Square Payment link [here](#), or over the phone on 9420 7294. See pages 8 - 9 for application / renewal form and EFT payment details.



## World Hemophilia Day - 17 April 2021



On a beautiful autumn night in Perth, some of our famous landmarks were 'Lit up Red' In honour of World Hemophilia Day.

We would like to thank Main Roads Department, City of Perth and Curtin University for their very generous effort in 'Light it up Red' locations in and around Perth.



*Photography by Leon Ewing  
IG@sonnenmasse"*

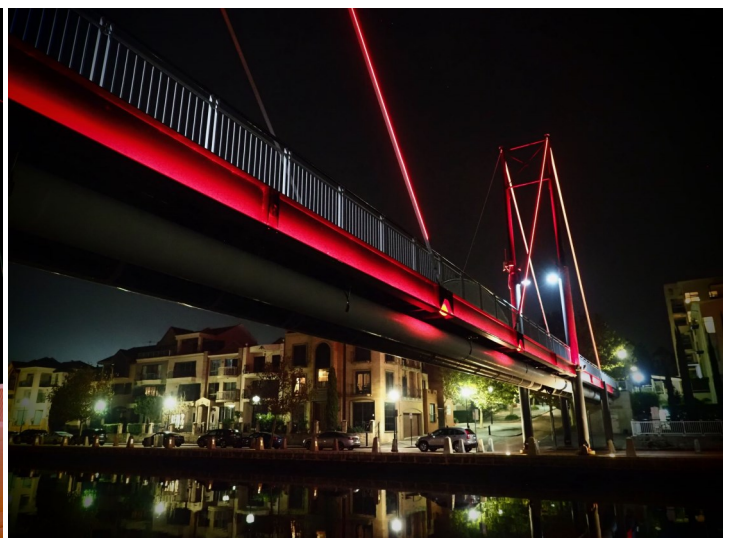
### Locations 'Lit Up Red'

The Bell Tower  
Trafalgar Bridge  
Curtin Uni Stadium  
Matagarup Bridge  
Mount Street Bridge  
Sky Ribbon Bridge  
Northbridge Tunnel

A huge thank you to Leon Ewing for the fabulous photos on the front cover and on this page. Gratitude also goes out to our members who sent through their photos (see page 5).

A comment from one of our members

***'Lovely effort. We drove around last night to see a couple of landmarks. Very nice indeed.'***

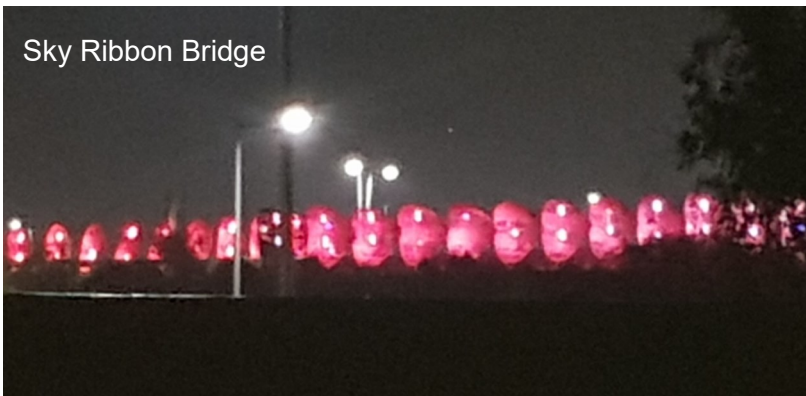




## World Hemophilia Day 2021 (Cont'd)



Sky Ribbon Bridge



Bell Tower



Melbourne Star  
Observation  
Wheel



# Sport and exercise

for girls and young women with bleeding disorders



## HFA has released a new fact sheet Sport and exercise for girls and young women with bleeding disorders

This was developed out of a survey of young women and their parents and answers their questions, such as:

- How can I best participate?
- What types of sport or exercise should I do?
- How can I manage my periods?
- What about injuries?
- What should I tell my coach or club?

### Accessing the fact sheet

- Read it online or download it from Factored In <https://tinyurl.com/FI-sport-girls>
- Ask your HTC for a copy
- Contact HFA to send you copies  
E: [hfaust@haemophilia.org.au](mailto:hfaust@haemophilia.org.au) or  
T: 1800 807 173

### What kind of sport or exercise do you enjoy?

If you are a young woman or girl with a bleeding disorder, like everyone, you are encouraged to exercise and be active. It's vital to healthy living!

#### Give it a try!

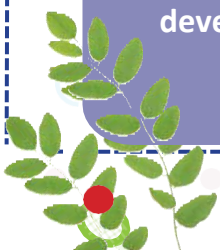
There is something for everybody and it's a matter of finding something that suits you, that you enjoy and that can get you moving.

"There is no one size fits all. I keep active and try new things to find what works for me. Having the freedom to take these challenges on has helped me into adulthood and developed my confidence in all areas of life"

### What to try?

Looking for ideas? Young Australian women with bleeding disorders gave us some examples of what they do

Hiking  
Swimming  
Soccer  
Basketball  
Gym  
HIIT  
Netball  
Yoga  
Aerobics  
Dancing  
Pilates  
Running  
Walking  
Bike Riding  
T-Ball  
Bushwalking  
Touch Football  
Weightlifting





## Health Updates - COVID-19



An important update from HFA below:

Our community has been asking us many questions about the vaccine and how it impacts on people with bleeding disorders.

I would like to draw your attention to the [updated version of the HFA COVID-19 vaccine FAQs](#) on the HFA website.

We would like to reassure you that the Australian Haemophilia Centre Directors' Organisation confirmed with us on the 4 June 2021 that there is **no change to the advice they gave us in February 2021**.

The **only change to our FAQs is about where you can get a vaccine**. The Australian Government has now made detailed information about this available on the HealthDirect website and we have linked you through to the relevant page.

[CLICK HERE FOR THE UPDATED FAQs](#)

The FAQs are also available on the website as a PDF for downloading and printing, if you wish to show them to your GP or other vaccine provider.

**As always, if you have any questions about the vaccine in relation to your bleeding disorder, speak to your [Haemophilia Treatment Centre](#) or your treating haematologist.**

And keep an eye on the HFA website for further updates – [www.haemophilia.org.au](http://www.haemophilia.org.au)



### All West Australians over 30 are now eligible for COVID-19 vaccinations

Check your eligibility here  
<https://covid-vaccine.healthdirect.gov.au/eligibility>

For more information for West Australian residents see

[https://healthywa.wa.gov.au/Articles/A\\_E/Coronavirus/COVID19-vaccine](https://healthywa.wa.gov.au/Articles/A_E/Coronavirus/COVID19-vaccine)



## Roll up for WA

COVID-19 Vaccination


Thank you for rolling up for WA.  
Take a selfie or photo to share with your friends and family!  
**#Rollup4WA**

We're all in this *together*.



## Haemophilia Foundation of WA Membership

### APPLICATION FOR 2021/22 MEMBERSHIP

	New <input type="checkbox"/>	Renewal <input type="checkbox"/>	<b>TAX INVOICE</b> ABN 42 961 282 521
Title			
First Name			
Last Name			
Address			
Telephone			
Email			
To reduce the use of paper the HFWA Contact newsletter is delivered electronically. Please tick <input type="checkbox"/> if you would prefer to receive a printed copy via post.			
<b>PRIVACY:</b> HFWA membership automatically entitles you to Haemophilia Foundation Australia (HFA) membership. HFWA respects member's privacy. Your details will NOT be forwarded to other organisations, bodies, or persons without your permission. Please refer to the privacy statement on the HFWA website for details, <a href="http://www.hfwa.org/">http://www.hfwa.org/</a> Please tick <input type="checkbox"/> if you do NOT want your details forwarded to HFA.			
Please indicate:			
<input type="checkbox"/> Person with bleeding disorder			
<input type="checkbox"/> Grandparents	<input type="checkbox"/> Parent of Child		
<input type="checkbox"/> Nurse	<input type="checkbox"/> Doctor		
<input type="checkbox"/> Other	<input type="checkbox"/> Special Interest		
<b>Please return this membership form via email or to the address below:</b> <input type="checkbox"/> Individual <input type="checkbox"/> Family (includes immediate family members) - <b>Membership \$25.00 (GST inclusive)</b> Extended family members need to take out their own membership. Membership fee can be waived in special circumstances - Please contact the HFWA office on 9420 7294.			
I would like to make a donation of:			
<input type="checkbox"/> \$25 <input type="checkbox"/> \$50 <input type="checkbox"/> \$100   or \$ <input type="checkbox"/> <b>Donations over \$2.00 are tax deductible</b>			
<input type="checkbox"/> Direct Deposit	Acct Name: The Haemophilia Foundation of WA Inc. BSB: 086 488 Acct No: 035 233 031 Ref: <i>Please include your name e.g. John Smith</i>		
<input type="checkbox"/> Credit Card	Pay securely via the Square Payment link <a href="#">here</a> or by scanning the QR code.		
<input type="checkbox"/> Cheque enclosed			

# APPLICATION FOR 2021/2022 MEMBERSHIP

## Family History



Please list all family members to be included in HFWA membership.

<b>Name</b>		<b>Date of Birth</b>	
Please indicate diagnosis details:			
<input type="checkbox"/> Haemophilia A	<input type="checkbox"/> Haemophilia B		
<input type="checkbox"/> von Willebrand Disorder	<input type="checkbox"/> Carrier		
<input type="checkbox"/> Other Factor Deficiency	<input type="checkbox"/> No Bleeding Disorder		
<input type="checkbox"/> Severe	<input type="checkbox"/> Moderate	<input type="checkbox"/> Mild	<input type="checkbox"/> vWD Type
Relationship to Member:			
<b>Name</b>		<b>Date of Birth</b>	
Please indicate diagnosis details:			
<input type="checkbox"/> Haemophilia A	<input type="checkbox"/> Haemophilia B		
<input type="checkbox"/> von Willebrand Disorder	<input type="checkbox"/> Carrier		
<input type="checkbox"/> Other Factor Deficiency	<input type="checkbox"/> No Bleeding Disorder		
<input type="checkbox"/> Severe	<input type="checkbox"/> Moderate	<input type="checkbox"/> Mild	<input type="checkbox"/> vWD Type
Relationship to Member:			
<b>Name</b>		<b>Date of Birth</b>	
Please indicate diagnosis details:			
<input type="checkbox"/> Haemophilia A	<input type="checkbox"/> Haemophilia B		
<input type="checkbox"/> von Willebrand Disorder	<input type="checkbox"/> Carrier		
<input type="checkbox"/> Other Factor Deficiency	<input type="checkbox"/> No Bleeding Disorder		
<input type="checkbox"/> Severe	<input type="checkbox"/> Moderate	<input type="checkbox"/> Mild	<input type="checkbox"/> vWD Type
Relationship to Member:			
<b>Name</b>		<b>Date of Birth</b>	
Please indicate diagnosis details:			
<input type="checkbox"/> Haemophilia A	<input type="checkbox"/> Haemophilia B		
<input type="checkbox"/> von Willebrand Disorder	<input type="checkbox"/> Carrier		
<input type="checkbox"/> Other Factor Deficiency	<input type="checkbox"/> No Bleeding Disorder		
<input type="checkbox"/> Severe	<input type="checkbox"/> Moderate	<input type="checkbox"/> Mild	<input type="checkbox"/> vWD Type
Relationship to Member:			
<b>Name</b>		<b>Date of Birth</b>	
Please indicate diagnosis details:			
<input type="checkbox"/> Haemophilia A	<input type="checkbox"/> Haemophilia B		
<input type="checkbox"/> von Willebrand Disorder	<input type="checkbox"/> Carrier		
<input type="checkbox"/> Other Factor Deficiency	<input type="checkbox"/> No Bleeding Disorder		
<input type="checkbox"/> Severe	<input type="checkbox"/> Moderate	<input type="checkbox"/> Mild	<input type="checkbox"/> vWD Type
Relationship to Member:			
Signature:		Date:	
	OFFICE USE ONLY	RECEIVED	REC. NO.
		ENTERED	HFA

## WFH Women & Girls with Bleeding Disorders Global Summit

### Registration is now open for the 2021 WGBD Global Summit!

Registration is free as the WFH would like to encourage as much participation as possible in this event and make it accessible for everyone.

The registration link is: <https://na.eventscld.com/wgbd2021>

One of the huge benefits of registering for this event is the exhaustive access to resources 6 months post summit.

**WFH Global  
Summit on**

**women  
& girls**

**with bleeding disorders  
July 8–10, 2021**



This event is a perfect opportunity to advance knowledge, to inspire action for adequate care and treatment for WGBDs, and to build connection.

Please, feel free to share the social posts below:

- **Facebook/LinkedIn/Instagram**

The conversation on care and treatment for women and girls with bleeding disorders (WGBD) continues with the 2nd WFH Global Summit on WGBD! Join us July 8-10 to discuss the realities of WGBDs worldwide, and exchange on care, treatment, advocacy, and empowerment. Registration is now open, learn more here: <http://ow.ly/lqlp50EKbYb>

- **Twitter**

The conversation for women and girls with [#bleedingdisorders](#) (WGBD) continues with the 2nd WFH Global Summit on [#WGBD](#)! Join us July 8-10 to discuss the realities of WGBDs worldwide and to engage and exchange on care, treatment, advocacy, and empowerment: <http://ow.ly/1yhe50EKbXT>



## Events of Interest

### July 21 School Holidays - Educational and Fun!

There are so many things that you can do with the kids over the school holidays. Free events and all sorts of fabulous things can be found at many places around Perth and the suburbs.

Just to name a few of our wonderful play areas:

Kings Park, Whiteman Park, Hyde Park, Yagan Square Playscape, Whale Playground Scarborough, Yokine Reserve, Hillary's Area.

Why not check out your local Shopping Centre for school holiday activities and don't forget your local Bunnings store. They have kids DIY workshops, but sorry mum and dad, someone must stay with them.



Perth Zoo, Scitech and the Aquarium are always a great day out and there is no shortage of entertainment and laughter at **'The Little Hoo-Haa!'** This improvised and interactive comedy will have you laughing along with the kids  
<https://www.ticketswa.com/event/little-hoo-haa>

Whatever your budget, stay connected and join in the community activities. It is good for your well being and that of your kids.



**HEAL COUNTRY!**  
4-11 JULY 2021

The theme 'Heal Country' is the new theme chosen to reflect the important issues and events for NAIDOC Week in 2021.

[Country is more than a place](#) and inherent to Aboriginal identity. It sustains lives in every aspect – spiritually, physically, emotionally, socially, and culturally.

NAIDOC Week celebrations are held across Australia to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Aboriginal communities, but by Australians from all walks of life. Local community celebrations during NAIDOC Week are encouraged and often organised by communities, government agencies, local councils, schools and workplaces.

Source: NAIDOC Week - Creative Spirits, retrieved from <https://www.creativespirits.info/aboriginalculture/history/naidoc-week>

## Peer Support Events

*Let's have a Sundowner!*

THE  
WINDSOR  
HOTEL  
EST 1898

Women's Event  
Sunday 29 August 2021  
2.30pm  
RSVP by 12 August 2021  
To: [office@hfwa.org](mailto:office@hfwa.org)

Men's Event  
Sunday 22 August 2021  
2.30 pm  
RSVP by 5 August 2021  
To: [office@hfwa.org](mailto:office@hfwa.org)

THE WINDSOR HOTEL  
in  
THE GARDEN BAR

Peer Support Events are free to all  
financial members

RSVPs are essential for these events to  
[office@hfwa.org](mailto:office@hfwa.org) and no later than the  
dates specified





## Fundraising

### Entertainment Books - Digital Membership

**WIN**  
a holiday for two!

And get your **FREE**  
upgrade from a  
Single City to  
**Multi City** and go  
into the draw!

Buy now

Relax and make the most of savings  
at your fingertips wherever you go!

Hurry, competition ends **Wednesday 30 June 2021**

Enjoy the benefits of a Membership that gives  
you access across Australia & New Zealand.

Don't miss the School Holiday Savings available!

### Entertainment

Purchase a Single City Membership and go  
into the draw for a chance to **WIN a 5 night  
Port Douglas holiday package for two,**  
thanks to Discover Queensland#

- ✓ **Return economy class flights**  
from Sydney, Melbourne,  
Brisbane, Perth or Auckland  
to Cairns
- ✓ **5 nights accommodation** at  
Silkari Lagoons Port Douglas
- ✓ **5 day compact rental car hire**
- ✓ **Green Island full day tour**  
including lunch



BUY  
SINGLE CITY  
MEMBERSHIP  
**\$69<sup>99</sup>**

GET  
UPGRADED TO  
MULTI CITY\*  
**~~\$119<sup>99</sup>~~**

HURRY!  
LIMITED  
TIME

SAVE  
**\$50**

For every purchase **Haemophilia Foundation  
WA receives 20% of the purchase.**

[https://www.entertainmentbook.com.au/  
orderbooks/847b23](https://www.entertainmentbook.com.au/orderbooks/847b23)



One of the most common questions asked is, **what can I recycle through Containers for Change?**

Here's a simple three-step process to work out if a container is in or not:

1. Look for the 10c refund mark on the container.
2. Ask yourself if the drink is consumed on the go. If yes, then it most likely can be recycled through Containers for Change.
3. Still unsure? Use the eligibility checker at [containersforchange.com.au](https://containersforchange.com.au)

You can help your HFWA community by using the scheme ID above to donate.

Scheme ID  
**C10338968**

Now you know what's in and out,  
it's time to head to your local refund point!





**2021**

# WHAT'S ON?



**8 - 10 July 2021**

**Women and Girls with Inherited Bleeding Disorders Global Summit  
Virtual Event**

**22 August 2021 - Men's Peer Support Sundowner**

**29 August 2021 - Women's Peer Support Sundowner**

**8 - 9 October 2021**

**HFA 20th Australian Virtual Conference**

**10 - 16 October 2021**

**Bleeding Disorders Awareness Week**

## Save the Date

**HFWA Strategic Planning Day - TBA**

**HFWA AGM - 9 September 2021**

**Community River Cruise - TBA**

**16 October 2021**

**Bunnings Sausage Sizzle - Homebase, Wembley**

**5 December 2021**

**Adventure World - HFWA Christmas Party**

More information following in the coming weeks on the abovementioned events  
Please contact Jenny on 9420 7294 or [office@hfw.org](mailto:office@hfw.org) to RSVP to any of these events

HFWA are selling quality shopping bags to support our state programs.

To order your bags and arrange collection  
email: [office@hfwa.org.au](mailto:office@hfwa.org.au) or  
call: 9420 7294.



**Jute Large Shopping Bag**  
42cm W x 33cm H



**\$6.50**

**Red Shopping Bag**  
33cm W x 35cm H



**\$3.00**

I would like to order \_\_\_\_\_ Jute large bags @ \$6.50 each

I would like to order \_\_\_\_\_ Red bags @ \$3.00 each

**Total Bag order \$** \_\_\_\_\_ (postage can be arranged at extra cost or they can be picked up from the HFWA office on request).

- ☐ For fast and secure payment, please follow the secure Square credit card payment link below or simply scan the QR code to go straight to the Square checkout

<https://checkout.square.site/merchant/06461WB19EDA8/checkout/R74ZARTGOWNV006YVONMBHMX>

- ☐ deposit the total of your order with your Surname as your reference to:



Acct Name: **The Haemophilia Foundation of WA Inc.**

BSB: **086 488**

Acct No: **03 523 3031**

Name: .....

Address: .....

Telephone: ..... Email: .....

# HFWA NAIL POLISH GIFT PACKS

Three bottle gift packs available.  
Looking for that personalised gift for a friend or to spoil yourself?  
Look no further!

## Gift Packs \$20

Gift packs contain Helen's Melons (red) and two colours of your choice.



## Assorted Colours \$10 each

Helen's Melons, Emerald Green (almost gone), White, Top Coat, Rose Gold and Silver (N/A)



For fast and secure payment, please follow the secure Square credit card payment link below or simply scan the QR code to go straight to the Square checkout for Nail Polish purchase

☐ <https://checkout.square.site/merchant/06461WB19EDA8/checkout/V55VON3QLYYYYU3PUWTEB65RA>

☐ Or deposit the total of your order with your Surname as your reference to:

Acct Name: **The Haemophilia Foundation of WA Inc.**

BSB: **086 488**

Acct No: **03 523 3031**



I would like to order \_\_\_\_\_ Gift Packs with the following colours:

I would like to order \_\_\_\_\_ Bottles of the following colours:

Name: .....

Address: .....

Telephone: ..... Email: .....

**LIMITED STOCK AVAILABLE!**