

Cobweb of help to stick supports together for a holistic health journey

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We started our cobweb of services and advocacy to strengthen health support networks to weave a net and stop people falling through the cracks of health care. We link government, private and not-for-profit services and organisations to create an easier holistic multidisciplinary health journey that looks at the patient, family and community. To minimise the overwhelming feelings of isolation and frustration, and give people the power of information. Things like help with finding accommodation, travel from an airport to a hospital, contact with a social worker will ease the stress and panic. Mental health becomes a very real issue therefore we connect with mental health services.

I would like to briefly tell our personal story because it is the reason we exist. When I say I feel incredibly lucky, it may seem hard to believe. I have battled cancer, brain surgery, a premature labour, stroke, a diabetes diagnosis and a life-threatening bout of meningitis—all in just three months. To make matters worse, I was just learning to walk and talk again when our baby boy, who was also born with multiple health issues (largely as a result of mine), was diagnosed with a life-threatening cancer of his own. Worry, feelings of guilt, financial stress and inability to “do something” also led my husband to depression.

It was after reaching some of the darkest points of our lives that this foundation was born. Our aim is to make long stints in hospitals as stress-free for country people as possible, so they never have to experience the trauma we went through. I am telling our story because we understand. We have walked the walk. We stumbled and struggled through seven hospitals in two states and three health systems.

We can talk the talk. We know the problems and pitfalls and we have ways to help. Since we began, we have helped and supported over 45,000 people with their health journey. We help everyone. But sometimes it is the smallest struggle that tips people into the next illness to fight—mental health.

From our traumatic time, we learnt how hard it is ... but it does not have to be so hard. The information is out there—you just need to know where to look.

We have been described as an inspiring speaker. Help us to help others.