



Hello friend!

We hope you have been keeping warm and well as the Canberra Winter approaches.

We would like to pay our respects to the Ngunnawal people, the traditional custodians of the land in which we live and work. We would also like to acknowledge our Aboriginal and Torres Strait supporters and peers and thank you for the support you give and work you do in the Canberra community.



Here at the Foundation, we're grateful to work with our Aboriginal and Torres Strait Islander partners to support initiatives that encourage healing while fostering cultural connection.

[Read more about the initiatives we support](#)



National Palliative Care Week

Last week was National Palliative Care Week, so we thought it was a great opportunity to shed light on the impact of comfort care items for the End of Life, which are funded through your support of the Foundation. Click through to read some beautiful testimonials from consumers and healthcare workers.

[Read more](#)

We're looking for volunteers to join the CHF Charity BBQ!

The BBQ will run every week on a Thursday from 7am - 2pm, and we are looking for volunteers to help with set up, cooking, serving and collecting payments.

Through volunteering, you will be having a huge impact on patients from Canberra and the surrounding region who are in hospital or accessing treatment.

To find out more or sign up, please email hello@chfoundation.org.au

[Read Giving Matters](#)

Support life giving robotics

Can you imagine waking up to find the life you knew has suddenly gone? Literally overnight Craig went from being an active man playing OzTag once a week, to waking up with a disability. He'd had a stroke at just 56 years old.

[Watch his story here.](#)

A week after his stroke, Craig was invited to join a cutting-edge rehabilitation program at the University of Canberra Hospital. Evidence shows that combining traditional physiotherapy with robot technology, administered in the right way, gives patients better results.



Our aim is to help as many patients like Craig as possible to perform the repetitive movements that will enhance their recovery.

You can play a role in the future happiness of patients just like Craig.

If you haven't already, please consider donating to the Canberra Hospital Foundation Tax Appeal to support life giving robotics.

[Donate](#)

On the horizon...

Brick Expo is back after it's COVID-enforced hiatus last year! Bringing together rare and unique LEGO® creations by local and interstate collectors and modellers, the event proudly supports paediatric patients through the Canberra Hospital Foundation.

Brick Expo will be held at the Hellenic Club, Woden on Saturday 14th and Sunday 15th August, from 9am to 4:30pm.

[Read Giving Matters](#)



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