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GIVING MATTERS | OCTOBER 2022

**It's one big day to give back and
you can be part of it!**

Hi there, are you ready for CAN GIVE DAY this Friday?

**You can get involved to help support the delivery of
exceptional patient care for our community:**

- You can [make a donation online](#) - right now your dollar is doubled!
- You can support the [Big Wig Challenge](#)
- You can buy tickets to the [Hospital Road Street Party](#)

Funds raised support the delivery of exceptional patient care for everyone in our community. CAN GIVE DAY helps all patients — babies, children, teens to adults and the elderly, from those having treatment for cancer or chronic illness, to those recovering from injury, the vulnerable amongst us, and those people nearing end of life.

Right now thanks to generous Changemakers every dollar donated [here](#) will be doubled - double the impact!

\$25 = \$50

\$50 = \$100

\$250 = \$500

Please share the message about CAN GIVE DAY with all your family, friends, colleagues, neighbours and community groups. Click on your favourite social media platform to find a post to share!



"I'm not game enough to jump off a building but I am game enough to put myself up against some other talented cooks, to go through three rounds of cooking and to see who comes out on top as the best cook of the challenge."



This CAN GIVE DAY will see four top cooks compete in the Master Cook Challenge, with three challenges to test their skill and grit!

On the afternoon of Friday 21st October, the cooks will be pushing their skills to the limit, embracing their passion and putting their reputation on the line.

Who are our four cooks who will face off in three cooking challenges?

- **Vanessa Brady** - Canberra Health Services
Executive Group Manager, Campus Modernisation
- **Genevieve Jacobs** - Group Editor, Region Media
- **Lamshed's Sous Chef Tashi**
- **Cathie O'Neill** - Chief Operating Officer, Canberra Health Services

Find out more about our four cooks and four judges, as well as the format of each cooking challenge! Plus you can donate to vote for your favourite MasterCook to help them win the People's Choice Award.

Who will be crowned the Master Cook in the CAN GIVE DAY MasterCook Challenge 2022?

[READ MORE ABOUT THE CHALLENGE](#)

"The bonus is that we get to raise funds that we really invest in things that make a difference to patients and their families." Cathie O'Neill, Chief Operating Officer, Canberra Health Services



Our healthcare teams are going above and beyond...

This CAN GIVE DAY our Canberra Health Services teams are putting the fun back in fundraising!

Funds raised through CAN GIVE DAY help support staff-led projects throughout the year! That's right, new projects and programs that enhance healthcare, like specialised equipment for medical research, or a music therapy program for the adult mental health unit, can be funded as a result of CAN GIVE DAY fundraising.

You can find a range of activities and offerings to support below to make an online donation to. Support a division or unit that means something to you and your family.

[FIND OUT HOW YOU CAN SUPPORT THEM](#)

"I think this is a wonderful way for our workforce to inject a little bit of joy into their day, a smile, a laugh. Wherever you look across our organisation, there'll be some

wonderful activities for not just our workforce, but also our patients and their carers and loved ones will be able to engage in as well." Dave Pepper, CEO
Canberra Health Services



BreastScreen ACT Decorate a Bra Competition and Bra Walk is an excellent example of CHS Teams going all out to put the detail and drama in CAN GIVE DAY. You can join in the Bra Walk – wear your bra on the outside on Friday 21 October, donating \$10 is a great way to help raise awareness! [Donate here](#)

Get Involved!



Street Party

Get ready to party! We are holding a Street Party on Hospital Road to celebrate CAN GIVE DAY 2022 on Friday 21st October. There will be food trucks, stalls, entertainment and more. Limited tickets available, watch this space.

BUY TICKETS \$5



Big Wig Challenge

This year we are going big! We have a line up of local Big Wigs who are ready to take on the Big Wig Challenge during CAN GIVE DAY 2022. You can sign up to fundraise as part of your Big Wig's team, or find a Big Wig to support and make your donation.

[FIND OUT MORE](#)

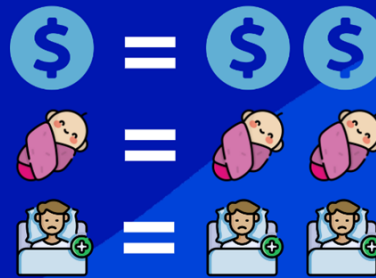
Donations doubled

Thanks to our generous 'Changemakers' we are doubling your donation for a limited time, with matched giving. You get to see the figure double and we get to double the impact!

[DONATE TODAY](#)

**DOUBLE
YOUR
IMPACT**

Thanks to our generous
Changemakers, right now
every dollar you donate will
be doubled! We can change
more lives...



Stay up to date with Canberra
Hospital Foundation on our social
media pages and website...



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Canberra Hospital Foundation acknowledges the Traditional Custodians of the ACT, the Ngunnawal people. We acknowledge and respect their continuing culture and the contribution they make to the life of this city and this region.

You're receiving this email because you've signed up for our newsletter, or agreed to receive communications when you have donated to the Canberra Hospital Foundation in the past.

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