



CANBERRA
HOSPITAL
FOUNDATION

Gifters

GAZETTE

VOLUME 4

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Hello and a very Happy Autumn to all! The leaves are changing colours, and the weather is cooling down, but the care from you, our community of crafters, continues to warm the hearts of patients throughout Canberra Health Services.

Just now, as I am writing this, a Social Worker has popped her head in to let us know how much a beautiful knitted blanket from the Donation Station lifted the spirits of one of her patients. She wished to pass on her thanks, as the blanket truly brought the patient comfort as she was transported from hospital to Clare Holland House.

These are the kinds of stories and 'thank-yous' I hear daily. It is a privilege for us at the Foundation to play a small part in the process of getting your crafted items wrapped around the people who need comfort the most. We celebrate you, and are grateful for your kindness every single day.

It's exciting times at the Foundation. We have had news that Volunteers will be welcomed back to work throughout the hospital in the near future (all going well with COVID), so we are looking forward to having our Donation Station volunteers back on board to help sort and distribute all the beautiful comfort items we receive from you.

I hope you enjoy this new volume of the Gifter's Gazette! As always we'd love to feature any of your stories, photographs or designs in future volumes, so please do get in contact and send in what you have in mind!

Yours gratefully,

Amy



Purposeful Walking Garden - Stage 1.

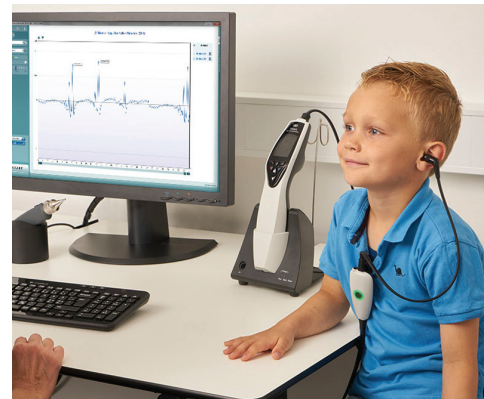
What's been happening at CHF

It's been a busy start to the year with many projects and initiatives, funded from the support of our community, reaching fruition. Stage 1 of the Purposeful Walking Garden in 11a has been completed. The ward is now enveloped by a vibrant, welcoming outdoor space – purpose designed for patients with cognitive impairment including dementia. The garden promotes independence and wellbeing, giving patients the option to engage in meaningful activities like gardening, watering and sweeping.

Donated funds have also been used to purchase a Titan, which is a diagnostic tympanometer. This innovative piece of equipment is making testing paediatric patient's ear functionality easier for healthcare professionals, and less invasive for the

patient. Parents of patients have been marvelling over the equipment and how advanced the technology is!

We're so grateful for our incredible community who's support enables meaningful initiatives that enhance the experience of patients, in every facet of their care.



Young patient undergoing testing with a Titan.

DONATE NOW www.canberrahospitalfoundation.org.au/donate
or call Amy on 5124 3542.

DONNA, ALICE, NORA AND LORRAINE FROM UNITING AMALA GORDON

We'd like to welcome Donna, Alice and Nora from Uniting Amala Gordon who have recently joined our community of crafters. We were blown away with their beautiful donations of knitted blankets and teddies. We caught up with them to learn more about their crafting.

CAN YOU TELL ME A BIT ABOUT YOUR GROUP AND HOW LONG YOU'VE BEEN CREATING TOGETHER?

DONNA

Well I've been here for three years so I joined the group when I got here. We gather together in our lounge area. Sometimes it is just the three of us and sometimes others join in.

ALICE

I've been here for four years. I was knitting before that, but it's been in the last three years that we've really got together to make blankets and teddies

NORA

I've been at Amala for 2 years, that's when I met Alice and Donna and we began knitting together.

WHAT WOULD YOU SAY TO SOMEONE THINKING OF GETTING INVOLVED?

DONNA

I think it is just wonderful, I'd encourage anyone to get involved!

ALICE

I would say do it. It gives us great pleasure and makes us very happy that we're helping people in need and making other people happy.

NORA

I think you would absolutely enjoy it. It's nothing difficult and it's a really nice feeling doing something for others. You get a lot of pleasure from giving, more than when receiving.

DONOR PROFILE

HOW DOES IT MAKE YOU FEEL KNOWING YOUR KNITTED ITEMS ARE GOING TO BRING COMFORT AND WARMTH TO PATIENTS IN HOSPITAL?

DONNA

It's just wonderful, it gives us a purpose for doing what we do.

ALICE

It's just lovely, it's beautiful. It gives us a lot of pleasure to do these things and it gives us something to do. I have bad sight so I can't read. I make most of the rugs. It's just lovely, it makes us so happy.

NORA

It's lovely, I am happy to do it. I worked in hospitals for about 28 years, so I know what it can be like. I'm glad to be giving back.



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Donna, Alice, Nora and Lorraine from Uniting Amala Gordon.

DONATION STATION *Wish List*

Large blankets (quilted, knitted and crocheted) and teddies remain the most sought after items at the Donation Station. We unfortunately don't have the capacity to accept any more baby beanies at this time.



PATIENT IMPACT STORY

"Recently I spent a couple of weeks in Canberra Hospital after some complications with surgery. The days were a hazy mix of monotony, fear, nausea, despair, patience, pain and then finally the relief of discharge to home!

One bright moment on the journey was when my beautiful Mum wheeled me into the Donation Station, and I gazed joyfully at all the beautiful hand knitted and crochet items adorning the shelves. Being a knitter myself, I know how long these kinds of projects take to create and I couldn't believe it when the staff told me I could choose something just for being an in-patient!

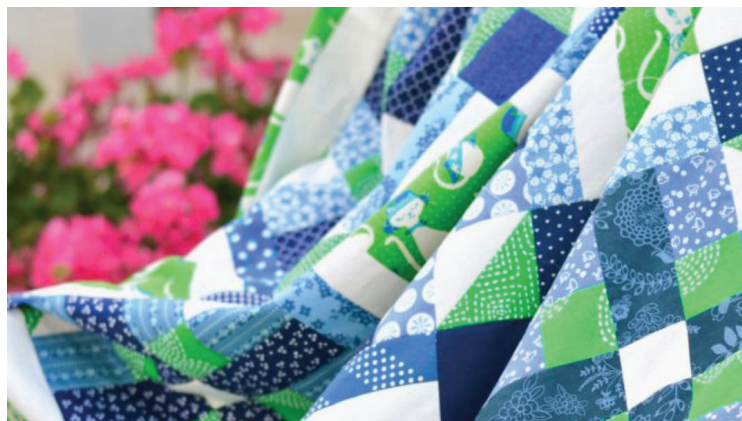
A stunning sea green and blue patchwork blanket caught my eye and I had to blink away tears at the kindness of someone to take the time and effort to make such a gift for a stranger.

That night, I slept under the gentle weight of someone's kindness, care and thoughtfulness and every stitch in that blanket gave me a little more strength to get out of there and back to my children.

With humble thanks and gratitude to all who contribute to this wonderful initiative."

-A grateful patient.

Lovingly made quilt - Seagrass.



HOW EAR-RESISTIBLE ARE THESE LITTLE BUNNIES?

These darlings were lovingly created by the Lake Tuggeranong Probus Group and will be given out to paediatric patients at Easter time. They are sure to be as loved by the children as they are by us – thank you Lake Tuggeranong Probus Group!

We hope you all have a very Happy Easter and are able to enjoy some time with your loved ones over the Long Weekend.

Tuggeranong Probus Group - Bunnys in blankets.



WRAP OUR HEARTS AROUND YOU

Thank you to everyone who has started creating hearts for our **Wrap Our Hearts Around You** project! We are very excited to see everyone's creations. The project aims to unite Canberrans through the common activity of creating hearts. The hearts will be collected by the *Canberra Hospital Foundation* for a special celebration that will be symbolic representation of the appreciation and love in the community for our healthcare workers and patients. Join us in celebrating our healthcare workers.

It's simple to get involved, all you need you to do is read our guidelines and **SIGN UP** online:

www.chfoundation.org.au/wrap-our-hearts-around-you or by calling 5124 3542.



GET INVOLVED

Latest heart delivery to CHF shopfront.