



CANBERRA
HOSPITAL
FOUNDATION

Gifters

GAZETTE

VOLUME 5

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Hello to our wonderful Crafting Community! I hope you've been keeping safe, well and warm as the Canberra winter sets in.

The magnitude and quality of your beautiful donations continue to astound. Your lovingly crafted comfort items share kindness, warmth, and care, making a difference for patients across Canberra Health Services. And it cannot be overstated how grateful we are for the comfort and joy your donations are bringing to patients, their families and carers.

Hold the beanies and port-pillows! Our shelves are currently overflowing with your beautiful donations of both adult and baby beanies and port-pillows, so we unfortunately don't have the capacity to accept more at this point in time. If you're looking for something else to donate instead, large blankets and toys are always the most popular items!

At the time of writing this, COVID restrictions at the hospital have meant we aren't able to accept your donations for the time being. Please keep an eye out for updates to these changes, and don't hesitate to call on 5124 3542 if you have any questions!

In this volume of the Gifter's Gazette, you'll find an update the events and activities of *Canberra Hospital Foundation*, a heart-warming story of comfort brought to a Veteran's widow on Anzac Day, some beautiful donations from our community, and we find out more about Ian, who donates wooden toys for paediatric patients.

I hope you enjoy this volume! 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



The gorgeous gardening group, made up of volunteers and CHF staff.

What's been happening at CHF

The Foundation team and some of our lovely volunteers enjoyed getting our green thumbs out at the beginning of June, planting bulbs and annuals around the Canberra Hospital as part of this year's Floriade Community initiative.

A very warm thank you to Manteena for doing the heavy lifting, Bunnings for their donation of wheelbarrows and for the lovely volunteers who braved the cold to plant.

We're grateful that patients and families at Canberra Hospital and University

of Canberra Hospital will have the opportunity to experience the beauty of Floriade this springtime.

To launch this year's Dry July campaign at Canberra Hospital, we had the wonderful Rapid Relief Team (RRT) come along to the hospital to sell the most delicious burgers. All proceeds from the day were donated to the *Canberra Hospital Foundation Dry July*. Thank you to all the volunteers from RRT who gave up their time to make a difference in the lives of people in Canberra affected by cancer!



The Rapid Relief Team ready to flip some burgers!

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

Comfort and warmth on Anzac Day

In April we were told a heart-warming tale about the impact of a blanket from the Donation Station that was given out at the Veteran's Lounge at Canberra Hospital. The Veteran's Lounge is a quiet, peaceful and welcoming space for Veterans, their families, widows and widowers to sit in while waiting for appointments or visiting loved ones. Thanks to our amazing community of crafters, we are able to stock the Veterans Lounge with an array of cosy comfort items.

One patient, a widow of a Veteran, was so thrilled to receive a beautiful knitted blanket at one of her visits. She grew such an attachment to it that it travelled with her to the Anzac Day Ceremony in Melbourne, where it brought her much comfort and warmth, wrapped around her knees, while she commemorated.

This is just one example of the comforting powers of your creations. The security they bring transcends treatment and hospital stays, and continue to serve patients long after their stay.

Thank You

ACT Woodcraft Guild!

A very warm THANK YOU to the ACT Woodcraft Guild for their recent donation of beautiful hand-crafted bowls and ornaments. These items have been added to the comfort care at End-of-Life kits - special mementos supporting patients on their final journey.



Mick Fadden from the ACT Woodcraft Guild and Helen Falla, CEO CHF



DRY JULY

It's Dry July, and we have a team of wonderful Canberrans giving up alcohol (or something else of their choice) and raising funds for patients affected by cancer at the Canberra Region Cancer Centre.

Specifically, these funds will go toward the purchase of new, bright and comfortable lounges, chairs and tables which will furnish the Social Hub in the Wellbeing Centre - a new and exciting addition to the Canberra Region Cancer Centre. The Social Hub will give patients and their loved ones a space to unite, in a warm and inviting environment - a contrast to the more clinical areas. The space will foster a feeling of homeliness, and encourage connection at a time when patients and their families are navigating the difficult journey of cancer.

If you have signed up to go dry - Thank You! If you haven't signed up, but would still like to show your support, you can make a donation on the Dry July website.

dryjuly.com/beneficiaries/thecanberrahospital

DONOR PROFILE

Ian is the gentleman responsible for designing and creating small wooden cars which are given out to paediatric patients and their families. The cars come with a crayon or pencil, so children are able to decorate their new wheels however they please!

We sat down with Ian to learn more about him and his toys, what motivates him and his creative process.

Ian has always believed he is a privileged person – not privileged money-wise - just privileged. “So therefore I’ve always been associated with helping others who aren’t as lucky,” he says.

After retiring he came across an organisation that donated swags to people who were homeless. Thinking it was a great cause, Ian started to collect money in front of shops throughout Canberra to support the organisation. “It was hard at first, but I soon perfected my tactics – I had a table, a chair, a smile, red pants and a swag.”

Everything was going well until Ian had a heart attack, and it was decided between him and his wife that he’d stop collecting.

“I felt lonely when it stopped,” says Ian.

“It was something I enjoyed, and I missed seeing people at the shops.”

Ian then heard that a group at his retirement village was donating knitted items to Aboriginal communities. Ian thought he’d contribute by making some cars that would appeal to young boys.

“Only problem was, I’d never used a hammer in my life!” said Ian. *“But I figured it out and came up with a design and a plan.”*

Someone then told Ian about the *Canberra Hospital Foundation*, so he got in touch with Amy, and the rest is history!



Ian and one of his car creations.

The cars are made out of recycled timber at Ian’s local Men’s Shed. He paints a strip of paint on each car to give it that added personal touch. His goal is to make 1000 cars by the end of the year.

Ian really enjoys making the toys, it’s his creative outlet. He says the fact that they bring so much joy to young patients is a lovely added bonus.

We are so grateful for Ian’s donations. As soon as a new batch comes in, it’s not uncommon that they fly off the shelves like hotcakes. By all accounts from healthcare workers, patients and siblings are so joyful when they receive a car, and families are grateful for the welcomed distraction from treatment.

Thank You Ian!



GET INVOLVED!

“The best way to find yourself is to lose yourself in the service of others.”

Mahatma Gandhi

WE'RE LOOKING FOR VOLUNTEERS TO JOIN THE CHF CHARITY BBQ!

COVID permitting, 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

UNDER THE MISTLETOE CHRISTMAS IN JULY FESTIVAL

Under the Mistletoe in Gold Creek love Christmas time, so their celebrating it twice this year! The local Canberra business will be creating a Christmas in July wonderland, where friends and families can come together to have fun, celebrate and feel festive, while raising funds to support paediatric patients through the Foundation!

The main event will take place on Saturday 24th and Sunday 25th July from 9am-4pm each day with music from the Canberra Brass Band, activities (best dressed Christmas outfit, snow machine and animated displays) as well as hot chocolate, Christmas cake, mulled wine stalls.

For more information visit the Under the Mistletoe Facebook page. www.facebook.com/UndertheMistletoeshop



BRICK EXPO

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
Saturday 14th and Sunday 15th August
9am to 4:30pm**

For more information and to get your tickets,
visit the Brick Expo website.
www.trybooking.com/events/landing?eid=763340&