



CANBERRA
HOSPITAL
FOUNDATION

NEWSLETTER

VOLUME 1

FROM THE EDITOR

The first half of 2020 has been challenging for all, and I hope you and your families and friends have kept safe and well through the fires, hailstorms and coronavirus pandemic. While the world has seen so much devastation, we at the Foundation have been lucky enough to witness the very best of humanity, with our Canberra community rallying together for #CHFCareShare.

Canberrans have continued to show their generosity this month, through a Coles Curing Homesickness donation drive which will enable the hospital to purchase Smilescopes for paediatric patients!

It's the last week of July, and the team at the Canberra Hospital Foundation have spent the month "going dry," raising funds to support patients who are affected by cancer in Canberra and the surrounding region.

I hope you enjoy reading Giving Matters. We welcome your feedback and invite you to share your stories. If you'd like to get in touch, please email HELLO@CHFFOUNDATION.ORG.AU or call on 5124 3542.

Welcome

to the inaugural edition of Giving Matters, the Canberra Hospital Foundation's newsletter created to keep you informed about the impact of your generosity and up to date with what's happening in our community!

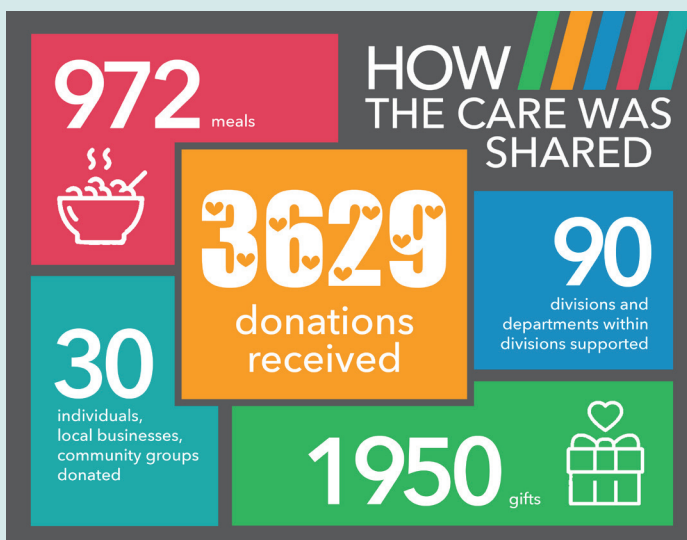
You can expect a new edition every month via email, ready to be downloaded from the *Canberra Hospital Foundation* **WEBSITE** and a special printed edition annually.

We very much look forward to sharing stories with you about the amazing difference you help to make in our community.

Yours gratefully,
Helen Falla - **CEO**



CHFCARESHARE
#CHFCARESHARE



CANBERRA SHARES THE CARE

In an awe-inspiring show of heart from the Canberra Community at the height of the coronavirus crisis, over 3,600 donations were received and distributed amongst healthcare workers throughout Canberra Health Services, offering encouragement, solidarity and one strong, resounding message, "thank you for keeping us safe."

CHF launched #CHFCareShare in response to the changes and challenges brought about by the coronavirus pandemic. We put the call out to the Canberra community to show their support and encouragement for healthcare workers, and the response from the individuals, community groups and local businesses blew everyone away. Canberrans came together—while maintaining social distancing—offering encouragement and solidarity.

Donations of restaurant cooked meals warmed the bellies of nearly 1,000 healthcare workers, while others received self-care pamper packages, chocolates, fruits, and hand-drawn cards of love and support from school children. From the security team to cleaning staff, administrators to allied health professionals, nurses and doctors—workers from over 90 divisions and departments of Canberra Health Services were acknowledged for their hard work and touched by the community's thoughtfulness and kindness.

CHF Office Manager Amy Agius facilitated the distribution of donations and saw first-hand the impact they had on healthcare workers. "The reaction to the donations was beautiful" reflects Amy.

"A lot of them became quite emotional at the fact that they had received these donations and when we approached the areas to tell them who was giving them gifts and why, they just felt loved, cared for, really special and super humbled."

Thank you to every individual and local business for showing such heartfelt generosity to our healthcare community during such a difficult time!

Drawings and gifts handmade with love, addressed to CHS CEO Bernadette McDonald



SEE MORE
#CHFCareShare



PUTTING OUR MONEY WHERE OUR MOUTH IS (INSTEAD OF WINE!)

The Canberra Hospital Foundation team signed up to Dry July this month to help raise funds to support patients affected by cancer in Canberra and the surrounding region. It's been a fun challenge for us all and we are grateful we can do something personally to make a difference! We thank everyone in our community who are also going dry for this important cause, and would love to hear from you if you'd like to share your Dry July story.

Funds raised through Dry July support an array of initiatives at the Canberra Region Cancer Centre. The Therapeutic Harp Program is one such service that is supported annually, and thanks to funds raised last year, the CRCC was equipped with two Sleep Pods. Many patients who come to the CRCC travel from interstate, so the addition of the sleep pods gives these patients the opportunity to relax and unwind in between appointments. There is still time to donate to the Canberra Hospital Foundation's Dry July, help us to "fill our cup"!



The state-of-the-art sleep pods in the CRCC

COLES AND CANBERRA HELP CURE HOMESICKNESS

For the last two weeks and a half Coles stores throughout Canberra have been running a donation drive to raise funds for Curing Homesickness- a joint fundraising initiative that brings children's hospitals and paediatric services from across Australia together. Funds raised in Canberra will support paediatric patients at the Centenary Hospital for Women and Children. Coles have already raised \$27,623 and with these funds the hospital will purchase Smileyscopes!

Smileyscopes offer a wearable virtual reality experience for children who are undergoing needle procedures. Needles can cause a lot of anxiety for patients and this anxiety can increase the pain and suffering associated with treatment, as well as cause distress for parents and caregivers. Giving children a fun, colourful, and interactive virtual reality experience will be a great distraction, ultimately enhancing their hospital experience, while making work more streamlined for medical practitioners. Thank you to Coles and Canberra shoppers for supporting this initiative!



Smileyscopes will make needle procedures a little less scary for paediatric patients



Blueberry, Mint & Lime Mocktail

10-12 blueberries
8 mint leaves
Juice of 1 lime
Sparkling water or kombucha
1 tsp sweetener of choice (opt)
SERVES ONE

Method

Muddle together blueberries, mint, lime and sweetener in a glass for about 1 minute to release the juice from the blueberries and lime, and the flavour from the mint. If you don't have a muddler, use the back of a wooden spoon or similar.
Top with sparkling water or your favourite kombucha and stir gently.
Add ice and garnish with some extra blueberries and mint.

GET INVOLVED

TINY'S CAR CHALLENGE

Raising funds for the Canberra Hospital Foundation to support patients through the coronavirus pandemic

Co-founder of the Greenshed Goran Srejjic, better known in Canberra as Tiny, is launching "Tiny's Car Challenge" which will give fundraisers from a variety of charities the chance to win a brand new VW! The Canberra Hospital Foundation is a proud beneficiary of the event – but we need you to get involved to support us!

Funds raised through the challenge will go toward new innovative therapies and technology that will aid patient wellbeing while keeping them safe during the coronavirus pandemic.

The added impact of a health pandemic makes healing harder, both for patients and their families. Measures to protect vulnerable patients reduce



Top fundraisers in Tiny's Car Challenge will get the chance to win this car!

and restrict visits from loved ones and social distancing prevents the healing powers of touch and companionship. We are raising funds to support patient programs that need new equipment or to be delivered in a digital or virtual format.

How to get involved

All you have to do is **SIGN UP** and start raising funds in your personal network. The fundraising will run from 1 August for three weeks, and from there the top 20 fundraisers will all get the chance to contend for the car on the 3rd of September.

How do you win?

It's simple - the last person standing with their hand on the car will drive it away. Second prize is \$5,000 from Kellie Chalker Hall at McIntyre Property



SHOW YOUR HEART, MAKE A HEART

Wrap Our Hearts Around You is a project which 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 a symbolic representation of the appreciation and love in the community for our healthcare workers and patients.

It's simple to get involved, all you need you to do is read our guidelines and **SIGN UP** via our website or by calling 5124 3542.

ENTER TO WIN AND DRIVE ADVANCED CANCER TREATMENT RESEARCH

The Lennox Volkswagen Raffle is back again and this year you have the chance to drive away in a brand new 2020 Volkswagen Polo GTI MY20 valued at \$36,178 or add a touch of retro style to your kitchen with the second prize VW Gorenje Retro refrigerator valued at \$1620.

Every \$20 ticket sold helps fund research and increases the number of clinical trials available to patients at the Canberra Cancer Research Centre. Clinical trials provide the newest cancer treatments right here in Canberra, contributing to the rapid discovery of new treatment options to advance cancer care. The raffle will be drawn on Thursday 3rd December 2020 at 2pm.

Read the terms and conditions and **PURCHASE YOUR TICKETS ONLINE** or by calling 5124 3542.

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