



ONE BIG DAY TO GIVE BACK

Join us, help change lives...

INFORMATION PACK

Everything you need to know
about CAN GIVE DAY
Friday 21 October 2022



GET
INVOLVED
TODAY

cangiveday.org.au



CANBERRA HOSPITAL
FOUNDATION







Our vision is that all residents of the ACT and surrounding regions have access to preeminent health care and facilities, so that they don't need to travel interstate for treatment, and can remain in Canberra with the support of family and friends.

Deb Rolfe AM,
Chair of the Board since 2012.

You can be life giving

Friday 21 October is **CAN GIVE DAY**. Getting involved means you can give patients and their families comfort, understanding and hope through their time in hospital or during treatment and acknowledges the hard work and dedication of Canberra's healthcare teams.

CAN GIVE DAY is an annual Festival of Giving that celebrates our healthcare heroes and raises funds to aid the exceptional care they create every day. It is a 24-hour fundraising sprint, driven by passionate individuals and businesses to support exceptional patient care for Canberra and the surrounding region.

Ultimately, **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.

Donations to **CAN GIVE DAY** uplift the patient experience and enhances their wellbeing. The funds raised will transform away from bed spaces, purchase state-of-the-art treatment technology and equipment, support clinical trials and therapeutic wellness programs for patients and healthcare teams.

Come together with your community on CAN GIVE DAY, Friday 21 October. It's ONE BIG DAY TO GIVE BACK. Join us, help change lives...





This is Ruby
...from Delta Therapy Dogs

Through community generosity on **CAN GIVE DAY**, *Canberra Hospital Foundation* is able to fund a range of programs that offer relaxation, stimulation and companionship.

Why support CAN GIVE DAY?

Almost every person, at some point in their life, needs public health care. *Canberra Hospital Foundation* supports the more than 500,000 people who are hospitalised or receive treatment in Canberra each year; patients of all ages, all illnesses, each area of care they need. With your support, *Canberra Hospital Foundation* can help every patient in some way.

The *Canberra Hospital Foundation* is the only organisation that exists to raise funds for the health and support services delivered in all public hospitals and health centres in Canberra, including the Canberra Hospital, Centenary Hospital for Women, Youth & Children, Calvary Public Hospital, Canberra Region Cancer Centre, and the University of Canberra Hospital and the community and walk in centres across Canberra.

Funds raised on **CAN GIVE DAY** change lives through supporting enhanced services, additional equipment, research and room transformations helping doctors and nurses, who are at the heart of patient care.

Our Goal

Motivate Canberrans to fundraise on or before **CAN GIVE DAY** on Friday 21 October 2022 to give thanks to our healthcare teams and aid all patients in hospital or undergoing treatment.



More
Programs



More
Refurbishments



More
Research



More
Equipment



cangiveday.org.au

CAN GIVE DAY - Information Pack

An incredible **\$620,000** has been raised across past CAN GIVE DAY events, with your support we aim to make it well past the million dollar mark in 2022.

What's it all about?



Annual Festival of Giving to celebrate our healthcare heroes and raise donations to aid the exceptional care they create every day.



24-hour Fundraising Sprint driven by passionate individuals and businesses who want to support exceptional patient care for people in our community and the surrounding region.



Enhances the Health Response for those who find themselves unwell and needing healthcare.



Supports the wellbeing of frontline teams, important research, refurbishments and programs to support patient care.



Helps All Patients from 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.



I see CAN GIVE DAY as multi-functional - it gives us the chance to raise funds to allow us to provide exceptional care, but I think just as importantly it gives us the opportunity to celebrate us - who we are and what we do and come together for some fun. I very much look forward to not only CAN GIVE DAY but also the lead up fundraising activities including seeing what creative ideas our teams come up with. Come on CHS, Come on Canberra - let's make CAN GIVE DAY 2022 the best yet!

Cathie O'Neill
Chief Operating Officer, Canberra Health Services

How can you get involved?

Donate



Giving on **CAN GIVE DAY** is the single most impactful way to make a difference

Fundraise



Create a **CAN GIVE DAY** Fundraising Page and then share the details on your social media or email to family, friends and colleagues

Host



Create a **CAN GIVE DAY** Fundraising Page and host an event or activity to fundraise

Team up



Create a **CAN GIVE DAY** Team Fundraising Page and organise a group activity to fundraise

Big Wig Challenge



Are you, or do you know of someone who is a Big Wig? Express your interest in taking part in the **CAN GIVE DAY** Big Wig Challenge

Street Party



Join in the fabulous fun at our first **CAN GIVE DAY** Street Party on Hospital Road. Expressions of interest now open for stall holders and street performers

To set up to fundraise, express interest in being a Big Wig or to support our Street Party contact **Jodi Shepherd** on 0403 288 860 or email jodi.shepherd@chfoundation.org.au





Forest Reflections. 2021
Gouache and wax on board



First light, Yaouk Valley. 2021
Gouache and wax on board



Winter Morning, High country creek. 2022
Gouache and wax on board



Winter morning, after rain
Gouache and wax on board



Full and flowing, Bega River. 2021
Gouache and wax on board

Our Foetal Medicine Unit is looking forward to this series of small works that *Annie Franklin* made as part of her self-care after the bushfires. Funded as part of the Arts In Health Program through CAN GIVE DAY 2021.

What difference can you make?

You CAN GIVE *comfort*

Sickness and injury impact more than just those who are hospitalised or need care. Family, friends, and carers share the emotional, physical and financial burden, and some people have no support at all. *Canberra Hospital Foundation* provides comfort by helping to relieve the distress of hospitalisation and sickness.

Through previous CAN GIVE DAY events you helped fund:



Therapeutic tools and toys for paediatric outpatient clinics

These items help to:

- build a safe therapeutic relationship and to enable children to communicate with the therapy team.
- facilitate the engagement of children in play-based assessment and intervention by medical teams
- \$10,000



Mental Health Ward Group Courtyard

This funding has provided:

- a therapeutic space and activity for consumers with acute mental health issues who are currently hospitalised
- a space that promotes a healthy lifestyle to improve outcomes for the marginalised and vulnerable sector in our community
- A safe, secure outside space for use when in emotional crisis
- \$90,000



Artwork in the Foetal Medicine Unit

Funding arts in health settings provides:

- reduced stress and anxiety, distraction from pain and increased pain tolerance
- mood adjustments, positive mental health outcomes and increased social engagement
- improved staff to patient relations
- \$10,000





Hocoma LokomatNanos
A driven gait orthosis that automates
locomotion therapy on a treadmill

*"Some patients early after a
stroke can't lift their arm, they
don't have enough muscle
control or strength,"*
Professor Nick Brown

You CAN GIVE *understanding*

Life giving robotics

Robot-Assisted Rehabilitation at the University of Canberra Hospital allows therapists to treat patients with stroke and neurological disease and injury, including brain and spinal cord injuries. Evidence shows that combining traditional physiotherapy with robot technology, administered in the right way, gives patients better results.

"A robot can support their arm and move them through the typical motions we do every day when we reach and grab. Their brain learns how to make those movements again. And that's what facilitates recovery." says Nick Brown, Professor of Allied Health Research at the University of Canberra.

All that people want after a life-changing trauma or neurological diagnosis is to keep their independence and resume an active lifestyle. Through **CAN GIVE DAY**, additional cutting-edge robotics will increase the capacity and access for life-giving rehabilitation services in Canberra.

Through previous CAN GIVE DAY events you helped fund:



Bio-Rad ChemiDoc MP Western Blot Imaging System

This funding has provided:

- a 'personalised' diagnosis to people diagnosed with immune diseases.
- support for medical research conducted by the Canberra based Translational Immunology Laboratory
- help for Canberrans, living with immune-related diseases without the need to travel interstate
- \$51,000



Adjustable LED headlight

This funding has enabled:

- Speech Pathologists to change voice prosthesis without the need to call on ENT Registrars to assist
- smoother and quicker changes of the voice prosthesis aiding patient comfort
- \$2,795





This is David

...a stem cell transplant saved his life

David and his wife Amanda

"The hematologist told me my leukaemia was 100% incurable... unless I had a stem cell transplant. I could only have the procedure in Sydney."

David Fintan

You CAN GIVE *hope*

A Cancer Research Hub is planned for the CRCC along with the Cancer Wellbeing Centre.

This will be a 450 sqm purpose-designed environment. It will bring together the knowledge and expertise of academics, clinicians, and industry and health professionals to collaborate and facilitate the transition of research-generated evidence into practice. The Hub will enable clinical trials within the CRCC, generating new knowledge about prevention, diagnosis and treatments to improve the quality of cancer care we provide.

It will also allow for some stem cell transplants to be offered here in Canberra, sparing patients from the distress and expense of having to travel interstate.



David's children visiting him in hospital

Through previous CAN GIVE DAY events you helped fund:



Mental Health Music Therapy Program

This funding has provided:

- additional instruments and equipment to enhance the music therapy program for mental health patients at the University of Canberra Hospital
- higher levels of engagement of people of culturally and linguistically diverse backgrounds and Aboriginal and Torres Strait Islander people
- a reduction in distress caused by symptoms, an increase in well being and a reduced the need for pharmacological interventions
- \$4,088



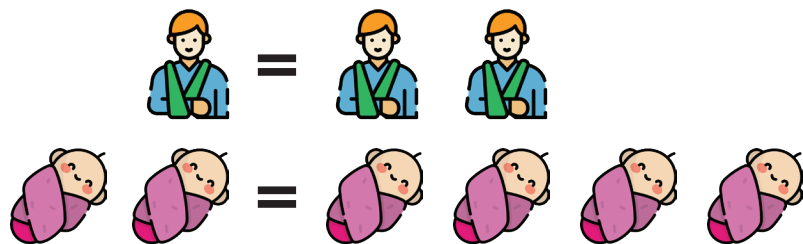
BE A CHAMPION!

Anyone can make change happen. We invite you to join us for **CAN GIVE DAY, Friday 21 October 2022** and effect real change for the most vulnerable in our community.

CHANGEMAKER Because of you every dollar becomes two!

Matched funding incentivises the community to give and is a great way to increase the impact of your generosity.

Being a matched funder on **CAN GIVE DAY** means for every one patient the community supports you can make it two.



To start your changemaking journey contact **Andrew Giles** 0402 620 062 or email andrew.giles@chfoundation.org.au

TRENDSETTER Where you go others will follow!



Being a leader in your community gives you a unique power to influence many people.

Help spread the word and use your influence to promote **CAN GIVE DAY** through your personal and professional networks.

ENTERTAINER Your parties go down in history!



You can play a huge role in connecting people to **CAN GIVE DAY** by doing what you do best! Go BIG!

Bring people together to promote positive change by hosting a dinner party, lunch, cocktail party or games night and invite your favourite VIP's to buy a ticket to attend.

Get set up with all you needs by contacting **Jodi Shepherd** 0403 288 860 or email jodi.shepherd@chfoundation.org.au