

NEWSLETTER

VOLUME 9

2021 CAN GIVE DAY SPECIAL EDITION

MESSAGE FROM THE CEO

From us to you

I'd like to extend a huge thank you for joining with us to celebrate **CAN GIVE DAY**. We are so grateful for your generosity through your donations and messages to our Healthcare Heroes. Together we raised more than \$300,000 to fund additional equipment and resources to give patients the best possible experience in hospital.

CAN GIVE DAY is Canberra's "festival of giving", and it indeed was a day filled with excitement and joy. Hundreds of Canberrans supported **CAN GIVE DAY** by singing, building LEGO, and hosting virtual zoom parties. And thousands more donated and watched **CAN GIVE DAY** Live as our singing competition finalists performed at the AIS Mass Vaccination Hub.

CAN GIVE DAY this year was dedicated to Canberra's health teams. It was a day for the community to thank them and an opportunity for health teams to enjoy fun activities with their team members after a challenging year with the COVID-19 pandemic.

Join us as we bring you a recap of the day and the impact our community's kindness has had on patients and families throughout the public healthcare service.

CAN GIVE DAY is only possible with the community's support, our fundraisers, and sponsors. I would like to thank our 2021 change makers GIO, Lennock Volkswagen, Capital Chemist, Tall Foundation, Rolfe Family, Liangis Family and Well & Wise.

We extend our appreciation to Canberra's diplomatic community, who got behind **CAN GIVE DAY**, including the Singapore High Commission, Bangladesh High Commission Delegation of the European Union to Australia, Embassy of Qatar, and the Canberra Indian Council.



CAN GIVE DAY 2021 Wrap Video

And thank you to our special ambassadors and guests who made the day so special. Thank You to Leo Sayer, Mal Meninga, Lucy Sugerman, Gemma Maddox, Cam Sullings, and Sophie Edwards.

And thank you, our supporters, for being life giving and helping to achieve significant outcomes that can give patients and their families comfort, understanding and hope through their time in hospital or during treatment.

Wishing you and yours a safe, happy, and relaxing holiday season

Helen Falla

ABOUT **CAN GIVE DAY**

In 2021, **CAN GIVE DAY** was held on Friday 29th October—an amazing day of fundraising across our region, with over \$300,000 raised by our generous community, healthcare teams, change makers and sponsors. This 24 hour 'festival of giving' was a great way to show our gratitude to our healthcare heroes, and help them by fundraising for additional equipment and resources that assist **exceptional patient care**.

LEO CAN GIVE

The light and joy that Leo Sayer, *Canberra Hospital Foundation* Ambassador and world-famous singer-songwriter, brings to those who need it most is something awe-inspiring to watch. From patients having treatment for cancer or after stroke to staff who've faced challenge after challenge, to the big bosses who carry the concern for all, he brings moments of happiness and distraction. Spending a day with Leo is a once in a lifetime chance to meet a world-famous celebrity who is nothing but genuine, generous... and gregarious.

On Friday 29th October 2021, Leo brought the CAN DO attitude to **CAN GIVE DAY**. It was a big day, full of activities in several locations. Leo was escorted around town in a beautiful blue Volkswagen by Peter Munday, Principal Dealer- Lennox Volkswagen and Foundation board director. Leo was assisted by the *Canberra Hospital Foundation* team members, the Canberra Health Services staff, and, let's not forget, his sidekick, Hearty.



Leo visits the hydrotherapy pool.



Leo and Hearty catching up with a Canberra Health Services staff on Canberra Hospital campus.



Spending a day with Leo is a once in a lifetime chance to meet a world-famous celebrity who is nothing but genuine, generous... and gregarious.

In recognition of Leo's dedication to patients and healthcare heroes, *Canberra Hospital Foundation* presented him with a custom 'doctors white coat' giving Leo the welcome and honour he deserved for his role as 'Doctor of Caring'!

Our *Canberra Hospital Foundation* Ambassador brightened the whole day... meeting patients, thanking staff, impromptu singing, participating in activities, judging and being shown around our wonderful Canberra Health Services facilities.

But Leo is much more than his impressive bio and career. He is a humble, wonderful and generous Ambassador. Thank you, Leo, for talking the talk and walking the walk for your community!

Most importantly, he played a huge part in showing our healthcare heroes, and our patients, how much they mean to us.



Leo meets staff and gets his disco on at AIS Mass Vaccination Centre



Read more about a Day with Leo here.



Our first ever singing competition went from live in lounge room to live from the AIS Arena!

The **CAN GIVE DAY** Live singing competition was a huge hit! More than 30 enthusiastic entrants submitted audition videos. They encouraged their family and friends to 'donate to vote' and share to help make it to the finale.

From this, **nine finalists were selected to perform live on CAN GIVE DAY 2021** at the AIS Mass Vaccination Clinic at the Australian Institute of Sports Arena.

The glory of being the first **CAN GIVE DAY** Live winner, and the feel-good feeling of fundraising for a good cause, were boosted by the amazing prizes on offer:

- \$2000 prize money
- A paid spot on the line up of an upcoming summer concert, and
- A mentoring session with Leo Sayer.

Finalist Meredith Cheng performed beautifully.

Not only were our finalists on the AIS Arena stage, they were performing to three very esteemed judges-international superstar Leo Sayer, Canberra's own indie pop star Lucy Sugerman, and Gemma Maddox from HIT104.7.



Livestream of the judging desk.

The excitement was building, the judges were ready, and the nervous yet excited finalists were prepared.

Live-streamed to our audiences, the performers took to the stage and sang their hearts out, **whilst their family, friends and loved ones donated to cast their vote.** Along with points scored by the celebrity judges, the fundraising efforts contributed to the overall winner.



CAN GIVE DAY Live Winner - Jessica Maree

With great excitement, the winner was announced as Jessica Maree.

You can still watch all the performances and hear the judges comments [online](#).

Spend some time with Jessica, [read our interview here](#), as we can get to know all about her.

All the performers, through the auditions and finale, raised \$50,000 to support *Canberra Hospital Foundation*.

CAN GIVE DAY LIVE would not have been possible without our Principle partner - Lennock Volkswagen. Our media partners Mix106.3 and HIT104.7, and our event sponsors EAVS, Rhapsody Events and the Australian Sports Commission.



Judge: Gemma Maddox of HIT 104.7



Finalists L-R T-B; Ruby Holden, Caitlin Richards, Emilia Grace, Ruby Millar & Danielle Blom, Ariella Roberts & Tess Knight, Ivy Fagan

OUR HEALTH HEROES CELEBRATE CAN GIVE DAY

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.

CAN GIVE DAY is a day for the community to say thank you for the every day exceptional care delivered through our public health service. For our Healthcare Heroes, it is a day to let their hair down and have some fun.

University of Canberra Hospital

University of Canberra Hospital really showed its team spirit by organising some exciting and heartfelt fundraising activities.

On Thursday afternoon, the festivities kicked off in true UCH fashion with a 'Festival of Giving' Food Fiesta. The talented cooks and bakers in our teams kindly provided a spread of flavoursome treats for the rest of us to indulge in, with a few additional calories added on the afternoon.

A small but talented group took part in the mask decorating competition, with the one and only Leo Sayer (CHF Ambassador) lending his eye for talent to the judging.



The wheelchair leg was a favourite with competitors.



The coveted trophy.

The race that stops a nation came early to Canberra this year with the inaugural UCH **CAN GIVE DAY** Rehathon held in the central courtyard.

Late entries CAP seemed to have it in the bag until the final run, with the AHA Annihilators tearing up the track, a time of 7min 22sec fast enough to take the title.

Check out some of the action here.



Leo and the winner of the mask decorating competition.



Canberra Hospital

Centenary Hospital for Women, Youth and Children CAN GIVE DAY was a little different this year with the staff getting involved with A Spooktacular Event! Fancy Dress Costumes, a bake sale, colouring-in and lolly guessing competitions lifted everyone's spirits.

The Canberra Hospital Information Hub team kept us guessing with their fundraising for #CanGiveDay2021

Down at the **Canberra Regional Cancer Centre**, you could book a quick nap in the Sleep Pod or have a chance to win a basket of goodies. A visit from Leo Sayer made the day for patients and staff.

A popular event was the wet sponge toss at the boss. Executives put on brave faces while staff took the chance to make a splash with the top brass.

And where is the cake! Everywhere! From bake sales and decorating competitions, the sweet stuff made for some delicious fundraising.

And to keep COVID safe many events were held online from virtual pet shows to trivia nights.

Even our testing and vaccination centres joined in with dress up and costumes, bringing the celebration to the community.



The Canberra Hospital Information Hub team.



Chocolate mud cake by Cathie O'Neill

MOST AWESOME! LEGO CREATIONS

We had an amazing lineup of LEGO builds & entries for the # LEGO competition, all raising funds for our healthcare heroes and to help our patients. The overall winner with MOST AWESOME CREATION was JBC, who built a whole scene, including a colour/ style matched hospital facade, and daily press conference with the ministers! Plus over \$1600 was raised by this project.

Check out the series of photos and storyline here.

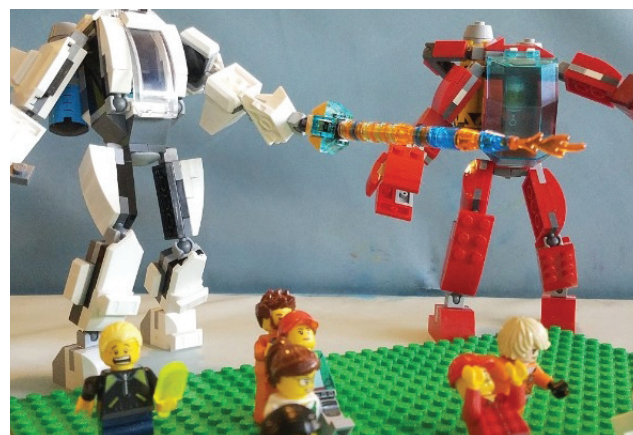
Amongst the other entries, there were healthcare robots protecting the region from COVID and villains. There were healthcare heroes, helicopters and hospitals. Canberra icons were on display, including the Belconnen Owl, Floriade, Telstra Tower, Captain Cook Memorial Jet, roundabouts and fountains. Watch out for Godzilla!

The entrants were not just LEGO enthusiasts, there were personal stories involved, "When Gilbert was 6 months we very nearly spent our first Christmas at TCH. He was shown such love and care, we can only hope to repay some of that."

Thank you to everyone who entered and all those who donated and helped fundraise. Thank you for the support from Canberra Lego User Group - CLUG .



Best In Show 13-18 year olds
Albert De Miskic - HEALTH BOTS



"Thank you to everyone who helped me. I'm so happy to have been part of this. I had no idea I would win. I am in shock a bit. I hope the health care workers all get good use from the money raised. I want to thank you all."
Albi, LEGO competition winner, 13 to 18 yrs category



Best In Show for adults over 18,
Ewout Rohling - BELCONNEN OWL

Congratulations to the winners of our inaugural virtual LEGO competition:

- Most Awesome Creation, \$500 prize - JBC
- Best in show for under 12 year olds, \$100 prize - Sophie Kiley
- Best in show for 13 to 18 year olds, \$100 prize - Albert De Miskic
- Best in show for adults over 18, \$100 prize - Ewout Rohling

CULTURAL COMMUNITIES

Our region is fortunate to have a diverse cultural heritage and communities that enhance our lives in many flavourful and generous ways!



The Canberra India Council delivered nearly 80 meals to Garran Surge Centre and Weston Creek Walk In Centre on **CAN GIVE DAY**.



A heartfelt thank you to the Singapore High Commission for generously donating cookies from Three Mills Bakery to the healthcare workers at Garran. This donation was in addition to the generous donation of \$2,500 from both the Singapore High Commission and the Canberra Singapore Club.



Another generous donation of \$2000 came from the Embassy of the State of Qatar in Canberra.

Bangladesh High Commission in Canberra, in association with Bangladesh Australia Association Canberra Inc. (BAAC) and Bangladesh Seniors Club, Canberra has decided to honour healthcare heroes by joining the community campaign organised by the *Canberra Hospital Foundation*.



Thank you to Bangladesh High Commission for their fundraising efforts, raising \$8766 for **CAN GIVE DAY 2021**. High Commissioner, His Excellency, Mohammad Sufiur Rahman presented their donation to Deborah Rolfe AM, Chair of the board, *Canberra Hospital Foundation*, at a special event at the Bangladesh High Commission.



IMPACT OF FUNDS RAISED

Some of the funds raised on **CAN GIVE DAY** are already going toward initiatives, helping medical teams to improve health statistics and save lives.

The Infant focused NICU intervention Family Support Program is one such initiative.

Babies born before full term gestation, or are unwell due to health or birth complications, need to stay in the Neonatal Intensive Care Unit (NICU) or the Special Care Nursery (SCN), some for considerable periods of time that can extend to months. Preterm birth can be stressful for new parents, and the distress these parents feel is increased by the impact of COVID-19.

Thanks to the generosity of the Liangis Family, \$100,000 raised through **CAN GIVE DAY** will go to support the Infant focused NICU intervention Family Support Program. The program funds a Clinical Psychologist to deliver the psychological intervention and development of a formal care package for each family and their new baby. Providing extra care and support for so many families and unwell children in our community.



\$5.00

First name: _____

Surname: _____

Email address: _____

Contact number: _____

*valid for us on 27/11/21 and 28/11/2021 only. Visitor must be present at the warehouse and make a \$5 donation before commencing shopping. To redeem, visitor must fill out all requested details on the slip and present to the operator at the time of purchase. Use of personal information is subject to policies outlined in Costco Privacy Statement, which can be found on www.costco.com.au



CHF-Membership-day