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GIVING MATTERS | NOVEMBER 2022

We are highlighting the positive impact that you helped to create this year...

Hi there,

It's Givemas time, when the season of giving brings joy and gratitude. We are looking forward to welcoming choirs and special visitors to our health campuses to lift everyone's spirits. We are creating a special 'Givemas Station' onsite at Canberra Hospital. Our Christmas Appeal is also underway to gratefully accept your end of year giving.

We have much to celebrate and be grateful for. Thanks to our generous and kind community, this year we have supported the delivery of exceptional patient care to the people of Canberra and surrounding regions.

So far this year we have been proud to fund many significant projects. Each project will improve patients' health outcomes across health services in Canberra. Together we are having a positive impact and we want to share it with you!

You can proudly show off all this great work that you've been involved in supporting. Please share this email with all your family, friends, colleagues, neighbours and community groups. You can find links at the bottom of this email to help you share!



CAN GIVE DAY was our most successful giving day to date... together we are changing lives!

Our overall tally from fundraising efforts was \$341,224. Incredible!

Thank you to everyone who supported our annual giving day, we are so honoured to be part of this community and so proud of what we accomplished. The funds raised will support staff-led projects and transformations, research and clinical trials in Canberra, speciality equipment and new programs to enhance patient care throughout the year.

The memories of camaraderie, facing challenges and just having fun together in our 'festival of giving' will endure for all those who got involved.

"A big thank you to the Canberra Health Services teams who got into the CAN GIVE DAY spirit holding 33

separate events held across the Hospitals and healthcare centres. Activities ranged from a Bra Walk, Rehathon obstacle course, to bake sales and dress-ups, MasterCook Challenge and so much more.

Each event brought fun and joy to the hard-working teams. But most importantly helped to raise funds to support their work - providing exceptional healthcare for our community.

Thank you to our generous Changemakers who supported matched giving donations, and to our Partners and Supporters who helped us deliver this amazing 'festival of giving'." Helen Falla, CEO Canberra Hospital Foundation.

The Big Wig Challenge was our inaugural event to challenge local leaders and legends to abseil 18 metres down Building 8, at Canberra Hospital. Raising the \$10,000 entry fee was the easy part! On the day, they donned their wigs, costumes and harnesses, all for a good cause. Who made it down the wall? How much money did they raise?

[READ THE BLOG & SEE THE PHOTOS](#)



The [MasterCook Challenge](#) was another CAN GIVE DAY highlight.

Initiated by Cathie O'Neill, Chief Operating Officer of Canberra Health Services, this event is a wonderful example of our executive team coming together with leaders from our community to give back. Four cooks competed to impress the four judges and a small

audience onsite at Canberra Hospital in a series of cooking challenges.

The winner was Lamshed's Sous Chef Tashi, whose dishes were innovative and with a touch of professionalism that saw him score the highest points over the course of the three challenges. The People's Choice Award went to Cathie, whose donations tallied to a remarkable \$10,321. Honourable mention to judge Diana Lampe, who also took on fundraising for the Master Cook Challenge, raising \$1,091.

With the Master Cook Challenge raising grand total of \$24,486.78 of their \$25,000 goal, the real winners are our community, who will benefit from all the projects and programs that can be supported throughout the year.



"With much excitement and fundraising happening in the weeks leading to the day, ultimately CAN GIVE DAY is a 24-hour fundraising sprint. It's one big day to give back, driven by passionate individuals, teams, organisations, businesses and community groups..."

Thank you to the Canberra Health Services teams that went above and beyond to support CAN GIVE DAY. Get an idea of all the fun they had, watch the 'This Is Canberra' reel.



WATCH THE REEL

Thank you to **Chris Cairns, CAN GIVE DAY Patient Advocate**, who also took on the Big Wig Challenge with incredible determination. Read his remarkable story here on RiotACT.



[READ THE ARTICLE](#)

Get Involved!

Highlighting a year's worth of positive impact...

In 2022, we were delighted to fund many significant projects, with your support helping us to enhance the patient experience for our Canberra community, which includes the surrounding region.

Projects include mural diversion walls in 11B and 9B to keep patients inside the safety of the ward and distracted by interesting decor, fun wall art in the Medical Imaging Ultrasound Unit to help distract children waiting for tests, therapeutic programs like visits from Delta Therapy Dogs and Therapeutic Harp Program, art and wellbeing supplies for the Adolescent Mental Health Day Service, beautiful and meaningful artworks for the Arts in Health Program across the health campuses, and support of the Aboriginal and Torres Strait Islander Project Officer role for the Canberra Region Cancer Centre.

These are just a sample of the projects and programs you have supported this year that are having a positive effect.

You can make a difference in your local region. We are now gratefully accepting donations to our [Christmas Appeal](#).

"You can be a part of this generous community, and make a difference with your end-of-year giving."

DONATE HERE



A beautiful and meaningful artwork to welcome people to BreastScreen ACT in Moore St. Mary, Designated Senior Radiographer, and Karla, Promotions and Quality Officer, at BreastScreen ACT were delighted to see the installation of "My mother's daughter" (2021) by artist Megan Daley (acrylic and acrylic pen on canvas).

It's beginning to look a lot like Givemas...

Givemas is a great way to support patients and families who find themselves unwell and in hospital at Christmas time.

Donations of gifts from the community are given to patients who have been in hospital for a long time, are away from their families and loved ones, or don't have family nearby to visit them. Many organisations, businesses and groups support patients in a specific ward through **the 'Adopt-a-Ward' initiative**.

A surprise gift from a stranger at Christmas time has a profound and lasting impact on patients in hospital and receiving treatment. Plus it brings joy to the CHS Teams who are able to hand out gifts and bring a smile to the faces of their patients.

We have Givemas Wishlists to download and print, information about gift requirements and detail about delivering your donations here. Thank you to our community who are always so generous.

Please call (02) 5124 3542 or email us at hello@chfoundation.org.au to discuss your Givemas donations.

FIND OUT MORE





Support our littlest patients this November...

You can help us to support our littlest patients this Newborn November at COSTCO Majura Park. You can participate in two ways:

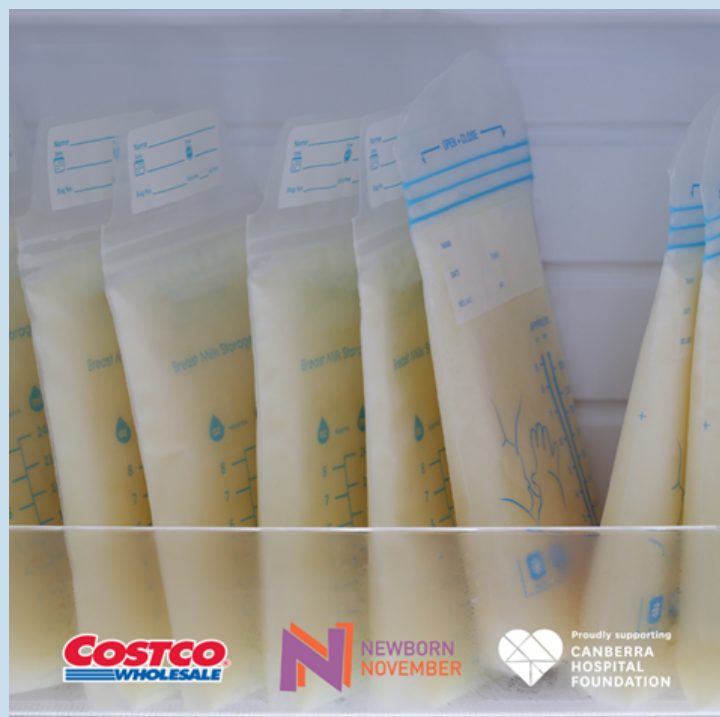
All month, when you shop at COSTCO Majura Park you can buy a Newborn November token. Donate at the checkout, receive your token and display it with pride.

Newborn November is also a chance for non-members to shop at COSTCO Majura Park for a \$5 donation on Thursday 24th November. Get the coupon on site at COSTCOMajura Park, or on our website ([link below](#)).

The Neonatal Intensive Care Nursery (NICU) and Special Care Nursery (SCN) at the Centenary Hospital for Women and Children provide care for babies that need extra attention after birth.

Your generosity for Newborn November supports babies in the NICU or SCN receiving treatment for preterm birth, low birth weight, breathing difficulties, low blood sugar levels, infection, birth trauma and some congenital abnormalities.

READ ABOUT FUNDED PROJECTS



Be social with us...



Meet Olivia...

We would like to introduce you to our new receptionist, Olivia, whom many of you have met already at the Canberra Hospital Foundation shopfront.

Olivia is looking forward to working with the "wonderful" CHF Team to make a difference.

"The Canberra Hospital Foundation, and what it represents, is very close to my heart. The ability to be able to assist people, such as healthcare workers and patients, and make their lives just that little bit easier is something I'm very passionate about."

[READ MORE](#)



Kisses from Spook!

Recently Delta Therapy Dog volunteers, Ursula and Spook, visited 11A and 11B, ICU, the paramedics and also gave out free pats in the main entry of Canberra Hospital.

Thank you Ursula and Spook for sharing your photos, and your cuddles.

The Delta Therapy Dogs program is made possible by generous donations from people like you.

You are making a difference to the health and wellbeing of your community!

[SEE THE POST](#)

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Hospital Foundation on our social
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Canberra Hospital Foundation acknowledges the Traditional Custodians of the ACT, the Ngunnawal people. We acknowledge and respect their continuing culture and the contribution they make to the life of this city and this region.

You're receiving this email because you've signed up for our newsletter, or agreed to receive communications when you have donated to the Canberra Hospital Foundation in the past.

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