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GIVING MATTERS | SEPTEMBER 2022

CAN GIVE DAY is on Friday 21 October... join us, help change lives!

Hi there, it's on again. CAN GIVE DAY is back for 2022 and you are invited!

What is CAN GIVE DAY? It's a day of giving... to give back to our community! CAN GIVE DAY contributes to our healthcare services in a way that makes such a huge difference to our patients. It's also a great way to acknowledge the hard work and dedication of Canberra Health Services teams.

CAN GIVE DAY is a 24-hour fundraising sprint to support the delivery of exceptional patient care for people in our community, which includes the surrounding region.

You can get involved in a number of ways this year:

- You can [make a donation online](#)
- You can [sign up & fundraise for us](#)
- You can support the [Big Wig Challenge](#)
- You can buy tickets to the [Hospital Road Street Party](#).
- You can volunteer to help on the day, please email hello@chfoundation.org.au

Funds raised go to support clinical trials and medical research in Canberra, therapeutic and supportive programs, transformations of away-from-bed areas, and the purchase of speciality medical equipment, which enhances the patient experience throughout the year.

If you cannot donate or get involved, you can absolutely help support CAN GIVE DAY 2022... by sharing!

Please share this email with all your family, friends, colleagues, neighbours and community groups. Or click on your favourite social media platform to find a post to share!



"Why I'm getting involved in CAN GIVE DAY." Chris Cairns, Patient Advocate

"Our family's life was turned upside down in August of 2021 when I suffered an Aortic Dissection and subsequent Spinal Stroke and Bowel Cancer. The level of care I received during this time at Canberra Hospital, and with my rehab at University of Canberra Hospital, was a major factor in my successful recovery.

We are so fortunate to have these wonderful facilities and healthcare professionals in our own backyard.

I am delighted to support the Canberra Hospital Foundation and look forward to doing my part for the health community in Canberra."



Our healthcare heroes need you....

You can help support staff-led projects throughout the year! That's right, new projects and programs that enhance healthcare, like specialised equipment for medical research, or a music therapy program for the adult mental health unit, can be funded as a result of CAN GIVE DAY fundraising. Canberra Health Services staff submit their applications to Canberra Hospital Foundation during one of our three funding rounds each year.

Your donations help fund these excellent projects. [Here is a sample of the projects that your generous CAN GIVE DAY donations have helped fund!](#)

The Canberra Hospital Foundation is the only organisation that exists to raise funds to help support the delivery of exceptional patient care in all public hospitals and health centres in Canberra, including:

- Canberra Hospital
- Centenary Hospital for Women, Youth & Children
- Calvary Public Hospital
- Canberra Region Cancer Centre
- University of Canberra Hospital
- Community health and walk in centres across Canberra

"Getting involved in CAN GIVE DAY is a great way to acknowledge the hard work and dedication of Canberra Health Services teams."



Find out what our 'Doctor of Caring' got up to last year! [Read the blog post here.](#)

Get Involved!

**DOUBLE
YOUR
IMPACT**

Capital Chemist
Lennox Volkswagen
Deb & Richard Rolfe
The Liangis Family
TALL FOUNDATION

CANBERRA HOSPITAL FOUNDATION
cangiveday.org.au
FRIDAY 21 OCTOBER
CANGIVEDAY 2022
Be life giving

Donations doubled

Thanks to our generous 'Changemakers' we are doubling your donation for a limited time, with matched giving.

You get to see the figure double and we get to double the impact!

DONATE TODAY



Fundraise for us!

We need you! You can sign up for an Account and create a Fundraising Page. If you would like to join or create a Team, or host an event or activity to fundraise, you can sign up to do that too. Share the details with family, friends & colleagues to boost your donations!

SIGN UP TODAY



Big Wig Challenge

This year we are going big! We have a line up of local Big Wigs who are ready to take on the Big Wig Challenge during CAN GIVE DAY 2022. You can sign up to fundraise as part of your Big Wig's team, or find a Big Wig to support and make your donation.

[FIND OUT MORE](#)



Street Party

Get ready to party! We are holding a Street Party on Hospital Road to celebrate CAN GIVE DAY 2022 on Friday 21st October. There will be food trucks, stalls, entertainment and more. Limited tickets available, watch this space.

TICKETS AVAILABLE SOON

Announcement

We are pleased to announce our partnership with Region Media Group.

Be social with us...



Jessica Maree sings

"This foundation is close to my heart. My Dad passed away in March of 2021. And over the past 20 years, he had spent a lot of time in Canberra Hospitals and I hope this is a way to thank all of those who worked, helped and supported him and my family during those times."

Jessica Maree, a young talented Canberra musician, was the winner of CAN GIVE DAY Live singing competition in 2021 with a moving performance on the night. She told us two big reasons why she got involved in CAN GIVE DAY last year.

[Read more...](#)

[WATCH THE REEL](#)



Launch Event

CAN GIVE DAY has officially launched for 2022 at East Hotel. On Thursday 15 September, Deborah Rolfe AM, Chair of the Board of Canberra Hospital Foundation, welcomed guests who came out to support the commencement of our third big giving day.

An incredible \$620,000 has been raised across past CAN GIVE DAY events thanks to the amazing support of our community. The goal for this year is to surpass the 1 million dollar mark to support the delivery of exceptional patient care for people in our community, which includes the surrounding region.

[SEE THE POST](#)

**Stay up to date with Canberra
Hospital Foundation on our social
media pages and website...**



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CANBERRA HOSPITAL
FOUNDATION

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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.

You can unsubscribe at any time, click the Unsubscribe link below, or hit reply to this email and one of our team will make sure your email address is removed from the list.

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