

## NOTE FROM THE EDITOR

Hello and happy Spring to all! It's been an exciting month at the Foundation, with a lot of work going into a very special event happening later in the year. Watch this space!

In our second edition of Giving Matters, we hope you will enjoy reading more about our CEO Helen Falla, as we launch our Get to Know segment – a monthly opportunity to dig a little deeper and meet the staff, board members and friends of the Foundation.

There have been so many great community initiatives showing support for patients through the Foundation in the past month! Canberra Coles stores got behind Curing Homesickness, Lennock Volkswagen and Peter Munday are raffling a car to help patients affected by cancer, the CFMEU ACT have been flying the flag for paediatric patients, and Dry July has been powering the Therapeutic Harp Program. What an amazing community we are a part of!

In this edition we also caught up with Spook, one of the Delta Dogs who, in pre-Covid times brought lots of fur-friend love to patients at Canberra Hospital.

I welcome your feedback and invite you to share your stories for future Giving Matter editions. If you'd like to get in touch, please email [HELLO@CHFFOUNDATION.ORG.AU](mailto:HELLO@CHFFOUNDATION.ORG.AU) or call on 5124 3542.

Yours gratefully,  
Eilish

## BIG SMILES AT THE CENTENARY HOSPITAL FOR WOMEN AND CHILDREN

A big thank you to Coles and their customers who supported last month's donation drive in stores throughout Canberra. Almost \$30,000 was raised to support paediatric patients at the Centenary Hospital for Women and Children. These funds will be supporting the purchase of Smileyscopes.

Smileyscopes will give paediatric patients the opportunity to escape - through virtual reality - while they are undergoing treatment involving needle care procedures. Needles



*Pediatric Nurses  
Rachel and Tegan*

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. Needless to say, the introduction of smileyscopes will greatly impact children – the fun, colourful, and interactive virtual reality experience will ultimately make the procedures less distressing for patients, caregivers and healthcare workers alike.

## MESSAGE FROM THE CEO

As we launch in to a new financial year and look back at the one we leave behind, the past 6 months will be forever etched in our memory as some of the most challenging times we have experienced as a community – bushfires, hailstorms and COVID-19.

What shines through brightly though, and is sincerely acknowledged, is the wonderful generosity of your support toward helping fellow Canberrans. A sincere and hearty thank you to you all, your kindness to others is very special. We look forward to providing you with exciting opportunities to be involved in the coming months.

Well wishes to all.  
Helen Falla

# GET TO KNOW...

HELEN FALLA, CEO CHF

How did you first get involved with Canberra Hospital Foundation?

I commenced work with the Foundation in January 2016. I had been working in the community sector over the past 25 years in fundraising, event management and building philanthropy and philanthropic intent in support of people living in the Canberra community. *Canberra Hospital Foundation* was heading toward an exciting transition to establish its own charitable status. The prospect to help the Foundation and the team grow to provide new opportunities and support to benefit Canberran's across healthcare is something I am very passionate about and am privileged to be a part of.

What gets you out of bed in the morning?

Working with a fabulously passionate and committed team of people; not only our Foundation team members but also the hard-working healthcare workers who give over and above every day of the year. I never get tired of witnessing how our generous community pull together to help those in need; it is a privilege to work in this sector and help people help others.

What sticks out as the most special moment in your time at the Foundation?

Gosh there are so many.... a 7 year old boy lovingly knitting a bright and cheerful beanie to help comfort a patient in hospital; the overwhelming response to Givemas, our Christmas appeal, to support patients and families at a time



Helen Falla; CEO Canberra Hospital Foundation

when they just want to be at home with loved ones for the holidays; the emotional words of thanks from patients and loved ones whose experience has been made so much better through generous donations made by people they don't know in the community.

What is something most people don't know about you?

I worked with an amazing group of people for two years helping to develop what is now the important community portal Hands Across Canberra and was a founding Board member in its first year of operation.

Tell me something you've learned whilst working at the Foundation

A quote from Bob Kerrey comes to mind: Unexpected kindness is the most powerful, least costly, and most underrated agent of human change.

What is your motto or personal mantra?

*"When you learn, teach;  
When you get, give."* - Maya Angelou

## LENNOCK VW DRIVES CANCER RESEARCH AT THE CRCC

We recently caught up with Peter Munday, Dealer Principal at Lennox Volkswagen and CHF Board Member to talk about this year's car raffle! Peter has been supporting patients through fundraising activities, such as yearly raffles, since the Foundation was in its infant years. With a usual focus on supporting adolescent patients and mental health causes, this year's raffle will be steering in a different direction, supporting research programs at the Canberra Region Cancer Centre.

*"Cancer is something that has touched so many people, it's something we all can get involved in because we know someone who's been touched by it, or someone going through it"* Peter says.

This year there are two raffle prizes up for grabs! The first prize is a Polo GTI MY20, valued at \$36,178. Second prize is a VW Gorenje Retro refrigerator valued at \$1620.

Keep your eyes peeled in the next volume of Giving Matters to read all about the impact the funds raised will have on research programs at the CRCC and patients involved in these programs.

The raffle will be drawn on Thursday 3rd of December, so make sure you visit our [WEBSITE](#) to purchase your ticket before then!



Peter Munday; Principal Dealer, Lennox Volkswagen.

## FLYING HIGH WITH THE CFMEU ACT

Each year the CFMEU ACT Children's Healthcare Trust supports paediatric patients through their flag fundraiser! Flags are purchased by CFMEU members and flown proudly at their construction sites throughout the city, while they continue raising funds.

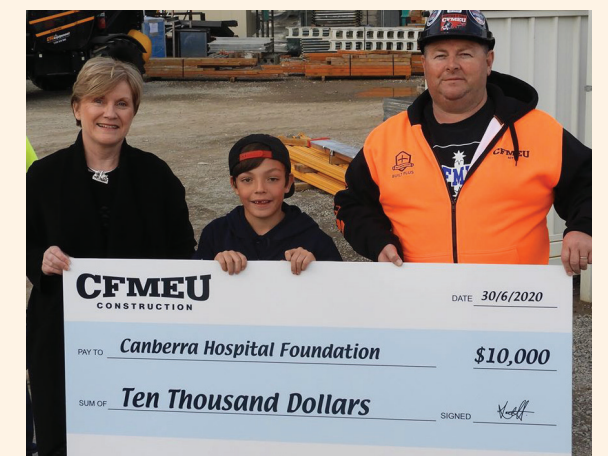
Earlier in the year the CFMEU ACT put the call out to paediatric patients at the hospital to design this year's flag. Xavier's flag design won the top prize, and has been flying proudly above construction sites for months.

Xavier joined the Foundation team last month at a presentation where we were presented a donation of \$10,000 to support paediatric patients. Thank you Xavier for your amazing design and helping the CFMEU in their fundraising pursuit!

And a big shout out to runner up Noa! The CFMEU loved your design too and hope you enjoy your gift voucher prizes!



Xavier's winning flag design.



Foundation CEO, Helen Falla accepting donation check from CFMEU.



## A SPOOKY TAIL

Due to restrictions in place to help protect patients from the COVID19, initiatives like the Delta Therapy Dog Program have been placed on hold. The Delta Therapy Dog program usually runs in multiple areas of the hospital, through the support of the Foundation and generous donations from the community. It sees specially trained therapy dogs visit patients weekly. Accompanied by their owner, these lovable fur-friends bring warmth, happiness and companionship to those who need it most.

The benefits of therapy animals are scientifically proven to have a positive impact on social, emotion and physiological health, improving people's quality of life and wellbeing.

Patients and healthcare workers alike have been missing the doggy-companionship of our Delta friends.

The lovely Spook, a Belgian Shepherd usually comes in to visit aged care patients in 11a and 11b with his owner Ursula. It's fair to say Spook is missing his visits as much as his friends at the hospital are.

"Spooky and I miss our visits at the hospital, especially Spook, who is missing all that extra attention." Says Ursula.

During COVID, Spook and I received our 1 year Delta anniversary certificate; can't believe it has already been a year since we started coming to the Canberra Hospital. We also had a lovely friend make up a treat pouch with Spook's face on it, ready for when we can come and visit again.



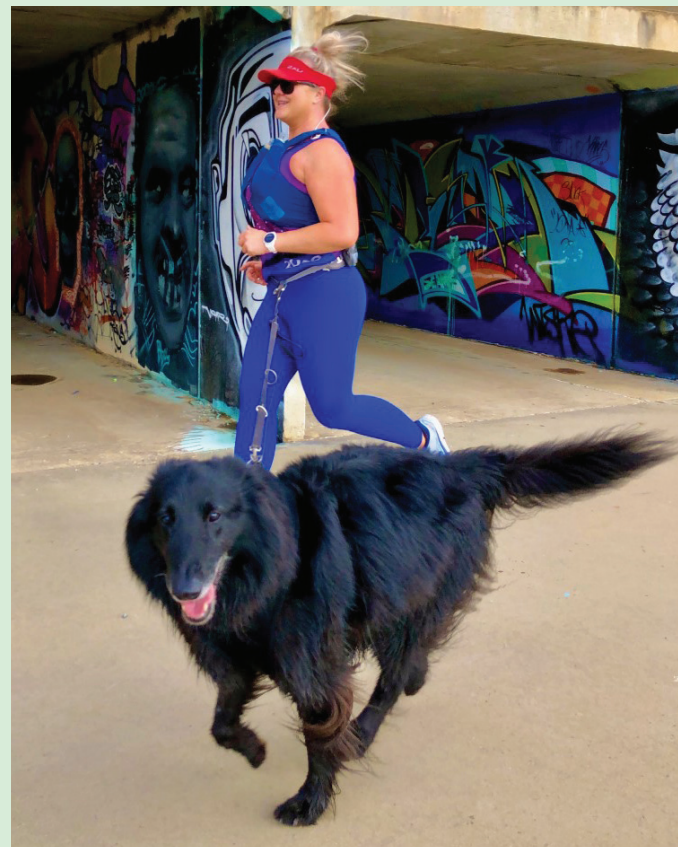
Spooky has been accompanying me to the gym, just so he can get his human cuddles that he's been missing, since stopping our visits at the hospital. We also do lots of runs around Gungahlin, so if anyone spots us, come over and say hi.

Spook also has a brother called Mr Darcy. He's only nine months old, but I'm hoping Mr Darcy will become a Delta dog when he's old enough. We've been doing lots of training at home.

Hopefully Spook's fluffy face will once again become a regular fixture at the Canberra Hospital."

We hope so too!

*Spook keeping fit with Ursula, with his brother Mr Darcy and with his one year Delta Dog certificate.*



*Alison Ware making beautiful music in the Liangis Reflective Garden.*

## CHEERS TO YOUR SUPPORT THROUGH DRY JULY

Dry July has finished up for another year!

One of the many initiatives funded by our community's support through Dry July is the Therapeutic Harp Program. This service, delivered by Creative Arts Therapist Alison Ware, has an immeasurable impact on patients affected by cancer, as they navigate the journey of being unwell and in hospital.

Through the program, Alison plays personalised harp music at the bedside of patients who may be facing physical, emotional, and spiritual challenges. It helps to create a quiet restful space to uplift, comfort, offer deep rest and provide support to patients.

We thank everyone in our community who signed up to go dry, raising funds to support people affected by cancer in Canberra and the surrounding region.

## GIVE THE GIFT OF LIFE – Include A Gift In Your Will

Gifts in Wills have a significant impact. Leaving a gift in your Will can be a powerful way to make a difference in improving the lives of future generations. Your legacy will help fund research, purchasing state-of-the-art treatment technology and equipment, as well as life giving clinical trials and therapeutic wellness programs for patients. You can help ease the suffering of patients and help them get the best care available. With Include a Charity Week coming up from 7 to 13 September it may be a timely reminder to ensure you have put your affairs in order. Do you have a Will and is it up to date? If not, now may be a good time to get in touch with your solicitor.

It is important for everyone to have a valid Will. As part of your estate planning you may consider recognising the impact a charity has had – perhaps work that has directly influenced you or a cause you believe in and see as vital for future generations. It is a good idea to talk with your family about your Will and gift, or you may prefer to leave a written statement with your will explaining your reasons for giving to charity.

We rely on the generosity of our wonderful donors and supporters who have included a charitable gift to us in their Will to continue our vital work. Once you have taken care of your loved ones, please consider including the Canberra Hospital Foundation in your Will.

For further information our [WEBSITE](https://www.chfoundation.org.au) or a caring and confidential discussion, please call Hilde on 0488 462 184 or email

[HELLO@CHFOUNDATION.ORG.AU](mailto:HELLO@CHFOUNDATION.ORG.AU)





# GET INVOLVED



## 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 symbolic representation of the appreciation and love in the community for our healthcare workers and patients.

Join us in celebrating our healthcare workers. It's simple to get involved, all you need to do is read our guidelines and sign up via our **WEBSITE** or by calling 5124 3542.

*A collection of crochets hearts. Lynn, Mollymook NSW.*

## ENTER TO WIN AND DRIVE ADVANCED CANCER TREATMENT RESEARCH

The Lennock 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.

Permit No. ACT R 19/00435.1

# WIN

**Lennock**

**2020 Volkswagen  
Polo GTI MY20**

Permit No ACT R 19/00435.1

TICKETS  
**\$20**  
EACH