



CANBERRA  
HOSPITAL  
FOUNDATION

# Gifters

# GAZETTE

VOLUME 2

Published by Canberra Hospital Foundation - Donation Station

Hello and a very happy Spring to all! I hope you've been keeping well and enjoying the blossoms and warmer weather in Canberra. Today is World Gratitude Day, so it's a perfect time to express to you, our wonderful donors, our continual thanks and appreciation for what you selflessly do for patients and their families, while they're going through the difficult experience of being unwell and in hospital.

Since re-opening the Donation Station after the COVID-19 restrictions were eased in August more than 1,600 of your donated comfort items have been distributed and brought comfort to patients.

With the weather warming up, we must let you know that donations of beanies and scarves are no longer needed. Having said this, we have a constant need for large blankets and comfort toys.

I hope you enjoy this new volume of the Gifter's Gazette! As always we'd love to feature any of your stories, photographs or designs in future volumes, so please do get in contact and send in what you have in mind!

Yours gratefully,

Amy



## What's been happening at CHF

There have been so many great community initiatives showing support for patients through the Foundation in the past few months!

Canberra Coles stores ran an in-store donation drive, raising nearly \$30,000 to support paediatric patients through the Curing Homesickness initiative. Thanks to this donation, patients at the Centenary Hospital for Women and Children will have access to Smileyscopes – wearable virtual reality goggles which will provide distraction for patients undergoing treatments that involve needle procedures.

Needles 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.

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. A big thank you to Coles and customers of Coles for supporting this initiative!



Stressing less is the name of the game with the latest VR Health Tech. For patients, parents and carers.

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!

Xavier, his little brother Eli and the CFMEU team proudly holding the flag before it is set to fly.

**DONATE NOW** [www.canberrahospitalfoundation.org.au/donate](http://www.canberrahospitalfoundation.org.au/donate)  
or call Amy on 5124 3542.

# A MOMENT WITH ... SUE RODDEN

Sue Rodden has been creating blankets for patients through the Donation Station since 2017. Her colourful creations are always a big hit, brightening the beds and bringing warmth and comfort to patients in hospital. Since starting, Sue has donated nearly 240 blankets to the Foundation! That is no small feat! We caught up with Sue to learn more about her volunteerism and her passion for helping people.

## HOW DID YOU FIRST GET INVOLVED WITH THE DS?

Prior to getting involved I was working as a volunteer. This was before I retired completely, I was working in our business and working a couple of days a week at the Salvation Army Op Shop in Fyshwick. I did that for nine and a half years. And during that time I crocheted blankets for my family and friends and the wonderful people in the organisation. I was also crocheting for Clare Holland House. It was sad, because people at Clare Holland House were nearing the end of their lives, but it made them happy. I got involved with CHF in February 2017. I was formally introduced to CHF by a friend – a neighbour who was a volunteer at the Hospital. I asked my friend if there was anyone at the hospital I could contact about giving to the patients. Really quickly she came back to me about the Foundation, and then I was up and running!

Then I just kept giving to the Foundation - 10 at a time. Occasionally I'll make a blanket for a friend but they're usually always for patients.

## HOW LONG DOES IT TAKE YOU TO MAKE EACH BLANKET?

I make three blankets at a time and I estimate it takes 2 weeks to finish them all. I watch TV while making them, and the wool just takes over the lounge room!

On first count I think I've made about 370 blankets of which 240 have been donated to the Foundation.

I'm lucky in that my husband is very supportive of what I do with these blankets, he strongly encourages me all the time. I'll finish a blanket and I'll say "what do you think of this one" and he says "it's beautiful, oh it's beautiful."

## HOW LONG HAVE YOU BEEN KNITTING FOR?

I learnt to knit at 10 years old and crocheting came later. My grandmother used to crochet handkerchiefs. It always fascinated me. I never learnt to do any fancy crocheting. I like to jazz it up with the colour.



Sue delivering her beautiful and caring creations to the Donation Station at the Canberra Hospital Foundation shop front.

I look for the brightest wool I can find because these patients, they're in hospital, it's sad to be in there, they need some cheering up! I've been in Canberra Hospital a couple of times myself and I felt as though I wanted to be cheered up.

## HOW DOES IT MAKE YOU FEEL KNOWING YOUR DONATIONS ARE BRINGING COMFORT AND WARMTH TO PATIENTS?

Well I feel happy. Although I don't know who receives my blankets at the hospital, each of my blankets is made with love and care. And I do that, I look at my blankets and think, "oh gee that's a lovely one," "oh I like that one!"

Especially if the blanket goes to a person at the end of their life, I hope that it brings them some comfort.

## WHAT WOULD YOU SAY TO ANYONE THINKING OF DONATING/ GETTING INVOLVED?

I met a lot of people who were volunteering at the hospital. One lady there really inspired me in the early stages, she was a harp player. I thought that she was wonderful.

If you've got the time, and I'm sure you have if you're retired, you have to. People may be volunteering even if they don't realise it, even if they're just teaching another person a new skill like how to play bowls.

My life has been made better because I have volunteered. Much better. I honestly think it doesn't take much spending a few hours helping someone else. No matter how small your contribution may be, in volunteering, it is all appreciated. We've each got something we can give.



## TEDDIES BRING COMFORT AFTER COVID19 TESTING

*"I would like to thank the foundation and the wonderful crafters who make the knitted toys you have so kindly donated to the COVID testing sites across Canberra."*

Said Karina Stewart, Advanced Practise Nurse at the Belconnen Walk in Centre.

*"Having a COVID test is a very stressful experience, especially for children. The children we swab (and their parents) have truly been delighted with the gift of a knitted comfort toy in their favourite colour at the completion of the testing process. The clinicians love giving the toys as it provides a way for them to make a positive connect with the children and see the joy in their little faces before leaving the facility. Many thanks once again for your ongoing support."*

## DONATION STATION WISH LIST

### Twiddle octopuses for resus patients in ED

Twiddle octopuses serve as a great form of distraction for patients presenting to the Emergency Department requiring resuscitation. The little critters are hovered in front of the patient to give them something to focus on while the medical staff perform their life-saving procedures.



### Teddies

Knitted teddies and other comfort toys also prove to be highly popular at the Donation Station. They bring smiles and distraction to child and adult patients alike.



### Large blankets

Large knitted, crocheted and quilted blankets are always the most in demand comfort item at the Donation Station. The blankets add a pop of colour and personality to a hospital room and are cherished by patients and their families.

Allied Health Assistant, Wendy, who works in the geriatric wards at Canberra Hospital has passed on messages of thanks from some very grateful patients who've received your donated blankets:

*"Thank you so much! I've been so cold."*

*"Please, let me pay\* for it! Its just so beautiful and so much work has gone into it."*

\*no payments are accepted of course.

Tearfully said...

*"I used to make these for the Nursing Homes before my hands got so arthritic."*

Often said by patients who are themselves ill...

*"Oh I couldn't accept it, please give it to someone else who needs it more."*

*"I can really keep it? Its just so lovely. I love it. Can you please pass on how grateful I am and please say thank you."*

*"I feel so blessed that people care so much and that we're not forgotten."*

**Please note, with the weather warming up, we do not require any further donations of beanies or scarves for patients of any age groups.**

Just a few variations of blankets and quilts that are lovingly made and delivered to Canberra Hospital Foundation. So individual. Just like patients.

# GET INVOLVED!

## WRAP OUR HEARTS AROUND YOU

**T**hank you to everyone who has started creating hearts for our **Wrap Our Hearts Around You** project! We are very excited to see everyone's creations. Here are some beautiful hearts made by Lynn from Mollymook.

The project 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 you to do is read our guidelines and **SIGN UP** online:

[www.chfoundation.org.au/wrap-our-hearts-around-you](http://www.chfoundation.org.au/wrap-our-hearts-around-you)

or by calling 5124 3542.



## RAFFLE

### ENTER TO WIN AND DRIVE ADVANCED CANCER TREATMENT RESEARCH

**T**he **Lennox 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 Region Cancer 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: [www.canberrahospitalfoundation.org.au/raffle/volkswagen-raffle](http://www.canberrahospitalfoundation.org.au/raffle/volkswagen-raffle) or by calling 5124 3542.

# WIN

**Lennox**   
**2020 Volkswagen  
Polo GTI MY20**

**TICKETS  
\$20  
EACH**

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