

NOTE FROM THE EDITOR

The Canberra Hospital Foundation's inaugural Giving Day, CAN GIVE DAY, was designed with the vision to unite the community, bringing comfort, understanding and hope to patients in hospital and receiving treatment.

We promised the community a "festival of giving" but even we could never have predicted how much of an enormous success it would be, or the amount of joy CAN GIVE DAY would bring. The day was a manifestation of the passion for patients and patient care felt by healthcare workers and the Canberra Community, after what has been such a challenging year.

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. initiatives to do their part to fundraise for projects that would support their patients.

Interested in sharing your story or have feedback for our team, we would love to hear from you. Please email

HELLO@CHFUNDATION.ORG.AU

or call on 5124 3542.

Yours gratefully,
Eilish



MESSAGE FROM THE CEO

From us to you

We are so grateful for your support this year; your generosity of spirit and kindness has been heartwarming and has uplifted patients and their families far beyond what the challenges of 2020 has thrown at our community.

We send a very warm and sincere thank you to you we could not do what we do without your kindness, help and support. Your generosity has enabled us to make a positive difference to the hospital experience and health of patients in our local community and to keep going despite the challenges faced.

On behalf of every person your kindness has touched, thank you for being Life Giving and helping to achieve significant outcomes and progress towards major projects.

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

Helen Falla





THE LEAD-UP...

CAN GIVE DAY was launched with the ambitious goal to raise \$200,000 to help bring comfort, understanding and hope to patients and their families.

Early on, it was evident that there was strong support for the cause. When 70's icon Leo Sayer learnt about the initiative, not only did he enthusiastically agree to boogie on board to be an Ambassador for the giving

day, but an official Ambassador for the Canberra Hospital Foundation!

Dr Nick Coatsworth, one of the most recognisable medical faces in Australia, also joined Leo in ambassadorship for CAN GIVE DAY.

As word spread about CAN GIVE DAY throughout Canberra Health Services, so did excitement amongst healthcare workers. Executive Directors created challenges for themselves to complete, and teams began inventing creative initiatives to do their part to fundraise for projects that would support their patients.



The CHF team, Leo Sayer and Board Director Peter Munday on the launch of CAN GIVE DAY

Gaining momentum

Cathie O'Neill, Executive Director of Cancer and Ambulatory Support declared that if she could raise \$15,000 to support patients undergoing cancer treatment, that she would either bleach or shave her hair (depending on which option garnered the most donor votes). The Cancer and Ambulatory Support team rallied behind her, helping to arrange a plethora of different activities to help her reach her goal - MasterChef worthy degustation's, raffles, virtual dog shows, games of chance, curry days and magnificent bake sales, just to name a few!

Infrastructure and Health Support Services fielded six teams with 23 registered team members together with their Executive Group Manager Colm Mooney. Teams from Contract Management, Facilities Maintenance, Food Services, Operational Support Services, Sterilising Services and Capital Project Delivery organised different fun and engaging fundraising activities, from physical challenges to raffles to BBQs and food deals.

The team at BreastScreen ACT decided to take the creative route in their fundraising activity. They put the call out for people to enter the "Decorate a Bra" competition, the funds raised will support an Aboriginal and Torres Strait Islander breast screening initiative with specially designed shawls to encourage early detection mammogram screening.

Liz Pedley, Acting Manager of the Division of Women, Youth and Children Community Health Programs, who's team organised various fundraising activities at 1 Moore Street Community Centre, captured the sentiment widely felt by healthcare workers throughout Canberra.

"We've been recipients of Canberra Hospital Foundation funding in the past, and seen the benefits of that, so actually wanted to give a little bit back to the foundation to say thank you," Liz said. "We're grateful for the really practical stuff that they do that makes our clients' experience more enjoyable."

Even after such a difficult year with the bushfires and pandemic, enthusiasm was high. "We're adaptable but we also want the best for our clients, when it's been a hard year for them," Liz continued.

"We've had staff redeployed and staff anxious about their own welfare and their own families, and staff who are working in the screening areas rather than on our own core business, yet everyone is still so positive and wants to contribute."

Keep reading to find out the end results of these incredible healthcare fundraising initiatives!



"Pina Colabra," one of the entries in the "Decorate a Bra" competition



The team from the City Community Health Centre with the impressive decorated bras

ON CAN GIVE DAY

Kicking off

Festivities were kicked off by none other than rugby great, Mal Meninga, when he led a group of passionate CHF supporters on the CAN GIVE DAY Walk. A group of 70+ congregated at Patrick White Lawns on what was a stunning Canberra morning, and circled the lake, every step they took demonstrating their support for patients in Canberra.

The group was made up of healthcare workers and grateful patients alike, adults, children and many fur-babies too!

Lynn Pezzullo, CHF Board Director welcomed and thanked the crowd for their support, then off everyone went!

You make me feel like dancing

Meanwhile, across the lake at the National Museum, the CHF team were getting ready for CAN GIVE DAY Live – a 2020 style COVID friendly livestreamed event, emulating the telethon-style fundraising event of days gone by.

Sponsored by Lennox Volkswagen, Phillip, the event was hosted by well-loved Canberran media personality Wilko, and headlined by Leo Sayer. Other local talent on the bill included Canberra comedy sensation Sparrowfolk; covers band Topshelf; CHF's very own songstress Louiza Blomfield; and Therapeutic Harpist Alison Ware!

The event was a raging success with both physical and virtual audience members unable to resist the urge to have a dance, either in their seats, in their lounge room or at their work station!

Along with the music and comedy, the audience were treated to inspiring stories from patients Dane McCormack, TJ Campagna and Alanna Davis and CHF Board Chair Deborah Rolfe and member Peter Munday.



Mal Meninga and Hearty doing their best Jazz Hands



And they're off!

CAN GIVE DAY Live



Leo Sayer sang his all time best hits



Sparrow-Folk gave the room the giggles



Dr Nick does Leo Sayer

At the Hospital

As the breakfast livestream began to wrap up, activities at Canberra Hospital were beginning to ramp up. The crew from Mix106.3 set up for a five hour live broadcast, with host Cam Sullings continuing to spread the word about CAN GIVE DAY and the impact the public's support would have on patients and their healthcare experience.

The donation tally was also rising steadily, with generous members of the public and fundraising healthcare professionals digging deep. Every dollar donated on the day was matched by generous Canberra Hospital Foundation Changemakers - Liangis Family, the Tall Foundation, Capital Chemist, Well & Wise and Richard and Deb Rolfe.

Dr Nick Coatsworth declared that if the tally rose to 200,000 that he'd don a Leo Sayer-inspired wig and sing "You Make Me Feel Like Dancing" on live radio. Well, Canberra and the Doctor did not disappoint, with the goal being reached quickly after the declaration and Dr Nick's 'dulcet' tones projected through the FM airwaves city – wide.

Then it was time for Cathie O'Neill's hair transformation. Cathie well and truly sailed past her initial goal of \$15,000 and raised amazing an \$22,114! She therefore opted to go half and half with her hair styling – shaving half her head of gorgeous locks and bleaching them to a beautiful golden hue!

The radio station was visited by Mal Meninga and Leo Sayer, with surprise thank you calls going out to unassuming generous donors who'd made contributions throughout the day. Then, Leo stayed on to tour the hospital, visiting patients and encouraging healthcare workers.



Cathie's brunette locks coming off



Mal popping by to say hi on Mix106.3



Cathie's new look - stunning!

Their Excellencies competing in the Bedpan Olympics



The Governor General, His Excellency, General the Honourable David Hurley AC DSC and Her Excellency Linda Hurley, Patron of the Canberra Hospital Foundation, visited the hospital to lend their support and encouragement for healthcare workers and patients. The Governor-General and Mrs Hurley took part in the Bedpan Olympics fundraising activity hosted by the Centenary Hospital for Women and Children. The Governor-General and Mrs Hurley were particularly skilled at hospital corners – though His Excellency was slightly quicker at making a cloth nappy.

GIVING TOGETHER

Health workers and executives across Canberra Health Services raised more than \$75,000 by hosting fundraising activities in support of CAN GIVE DAY.



It was an honour to have their Excellencies visit!

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 Whole Nine Months program is one such initiative. Introduced in 2019, the program aims to reduce the rate of preterm births, and therefore avoid other health implications for both mums and bubs.



The rate of preterm births has significantly decreased since the program's commencement

Since beginning, *"the program has resulted in a reduction of 30 fewer preterm births and 20 singleton preterm births compared to the 5 year average."* Says Assoc. Prof Boon Lim.

"Reducing the risk of babies being born too early and suffering the health consequences of being so small, so underdeveloped, and just too young, is such an amazing and outstanding achievement." replied Helen Falla CEO, Canberra Hospital Foundation.

Thanks to some of the funds raised on CAN GIVE DAY, this life-changing program is able to continue.

Another portion of funds raised has been used to purchase an Astodia Transilluminator. The transilluminator is used by paediatric medical professionals to assist with locating veins particularly in very young children. It makes it possible to routinely use transillumination for difficult-to-visualise vascular conditions. This equipment reduces the number of needle sticks required, and in turn, the distress caused by the procedures.

FROM THE BOTTOM OF OUR HEART

Words just cannot do justice to our sense of appreciation for every single person and organisation who showed their support for CAN GIVE DAY.

With your help, more than \$309,000 was raised for CAN GIVE DAY.

This phenomenal achievement wouldn't have been possible without kind donors in the community, passionate fundraising healthcare workers or our generous Changemakers the Liangis Family, the Tall Foundation, Capital Chemist, Well&Wise, Richard & Deb Rolfe and Peter Munday and Lennox Volkswagen.

In a year that has constantly and dramatically adversely affected so many lives, putting immense

pressure on the healthcare system, it is heart-warming that so many people were able to dig deep and help bring comfort, understanding and hope to patients and their families. The community effort was completely inspiring and a tremendous show of just how big Canberra's heart is.

On behalf of patients, their families, and healthcare workers alike, the Canberra Hospital Foundation extends the biggest thank you and virtual COVID-safe hug.

We look forward to bringing you insights into how the funds raised from CAN GIVE DAY will impact patients in the coming year.

From everyone at the Foundation, we wish you a very Merry Christmas, a happy holiday season, and a safe and healthy 2021.

