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GIVING MATTERS | JUNE 2022

The weather is cold but our hearts are warm!

Hi there, it's good to see you again. We have so many exciting things happening.

In May we celebrated National Volunteers Week by highlighting the volunteers we are so fortunate to know and be supported by. We are grateful for their time, dedication and mateship every day of the year. Find the good news story below.

National Reconciliation Week was an opportunity to reflect on our shared histories, cultures, achievements, and contributions to achieving reconciliation in Australia. Through the generosity of donors, Canberra Hospital Foundation is proud to continually support Aboriginal and Torres Strait Islander people through healthcare.

David and Amanda's story took hold of our hearts this month, as we continue to encourage tax-deductible donations that will support families like theirs, facing the challenge of cancer treatment and recovery. Read their story below.

It's Dry July time again! Could you give up chocolate for a month? What about coffee? Dry July doesn't just mean giving up alcohol for a month, there are plenty of things you might choose to go without, in order to raise money for your favourite local charity, Canberra Hospital Foundation! Registration and details below.

We are also welcoming back [Give Me Five for the month of June](#)! Mix106.3, Her Canberra and the Canberra Hospital Foundation are excited to announce the start of Give Me Five 2022, an annual charity campaign raising money to help families and children undergoing treatment at Canberra Hospital. You can make a real difference for sick kids with just \$5 this June.

Donations go far beyond directly supporting sick children in hospital. The benefits are felt by their family, the healthcare team and the community.



For the month of June, your donation - big, little or in between - will support sick kids in hospital!

GIVE ME FIVE TODAY

giveme five

Proudly supporting
CANBERRA HOSPITAL FOUNDATION

Good News Stories

Therapeutic outdoor space for mental health!

Funding from our community has supported the refurbishment of the Adult Mental Health Inpatient services group courtyard, including a portable basketball hoop and sensory modulation panels. This will enhance the therapeutic and activity space for consumers with acute mental health issues currently hospitalised.

This project helps to promote a healthy lifestyle and exercise routine to improve outcomes for marginalised, vulnerable people in the community. Patients will be able to enjoy sunshine and fresh air, whilst experiencing an environment that promotes calm, self-reflection and social connection.



Thank you to our crafty volunteers!

In May we celebrated the dedication and efforts of the generous folk who give their time to support their community, including our crafters!

The Donation Station is an amazing place where donation, collation and distribution of in-kind comfort items occurs. But it's more than that. So much more.

[READ THE ARTICLE](#)



Brick Expo wraps up

After 12 years and 11 annual exhibitions, the Canberra Brick Expo committee have ended their successful and generous run as one of Canberra's most anticipated family-friendly fundraising events.

In 2022 they raised over \$42,000, with a total across the years of over half a million dollars. It was an honour to be the beneficiary of funds raised to support Paediatric patients in Canberra.

[READ HELEN'S THANK YOU](#)

**This tax time, you can help
your community...**

**"David drove himself to
Canberra Hospital, calling
his wife Amanda on the way
to break the unbelievable
news."**

[Read David's Story](#)

We are raising funds to support a Cancer Wellbeing Centre at Canberra Hospital – the first in the ACT – to enhance treatment, research, complementary therapies and emotional support for patients and their families.

Please give a tax-deductible donation by 30 June so we can support the Cancer Wellbeing Centre and enhance these vital services to people.

You can help us provide the proven benefits of holistic support to people living with cancer, improving their quality of life as they walk through treatment towards recovery, one step at a time.

**Show your support for patients
and families facing cancer -
every step of the way!**

[READ DAVID'S STORY](#)



Please make your tax deductible donation by June 30.



Get Involved!



Go Dry this July!

You can support the soothing sounds of the Therapeutic Harp Program, floral arrangements to help to brighten clinical spaces, and the tea trolley service for patients and families, at the Canberra Region Cancer Centre.

[SIGN UP TODAY](#)



Buy Mum's Sause!

You can buy **Mum's Sause** pasta and pizza sauce from Coles Supermarkets in Canberra, to raise funds for paediatric patients at the Centenary Hospital for Women and Children. **Look for products with the Curing Homesickness logo.**

[FIND OUT MORE](#)

Help us fire up the
barbie for the
CHF Charity BBQ

REGISTER TODAY



CANBERRA
HOSPITAL
FOUNDATION



Volunteers needed

We need you for the Bar-B-Crew! Get involved with a great team of volunteers and help your community. The delicious aromas of the BBQ will be wafting throughout Canberra Hospital again soon, so please register your interest today!

REGISTER YOUR INTEREST

Be social with us...



DIVERSION DOOR MURAL COMPLETE

The diversion murals applied to doors on ward 11B at Canberra Hospital are designed to keep wandering patients inside the safety of the ward.

[SEE THE POST](#)



HANDCRAFTED DONATION

Penny and Sarah donated a hand crafted quilt to Canberra Region Cancer Centre, made from fabrics bought after their 5-day Larapinta Trail fundraising trek.

[SEE THE POST](#)



APPRECIATION FOR HAROLD

Harold was presented with a Certificate of Appreciation for his dedication and enthusiasm in voluntarily managing the CHF Charity BBQ for over 15 years.

[SEE THE POST](#)



DELIGHTFUL DELTA THERAPY DOGS

"We have been volunteering on Wards 11A and 11B since 2019, and there has not been a visit where Spooky hasn't made someone's day.

[SEE THE POST](#)

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There are other ways to stay up to date with **Canberra Hospital Foundation**, if you prefer, like our social media pages...



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Canberra Hospital Foundation
PO Box 11, Woden ACT 2606
Phone 02 5124 3542
ABN 59 634 785 345

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