

# FOUNDATION STONE

Autumn & Winter 2023



Dear Friend of BHS Foundation & Grampians Health Ballarat,

I'm writing to you having recently completed the Murray to Moyné Cycle Relay – a 520-kilometre-long adventure with my colleagues and friends from Grampians Health Ballarat. For 30 years, more than 30,000 people have cycled in this event, all to raise money for local health services across Victoria. As a team, our fundraising goal was to establish a WardRobe – a supply of appropriate clothing for Grampians Health Ballarat patients in need.

We were joined on the ride by The Velorats. This group of experienced cyclists chose to support the Ballarat Health Services Foundation to help us purchase exercise equipment for Grampians Health Ballarat cancer patients. So far, they have raised an incredible \$30,000.

While the event was physically gruelling, it was also a lot of fun. Our team had a great together time out on the road – and we are already looking forward to next year's event. It was a wonderful opportunity for me, as Head of Fundraising, to reflect on the pride and sense of belonging that a community fundraising event can give to participants.

Whether you'd like to participate in an active event or choose something a little less energetic, we welcome all members of our community to fundraise with us. On page 2 you'll find some more information about our Community Fundraising toolkit.

As always, I'd like to extend my gratitude to all our donors in these difficult economic times. I hope you enjoy reading a selection of stories about your donations and the projects they've supported.

Warm regards,

A handwritten signature in black ink that reads "Sarah".

Sarah Masters, Head of Fundraising & Engagement  
Sarah.Masters@bhs.org.au, 03 5320 4093





# FOUNDATION NEWS

## Golf Day raises \$70,000 for infant cots



We're delighted to announce that our Adroit Insurance & Risk Annual Charity Golf Day raised over \$35,000 and due to the generosity of the Ballarat Health Services Foundation who doubled all funds raised on the day – we reached an incredible total of over \$70,000.

Our intrepid golfers faced classic Ballarat Autumnal weather – the day started with a rainstorm and ended in sunshine! The ladies' trophy was taken home by the Bohan Cleaning Team, while the men's trophy was won by Haymes Paint, closely followed by the Adroit/Grampians Health Ballarat team and the Mailworks team.

We'd like to extend a special thank you to Adroit Insurance & Risk and our major sponsors, Dorevitch Pathology, Hip Pocket Ballarat, and for the first time, John Holland. This year was a sold-out event, with record numbers of players and over 30 local community sponsors. This generosity reflects the kindness of our community and ensures that we can maximise the funds to help purchase infant resuscitation cots for our tiniest patients.

“To raise \$70,000 on a single day is an incredible result. It speaks to the generosity of our community. The impact was multiplied by the Ballarat Health Services Foundation who doubled all donations made on the day. New infant resuscitation cots will help our staff provide the most consistent and highest level of care to our youngest patients in Ballarat.”

Dale Fraser, CEO, Grampians Health

## Fundraise for us!



Would you like to create a fundraising event that will have a genuine impact on your local community but don't know where to begin?

We've created a Community Fundraising Toolkit to help you get started. It is packed with ideas, advice and suggestions to help make your idea a reality.

Community fundraising is a wonderful way to connect with your community and is personally rewarding. By fundraising for us, you're helping support innovative healthcare projects to help make our community stronger, healthier and a better place for us all to live.

Don't hesitate to contact us with any questions on 03 5320 4093 or [fundraising@bhs.org.au](mailto:fundraising@bhs.org.au).

# WELLNESS CENTRE

It has been a busy few months fundraising for the Ballarat Regional Integrated Cancer Centre Wellness Centre.



## Christmas Cancer Raffle

The Barry Plant Christmas Cancer Raffle was an incredible success – raising over \$14,000 for our Wellness Centre.

The raffle was drawn by Steve Medwell, Director of Cancer Services at Grampians Health and Simone Noelker, Manager of the Wellness Centre.

Prizes included a Fliteboard and several fantastic holiday packages.

With billboards promoting the raffle all around town, many radio and newspaper appearances and a steady stream of social media posts, ticket sales were brisk!

The raffle marks the start of our partnership with Barry Plant Real Estate. Their commitment to making the raffle a success and their ongoing support of cancer patients in our community is very much appreciated. We look forward to working with them into the future.



## Rotary – Young Ambition

For 20 years, the Young Ambition Rotary Club brought together young professionals who wanted to give back. When the club was wound up this year, members continued this spirit of giving by donating \$10,000 to the Wellness Centre.

Former members, Ewen Fletcher and Laura Feldman, made the donation on behalf of the club to Manager of the Wellness Centre, Simone Noelker.

Simone explains what a donation of this size means.

“One of our most popular programs is oncology massage. We currently perform 850 massages per year. This donation means we could offer another day of massage, every week of the year for our patients. Many patients are being poked and prodded and it’s a very medicalised touch, but massage is nurturing touch, and this can have a huge impact on their well-being.”



## Girl's Night Out

The Girl's Night Out at Ballarat Greyhounds was a wonderful evening of fun, dancing, food and pampering – all to support our Wellness Centre.

This group of wonderful women raised over \$6500 for the Wellness Centre. Every dollar will be used to support education and support programs at the centre.

Belinda Reid, a patient who has a long history with BRICC and the Wellness Centre shared her story. Belinda used the Wellness Centre as a place of quiet refuge and support during her treatment and has undertaken many of the education and support sessions.

“The Wellness Centre offers so much to so many people, and all free of charge. I would not have made it through my many experiences with cancer without this centre.” Belinda said.



# CELEBRATING A GENEROUS

## At home care can be the best medicine DONOR



Thanks to the incredible generosity of a local family, the BHS at Home team have been provided with a number of On-Road Nurses bags. These bags contain everything required to care for patients in the comfort of their home.

The BHS at Home has multiple streams of care, including cancer care, surgical, medical, Covid-19, an older person's stream and a high-risk foot stream. The newest program currently under construction is a paediatric patient stream. The team have saved over 15,000 km of travel for patients.

“It’s the way of the future, having people cared for at home where possible. We have senior nurses and a full medical coverage. We deal with quite complex care for admitted patients, particularly because we are a major hospital, including complex wound management.

Sue, Operations Manager, BHS at Home

The program is very popular with patients as well.

“Everyone’s just so happy to see you when you knock on their door. It’s so different to being in hospital, where patients often don’t want to be. They like being cared for in the comfort and the convenience of their own homes. And, for us on-road nurses it is a privilege to be invited into our patient’s homes.”

Cath, Clinical Nurse Educator, BHS at Home

Thank you to our generous donor who has literally helped keep this service on the road.

## Community Champions

A special call-out to those individuals and groups who have so generously donated to our health service.

- **Hop Temple** Hopathon donated \$6500 for our Special Care Nursery.
- **Reworn Market** at the Mining Exchange raised over \$3000 for our Wellness Centre.
- **St Aloysius Primary School** for their ‘Shark Tank’ donation.
- **Buninyong Lions Club** donated \$1500.
- **Hotdogs & Horsepower**: thank you to the motoring enthusiasts of Avoca and Lexton for raising \$1600
- **Marion and John McGill** celebrated their 50th Wedding Anniversary at Kryal Castle and guests donated \$1500.
- **Santa Dave** made a welcome return to Ballarat Base Hospital, spreading Christmas cheer.

