

Foundation STONE

Winter – Spring 2023



Update on Ballarat Health Services Foundation & Grampians Health Fundraising

Dear Friend of BHS Foundation & Grampians Health Ballarat,

I hope this letter finds you well. I'm delighted to share the latest news from our community.

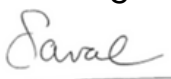
In September, we hosted an afternoon tea to celebrate our generous donors. Community groups, individuals, and organisations supporting the Foundation and Grampians Health Ballarat were treated to speeches by the Velorats, our Murray to Moyne community champion fundraisers, and Grampians Health Exercise Physiologist, Tracey. Tracey highlighted the impact of funds raised by the Velorats, which will be used to renovate our cancer patient gym. We shared over twenty projects ranging from newborn hearing equipment to CPR machines, which demonstrated the diverse impact of your contributions.

As the festive season approaches, we launched our Christmas Cancer Raffle in partnership with Barry Plant Ballarat. This collaboration promises the chance to win fantastic prizes but also an opportunity to extend a helping hand to the community funded Wellness Centre during this special time of the year. Please look out for our Annual Christmas Appeal for 'paediatric at home care' launching soon.

Your generosity has been the driving force behind our success, and we are thankful for the positive change you've helped us bring to our community.

Wishing you a wonderful holiday season!

Warm regards,



Sarah Masters

Head of Fundraising & Engagement

BHS Foundation & Grampians Health Ballarat

Headline Charity Partnership Announcement

We are thrilled to announce we are the headline charity partner of Ballarat Marathon!

At the heart of this collaboration is a dedicated commitment to nurturing a healthier, stronger, and more vibrant community.



We invite all participants in the Ballarat Marathon, regardless of distance, to go the extra mile by fundraising for us. This effort will play a crucial role in delivering transformative projects within Grampians Health Ballarat and providing swift support to projects with the highest need.

Mark your calendars for the Ballarat Marathon on the weekend of Saturday 27 and Sunday, 28 April 2024. From a mile to a marathon, this inclusive event promises fitness, fun, and community spirit.

Online registration for various walk, run, and race options is open now. During registration, participants can sign up to fundraise for us, contributing significantly to the event's success and the enhancement of public healthcare in our community. Visit ballaratmarathon.com.au to register.

Join our team, lace up your running shoes, and help us create a healthier future for all.



Building a Lasting Legacy: Gifts in Will

Many choose to leave us a gift in their will as a commitment to the provision of healthcare in Ballarat. No gift is too small, every gift makes a difference to projects of the highest need.

A gift in your will is a way to recognise your connection to our health service. It doesn't affect daily finances, providing an opportunity to give back to a cause that matters.

Visit a solicitor or use an online service to facilitate this straightforward and rewarding process. For more information, call us on 53208986 or email fundraising@gh.org.au

Your legacy contributes to accessible healthcare for our community.

"You don't have to be rich or famous to make a difference. You just have to make a simple decision. Whoever you are, whatever your situation, you can help create a better world by including a charity in your will."

COMMUNITY FUNDRAISING



Volunteer Gift Shop



Dry July and A Ball



Pink Round

Ballarat Base Hospital celebrated the successful launch of its volunteer-run gift shop, a welcomed addition to our healthcare community. The shop was established with the objective of redirecting all profits back into the health service to fund projects supporting patient care and staff well-being.

Volunteer Yashmin, drawing inspiration from her own battle with cancer and the support received during treatment at Ballarat Regional Integrated Cancer Centre, embraced the opportunity to contribute as a key member of the dedicated volunteer team.

The shop showcases a delightful range of gifts and caters to everyone from newborns to patients in general wards. The shop can be found in the Base Hospital foyer next to the Cafe.

Our Dry July Ambassador, Kelli Aggett, and her brother Josh hosted the second Annual Wellness Ball, in June filling Victoria Street Bowling Club with glitz and glamour while raising substantial support for our Dry July campaign. The Wellness Warriors, led by Kelli, achieved an impressive milestone, securing over \$20,000 in funds. In a collective triumph, our Dry July campaign raised a remarkable \$63,000 for our Cancer Wellness Centre, a testament to the dedication of participants and the generosity of donors. We extend heartfelt thanks to all who embraced the challenge, including the Grampians Health Ballarat Staff members. This united effort shows the community's strength and commitment to enhancing healthcare at BRICC and the Wellness Centre.

The Pink Round, hosted by North Ballarat Football & Netball Club and East Point Junior Football Netball Club, concluded with resounding success! On Saturday, August 12th, East Point Football and Netball Club brought back the Pink Round, uniting the community in a heartwarming display of support. Players donned pink socks, demonstrating their commitment to the cause, while major sponsors, North Ballarat Sports Club and Nicholson Construction, played pivotal roles. The collective generosity of the football community resulted in an outstanding \$15,773 raised, with \$7,790 donated to Breast Cancer Network Australia and an additional \$7,463 supporting our BRICC Wellness Centre. We express our appreciation to these junior clubs for organising a memorable event dedicated to Breast Cancer awareness.



AccuVein Transforms Chemotherapy Experience

Our Chemotherapy Day Unit (CDU) has received a special gift—the AccuVein, a vein visualisation system. This technology is a game-changer for patients with challenging intravenous access, enhancing the accuracy of cannulation procedures.

Rachel Hodges, former Nurse Unit Manager – Day Oncology, explains “For us, the AccuVein is really good for finding peripheral veins where somebody's got poor IV access. IV access is required when a patient needs a cannula for an infusion. The AccuVein won't show large, deep veins, but rather surface veins which are more commonly used for IV infusions in the Chemotherapy Day Unit. Typically, cannulas are inserted in the hand or forearm, and the AccuVein will show veins that a nurse may not be able to see with the naked eye, or be able to see where the vein goes.”

The CDU team extends its gratitude to the donor for their impactful contribution. This illustrates how community support can play a crucial role in improving healthcare results.

Community Champions

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

- Rotary's Biggest Morning Tea for Wellness Centre
- Heart Beat Tournament for Cardiology
- Wellness Centre Pop Up shop
- QEC Ladies Auxiliary Support for Aged Care
- Bunnings BBQ for Mental Health
- XonA Head Shave for Kids Ward
- Wellness Round Footy – East Point Football Netball Club

