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A message from our Chair

Recently, we hosted our first in-person catch up with volunteers to celebrate National Volunteer Week and recognise the efforts of our valued volunteers, auxiliary members, Fundraising Advisory Board and Trustees who support Bendigo Health through the gift of time. We very much look forward to welcoming back our volunteers into our hospital community when it is safe to do so.

We want to keep funds local and encourage you to get involved and support your regional hospital. Why not challenge yourself and go [DRY this JULY](#) to raise funds for our local Cancer Wellness Program or donate to the [End of Financial Year Appeal](#) – all donations \$2 or more are tax deductible.

Our virtual fitness and fundraising challenge Move for Mental Health is set to return this October, which aims to raise funds to provide specialised exercise programs for mental health patients. We welcome Dr Skye Kinder as one of our wonderful Ambassadors, you can read more about Skye in this edition. I encourage you to talk to our team if you or your business would like to get involved in Move for Mental Health by creating a team or requesting a sponsorship prospectus for this great initiative.

Your generous support has allowed us to purchase an extensive range of specialist equipment and support numerous services. Stay safe and we thank you for your continued support.

Scott Elkington

Chair, Bendigo Health Fundraising Advisory Board

Recognising our volunteers and auxiliary members

In celebration of National Volunteers Week (17-23 May) we were delighted to host a

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We acknowledged a combined total of more than 130 years of services from our wonderful auxiliaries, with many incredible individual contributions, such as Marie Dean who has been involved with the Palliative Care Auxiliary for more than thirty years, including twenty years as President. Peter Faulkner and Dr Ewa Piejko recognized Marie Dean for her service.



Sue DeAraugo was recognised for her contributions both as a valued member of the Advisory Board and through her many personal contributions to Bendigo Health's philanthropic culture, including hosting five Night of White gala events at Bendigo Toyota and her family's significant financial contributions.

Thanks to each of our auxiliaries for their on-going commitment:

Intensive Care Auxiliary
 Friends of Golden Oaks
 Friends of Oncology
 Simpkin House Auxiliary
 Charshalton House Auxiliary
 Bendigo Palliative Care Auxiliary
 Joan Pinder Auxiliary

DRY JULY
FOUNDATION

BENDIGO HEALTH

**GO DRY THIS JULY
TO RAISE FUNDS
FOR PEOPLE AFFECTED
BY CANCER**

SIGN UP TODAY
[DRYJULY.COM/BENDIGO](https://www.dryjuly.com/bendigo)

**I WON'T
DRINK
TO THAT!**

We reported in our last update on the naming of Gobbé Wellness Centre, which has now been officially opened to patients and established as the new home of the Cancer Wellness Program.

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support cancer patient's physical and emotional needs, and the Gobbé Wellness Centre would not be possible without ongoing donations and fundraising made possible through the Dry July campaign.

We urge you to pledge to go Dry this July and keep the funds local by ensuring you choose Bendigo Health when you sign up.

Sign up and find out more at www.dryjuly.com/bendigo

SIGN UP FOR DRY JULY



View a virtual tour of the Gobbé Wellness Centre

Paediatric rehabilitation receives boost

Through the success of the 2020 Christmas Appeal, support from KidzFix Foundation and recently announced grants from Variety, the Fundraising & Foundation department has secured in excess of \$110,000 towards paediatric rehabilitation equipment.



More than \$30,000 has been dedicated to “mini gym” equipment and an outdoor Sensory Garden “quiet therapy” zone, incorporating water play,

The indoor play area within the former children's ward will be fitted out with fully inclusive and accessible fixed play equipment for paediatric rehabilitation therapy sessions. This area is part

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scheduled for completion mid 2022).



None of us know when we will require emergency hospital treatment. That is why we offer emergency patient clothing to provide dignity and respect to our patients.

The innovation for the Emergency Patient Clothing Program came from Anton Morrison, a Clinical Nurse Specialist in the Emergency Department, who saw a need for something to be done for patients who, for various reasons, lose the clothing they come through the door with. The circumstances are beyond the patient's control and commonly are people that have been involved in trauma and their clothing has had to be cut away for us to treat them.

As the end of the financial year approaches, we urge you to make a tax deductible donation to help us continue to supply basic clothing and underwear in our Emergency Department as well as offer colouring books for children attending our Emergency Department.

**57,253**

People came to our Emergency
Department for treatment

Make a tax deductible donation

All donations over \$2 are tax-deductible.

Blue Ribbon annual scholarship

Emergency Department nurse, Dannielle Vasilevski was recently awarded the Gerry Rudkins Blue Ribbon Foundation Scholarship as part of the annual presentations to celebrate the success, commitment and excellence of nurses and midwives in patient care.

The award is named in memory of Inspector Gerry Rudkins, who was a member of Victoria Police for more than 30 years. We thank Blue Ribbon for their on-going support and commitment to improving our regional hospital.

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Bateman to present Dannielle with her scholarship.



**COMING SOON -
Registrations open August 2021**

Move for Mental Health is set to return this October to get your moving towards your fitness and fundraising goals. Register as an individual or as part of a team for the month long event and help us raise vital funds to improve mental health services and provide specialised exercise programs for mental health patients in the Loddon Mallee.

The 2020 Move for Mental Health raised \$50,000 to support the introduction of a specialised exercise program for mental health patients. This program is delivered by Caitlin Feeney, Bendigo Health's first Exercise Physiologist who specialises in mental health and we have had great feedback from patients.

**Move for Mental Health Ambassador
Dr Skye Kinder**

I've chosen to come on board as a 2021 Move for Mental Health Ambassador to help raise awareness and generate a greater understanding around mental health.

Did you know that 45 percent of Australians will experience a mental illness in their lifetime? Many of these individuals are also at a high risk of chronic diseases associated with medication side effects and sedentary behavior, such as

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I encourage you to join us and align with this dynamic virtual challenge in whatever way you can; whether this be through sponsorship, registering a corporate team or signing up to participate yourself.

For more information or to explore sponsorship opportunities aligned with the Move for Mental Health virtual fitness and fundraising challenge please contact:

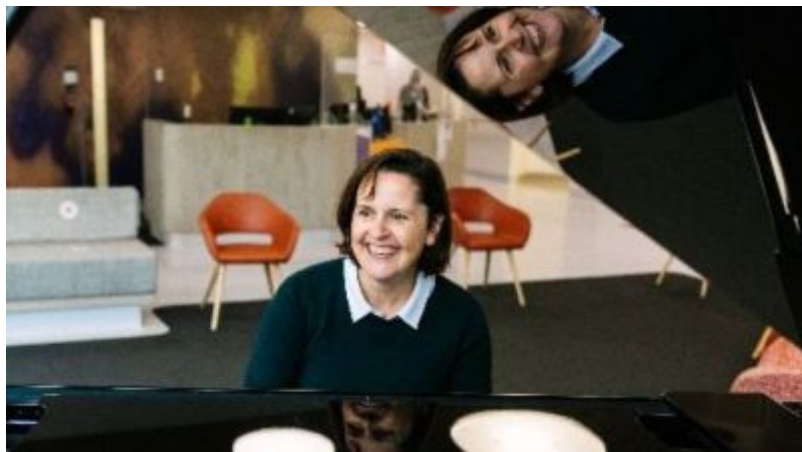
Jacinta Mangan
Events Coordinator
jmangan@bendigohealth.org.au

Rachel Mason
Manager, Fundraising & Foundation
rbmason@bendigohealth.org.au

Register your interest: 2021 Move for Mental Health event

Volunteer Music & Arts project

After a lengthy lockdown, it's been wonderful to hear live music fill the Cancer Centre again thanks to the volunteers who perform as part of the Music & Arts Project. Music performances have also been recorded and can be watched via the Bendigo Health YouTube channel. The project continues to be generously supported by our collaborators the Ulumbarra Foundation and Strategem. Also now, with the incredible backing of Dry July, the project is expanding to bring creative activities to the Gobbé Wellness Centre.



Following a life surrounded by music, Sue Turpie is excited to be Coordinator of the

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from the classically-trained to 'learn by ear'. While early years were spent learning the piano, it wasn't a career choice.

Sue chose to work in media writing about the arts, rather than being directly involved. But upon becoming a parent she made the transition to music teacher, working with students of different abilities. Sue was inspired to pursue further studies, which highlighted the important role music and art play in our lives both emotionally and psychologically. Sue has found her new role at Bendigo Health to be a wonderful challenge that draws on skills built up working in these diverse fields.

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