



## Update from the Gawler Health Foundation

April 2017

### Equipment Purchases

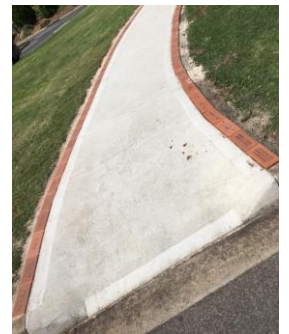


More new equipment has been arriving at the Gawler Health Service. We purchased 6 Foetal Doppler machines (these allow doctors, nurses and parents to hear baby's heart beat whilst still in the womb). Thanks to mum Dani and midwife Emily for posing for our photo. Also on the way is 2 Air Pressure Mattresses for Palliative Care (these help alleviate bed sores) and a Bariatric Lifter for use in the whole hospital (this helps nurses lift patients).

### Paver Fundraiser

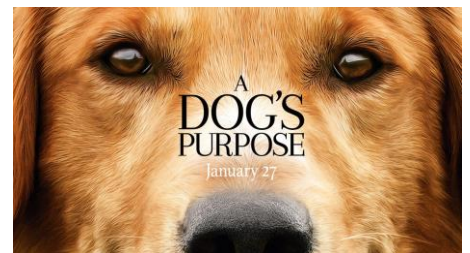


The pavers from our fundraiser last year have been laid out the front of the main entrance to the hospital. They look fantastic. Thank you to all who purchased a paver. We will have this fundraiser again this year from June to August. Information will be available from mid May.



### Movie Afternoon

We are holding a movie afternoon on Sunday 7 May at the Gawler Cinema, arrive 3.30pm for 4pm start. The movie is A Dog's Purpose. Tickets are \$20 each with a glass of wine or soft drink on arrival, and are available from the Foundation Office (8521 2015), Gawler Cinema (8523 1633), Sarah (0402 475 737), Nicki (0412 804 693) and Patricia (0408 173 101). We will also have a raffle on the day, tickets \$2 each or 3 for \$5 with great prizes. Look forward to seeing you there.



### Entertainment Books



Entertainment Books are back!! Books and digital memberships are \$70 each and books will be available in the office from April 7. You can pre-order your copy by visiting Nicki in the office or go online to <https://www.entertainmentbook.com.au/orderbooks/162778p>. The Entertainment™ Book, and the Entertainment™ Digital Membership, are your guide to the most popular restaurants, attractions, shopping, travel and more, all with valuable up to 50% off and 2-for-1 offers.

## Mothers' Day Raffle

We have a Mothers' Day raffle that is being drawn at the movie afternoon. First prize is a balloon ride for 2 with Barossa Balloon Adventures and second prize is a hamper of goodies. Tickets are \$5 each or 5 for \$20 and are available at the office and all Board Members.



## People's Choice Lottery Tickets



Tickets are available for purchase online now at <https://www.peopleschoicecu.com.au/gawler-health-foundation-inc>. Paper tickets will be available from the office from the end of April.

## A Word from a Sponsor

My name is Stephanie and I have been running the Salisbury North branch of Twinkle Toes for 10 years, and over the years I have met many lovely families and have had the pleasure of making quite a few framed hand and feet sculptures, for them to treasure as their beautiful babies grow up. As we all know, they grow up too fast, and to be able to capture these special moments for families is why I love doing what I do. We see several of our previous clients who come in with their new additions to their families and it's so wonderful to see their little ones growing up. We do products for babies and we also do sibling products, with older children we can do hands up to 10 years of age, so you can do 1 hand of each of your children together, these are very popular for Mothers' Day and Christmas presents for grandparents. If you would like to have something special made for your baby or children, feel free to contact me on 8182 3545.



I have been a continuous sponsor for the Gawler Health Foundation the entire time I have been in business as I think they do an amazing job. With myself and other businesses that sponsor the Gawler Health Foundation, it helps them to be able to buy extra medical equipment, televisions and many other important items. Many of our clients have their babies at the Gawler Hospital, with each and every one of them expressing that all the staff are friendly and make for a calm and relaxed atmosphere.

## Gawler Lions Market

The Gawler Health Foundation will be having a stall at the Lions Market on April 23 at the Gawler Railway Station. Come and visit us, say hi and have a look at the wonderful items we have for sale. Loads of books as well as bric a brac and many other products. Look forward to seeing you there.



## Herbs, Veggies, Fruits and Cards

We have gorgeous grow your own herb, fruit and veggie kits, as well as lovely birthday and greeting cards for sale at the office. Come in and have a look at the stall out the front of the office.

**Herbs** – Grow-in-the-Tin Herb kits are designed to grow tasty herbs on your window sill, and at the same time, decorate your home! The kits contain all you need to grow your herbs from seeds and the tin is specially-designed so you won't need to do any repotting. We have Coriander, Mint, Parsley, Basil and Chives available at \$7.50 per tin.



**Veggies** – Organic seeds and special growing discs made from coconut fibre are used to ensure the best possible quality and environmental benefits. Each greenhouse includes everything you need to grow your veggies to seedling stage. We have Cauliflower, Tomato, Lettuce, Beans, Capsicum and Cucumber available at \$7.50 per greenhouse.

**Fruit** - Fun, easy to grow fruit kits ready to grow in cute noodle boxes. Each kit includes everything you need to grow delicious fruit. We have Red & White Strawberry, Rockmelon, Honeydew Melon, Alpine Strawberry and Sugar Baby Watermelon available at \$7.50 per kit.



**Birthday & Greeting Cards** – High quality gift boxes containing 10 different cards. Each card is embellished in its own unique way. Some have a 3D pop-up effect, while others feature reflective foil, embossing or glitter. Each card is packed in a protective sleeve with a matching envelope. Cards are available at \$15 for the pack of 10, or \$1.50 each (limited).

We have a few packs of the last order of cards available at \$10 for the pack of 10, or \$1 each while stocks last.



**Seed Embedded Christmas Cards** - Inside each card is a special Christmas tree made from seed-embedded paper which can be planted to grow Australian Native, Swan River Daisies. Cards are available at \$7.50 per pack of 4.

We have a few packs of the last order of Christmas cards available at \$6 for the pack of 4 while stocks last.



## Movie Night

We are holding a movie night on Monday 15 June at the Gawler Cinema, arrive 6.30pm for 7pm start. The movie is Rough Night. Tickets are \$20 each with a glass of wine or soft drink on arrival, and are available from the Foundation Office (8521 2015), Gawler Cinema (8523 1633), Sarah (0402 475 737), Nicki (0412 804 693) and Patricia (0408 173 101). We will also have a raffle on the night, tickets \$2 each or 3 for \$5 with great prizes. Look forward to seeing you there.



## Trivia Night and Art Auction



The Gawler Health Foundation is holding a Trivia Night and Art Auction on July 15 at the Nixon Function Centre at 7pm. Tickets available for \$20 each at



<https://www.trybooking.com/POYH>. The art to be auctioned will be donated by various local groups as part of the Gawler Community Volunteers Art and Health Exhibition. The Exhibition of the Art beforehand will take place from 7.30pm on Monday 8 May until 4pm on Saturday 13 May in the foyer of the Gawler Hospital. Please come along, have a look, support local community groups and vote on your favourite canvas.



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### Walk for Gawler Health

The Walk for Gawler Health will take place on Sunday 22 October. Please place this date in your diary. More details to follow in the next newsletter.



### Office Closure over Easter

The office will be closed from Wednesday 12 April and reopen on Wednesday 19 April. We wish all our members and friends a very safe and Happy Easter.



### News in brief:

- ✓ If you would like to know more about any of our upcoming events and activities, please contact our office on 8521 2015 or email [ghf@health.sa.gov.au](mailto:ghf@health.sa.gov.au).

Regards  
Peter Harper  
Chair

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