



Update from the Gawler Health Foundation

July 2017

Equipment Purchase



More new equipment has been arriving at the Gawler Health Service. We have purchased a Bariatric Lifter for use in the whole hospital (this helps nurses lift patients) and 2 Air Pressure Mattresses for Palliative Care (these help alleviate bed sores). We also have on order 5 Volumetric Pumps (for administering infusions in Chemotherapy) and a Barouche (operating theatre trolley).



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> or from Nicki in the office. Ticket price includes supper. No BYO. Drinks available from the bar. The art that is being auctioned has been donated by various local groups as part of the Gawler Community Volunteers Art and Health Exhibition. The Exhibition of the art took place from 8-13 May in the foyer of the Gawler Hospital. Please come and support the Gawler Health Foundation as well as many local groups who put a lot of time and effort into their works of art.

Paver Fundraiser



The paver fundraiser is happening again!! We have had many enquiries for a paver, so we are running it again from now until the end of September. The pavers will be laid next to the ones from last year. They are \$50 each and purchase forms are included with this newsletter. Any questions please call Nicki on 8521 2015.



Entertainment Books



Entertainment Books and digital memberships are \$70 each and books are available in the office. You can purchase 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.

Movie Afternoon

We are holding a movie afternoon on Sunday 17 September at the Gawler Cinema, arrive 3.30pm for 4pm start. The movie is Victoria and Abdul. 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.



People's Choice Lottery Tickets



Tickets are available for purchase online at <https://www.peopleschoicecu.com.au/gawler-health-foundation-inc> or paper tickets are available from the office. Tickets are \$2 each with all proceeds to the Foundation.

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.



Walk for Gawler Health



The Walk for Gawler Health is on again on Sunday 22 October, starting at 9.30am. The walk route will start and finish at Clonlea Park. Participants are offered the option of participating in a 5km, 7.5km or 10km walk. The Walk will be suitable for participants of all ages and fitness levels! Participants are encouraged to pre-register by completing a registration form. Registrations will be accepted on the day of the event. Participants can register as individuals, as a family or as a member of a team. Entry fee is \$20 per adult, \$5 per Student (12 years and under), \$45 per Family (up to 2 adults and 3 children), \$100 for a team of 5 participants or \$200 for a team of 10 participants. Participants will be provided with a sausage sizzle after the event.

Thank you to Rudall & Rudall Lawyers for printing our newsletters. Rudall & Rudall provides general law services to clients throughout South Australia - in particular Gawler, Adelaide Plains, Barossa Valley, Adelaide Hills, Yorke Peninsula, mid North, Adelaide and the suburbs. Please call (08) 8523 8400 to book your appointment.



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.

Regards
Peter Harper
Chair

Gawler Health Foundation Inc.
P O Box 196, Gawler, SA, 5118
(21 Hutchinson Road, Gawler East)
Phone (08) 8521 2015
Email ghf@health.sa.gov.au
ABN 38 392 825 863

