



## Update from the Gawler Health Foundation

October 2017

### Equipment Purchase



More new equipment has been arriving at the Gawler Health Service. We have purchased 5 Volumetric Pumps (for administering infusions in Chemotherapy). On order is a Barouche (operating theatre trolley). We look forward to providing more equipment shortly.

### Paver Fundraiser



The paver fundraiser has been extended. This is a great way of showing your support for the Foundation and the great work the staff at the Gawler Health Service do. The pavers will be laid next to the ones from last year. They are \$50 each. Any questions please call Nicki on 8521 2015.



### Walk for Gawler Health



Walk for Gawler Health  
2017

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.

### KitchenAid Raffle



We have a raffle with 2 excellent prizes. First is a KitchenAid Cook Processor valued at \$1,999 and second is a KitchenAid Stand Mixer valued at \$879. Tickets are \$20 each with only 250 to be sold. We are raising funds for vital signs monitors. Nicki has tickets in the office on Monday, Wednesday and Friday between 10am and 3pm or call 0412 804 693.



## Williamstown Amateur Players

The Williamstown Amateur Players present "Jack and the Magic Beans".

Presented at the Williamstown Soldiers Memorial Hall, there will be 6 performances between Friday 13 October and Sat 21 October.

For bookings call 0422 353 898.

Tickets \$12 adults and \$6 children (up to 16 years).

The Williamstown Amateur Players will be making a donation to the Gawler Health Foundation towards the palliative care unit.



WILLIAMSTOWN AMATEUR PLAYERS  
-PRESENTS-  
**JACK AND THE MAGIC BEANS**  
-A PANTOMIME-  
WILLIAMSTOWN SOLDIERS MEMORIAL HALL  
FRI 13 OCT @ 8PM  
SAT 14 OCT @ 2PM & 7PM  
FRI 20 OCT @ 8PM  
SAT 21 OCT @ 2PM & 7PM  
BOOKINGS: 0422 353898  
Adult \$12 Child \$6 (up to 16 years)  
\* Donation to  
Gawler Health  
Palliative Care  
Unit

## Memberships Due



Membership and friendship fees are now due. Thank you to all who have already returned your renewals. Your support is greatly appreciated.

## Grass Heads

Grass heads are coming!! A great stocking filler or Christmas gift for family, friends and teachers. Each kit includes everything you need to grow your character's grass hair, then cut and style as you wish. Pot comes with Rudolph, Santa Claus, Snowman or Polar Bear on it. Grass heads should be in the office approx.



## Markets

The Gawler Health Foundation will be having stalls at the Gawler Village Fair on Saturday 4 November from 9am – 2pm at Pioneer Park and the Sustainable Living Festival 2017 on Sunday 12 November from 10am – 3pm at Pioneer Park. We 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.



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](mailto:ghf@health.sa.gov.au).

Regards  
Peter Harper  
Chair

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