



Dates for your Diary

18th - 24th May 2020
National Volunteer Week

May 20th 2020
2.30pm to 3.30pm Annual
Volunteer Thank you event.
Zoom details in

Volunteer News

8th June 2020
Gold Telethon – Channel 9
3pm-5pm

Tentatively:

20th September 2020
Blackmores Sydney
Running Festival

18th October 2020
City2Surf Bondi Beach

30th October 2020
SunSCHine Gala

1st November
Convoy for Kids
Hawkesbury Showground

7th & 8th November 2020
Machines and Macchiatos
St Ives Showground

≡ Volunteer Vibes ≡

Message
from
Kylie

Volunteer News

Thank you so much for all your enthusiasm, and hard work volunteering for us at Sydney Children's Hospitals Foundation. Volunteers have assisted staff at various events across Sydney and in our Hospitals. Throughout January to March we have had so many volunteers working alongside our staff at various events across Sydney and in our hospitals. Our volunteers are so important to the Foundation and we could not achieve what we do without you all.

At the Foundation, we are still working hard to support the Sydney Children's Hospital Randwick, The Children's Hospital at Westmead, Bear Cottage, Kids Research and NETs.

We have some exciting new ways you can virtually volunteer and support the Foundation:

- Celebrate the Moments that Matter
- Gold Telethon
- Share our social media stories
- Save the dates for future events
- Check out the new volunteer page on our website and hit the 'Get Involved' button

Did you know National Volunteer Week is the week commencing 18 May. We will be hosting an online event on Wednesday 20 May at 2.30pm – 3.30pm and would love you to join us. Many of the Foundation staff will be attending so they can thank you and share what you have helped us achieved over 2019/2020.

To join simply click on the link below or copy and paste this link into the address bar on your computer. If you are unsure about zoom, drop me an email and I will be happy to walk you through it.

LINK: <https://zoom.us/j/99424855733?pwd=b3VZcnphWmNpM1BNL3BLNotVTtNRQT>

I look forward to seeing you all!

Kylie 

We need your help to 'Celebrate the moments that matter'

During this difficult time, our Fundraising teams have been working extremely hard to find new and exciting ways our donors can get involved and show their support. Our latest fundraising initiative, [Celebrate the Moments that Matter](https://www.schf.org.au/in-celebration), helps friends and loved ones stay connected whilst social distancing.

Now more than ever before, it is so important to keep celebrating the special moments in our life that we have learned to cherish and deeply miss. Maybe it's Sunday night dinners at Nonna's, a major milestone like a 50th Birthday or the very special Mother's Day. Regardless of the occasion, every moment, big and small deserves to be celebrated.

To help spread love and kindness, we've created a virtual gift registry for our supporters including something special for **Mother's Day** - we're asking loved ones to gift their mum, Nan or that special person in their life one of our virtual bouquets. Not only do they last forever, but every dollar from this gift will go towards helping sick kids in Hospital.

With the help of our amazing volunteers, like yourself, we hope to spread greater awareness of the campaign. You can make this Mother's Day extra special, knowing your gift has helped other mums too. Visit www.schf.org.au/in-celebration.

Follow us on Social Media

Facebook:

@SydneyKids
@WestmeadKids
@BearCottage

Instagram:

@Sydney_Kids

Twitter:

@Sydney_Kids
[#forsickkids](#)

LinkedIn:

Sydney
Children's
Hospitals
Foundation

YouTube:

SCHFoundation

Website:

www.schf.org.au

Fun Facts #1

On the 28th of February 2020, 45 volunteers joined Foundation staff at 9 train stations across Sydney to celebrate the Bandaged Bear Appeal. Between us, we sold 609 clip on bears, 317 pins and 642 pens.

Our biggest seller was the keyring with 871 sold on the day. 259 Bandaged Bears found a new home and there are now 87 more environmentally conscious peeps, out there with our keep cups.

Gold Telethon

Each year we excitedly countdown to Channel Nine's Gold Telethon, an event that brings many smiles across the nation. The Gold Telethon is an important campaign that raises much needed funds for the Sydney Children's Hospital, Randwick. This year due to COVID-19 things are a little bit different.

Unfortunately, we can't bring the cameras into the Hospital, so we're inviting you to share your special stories with us from home on your phone.

You can help support Sydney Children's Hospital, Randwick by following these 3 simple steps:

1. Use your phone to record a video message from home.
2. In your video please include the following:
 - What's your name and how long have you been volunteering?
 - Why did you decide to become a volunteer?
 - Why is the Sydney Children's Hospital, Randwick special to you? Do you have a special memory?
 - Please finish with this line looking at the camera:
"Thank you for supporting the Gold Appeal"

3. Email your video to Sydney Children's Hospitals Foundation as soon as you can! Email to lia.alexandrou@schf.org.au. Last videos in by May 15.

Tune in to Channel 9's Gold Telethon on Monday, 8 June, 3pm to 5pm.

Thank you for helping make this
Gold Telethon Appeal
as special as ever.

Volunteer Stats

First quarter in 2020
(1 Jan – 31 March)

Volunteers per event

16	Macquarie Bank Perspectives Dinner
45	Bandaged Bear Trains Day
18	Sydney Home Show
4	Lifeguard Challenge
31	65k for 65 Roses
8	Coon Tasty Truck
4	Xmas pack down
126	TOTAL

Volunteering hours per event

56	Macquarie Bank Perspectives Dinner
155	Bandaged Bear Trains Day
70	Sydney Home Show
8	Lifeguard Challenge
107	65k for 65 Roses
16	Coon Tasty Truck
8	Xmas pack down
420	TOTAL

Fun Facts #2

On Thursday 27 February, 16 volunteers and six Foundation staff worked at the ICC for the Macquarie Bank Perspectives Dinner. Volunteers and staff used IPADs to collect \$100,000 in donations in one hour, which Macquarie Bank matched for the Zero Childhood Cancer program.

Do you know someone who would like to volunteer?

Share this newsletter
with them and send
them to:

<https://www.schf.org.au/get-involved/volunteer>

Get involved. We have a new scrapbook section where we would love to share your volunteering stories and pictures.



New Look Website

Check out the Foundation's new look volunteer page.

Now, new volunteers can sign up from the page and place an expression of interest for upcoming events!.

Current volunteers, you can check out what volunteer events and opportunities are available and complete an expression of interest form by clicking on the 'Get involved' button. This will streamline everything. Take a few minutes and check it out.

<https://www.schf.org.au/get-involved/volunteer>

[Donate](#) [Make a Bequest](#) [Partner with Us](#) [Volunteer](#) [Events](#)

COVID-19 can't stop us from helping sick kids, so we're still recruiting volunteers!

We know things will return to normal eventually, and we want to be ready to go as soon as we get the all clear. It's really easy to get involved - so if you want to be a Foundation volunteer, just follow the two steps below and we will be in touch.

How to volunteer

Step 1: have a look at the **calendar of activities** to see what is coming up

Step 2: fill in our online form to **Sign up to volunteer** (if you are a new volunteer) or register an **Expression of Interest** (if you have volunteered with us before).

Even if you aren't available for any of the dates on the calendar, you should still sign up now and we will keep your details in our database and contact you whenever we have something new happening.

Thanks so much for your interest. We're looking forward to getting to know you!



We'd be lost without our amazing volunteers

We love hearing from our volunteers and we know they get a lot out of volunteering with us. These are some of the lovely messages we have received over the past few months:

"It was just a small contribution but if everyone did a little a lot would be achieved. So I feel grateful to have a small part in this very important fundraising event."

"I feel very happy that my help can impact positively on children's lives and the Foundation. All this makes me feel part of the something great and big... that I'm part of a big family."

"Keep up the amazing work and I'm looking forward to getting involved again soon!"

"It was an exciting and new experience that I'm grateful for."

Keep sending us your feedback and ideas so we can make your volunteering experience with us the best it can be. end us your photos and stories too for our **Volunteer Scrapbook**.

"To the world you may be one person, but to one person you may be the world."

- Dr Seuss

[Who We Help](#) [Contact Us](#) [News](#) [Sitemap](#)



SPread some kindness

Over the next 2 pages, we have included some 'thank you' postcards that you may want to send onto someone to cheer them up, motivate them or just remind them they are not alone.

- **157,229** children were cared for in the past Financial Year at Sydney Children's Hospital Randwick and The Children's Hospital Westmead
- **98,168** kids came through the Emergency Department at the Sydney Children's Hospital Randwick and The Children's Hospital Westmead – on average that's 269 kids per day. On average that is 269 kids per day!

Event Photos

You can preview some of the pictures that have been taken at recent events at the back of this newsletter.

Don't forget to attend the Zoom meeting on the 20th of May at 2.30pm for more pics.

Volunteer Spotlight

★ Leanne Engle ★

Leanne is a nurse at The Children's Hospital Westmead by day and after hours a valuable member of the Foundation's volunteer team. Leanne also volunteered to model for NSW governments photo shoot promoting volunteering in NSW (pictured below and on the cover). I asked Leanne a few questions about what motivates her to volunteer for the Foundation.

How long have you been volunteering with the Foundation?

Almost 10 years

Why did you choose to volunteer with the Foundation?

I was looking for an organisation that not only helps others in need, but also somewhere where you can meet others, make new friends and just have fun whilst offering your time.

What keeps you coming back to volunteer year after year?

The smiles and positive energy of every single person I come into contact with when I'm volunteering, whether it'd be fellow volunteers, the events team or all the people we meet at these events. The Foundation raises money for vital equipment, research and people, and as an employee at the The Children's Hospital Westmead. I can see the difference that these vital resources make in these children's lives. The selflessness of others. It's not just me volunteering alone, there's always a handful of others, just like me that give up their time and resources to help the Foundation.

What events have you volunteered at?

Teddy Bear's Picnic, Bandaged Bear Appeal, Radiothon, and the City2Surf. I have also participated and fundraised with Team Bandaged Bear in The City2Surf, Sydney Morning Herald Half Marathon, Blackmores Running Festival (half marathon) and Leaping Livers.

Do you have a favourite volunteer moment?

I signed up for one of the volunteering roles as a wandering character at The Teddy Bear's Picnic (2011): I got to dress up as Sparkles, one of the mascots of the Parramatta Eels. Walking around, I remember seeing kids' faces light up with joy as they got to meet one of their favourite team's mascots. Unfortunately, I don't fit the height requirements to wear the bandaged bear costume!



≡ Postcards ≡

Here are some awesome postcards you can share, or like me, have them brighten up your office!

Laughter is timeless,
imagination has no age, and
dreams are forever
Walt Disney

≡
Somewhere inside all of us
is the power to
change the world
Roald Dahl

= Postcards =



Throw kindness around like

confetti



Be somebody who makes everybody
feel like a somebody

Finally, don't forget you

It is essential that as a **volunteer**, you are putting the same **care** and love towards yourself as you would towards your volunteering.

Why you should do something for yourself every day

It's more important than ever to practice self-care on a daily basis.

As the coronavirus pandemic continues to impact the lives of people in Australia, the term 'self-care' has become increasingly common. There are countless articles on remaining positive, while Instagram feeds are packed with advice on how to stay in a good place mentally during this difficult period.

While it sounds straightforward, self-care is a process that requires attention and effort every single day. So, it's important to understand the value of self-care and how it can be achieved, especially when access to family and friends is limited.

Self-care isn't selfish

For a variety of reasons, many people don't do things just for themselves on a daily basis. They might be too busy, too tired, or too focused on others. They may even think they don't deserve it and feel guilty about focusing solely on themselves. This couldn't be further from the truth in the current climate, whether you're working, supporting someone or simply dealing with the new measures.

It's important to understand that self-care doesn't constitute selfishness. Being selfish limits your ability to give to others, whereas self-care enhances it. By focusing on your own wellbeing, you put yourself in a far better position to support others, which is so crucial as people come to grips with the impact of the coronavirus.

Everyone's 'something' is different

Self-care, me time, doing something for yourself – whatever you want to call it, manifests differently depending on the individual. For one person, exercise might be their therapy.

With gyms closed and community sport postponed, this is a tricky situation to navigate but there are ways to work around it. Clear your head and grab some much-needed fresh air by going for a run or take advantage of the many home workouts available on social media, from HITT classes to yoga and Pilates.

It doesn't matter what the 'something' is, as long as it contributes positively to your wellbeing and helps you reset and recharge.

Keep self-care within reason

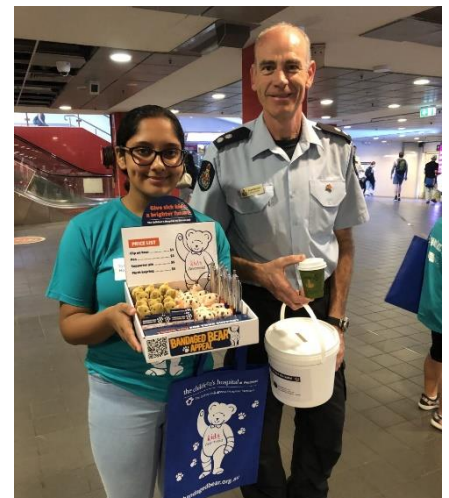
It can be easy to get swept up in the self-care movement, so be practical when it comes to looking after yourself. With restrictions on social interactions and even leaving home, it can be tempting to indulge in ways that are still readily accessible, such as food, alcohol and online shopping.

Common sense should be applied to this 'treat your self' approach. If you're regularly engaging in retail therapy to feel better but are suffering financially as a result, the long-term impact on your mental health is likely going to be negative.

Try to strike an appropriate balance, which will help you to maintain a physically and mentally healthy lifestyle.

This article is adapted from a piece published on Beyond Blue's website.

≡ Picture Gallery ≡



≡ Thank you ≡

for supporting Sydney Children's Hospitals Foundation

