



Update from the Gawler Health Foundation

February 2019

Welcome New Board Members



The Board would like to welcome Sue Jenkin. Sue lives and works in the Gawler region and has been involved in a number of volunteer and charity organisations including the Cancer Council (Gawler Branch), Relay for Life and Gawler Visitor Centre. Sue has a keen interest in ensuring that the Gawler community is able to access high quality health services.

The Board would like to welcome Robert Milanese. Robert is a passionate accountant and business owner. He was a partner of an accounting firm for 7 years and started Milanese & Co in December 2017, as he saw a niche in the market in terms of providing service to businesses and individuals and helping them reach their goals. Robert is backed by a great team of experienced staff that put the client first. They don't just look to do tax returns but rather grow people's wealth and provide them with choices they never realised they had.



Gawler Health Foundation Rose

The Gawler Health Foundation and Knight's Roses would like to introduce you to the Gawler Health Foundation Rose. This rose is being grown specifically for the Foundation. Roses are \$25 each and will be available for pick up for Mother's Day. Order forms are available out the front of the office, or you can call Nicki and order over the phone. Payment is due at the time of ordering.

Markets

The Gawler Health Foundation will be attending the Amy's Crew Family Market Night on Friday 22 February from 6.30 – 8.30pm. We will also be attending the Gawler Lions Market on Sunday 24 February from 8am – 1.30pm. Come along to one or both events and purchase some fantastic items.

Christmas Raffle

Congratulations to Dylan Panagiotou. Dylan was the winner of our Christmas raffle. The Panagiotou family are great supporters of the Foundation and we appreciate all they do for us.

Thank You Rotary Club Of Gawler

Thank you to the Rotary Club of Gawler for donating 10 televisions this month as replacements in Duldig ward. This brings the number of televisions donated to the Gawler Health Service from Rotary to 22!! This is an amazing effort and we truly thank them for supporting us and the community.



Gawler Health Foundation Calendar

The Gawler Health Foundation is seeking expressions of interest for a calendar we are looking at producing later this year. It will contain photos from around the Gawler Health Service and all money raised will go towards new equipment for the health service. Calendars would be approx.. \$20-\$25 each. Please email or call Nicki and let her know if you are interested.

Managing GHF Administration Expenses

All organisations have administration expenses that are necessary to keep the organisation running. We have prided ourselves in having a very low administration cost and much of this is due to the significant level of effort put in by our volunteers and, in particular, Nicki Ryan.

One area where we have seen a large increase in cost is postage. I know we all like to receive a printed copy of the newsletter and other correspondence; however, we need to limit the costs of postage as much as possible. So, the GHF Board have decided that newsletters will be emailed to all who have an email address registered with the GHF. This will reduce the postage cost and might even save a few trees if we don't need to print as many copies.

Of course, if you really do want us to post your newsletter to you, please let Nicki know.

Living Fundraisers

We have gorgeous grow your own herb and veggie kits, grass heads as well as lovely birthday and greeting cards and candles 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 \$6.00 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 Pumpkin, Chilli, Sweet Corn, Tomato, Lettuce, Beans, Capsicum and Cucumber available at \$6.00 per greenhouse.

Grass Heads - Kids go crazy for these gorgeous grass-haired little characters! Available in "Old MacDonald's Farm" range, each kit includes everything you need to grow your character's grass hair, then cut and style as you wish. Grass heads are \$5 each.



Candles - Each candle is made from 100% soy wax and 100% cotton wick and comes in a glass which sits inside a beautifully designed box. The candles are 175g and burn for 32 hours. Candles are \$15 each.

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 of the last order of cards available at \$1 each while stocks last.



Entertainment Books

We're fundraising with



Entertainment Books will be available again this year, with pre-orders starting end of February. If you would like to register your interest in purchasing a book, please let Nicki know.

People's Choice Lottery Tickets

People's Choice Lottery tickets will be a part of our fundraising again this year, with vital funds being raised last year to help purchase equipment for the Gawler Health Service.

Fundraising Stall



On Monday, Wednesday and Friday between 10am and 3pm we have a fundraising stall in front of the GHF office. We have many items donated by our lovely volunteers including crochet knee rugs, knitted beanies, knitted scarves, crochet tea cosies, knitted baby jackets, knitted baby beanies and booties, knitted teddies, covered coat hangers, wooden cars, wooden paper towel holder, wool, wooden spurtles, wooden dibbers, wooden mixing spoons and French knitting kits. This is in conjunction with our Living Fundraiser items. Look forward to seeing you soon.

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

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