



GOODEZE NEWSLETTER - JULY 2019

Welcome to GoG's July Newsletter!

On the 30th of June GoG held its inaugural Working Bee in its new digs at the University of Canberra Hospital in Bruce! This beautiful facility is celebrating its first birthday and we have been fortunate to have been offered a room to conduct our Working Bee's in.

Outside might have been cold and grey, but inside GOG members were toasty warm while finishing projects, sharing creative ideas and a lovely afternoon tea together.

It was wonderful to see so many members, old and new and all the amazing projects you have all been working on! At the end of the session we were gifted several blankets, comfort toys, Gogsters, beanies and socks! We continue to grow in strength because of your dedication and creativity and the generosity of those who support us in our labour of love. 💕

A special thank you goes to Danielle, Volunteers Co-ordinator, for her support with arranging our new home! 💕



GOG WORKING BEE – 10 AUGUST

Our working bees provide members with an opportunity to work on joint projects, share information, skills, ideas and enjoy a coffee and a laugh with like-minded people.



If you would like to join us, our next working bee will be held on Saturday 10th August 1-4pm at the University of Canberra Hospital, Bruce. Bring a GoG project or project of your own to work on, a name badge and a travel mug if you have one. All welcome! 😊

Donations Update

Items in need currently are:

unisex blankets, bed socks, fingerless gloves, Goodie Dolls and Gogsters.

CONTACT DETAILS

Website: www.goodomengoodeze.org

Email: goodomengoodeze@gmail.com

QI PROJECT UPDATE

This month we received our first feedback from Carly, Director of Nursing, ICU at TCH on the official 'Customer and Carer Feedback' form. This form was specifically designed to assist with data collection for our Quality Improvement Project, 'How do Comfort Goods Impact the Patient Experience'. Thank you to Carly, Tess, Kath and the many staff members involved in supporting this project and to all the GoG members assisting with tracking and labelling their Goodies!

The following is a transcript of the feedback received.

"My Dad was feeling confused, scared in addition to his pain. He was gifted a blue, grey and brown knitted blanket and they said it's for him to comfort him. He has not stopped talking about it. This has definitely helped him tremendously; it has lifted his spirits and is so grateful for this generous and wonderful service. My family and I are also extremely thankful and happy. Would also like to add that all the staff including all Doctors and Nurses for their excellent care they have provided."

Customer and Carer Feedback Form

Which service are you writing about?
KNITTED BLANKET

Where did you receive the service?
CBE HOSPITAL ICU - ISOLATION ROOM

What would you like to tell us?
☒ Compliment ☐ Comment/Suggestion ☐ Complaint

Today's date: 05 JULY 2019 Date of service: 05 JULY 2019

MY DAD WAS FEELING CONFUSED, SCARED IN ADDITION TO HIS PAIN. HE WAS GIFTED A BLUE, GREY AND BROWN KNITTED BLANKET AND THEY SAID IT'S FOR HIM TO COMFORT HIM. HE HAS NOT STOPPED TALKING ABOUT IT. THIS HAS DEFINITELY HELPED HIM TREMENDOUSLY. IT HAS LIFTED HIS SPIRITS AND IS SO GRATEFUL FOR THIS GENEROUS AND WONDERFUL SERVICE. MY FAMILY AND I ARE ALSO EXTREMELY THANKFUL & HAPPY. WOULD ALSO LIKE TO ADD THAT ALL THE

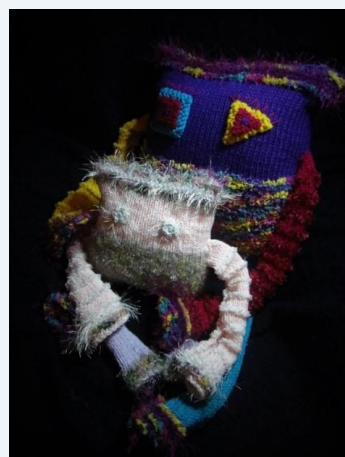
Housekeeping

If you'd like to stay up to date with what Goodies are in need, please visit our website to find out current information. Also, if you would like to make yourself available to accommodate urgent requests when we receive them (2-3 days), please let me know and we will add you to our database.

Thank you to everyone who has continued to label their Goodies. The register is running smoothly, and our Quality Improvement Project is right on track!

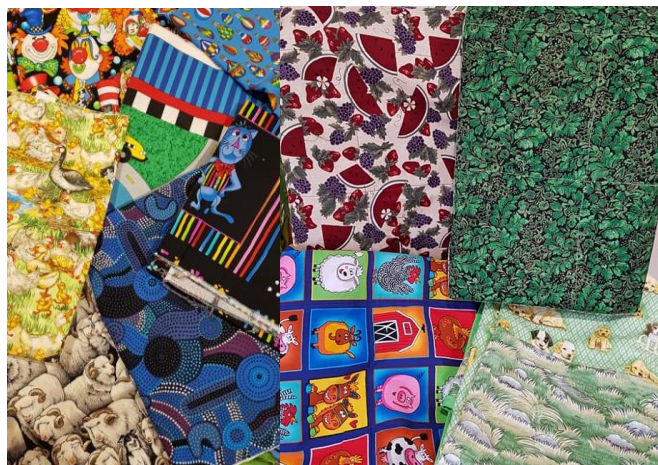


If you would like to get creative and give a Gogster a try, we have several pillows available, thanks to the Wonderful Wendy and Marvellous Marnie. You could collect one at our Working Bees or contact us to make other arrangements.



SPECIAL THANKS

A huge gratitude post to one of our incredibly generous and beautiful GoG members, Jan! As well as donating yarn and Goodies, Jan has also donated tubs of gorgeous quilting fabric which Mission Stitchin' has beautifully stitched into rugs and gowns. These gowns play a huge part in providing long term patients with comfort, colour and dignity. Thank you for your support Jan and for being a true Goodie! 💖💖💖



INFORMATION FOR NEW MEMBERS

We will be handing out tags at our next Working Bee to those members who are happy to attach one to each gorgeous Goodie that is created. If you are unable to make it, please don't hesitate to contact me to make other arrangements.

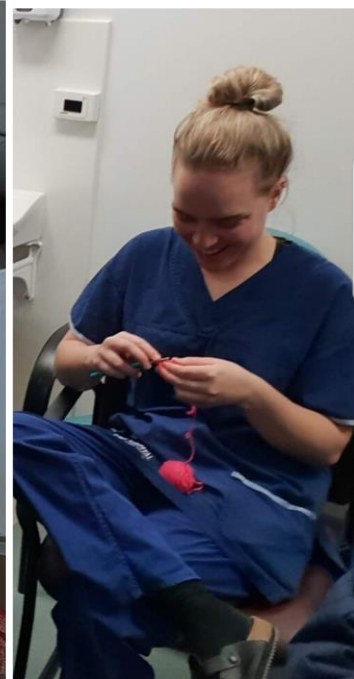
If you would like to receive yarn or fabric for a GoG project, please email Mary at goodomenggoodeze@gmail.com to make arrangements. If you have materials you would like to donate or know of anyone who would like to donate to our project, please contact Mary via email or leave a comment on our Facebook page.

CROCHET FOR MINDFULNESS

On 12 July, we held our second instalment in our Mindfulness In-Services at the Canberra Hospital ICU – “Crochet for Mindfulness”.

A huge thank you to the Goodeze who gave up their time to come in and pass on the art and joy of crochet and to the staff who took time out of their incredibly busy day to join us! 💕 Also, special thanks to Kath and the ICU team for inviting us in once again to spend an enjoyable afternoon with an amazing team!

We hope that sharing these skills with you will lead to hours of mindful relaxation and the joy that comes from being creative for yourself and others! 😊💕



FACEBOOK FEEDBACK

28 June

Thank you GOGs for the wonderful delivery of unisex colourful blankets today!

Also, Dr Bron and Dr Manjoi have taken quite a liking to Chloe our new comfort accessory. She does have quite the personality - Kath



30 June

Gifted this beautiful royal blue and light blue blanket today to the most lovely man. He has had a long hospital admission. He was so gracious about receiving the blanket and wanted to relay how important volunteering is to the community and what a difference these hand-made gifts are to the human soul and spirit in vulnerable times.

He said to me that the GOGs represent to him caring, community and connections.



1 July

Feeding back a sincere thankyou from a friend of the blanket's recipient.

To Mary and the GOGs, Thank you for taking the time and making the effort to think of others you will never know or meet but your kindness will make a difference and lessen the load, and brighten a room and remind us we are all connected.

It is also so nice as a staff member to be able to provide these beautiful gifts when there is little else that we can do to help - Kath



Kath, that is such precious feedback! Thank you to you and all the other staff who comment for keeping us at GoG updated with patient comments and feedback. It fuels our tanks and inspires more ideas and new projects.

5 July

Thank you GOGs, from a very grateful Rabbitos patient. She has had this blanket on her bed for a few weeks now.

Today I managed to get a photo - Kath



When you create a Goodie with someone in mind, it's such a lovely surprise when you hear about the different journey it's being taken on!

21 July

Thank you for the rainbow blanket I just received. You could not have chosen a better colour for me... love rainbows. A promise of good coming. And a visit from Ruby.... awww thank you – Janet



GoGs and Dogs, there is no better therapy – Kath

27 July

Just some feedback from a grateful family who were very appreciative of the gift of this blanket which they will forever cherish.
Thankyou GoGs for making a difference to the care we give. - Kath



27 July

This blanket was gifted to an old hippy who needed a boost during a long hospitalization. She loved the colors and said every time she looked at it she felt peace thinking of her home down the south coast and watching the whales swim past from her window. She said it is going to motivate her to get home. Xx



27 July

Grateful for the head warming red and white beanie for a patient that made it thru the op, and thru the night.....

Pale but Looking almost pink with the beanie on.

Am always struck by the effect of the beanies, not only for warmth, but for their effect on me:

“There lies a unique human being”.

Placing a hat on a patient, particularly if they are bald, always moves me.

.....passing on the love to the lovely GOGS. -Tess

Proudly supporting



CANBERRA HOSPITAL
Foundation

Heart of the community