



THE GOODEZE NEWSLETTER- SEPT 2019

Welcome to GoG's September Newsletter!

This month has been one of the most exciting times for GoG. There have been a record-breaking number of Goodies donated and a record number of members attending our Bi-monthly Working Bees! There are new projects in the pipeline and several events on the horizon, including our Pink Ribbon Feast to be held on the 20th of this month and our Christmas party which will be held on the 30th of November.

We have also decided to include 'Block of the Month' into our busy schedules. If you wish to participate please complete a block and bring/send it to a Goodeze working bee during that month. The blocks will be put together to make a blanket (many hands make light work).

Each month will have a colour theme and we are beginning in October with PINK!

We ask you to adhere to the following guidelines so that all the blocks will fit together easily.

- * the completed block should measure 15cm x 15cm
- * the block can be crocheted or knitted
- * use 8 ply acrylic yarn
- * your block can be any design but, **MUST** be 15 cm square
- * the block can be any shade of the colour chosen for that month.

Thank you for everything you do on behalf of GoG! 💕



A sample of the squares all ready to go for 'Pink-tober'!

CONTACT DETAILS

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UPCOMING GOG WORKING BEES – 12TH AND 20TH OCTOBER

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 working bees for October will be held on **Saturday 12th and Sunday 20th October 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! 😊

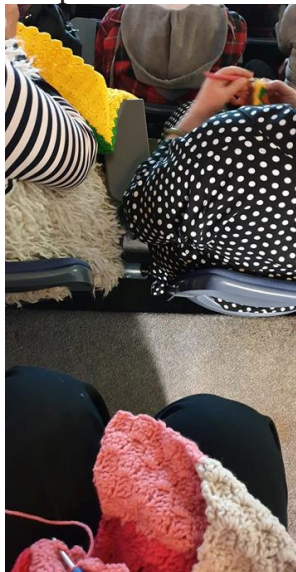
Donations Update

Items in need currently are:

Blankets, Cannula Covers, shawls, Goodie Dolls and Gogsters.

VOLUNTEER ORIENTATION SESSION

On 2 September, several GoG members attended the latest Volunteer Orientation session held at the Canberra Hospital. Over the past several months GoG has been working with Volunteer Services and Canberra Health Services to formalise our 'Mindfulness Sessions' within the Canberra Hospital and the University of Canberra Hospital.



3x hooks flying at the volunteer orientation session

We are all excited that in the very near future these sessions will be made available to staff, patients and family members within TCH and UCH. All GoG members wishing to take part in these sessions in the future will be required to attend an orientation session prior to becoming a 'GoG For Mindfulness' volunteer. Thank you to those members who gave their time to attend! 😊

SPECIAL THANKS – MISSION STITCHIN'

A visit to Pat and the Mission Stitchin' ladies always brings a big smile to my face and warms my heart. To be around such kind human beings is something I am so grateful for. Yesterday was no exception! Thank you ladies for all you do, not just for GoG but the other charities you give your time, effort and skills so selflessly to! 💕



Housekeeping

Volunteers for GoG for Mindfulness (GoG FM):

If you are interested in becoming a GoG Volunteer to assist with our Mindfulness Sessions at TCH and UCH, the first step is to apply for a Working with Vulnerable People Card. You can do this by going online and completing an application form on the Access Canberra website.

Patterns: Links to a selection of our popular patterns can be found on our website or on our facebook page. If you have any queries regarding these patterns, please don't hesitate to email us or send a message on facebook.

Tips for members making Fiddle-muffs:

Members wishing to attach buttons, bows or beads to their Fiddle-muffs are asked to do so using dental floss. This will ensure that the beads etc are securely and permanently fastened.



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

Labelling: Thank you to everyone who has been attaching labels to their Goodies. It has made a significant difference to the ease and speed at which the inventory is being completed. You can collect labels from one of our working bees or if you aren't able to make it, please send us an email and we'll get a pack to you.



GOG SEPT WORKING BEES

7 Sept

Thank you to all the Goodeze who came along today to another hugely successful biweekly GOG working bee. 🐝 Despite the turn of bad weather there was a huge member turn out, and a large portion of new members and faces; we all had an absolute blast. We had a wonderful visit from the lovely Chris, a past patient of the ICU and one of the first recipients of a GOG beanie. He shared with us stories about the patient journey, and how much of a positive impact the goodies our members create makes. We received mountains of amazing Goodies and are very thankful to everyone who has donated; we are so excited to pass them on to the hospital. 😊

A few new ideas were thrown around at this GOG meeting and we are excited to introduce the Colour of the Month project, where each month people crochet or knit one square of a certain colour and size, and bring it in to be sewn up to make one communally made blanket. Robin (with a bin) 😊 will be around to provide further details on that. We are also going to hold a Pink Ribbon Feast on the 20th of October, so please keep the day free so we can all come together to celebrate the strength of women with breast cancer all around the world, and help raise money for a great cause. 💖

Finally, if you're stuck on what to start next, we are currently putting a call out for footy blankets, cannula covers, and Gogsters. If you have any questions or need any wool; don't hesitate to contact us. We have packs already made up to hand out! (Thanks for the help Amanda!) 😊

Thank you as always for all your time and work, without you all this would not be possible. We are so lucky to be surrounded by such loving and giving people, what a beautiful family we have become and we're so excited that we're still growing. 💖



22 Sept

What another amazing GOG working bee! 😊 On a beautiful Spring afternoon it was lovely to see so many people (including some new members) come along and spend an afternoon of creating, learning, sharing, cake (yes we had cake this time ... thanks Amanda 😊) and, more than just a bit of laughter ... we were even able to open the doors and 'overflow' into the courtyard. Special thanks too, to those who made the effort to pop in to drop off their

Goodies. 💖

If we thought the last working bee saw a mountain of Goodies, then this was an even BIGGER mountain! There is so much love and creativity in all the Goodies created that it is an absolute delight to be able to pass them on to the hospital. The generosity and skills of our growing group is mind blowing! 😊

It was so exciting to see the first contributions to our new "Colour of the Month" project. The wonderful assortment of pink crocheted and knitted squares handed in already, has Robin and Amanda rubbing their hands with glee as to how they might be able to put them together and wondering just how many blankets we'll end up making given the amazing response to this challenge so far. 😊 Remember to keep an eye out for Robin's posts on the project and keep in mind the basic requirements ... pink 8ply acrylic in 15cm squares of any design or shade, you can be as basic, or as adventuress as you like. I know a number of us are using this project as a way to challenge ourselves to try something new, but don't shy away from 'old favourites' like the traditional granny square.

Thank you for putting your heart and soul into everything that you do to make a difference to members of our local community in need. You're all wonderful examples of "being the best we can bee" 🐝! 😊💖

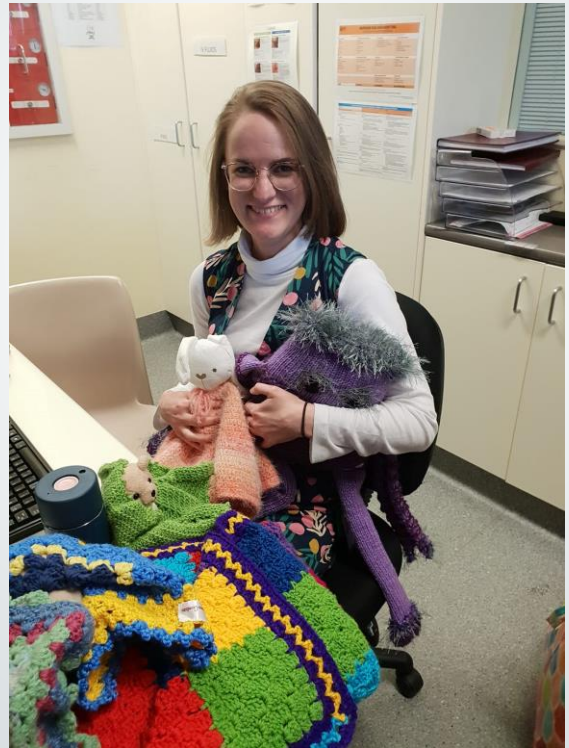


ICU FACEBOOK FEEDBACK

1 Sept - This gorgeous sloth blanket found it's way into the heart of one of our patients with much appreciation particularly on a very cold night. Thankyou GOGs.



4 Sept - We love it when Dr Bec is on. She loves to sort and stock the cupboards with Good Omen Goodeze merchandise. I noticed she is developing a close attachment with Freya the Gogster. Today dear little 'Beaker' was adopted, and his new owner just adores him.



8 September - How lucky was the ICU Team today. A visit from the GOGs and DOGs. Mary from GOG and Pat from Mission Stitchin dropping off comfort care goods and Ruby and Amanda from Delta doing their Sunday rounds.



3 September - We are very excited with the latest delivery. Thankyou Gogs, Wolverines and Mission Stitchin. Xx



15 September - Adopted today and from now on will be referred to as Grandma Sunshine.



18 September - When a patient can't choose which blanket they like the most, Nathan and Arnie are happy to model. This photo was taken on our balcony. It's very important for our long term patients to go outside in the natural light for whole lot of reasons. Thanks to the blankets, beanies, shawls and scarves, our patients stay longer on the balcony on these cold Canberra days, for a good dose of Sunshine.



14 September - These fiddle toys have so many uses. They are used to comfort children, distract during procedures, provide a confused patient with a source of sensory outlet rather than pulling at lines. We give them to children visiting patients in our unit that are feeling overwhelmed and to patients just having a bad day and need a little positive mascot to cheer them up. Dina found the perfect person to give this one too.



22 September - Thankyou GOGs; Cupboard is stocked Xx



24 September – September is Therapy Dog Month and we couldn't let it pass without hounding you about some of our newest ICU recruits. Get ready to fall in love with Harry, Coco, Watson and Ruby. A video produced by Canberra Health Services facebook page.



What a power couple! 😊🐾 GoGs and Delta Dogs!

25 September - The recipient of Zeb wished that I pass on her gratitude to everyone involved in creating a Gogster who resembled her dog that she has been away from for so long and misses dearly. Thank you GoGs.



Thank you for giving us the opportunity to bring something special in to patient's lives and for passing on this feedback in your busy day, it helps inspire us to keep creating, I'm just so happy to know that Zeb the Gogster has brought some joy ... there really is love in every stitch of the 'Goodeze' this group creates. - Barbara

29 September - Today I was approached by our trauma cnc and 2 medical staff looking for cannula sleeves. The feedback received was that these sleeves help prevent an agitated patient pulling out a cannula that may have taken a long time to insert. Re-cannulation of agitated patients adds more stress to an already stressed patient. In addition, predisposes them to more infection risks. This sleeve pictured kept a cannula safe and comforted a patient by its soft textured wool and the colour distracted them from plucking to stroking. Thank You GoGs.



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