

# **SUPERHERO DAY 2020**

Join us in celebrating our superheroes!

Walk through the Women's and Children's Hospital (WCH) on any given day and you will be surrounded by superheroes. But they aren't wearing capes and they can't see through walls or fly!

They are the doctors, the nurses and the paramedics working around the clock to save the lives of our state's youngest. They are the families – mums, dads, grandpas, grandmas and siblings - who don't leave their little one's side. And of course, the brave patients themselves.

**On Wednesday March 25, 2020, the WCH Foundation is launching its inaugural Superhero Day** to raise vital funds to support children and their families who rely on Adelaide's Women's and Children's Hospital. Superhero Day will see South Australians dress up as their favourite superhero or engage in superhero themed activities. These celebrations will coincide with Superhero Day in the Hospital.

In your school, workplace or community group you would be hard pressed to find a child and their family who hasn't experienced care from the WCH. Superhero Day is an excellent opportunity to support the superheroes in the Hospital, while having fun, acquiring new skills and engaging your community.



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**There are many ways to get involved. Here are a few ideas:**

### Dress Up

- Dress up as your favourite superhero character for a donation to the WCH Foundation.
- You can come dressed head-to-toe as a superhero character, or simply wear a mask!

### Bake sale or screening

- Have a superhero-themed bake-sale with all proceeds donated to the WCH Foundation.
- During the lunch break, watch your favourite superhero program for a donation.

### Get active

- Hold a superhero running race or obstacle course. Participants can receive sponsorship for simply being involved, or for the number of laps completed.

### More ideas for schools

- Dressing up is an important part of play, positively affects children's development, fosters imagination and assists with understanding the world around them.
- Incorporate Superhero Day into the classroom by getting students to design and decorate their own mask or have students write their own superhero short story or discuss what super powers they have.
- If your students cannot dress up, they can sponsor a teacher to wear a superhero costume for the day.
- Be a 'Super helper' within the community. Students receive sponsorship to help someone within their community or home. It could be as simple as washing the dishes for a week at home, collecting recyclable cans or watering their neighbour's garden.



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## About the WCH Foundation

The WCH Foundation is committed to providing ongoing support to the Hospital that has a lasting impact on the health and wellbeing of families. Over the last 10 years, the WCH Foundation has raised over \$36 million in support of the Hospital, funding a wide range of initiatives including:

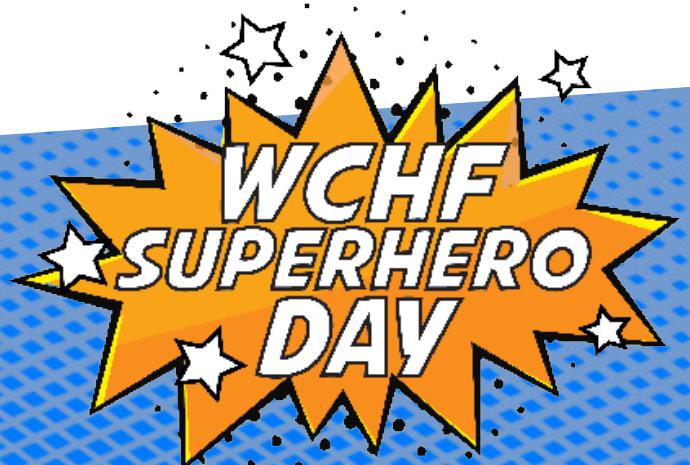
- \* Delivering an Arts in Health program aimed at reducing stress and anxiety of patients and their families.
- \* Purchasing vital equipment for the Hospital to enable faster, more thorough diagnosis for our sick children.
- \* Funding ground-breaking research projects to bring us closer to finding cures for debilitating diseases.
- \* Updating key areas of the Hospital to improve the patient experience.
- \* Constructing the WCH Foundation Beach House - South Australia's first purpose-built holiday home for palliative and complex care patients and their families – and establishing an ongoing program.
- \* Supporting families facing financial hardship through the Family Support Fund.

## How to get involved

Fill out our registration form attached and email it to [community@wchfoundation.org.au](mailto:community@wchfoundation.org.au)



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## Registration form

Please complete and return by email to [community@wchfoundation.org.au](mailto:community@wchfoundation.org.au) to have your Superhero Day event approved.

School or Business name: \_\_\_\_\_

Address: \_\_\_\_\_ Postcode: \_\_\_\_\_

Event coordinator name/s: \_\_\_\_\_

Event coordinator role/s within school: \_\_\_\_\_

Name of class(s) or Year level(s) involved (if applicable) : \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Date of event : \_\_\_\_\_

Fundraising target: \_\_\_\_\_

Would you like to collect donations online by creating an Everydayhero fundraising page for your class/school or business in support of Superhero Day? Yes/No

Will you collect donations at school or business?(See our remittance form) Yes/No

Why are you passionate about supporting the WCH Foundation? \_\_\_\_\_

Event description: \_\_\_\_\_



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## **Remittance form**

Once you have held your Superhero Day event, please collect your donations and send it to the WCH Foundation within 2 weeks. There are many ways which you can transfer your fundraising:

### **1. Online fundraising page**

If you have created an online fundraising page on Everydayhero, your fundraising will automatically be transferred to us. You do not have to do anything.

### **2. Direct deposit**

Deposit funds into:

WCH Foundation gift fund

Bank: Bendigo Bank

BSB: 633 000

Account: 1350 452 68

Reference name: Full school or business name

Please email us at [community@wchfoundation.org.au](mailto:community@wchfoundation.org.au) with the total amount and date of transfer.

### **3. Cheque payment**

1. Name on the cheque: Women's & Children's Hospital Foundation

2. Send cheque, together with following details to the below address:

WCH Foundation

Locked bag 5,

Adelaide SA 5001

School or Business name: \_\_\_\_\_

Event coordinator name/s: \_\_\_\_\_

Phone: \_\_\_\_\_

**Thank you for your generous support!**



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