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## **Raising funds for Cappagh Hospital Foundation**

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Why not get together, have a chat and a 'Cuppa for Cappagh', with friends or colleagues this October. Please support us and host your own fundraiser!

## #cuppaforcappagh

## **D** SUGGESTIONS!

Cuppa ice cream, cuppa tea, cuppa smoothie, cuppa hot chocolate, cuppa coffee and cream, cuppa dessert, cuppa soup, cuppa porridge, a cuppa whatever you like!

# WHY a Cuppa for Cappagh?

Your donations will raise much needed funds for research, education, training and the purchase of critical equipment that will enhance and improve patient care at The National Orthopaedic Hospital Cappagh.

## YOU could change a life

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#### A Cuppa for Cappagh is easy to run!

It brings people together to do something good for Cappagh Hospital Foundation.

- Step 1: Decide on where to hold your Cuppa for Cappagh!
- Step 2: Pick a date and time in October.
- Step 3: Download useful props & resources at www.chf.ie
- Step 4: Invite everyone!

Step 5: Host your Cuppa for Cappagh fundraiser and send us your photos to share.

- Step 6: Enjoy!
- Step 7: Return your donations by bank transfer, post, or online at www.chf.ie

### www.chf.ie

Patrons: Mr. Francis Brennan; Mrs. Mary O'Rourke. Cappagh Hospital Foundation is the registered charity raising funds for The National Orthopaedic Hospital, Ireland's major centre for elective Orthopaedic surgery. Funds raised support the Hospital to continue to provide the highest quality patient care. The Cappagh Hospital Foundation is an Irish Registered Charity, No. 9282. It is a company limited by guarantee, company registration No. 136618. Charities Regulatory Authority Registered Number: 20023201. Cappagh hospital Foundation. National Orthopaedic Hospital Cappagh, Finglas, Dublin 11

