



## Raising funds for Cappagh Hospital Foundation

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



### 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!



### YOU could change a life

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](http://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](http://www.chf.ie)



### 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.

[www.chf.ie](http://www.chf.ie)