

Title: Healthy Hospo Hearts

Category: Healthcare

Club Name: Ballina RSL

Entrant: Remy Tancred

- 1. Provide an outline of the program, project or cause that addresses each of the following aspects:**
 - a. The program/project/cause objectives**
 - b. The support the club provided, i.e. was it financial, in-kind, staff volunteers or use of club facilities?**
 - c. A timeline of activities/events**
 - d. Any developments made since implementation (for example: if the support spans multiple years, how has the program grown? Will the club provide support again? Will the program be enhanced in the future?)**

Healthy Hospo Hearts was a fundraising initiative driven by our executive chef Stephen Mills. Sadly late 2021 we lost a chef to a sudden heart attack in a gym. He was young. This gave Stephen the drive to round up some of our staff, board member and wider community members to join us in a 'Healthy Hospo Heart Challenge'.

Participants could walk, run, swim, exercise to raise funds for The Heart Foundation Australia.

The challenge ran during December 21 and January 22. The team raised over \$12,000 between the 10 of them.

On February 8 Chef Stephen Mills organised a 6 course degustation with local chefs coming in to assist. This was the big final fundraising event for Healthy Hospo Hearts.

Our Sous Chefs organised donated produce from our suppliers and our F & B Manager arranges the beverages. Patrons paid a ticket price for dinner.

The Club donated the room hire and set up costs, staffing as well as \$3,500 cash through Club Grants.

Chef Stephen Mills would like to make this an annual event in memory of our staff member Minh Griffiths.

- 2. Provide a brief insight into why this program, project or cause was supported by the club. In your answer, summarise:**
 - a. How the project, program or cause was first presented to the club. For example, did a member present it to the Board or Executive team, was it part of a ClubGRANTS submission, did it come from a local business or the community based on a need, was a survey conducted to identify areas of community need, etc.**
 - b. Why it was important to the club to support this community need.**



Stephen had raised organising this challenge at the busiest time of the year as he not only was it due to our team mates death but also to make hospitality staff remember that it is important at the always to look after your health, including at the busiest time of year.

One Australian dies from a heart attached or stroke every four minutes.

Our pre-media coverage was a call out to the wider community to join our 8 week challenge and to raise awareness of this incredibly high statistic.

The community benefit by our team fundraising as additional defib's can be placed around the region as well as much needed research.

The Club had no hesitation in supporting this community need. We are a very active area with lots of families, sporting organisations and having additional defib's around the region can only be a great thing.

3. Provide an outline of the positive impact the club's contribution had on the community.

Our charity awareness also included member engagement through our EDM, website and invite to for members to donate and also book into our dinner. Our dinner sold out in just a few days.

Given our Club members are on the 70+ majority age. Their hearts are the top of the topic during many conversations we share with them when they visit us.

A grand total of close to \$22,000 was raised from the challenge, dinner and our member donations as well as our Club grant.

We attracted further awareness through all local media channels - TV, radio and press.

So many of our staff joined in the challenge, collected raffle/auction prizes or made personal donations. A terrific team bonded together through tragic circumstances.

4. Add any credits here (optional).

5. Supporting material:

- *To request copies of the supporting documents, please email events@clubsnsw.com.au*