



# Cuppa for Cappagh

will raise critical funds for Cappagh National Orthopaedic Hospital. Why not get together, have a chat and a 'Cuppa for Cappagh', with friends or colleagues anytime, anyplace, anywhere!  
**Please support us and organise your own fundraiser!**

## #changinglives



### SUGGESTIONS!

cuppa ice cream; cuppa tea; cuppa smoothie; cuppa hot chocolate; cuppa coffee & 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 and Cappagh National Orthopaedic Hospital.

**Step 1** Decide where to hold your **Cuppa for Cappagh!**

**Step 2** Pick a date and time!

**Step 3** Invite everyone!

**Step 4** Host your **Cuppa for Cappagh** fundraiser whatever way you want - anytime, anyplace, anywhere!

**Step 5** Enjoy!

**Step 6** For more information visit

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OUR  
GOAL  
**€18K**

### WHY a Cuppa for **Cappagh**?

As part of our 30th Anniversary celebrations, we are launching our first **Cuppa for Cappagh**.  
**We would love your support!**

Your donations will raise much needed funds for critical equipment that will enhance and improve patient care at Cappagh National Orthopaedic Hospital.

Can you or your company, salon, shop, community group, school, sports club, host a **Cuppa for Cappagh** and support patients from all over Ireland?

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