

12 June, 2013

Locals urged to 'go dry' this July

Adult cancer services in the St George and Sutherland Shire are set to benefit from a national fundraising campaign that encourages people to abstain from alcohol for the month of July.

The national *Dry July* campaign is simple; don't drink for the month and get people to sponsor your efforts.

St George and Sutherland Hospitals have been selected, as one of 34 beneficiaries of the popular fundraiser.

Money raised at Sutherland Hospital will be used to purchase a double glass door warming cabinet which is used to warm blankets for patients undergoing treatment for cancer and stroke. At St George Hospital, *Dry July* funds will be used towards the improvement of patient amenities for cancer patients, including a revamp of kitchen facilities, 30 new chairs for the patient waiting room and the installation of Wi-Fi.

Cancer care teams at St George and Sutherland Hospitals are now encouraging others in the community to sign up for the month-long challenge, or support the efforts of participants.

Nursing Co-director for Cancer Services and *Dry July* participant, Joanne Newbury, said this is the first time that St George and Sutherland Hospitals have taken part in the *Dry July* campaign and staff are encouraging locals to jump on the wagon.

"*Dry July* is a light-hearted approach to raising funds for a serious issue, it's no easy challenge to undertake, but the far reaching benefits are reason enough to stay dry," Ms Newbury said.

"Being a participant is fun, challenging, and good for you, and gives people the opportunity to make a positive difference to the lives of people living with cancer.

"Our teams are ready and raring to go and we are issuing the challenge to other workplaces in the St George and Sutherland Shire to get on board."

Dry July also encourages people to look at their own health; realising their alcohol consumption habits and the impact drinking has on their lives.

Past participants have said, aside from feeling good about helping others, some of the benefits include increased energy levels, higher productivity, weight loss, sleeping better/snoring less, a clearer head, a new attitude to alcohol consumption and a healthier bank balance.

For more information on participating in the challenge or sponsoring a participant, visit www.dryjuly.com.

Media Note: St George and Sutherland Hospital Cancer Care teams will be available for photos on Thursday 20 June, 2013 in the Sutherland Hospital Atrium at 12 midday and the St George Hospital Cancer Care Centre at 2pm.