



CDH Sunflower Sunday is our annual awareness day to raise awareness about congenital diaphragmatic hernia, and where our community comes together to meet in person and build a stronger and more connected network.

Sign up for CDH Sunflower Sunday here: <https://www.signupgenius.com/go/60b0949aaa929a1fe3-cdhsunflower>

LOCATIONS AND TIMES

Further information will be emailed to you closer to event date. All times are the local time for each location.

- **Perth – 11am-1pm**
Kings Park. Meet at Vietnam Memorial Pavilion on May Drive (near Zamia Café)
- **Melbourne - 12pm-2pm**
Fitzroy Gardens. Meet at Temple of the Winds Rotunda (Near Clarendon St & Gipps St)
- **Sydney - 12pm-2pm**
Livvi's Place Playground. 19 Henley Marine Drive in Five Dock
Look for CDH Australia signage near entrance
- **Brisbane – 10am-12pm**
Robelle Domain Springfield. Meet at “The Circle” and look for CDH Australia signage.
- **Townsville – 8:30am-11:00am**
Meet at “Jezine Barracks” sign. Walk along The Strand. Finish at Waterpark.

ACTIVITIES

More than 250 people will come together on [Sunday 11 November](#) to join in the [CDH Awareness Walk](#) at CDH Sunflower Sunday events across Australia, raising awareness and showing support for members of the CDH community.

The Walk will finish with a heartfelt reading to honour our CDH angels and their families. We close the reading with a beautiful ceremony where bubbles are blown into the sky as a group, to pay tribute to those facing their own CDH journey, and to remember loved ones lost.

Each event will also include free activities for families and children, followed by a picnic.

FOOD & DRINK

A beautiful cake will be provided for our guests to enjoy on CDH Sunflower Sunday. (Please note we're unable to cater for individual allergies and food intolerances)

We also encourage you to bring your own picnic to enjoy with your new friends. Some locations have public BBQs or a café nearby.

WHAT TO BRING

- Sunscreen, hat, comfortable shoes
- Picnic (food, snacks, drinks, rugs and/or chairs)
- Our theme is yellow sunflowers, and many guests dress up to honour our theme.
- Please join us and wear yellow, or buy a CDH Australia t-shirt from our online store: <http://cdhaustralia.thetshirtmill.com.au/>

PLEASE SUPPORT OUR COMMUNITY

Our events are free to attend and available to everyone at any stage of their CDH journey.

We're not fundraising or accepting cash donations at our events this year. Instead, we're encouraging each family to set up their own online fundraising page.

Every dollar you raise makes a real difference, so make sure you share the URL of your fundraising page to your friends, family, and colleagues and ask them to support you in your efforts.

Your help to raise funds is very much appreciated, and the money raised will help our organisation continue to support families affected by congenital diaphragmatic hernia across Australia.

Sharing your story and your fundraising page lets people know about our organisation and helps raise awareness of congenital diaphragmatic hernia.

CREATE YOUR FAMILY'S FUNDRAISING PAGE

Follow link and click "Join Team" <https://give.everydayhero.com/au/cdh-sunflower-sunday-18>

Every little bit helps. All donations over \$2 are tax deductible. Tax receipts are automatically emailed to donors.

STAY UP TO DATE

Join our Facebook event page [here](#) to stay up to date with the latest CDH Sunflower Sunday news. Further event information will be shared on our Facebook event page and will also be emailed directly to registered guests.

VOLUNTEERS

If you'd like to help our wonderful event hosts on the day, please email susanfisher@cdh.org.au

QUESTIONS?

Please email susanfisher@cdh.org.au

REMEMBRANCE DAY

Remembrance Day has a special significance in 2018. Sunday, 11 November 2018 marks the 100th anniversary of the Armistice which ended the First World War. At 11am, our event organisers will read the Ode and observe one minute's silence in memory of those who died or suffered in all wars and armed conflicts.

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Kind regards,

