

Hello, Eltham High Community,

My name is Tegan Gibbs, and I'm excited to share that I'm participating in this year's Firefighter Stair Climb, "Stepping Up to Fight Cancer, Depression, and Suicide."

I've been a member of the Diamond Creek Volunteer Fire Brigade since I was 11, starting as a junior member. Over the years, I've learned about fire safety and how the CFA plays a vital role in our community. At 16, I became a full senior member and, last year, completed my General Firefighters course to become an operational member. Since then, I've been responding to emergencies, helping my community in times of need.

CFA has provided me with leadership, communication skills, and a sense of resilience. It has given me the confidence to be part of a team that supports people during what could be the scariest moments of their lives. CFA is like family to me, and it's something I'm proud to be a part of. My dad joined the brigade after I did, and we volunteer together.

This year, I'll be participating in the Firefighter Stair Climb on September 6th. This event brings together firefighters, SES workers, Forest Fire Management, and other emergency service workers from across Australia. We'll be climbing 28 floors of the Crown Metropol building while wearing 25 kg of gear. This challenge aims to raise funds for cancer research and mental health resources.

The event supports three foundations: Lifeline, the 000Foundation, and the Peter MacCallum Foundation. 100% of donations go toward these organizations, with a goal of raising \$1 million. My personal fundraising goal is \$1,000.

I'm participating in this climb because I want to help those affected by cancer and mental health struggles. Cancer has impacted my family, and I want to contribute to finding a cure so fewer people have to experience the pain of losing loved ones. I also care deeply about mental health, as I've seen how it has affected my family, friends, and others around me. Lifeline and the 000Foundation provide crucial support for people in crisis, and I want to help ensure that these resources remain available.

Lifeline offers suicide prevention and crisis support, answering over a million calls every year across Australia. They help Australians through personal crises, with one call every 32 seconds.

The Peter MacCallum Foundation is dedicated to cancer research, and sadly, cancer is the leading cause of death among firefighters. If we reach the \$1 million fundraising goal, \$400,000 will go toward cancer research at Peter MacCallum.

The 000Foundation focuses on the mental health of emergency service workers, addressing issues that arise from their stressful and sometimes traumatic work. About \$200,000 of the funds raised will support this foundation.

If you'd like to learn more about the climb, you can visit [this link](#).

I would be incredibly grateful for any donations, big or small. Together, we can make a real difference. Please feel free to share the donation link with friends and family – every contribution helps and remember, deeds do count.

My donation link is here: [Tegan Gibbs' Donation Page](#).

Thank you for your support!

Warm regards,
Tegan Gibbs