



eba

the early birth association

The Early Birth Association Autumn Newsletter - 2015

Hello All!

As ever there's lots of news and updates to tell you about but let's start – and quite rightly so – by thanking some of the wonderful people and groups who enable us to support both the TMBU & PRH SCBU, by donating their time & money so generously.

Our Amazing Fundraisers:

In no particular order...

Sue & Dave Macleod-Nice. With a group of friends and family they completed their annual charity walk in

memory of their son, Charlie.

Steve & Antonia Wheatley. Steve had his chest waxed!

James Coffill. James took part in the Ram Run with 2 friends and raised a fantastic amount.

Roger Thorpe - Roger continues to support us with a donation each year.

James Wilmott. - We received donations from family and friends in memory of James' Father.

Janet Comben - Jane raised money for us at her birthday Barn Dance.

Michael Clevett - We have received donations from family and friends in memory of his mother.

Trevor Smithers. Trevor raised a phenomenal amount from his sponsored walk around The Isle of Wight in memory of his daughter, Rosabelle May.

Dawn & Juice Haynes. This amazing couple organised a Quiz Night & Raffle at The Eight Bells, Bolney as a thank you for the care of their twin girls. It was great fun - I know, as I was lucky enough to be there!

Patrick Sweeney. His invaluable collected contributions from pubs and businesses in Brighton continue. Thank you so much.

Lee & Lisa. Who are raising funds via their Molly Moo charity, in memory of their beloved daughter Molly. Lee also completed the London to Brighton Bike Ride. Well done mate!

Nursery funds. From committee member Michelle's son's pre-school (Albemarle Little Builders) – who donated £2,000 to be used to provide toys for babies & their siblings on the units.

To all the parents on TMBU who put money in the collecting tin.

To everyone who has donated via Just Giving. Thank you.

And a **BIG THANK YOU** to anyone else who has donated that we have not been able to mention.



You enable us to buy ...

As a result of your endeavours, we have been able to buy lots of new equipment and support some important initiatives at the baby units.

Listed below are just a few examples of how your money is put to good use – big or small, it all makes a huge difference.

Breastfeeding capes - or privacy 'cot-side'.

Snuggle nests for the babies.

Changing trolley - portable, for use in the nurseries.

Arm splints – to keep IV's in place.

Transport packs – a supply of refreshments for parents whose babies are unexpectedly transferred between hospitals to keep them going.

Toiletry packs for mums and dads who need to stay on the unit without any notice at all.

Bereavement candles – we've been thinking about and liaising with staff as to how to provide the most comforting, private environment for bereaved parents.

Staff Counsellor – we are helping to fund a counselling service for the staff. We can only begin to imagine how stressful their working life can be.

We have put in a bid with the Catherine Cookson Trust for a £60K grant to purchase a top of the range external portable incubator. We also have on order a second portable incubator, costing £17K - this will be more basic than the first and used internally in the hospital to transport babies to and from the relevant departments.

The above are alongside the normal day to day items that we supply to the units i.e., beverages and snacks for parents, blankets, muslins, bonnets, bedding etc etc

Coffee Mornings

The EBA continue to run the parent coffee mornings at TMBU. 4 of our committee

members have now completed the Trust's volunteer training programme, so similar coffee mornings have started at PRH. Thanks Michelle on the PRH and Elaine and Heidi on the TMBU. The coffee and cakes are going down well so far! Laura will also be working with Michelle on the PRH coffee mornings soon.

We continue to supply the parents on both TMBU & SCBU with biscuits, tea, coffee, squash, soup, cereals, biscuits and other beverage/food items on a regular basis.



A date for your diary:

On Monday 16th November from 10am until 2pm, we are holding a cake sale in the main hospital foyer at PRH. All donations of cakes welcome! We'll also be

selling tickets for our Christmas Raffle with many wonderful prizes again this year.

Annual General Meeting

We held our AGM on May 20th this year, in the seminar room on the Trevor Mann Baby Unit.

Elaine explained how we have successfully altered our constitution via the Charities Commission so that we are able to support the units in a more flexible way, previously funds were only allowed to be spent on actual equipment and can now include training and counselling.

Wayne also provided us with a summary of the treasury report. The year has seen a 53% increase in funds raised and a 43% increase in spending on the previous financial year.

Lee Burlton joined the committee – welcome aboard!

Push For Prems

The 6th Annual Push for Prems sponsored walk took place on Sunday 12th July. It was an impossibly wet and windy day but that didn't deter the many people who turned up. We send thanks to the organisers - Catherine, Chantal, Sam and Wendy who done a fantastic job again this year. - 50% of the raised funds are going to the EBA, on the horizon the EBA have the refurbishment of the TMBU & PRH SCBU to think about ensuring that the parents are made to feel as welcomed and comfy as they possibly can at such a traumatic time in their lives. The other 50% is going to the Sussex Neonatal Ambulance Service, who provide an absolutely vital service transferring babies from units that don't have the facilities to cope with

extreme prematurity or very sick babies.

Taking part in Push for Prems really is a fantastic, positive way of showing your appreciation for all those who worked so hard to look after our children, whilst also raising awareness to help other families.

The walk is from The Royal Sussex County Hospital to Hove Lagoon (approximately 4 miles) where everyone meets for a picnic lunch and balloons are released in memory of the little ones who sadly didn't make it. Friends and family are very welcome to join too, Dads often dress up as nurses, it's beside the sea – what's not to like?

Please do try & join in the fun next year. This was Henry & me at the end of the walk this time ... I was with both Elaine and my mum but they seem to have

escaped being
photographed!



I've been reliably informed the sun will be out in force next July! Have a look at their JustGiving page for photos of this year's event and a running total of funds raised so far, over £5,600 as we go to print ...



Christmas Party & Raffle

Our annual party will again be held at The Ralli Hall, Denmark Villas, Hove on Sunday 6th December 2pm - 4.30pm.

There will be snacks and refreshments, music, an entertainer for the children and of course a special visit from Father Christmas to hand out the presents to all the children. (Kids under 10 years all receive a gift – if you have older children who would still like to be given a present, simply bring one along with you, wrapped and named & hand in to a committee member – we'll be the ones in bright yellow EBA t-shirts!)

It's a wonderful afternoon & a great start to the festive season, catching up with friends old and new who all share a unique bond. Best of all is seeing all the little miracles running around and joining in.

We also have some wonderful raffle prizes to give away, thanks largely to Helen who has again organised the raffle and managed to get some brilliant donations, so please do get selling those

tickets and remember to buy some for yourselves!

We will be posting Raffle tickets out to all new members over the past year and those who have sold them for us in previous years very shortly. Please keep the details in this newsletter so that you know where to send the raffle ticket stub's/Christmas party acceptance form and monies to. If you are coming to the party you only need to send the acceptance form and funds in the post, you can bring your raffle ticket stubs and raffle ticket monies to the party.

So, if you are NOT coming to the party, please return your stub's (along with any unsold tickets) to: EBA c/o 52 Fairway Crescent, Portslade, East Sussex BN41 2FL by the 27th November. Any cheques need to be made payable to: The Early Birth Association. No cash please

and ensure the postage is correct, thank you.

The party RSVP slip for tickets is attached. They remain at the great price of £5 per person (under 2s are free). Same post details and deadline apply as for the raffle tickets. Please ensure you enclose the correct funds.



Brighton Marathon & Half Marathon 2016.

We have a great team of people already signed up to take part next year and do still have a couple of spaces available if anyone is interested? The EBA cover the costs of the registration fees and provide you with a charity running vest. Please email Heidi at:

heidi@earlybirth.co.uk if

you would like more information.

The marathons have proved to be great fundraisers for us (in excess of £10,000 was raised this year alone) and as a committee we are committed to turn out and support our runners - some of us (Heidi, Duncan, Wayne) have even been known to participate!

Please contact us...

You can get in touch with us via the website:

www.earlybirth.co.uk or via email: info@earlybirth.co.uk

You can also get in touch via our Facebook page – The Early Birth Association.

We LOVE hearing from you!

Finally

That's all for now folks but thank you SO MUCH for your invaluable support – it really does make a HUGE difference – and we hope to catch up with you all at the Christmas Party.

Officers of the Committee

Chairperson Elaine Rowe
(Trustee)
Vice-Chair Heidi Crawford
Treasurer Wayne
Lawrence (Trustee)
Secretary Laura Scott

Committee Members

Helen Wright (Raffle
organiser)
Andy Salvage
Lee Burlton
Melanie Edgar
Margaret Hatley (Trustee)
Michelle Miles
Sue Nightingale

PRH SCBU

Representatives

Sue Robinson

TMBU Representatives

Julie Nalletamby
Dr Ryan Watkins

(Laura Scott - Sept 2015)