

### Can a gift in your Will make a huge difference to tomorrow?

Gifts kindly left by supporters in their Wills are a vital part of our funding. Every contribution made, no matter how big or small goes a long way and allows us to plan for future generations.

For more information about leaving a gift in your Will or for other ways to help Noah's Ark Children's Hospital Charity visit [www.noahsarkcharity.org](http://www.noahsarkcharity.org)



### Contact Us



You can contact Noah's Ark in the following ways:

Phone: 029 2184 7310 Email: [enquiries@noahsarkcharity.org](mailto:enquiries@noahsarkcharity.org)

Post: Noah's Ark Children's Hospital Charity, Upper Ground Floor, Noah's Ark Children's Hospital for Wales, Heath Park, CF14 4XW

Interact and follow us on Facebook or Twitter.

I want to help the young patients at Noah's Ark Children's Hospital.

Please accept my donation of £ \_\_\_\_\_

I enclose a cheque made payable to Noah's Ark Children's Hospital Charity.

Pay via your debit or credit card by calling us on 029 2184 7310 or online at [www.noahsarkcharity.org](http://www.noahsarkcharity.org)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Email: \_\_\_\_\_

Tel: \_\_\_\_\_

- I am a UK taxpayer and wish the charity to claim the tax from this donation at no cost to me.
- I'd like to help in other ways. Please let me know how I can get involved.
- Please send information about \_\_\_\_\_
- Please send me e news.

Noah's Ark Hospital Charity, Upper Ground Floor, Noah's Ark Children's Hospital for Wales, Heath Park, Cardiff CF14 4XW



**Noah's Ark**  
Children's Hospital Charity  
Autumn Newsletter 2015

**VISIT OUR NEW WEBSITE! P6**

**Santa's Grotto P2**

**Make Kids Better - Wear a Sweater!**  
Turn to page 3 for details

[www.noahsarkcharity.org](http://www.noahsarkcharity.org)

 [enquiries@noahsarkcharity.org](mailto:enquiries@noahsarkcharity.org)

 [noahsarkcharity](https://twitter.com/noahsarkcharity)

 029 2184 7310

 [facebook/noahsarkcharity](https://facebook.com/noahsarkcharity)



# Christmas Stocking Appeal

Make a donation to our Christmas Stocking Appeal and help buy gifts for sick children in Wales.

100,000 patient visits every year to our national children's hospital.

Fill in the donation form on the back page or visit [www.noahsarkcharity.org](http://www.noahsarkcharity.org) to donate to our stocking appeal

Your support matters.



## Visit Santa at IKEA Cardiff

5th – 23rd December 2015

£8 (visit and gift), £10 (visit, gift and photo)

### Opening hours:

Monday – Friday: 2pm – 6pm

Saturday: 11am – 6pm

Sunday: 11am – 3pm

21st, 22nd & 23rd Dec: 11am – 6pm

Tel: 029 2184 7310

All proceeds go to Noah's Ark Children's Hospital Charity, supporting 100,000 sick and vulnerable children in Wales each year

Sponsored by



## Noah's Ark

Children's Hospital Charity  
Elusen Ysbyty Plant

[www.noahsarkcharity.org](http://www.noahsarkcharity.org)

[@noahsarkcharity](https://twitter.com/noahsarkcharity)

[facebook/noahsarkcharity](https://facebook.com/noahsarkcharity)

Registered charity number 1069485



## Make kids better – wear a sweater!

This December, companies across Wales will be donning Christmas jumpers to raise smiles and pounds.

Each jumper-wearer pays £2 to wear their knitted festive wonder. The proceeds help us fund vital medical equipment to help the 100,000 patient visits we

receive every year. For a Christmas Jumper Fundraising Pack ring the office on **029 2184 7310**, or visit our website, [www.noahsarkcharity.org](http://www.noahsarkcharity.org)

## Painters & decorators needed!

We have a number of projects that need professional decorators willing to volunteer a day. Please contact Jasmine Luck on [jasmine@noahsarkcharity.org](mailto:jasmine@noahsarkcharity.org) or **029 2184 7310**.

# Family Fun Walk

Sunday September 13th dawned bright and sunny as Noah's Ark Charity walkers filled Cardiff Bay for our second ever Family Fun Walk!

This year we offered a 10k option as well as the standard 3k, and hundreds of people joined us on the pretty route over the barrage.

Our Vice President, and national treasure, BBC Newsreader Lucy Owen met the families taking part, before cutting the ribbon and officially starting the event. Lucy said: "It is absolutely fantastic to see so many people supporting our national children's hospital. As a mother myself I know just how important these facilities are."

Event partner IKEA's Bjorn Bear joined in the fun too - we thank IKEA for their absolutely fabulous support. Everyone provided their services free of charge, meaning that so far a very energetic £14,000 has been raised!



# Join Us Online



Our beautiful, brand new website is now live! Join us online for the latest news, a chance to meet the patients your donations are helping, and easy ways to donate regularly or pay in money you've raised.

You can also download a fundraising pack and learn more about how the Noah's Ark Hospital came to be the state of the art facility it is today.

Why not log-on to [www.noahsarkcharity.org](http://www.noahsarkcharity.org) today and join our charity family.



## Stop Press

Power to Pendragon Pub! Brian, Ceri, and friends of the pub have raised a fantastic £3817 through two golf days and a family fun day. See the next issue to find out how their donations will be teaching the doctors of the future...!



**Hilton**  
CARDIFF  
Presents

# The Fire & Ice Ball

In aid of Noah's Ark Children's Hospital Charity and the DM Thomas Foundation

Friday 13th November 2015  
Venue: Hilton Hotel, Cardiff

Ticket Price: £75.00 per person  
Table of 10: £750.00

For tickets and further information please contact:  
Rachel Cornelius on 029 2064 6331 or email  
[Rachel.Cornelius@hilton.com](mailto:Rachel.Cornelius@hilton.com)

## Pennies make pounds!



This Christmas, The Entertainer toy stores all across Wales are teaming up with The Pennies Foundation to introduce a new way to give that's easy!

Every time you shop at any Entertainer store in Wales and pay by card, you'll be asked if you wish to contribute a few pence to Noah's Ark Children's Hospital Charity. If you agree, those few pennies will be added to your total card payment, so you'll be able to help children you know as well as children you don't, this festive season.



# Run, Noah, Run!

Seventy Noah's Ark runners arrived bright-eyed and bushy tailed on Sunday 4th October for the Cardiff Half Marathon. Throughout the day we heard stories of triumph over illness and met some of the children who inspired our runners! Extra credit to runner Pete Davies, who ran his first marathon at the age of 62!

Huge thanks to Prince's Gate for donating water, My Garment Factory for our beautiful branded vests, and to our volunteer cheering teams, who provided motivational support along the route!

Special thanks to our volunteer cheering teams, who provided motivational support all along the route!



# Emily's story - as told by mum, Bethan

"Emily has received treatment at the hospital over many years. The first time when she was admitted with bronchilitis as a baby in December 2010. This is when we became 'anonymous' donors as a thank you for the care she received.



What prompted us to 'step up' and really fundraise was the problems Emily has had during the past 12 months concerning her eye. She was admitted in June 2014 as an emergency through the A&E when her eye became swollen, red and she could no longer open it.

She was seen by the emergency Ophthalmologist. Unfortunately it took almost 3 days for her eye to respond to treatment. During this time she received the very best of care from the nursing staff, the children's ophthalmology department and also doctors from the eye clinic.

Less than a year later in May 2015 Emily was admitted with the same condition, received the same treatment. This time in the newly opened Island ward, Emily's care had been so wonderful the first time, both nursing and through the play specialists - that she had no fear or anxiety at all when she was re-admitted again. The playrooms provided were crucial in keeping her spirits up. We are hoping that she was just unlucky to have had it again within such a small time frame. However, should it ever return, I have the upmost confidence that she will once again receive first class treatment - right on our doorstep.



My husband Gethin decided to run the Cardiff half marathon this year as personal challenge. **When selecting a charity to support, for us there could only be one, - the Noah's Ark!** We also did the family walk which will enable to us to further demonstrate our gratitude."



## Coleg Gwent

The hard work of talented Coleg Gwent students at Blaenau Gwent Learning Zone paid off this week, when they presented our Kath with £830. Hairdressing, music, art and media, construction and catering students worked together to produce a two night end of year sell-out catwalk show. Coleg Gwent Lecturer Mandy Smith said: "NVQ Level 3 Hairdressing students exceeded themselves, they produced an excellent standard of work and all for a brilliant cause."



## Four Old Fogeys

In June, Duncan, Billy, Philip and Howard (otherwise known as Knapdog, Billyfix, Libby and The Fox) set off from John O'Groats to Land's End on little Honda C90's for Noah's Ark Children's Hospital Charity.

The self-styled Four Old Fogeys have achieved a fantastic figure of over £3,300 in donations, which they presented to Eddie Hayward, Chair of Noah's Ark Charity Hospital. Eddie said "It is marvellous that these four fundraisers have made such a sterling effort in support of Noah's Ark. These much-valued funds will be put towards a vital blood gas machine, helping to diagnose medical conditions with speed, which can save lives."



## Educating Cardiff in fundraising!

Willows High School in Cardiff, famous for the documentary #EducatingCardiff, chose Noah's Ark as their charity in 2014. Since then the school has gone all out in their fundraising, even convincing their teacher Mr Price to run the Cardiff Half Marathon for us! The pupils and staff proved they've learned plenty about fundraising by donating a very impressive £1100.



## Sofa, so good!

Thank you to Sofa Sofa for an early Christmas present – fifteen beautiful brand new sofas and chairs! The lovely furniture will be used to benefit patient and parents rooms.



Lloyd Ridgwell, Chief Executive of Sofa Sofa, was happy to help. 'SofaSofa is delighted to offer its support to Noah's Ark Children's Hospital by donating sofas and chairs for use in patient family rooms. From personal experience, when my daughter was rushed to hospital, I appreciate the need for safe, comfortable surroundings for both patients and their families during traumatic times. I am very pleased that we can help contribute in some small way.'

Here's some of the Noah's Ark hospital staff with the fantastic new additions!

## A&S Manuel are wheely fab!

The lovely folk at A&S Manuel have provided beautiful, fully branded Citroen C1s! These cars are adorned with the Noah's Ark Charity logo and will help spread awareness of the our charity and the hospital where they go.

Andrew Manuel, Owner of A&S Manuel, said of the generous donation: "We feel really proud to help our national children's hospital and were glad of a chance to give something back."



## Fundraising's in Fashion!

Since naming Noah's Ark their charity of the year for 2015, the staff of Gap Ebbw Vale have been rather busy! An Easter raffle, a sponsored slim, and a Name the Teddy Bear contest have so far raised a very stylish £1,000 towards vital medical equipment in our national children's hospital.



## A Bench for Jean

Champion fundraiser Les Jones MBE of Llanidloes, Powys, recently donated a bench he built himself to the Noah's Ark Children's Hospital.

The bench, pictured with Lyn Jones, President of the charity, was built with timber from a local timber yard and Les proudly completed the finishing touches himself. The bench is donated in proud memory of Les' late wife, Sister Jean Jones, who was a nurse in Llanidloes Hospital. Les said of the donation: "Without Jean I never would have started fundraising. Her kindness and her care for the children of Wales was the absolute catalyst for the Llanidloes committee."



Les and the town of Llanidloes have since raised many thousands for Noah's Ark, recently purchasing vital equipment including a lung machine and an ENT microscope.

The bench is situated in the Noah's Ark Children's Garden, just outside the entrance to Phase Two.



## Road to Recovery

Huge thanks and a big "get well soon" from all at Noah's Ark to Paul Pugh of Ammanford, Carmarthenshire After a horrific unprovoked attack eight years ago, Paul was brain-injured and now works to achieve independence.

A Summer holiday brought a new milestone for Paul where he took part in a throwing contest. Happily he succeeded and won three lovely dragon teddy bears, which he wanted to donate to Noah's Ark, as his way of giving back to the community who has supported him so kindly.

Get well soon, Paul!

## Our Fundraising Family Grows

Nurses Hannah Collins and Laura Ursell work on Island and Pelican Ward in the Noah's Ark Hospital.

Their jobs have given them a unique insight into the medical needs of children treated at the hospital. Having recognised a need for a Blood Gas Machine, a machine which can quickly give doctors an internal picture of a child and speed up a diagnosis, they set about fundraising for one!

This vital machine, which can save lives, costs £17,000, and to date, through bike rides, fun runs and a ladies' night, the nurses have raised over £9,000 with help from the Four Old Fogeys (see page 10), and Tough Mudder contestant Mark Tregilgas.

You can donate to the Blood Gas Machine through Justgiving on <https://www.justgiving.com/Hannah-Collins8>, or donate by phone to the Noah's Ark office on 029 2184 7310.



## On with the Show!

For the first time this year, the Noah's Ark Team were very excited to be part of the Royal Welsh Agricultural Show, making new friends in the community.

We will also be at the two-day Winter Show on November 30th this year, in the same grounds. Please come by and say hello!



## Gleeds Lead the Way

Specialist surveyors Gleeds have been part of our journey since the concept of the Noah's Ark Children's Hospital, having instructed Interserve, who built the hospital itself. Now they've decided to come on board as fundraisers too, organising a bike ride and quiz night in aid of both Noah's Ark and St Peter's Hospice. Since Gleeds have been pedalling our cause they've raised £3400 to date - wheely fab!



# Christmas Shop!

Play Santa with our range of Christmas cards and gifts. All profits go towards providing the best treatment to sick young patients here in Wales.

All cards include bilingual greeting (English and Welsh) and come in packs of 10! Printed from sustainable forests.

To order please return the order form below with a cheque made payable to 'Noah's Ark Children's Hospital Charity' to Upper Ground Floor, Noah's Ark Children's Hospital, Heath Park, Cardiff, CF14 4XW.

Alternatively you can place your order with payment by card over the phone on **029 2184 7310**.



Cards - all packs £3.50 each Or 3 packs for £10	QTY/size required	Total cost
Slipping Robin		
Robin		
Reindeer		
Sleigh over the Ark		
Children in the Snow		
Getting ready for Xmas		
Village Scene		
Waiting for Santa		
Wristband - £1 each		
Crabtree & Evelyn Washbag £4.00		
Cloth shopping bag - £3.00		
Red swimming bag - £3.00		
Noah's Ark red reusable cup £3.00		
Red Noah's Ark Hoodie <b>KIDS - £10</b> Available sizes: 3-4, 5-6, 7-8, 9-11, 12-13 years.		
Blue Noah's Ark Hoodie <b>ADULTS - £15</b> Available sizes: S, M, L, XL, XXL		
	<b>Postage</b> (50p per item up to a max of £5.00)	<b>£</b>
	<b>Grand Total:</b>	<b>£</b>

