

# Spring Newsletter 2016

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# Noah's Ark

Children's Hospital Charity  
Elusen Ysbyty Plant

# Teddy Bear's Picnic

## Picnic yr Eirth Bach

Join us for some fun with your family,  
friends and furry companions.

Ymunwch a ni i gael hwyl gyda'ch teulu,  
ffrindiau a chymdeithion blewog.

Date/Dyddiad: 23 April 2016 Venue/Lleoliad: SWALEC Stadium Cardiff

Time/Amser: 11am - 3pm Ticket price/Pris tocyn: £7

Ticket price includes a picnic and entertainment  
Pris y tocyn yn cynnwys picnic ag adloniant

For tickets visit/Am docynnau, ymwelwch a:

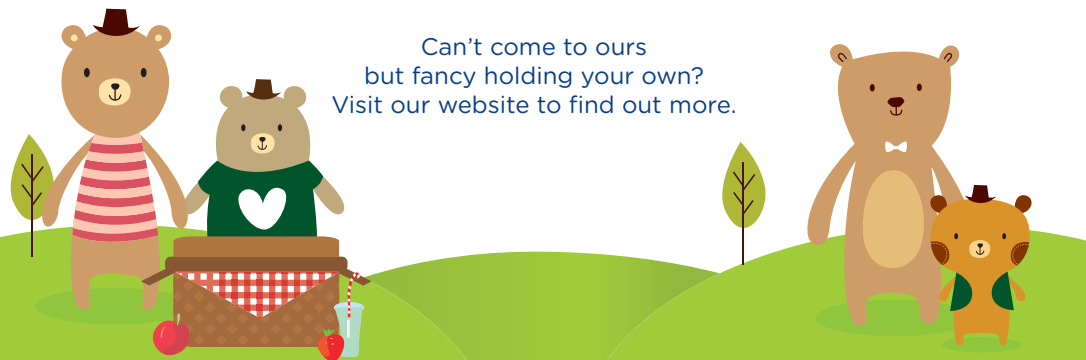
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Or call/neu ffoniwch: 029 2184 7310

*Helping little lives get better*  
*Yn helpu bywydau bach i wella*

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Visit our website to find out more.



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# Reuben's journey

Many of you will recognise Juliet Hughes, senior play specialist on Island Ward at Noah's Ark Children's Hospital for Wales. She's part of the play specialist team that provides care to young patients, allowing them to behave as children despite the clinical setting, while supporting them to reach important developmental milestones.

During medical procedures, play specialists also support the care team by providing distraction, making the process less daunting for children and their families, both at the time and when preparing for any future treatment. The service, which is so invaluable to the families here at the hospital, is supported by the Noah's Ark Charity.

As a senior play specialist, Juliet reviews patients' needs on a daily basis. When asked why she loves her job, she says: **"I get to make a positive out of a negative, helping to make hospitalisation less traumatic. Indeed some of our children have such a good experience with our team that they are disappointed at being discharged."**

One of Juliet's patients is 2-year-old Reuben, who she sees on a daily basis providing he's well enough. Reuben recently celebrated his birthday at the hospital, having lived on the Island Ward since he was a baby. Juliet's sessions with Reuben are focused on supporting his development, without which he may not progress.

Working in and around his medical equipment is something that Juliet is very used to and she tailors Reuben's activities according. Currently at the stage where he's learning to walk, Reuben would be using furniture for support if he were at home. With this in mind, Juliet has created a mock living room scenario on the ward with tables and chairs, allowing him to cruise around like any other fledgling walker. Juliet says:

**"He was reluctant at first and needed lots of encouragement, but now he's got the hang of it he's really enjoying it. He's now walking with the support of just holding a hand. This is a huge achievement for Reuben and the staff."**

Keen to communicate, Reuben is beginning to make noises, attempting to speak. Juliet and play assistant Kelly Enticott are encouraging his speech development through mouth shapes. To help Reuben and lessen his frustration, Kelly has also worked hard to complete a course in Makaton, a language programme using signs and symbols.

**Reuben's care team are now working hard to get him home and before he leaves Noah's Ark Children's Hospital for Wales, it is Juliet's wish that Reuben is able to say "Mum". She wants it to be her gift to Natalie, Reuben's mother, who is supportive of all the help the play team provide to her son.**

The next step for Reuben is to encourage his social development and to learn how to interact with other children. Juliet feels that it's vital to nurture his ability to make friends. She says:

**"He's such a happy delightful child, always smiling and blowing kisses. He literally brightens my day."**



# Meet Hannah...

"Hi I'm Hannah! A few months ago I was admitted to the new Noah's Ark Children's Hospital after experiencing awful pain and sickness. I had experienced abdominal pains for a few days so my mum decided that it was worth a trip to the doctors. My doctor sent me immediately to the Noah's Ark Hospital with suspected appendicitis.

We were met by smiling caring nurses keen to investigate my pain. After a stressful evening of tests and pain we moved to Owl Ward. It was lovely and calming to see a bright environment specifically designed for entire families.

My ward had just 4 beds which left room for each child to have a parent sleeping on a pull-down bed adjacent to theirs. It was light, airy and felt calm and safe. The nurses were amazing, reassuring me and my family. We met play therapists who told us that they had 2 play rooms on the ward suitable for different age groups. If children couldn't get to the rooms, they'd bring games to the beds so that we could watch films and play games.

**I smashed my mum at Connect 4 many times!! Most of my time in the hospital was taken up undergoing tests and waiting for results. Having tests scared me at first but I was listened to by everyone and shown what they were going to do. I loved the distraction of the amazing new projection system in the scanning rooms. My parents were fully involved with my treatment and we felt that we were consulted.**

Following days of tests and monitoring, it was decided gynaecology and paediatric general surgeons would operate to investigate. While being taken to theatre I was very scared but everyone was fabulous, joking with me, making me laugh and reassuring me throughout. Four days after surgery I was so happy to be home with my family after my 10 day experience.

A couple of weeks later my family and I decided to thank Noah's Ark Charity for their incredible work providing a unique child-friendly hospital. The best way to do so was to support the Stocking Appeal. We bought and wrapped presents for the hospital so that a child could open a present if they were in hospital over Christmas. It was so nice to be able to actually visit the hospital to give them the presents and say THANKS!"



## Cardiff Half Marathon October 2016

We've got 30 Gold places for the Cardiff Half Marathon this year. If you're thinking of signing up or have already and are looking for a charity to support then look no further. Places will be given on a first come first serve basis to runners willing to commit to raising a minimum of £250. To join Team Noah's Ark call Linda on **029 2184 7310**.



### STOP PRESS!!!

Due to last minute cancellation, there are a few tickets left for our Ladies Afternoon at the Hilton Hotel in Cardiff on Friday 11 March. Organised by friends Sandra and Karen, whose families have both been touched by childhood cancer, the event promises a "fabulous afternoon of fun with your friends". For a booking form, contact the Noah's Ark office on **029 2184 7310**.

## A recipe for success

Aspiring bakers were hoping for a recipe for success last November when Owl Ward staff Lauren Power and Simon Jones held the inaugural Noah's Ark Children's Hospital Bake Off.

Sweet and savoury treats filled the Sports and Social Club. Every bake was judged by Paul Jagger, semi-finalist on the BBC 2015 Great British Bake Off, our own Dr Frances Gibbon, and Made in Cardiff presenter Dan Glyn. As part of the event, Noah's Ark patient Shaun Hughes, 17, who also designed the event posters, shared his experience of treatment at our national children's hospital.

Our bakers really rose to the occasion, and with an entry fee and a bake sale after the judging, an appetising £300 was raised!



Paediatric scrub nurse Sue Bickerton with her fantastic entry

## True diamonds

A very big Noah's Ark thank you to Dorian and Rhian True of True Hair Swansea, who raised £1,500 for us at their music and raffles evening before Christmas.

From the pictures we've seen it looked like a great night.



# Christmas at Noah's Ark

The Welsh public did us proud as ever with yet another fantastic response to our Christmas Stocking Appeal.

Companies, businesses, supermarkets and individuals bought us toys, crafts, iPads and DVD players, ensuring plenty of smiles on little faces.

Christmas cheer filled the hospital foyer as children well enough to receive gifts were entertained by the cast of Aladdin and greeted by our Vice President Roy Noble. Selfies galore ensued among the mountains of presents. The event gave everyone involved a very warm glow and wrapped up 2015 for us beautifully.



**Our Christmas Jumper Day on the 18th of December raised a fantastic £1,824.**

**A big warm woolly thank you to everyone who took part.**

Our Santa's Grotto kept the man in red busy right up to Christmas. Hosted by our corporate sponsor IKEA at its Cardiff store, Santa was welcomed to Wales by the Willows School Choir and brass group. The sound of Christmas carols filled the store, creating a truly magical atmosphere. This year's grotto was the most successful to date, with the number of young visitors doubling on the previous year. Many thanks to Santa, Mother Christmas, and the many helpers from Community 10,000 who gave their time to support us at such a busy time of year.



Thank you to our fantastic 2015 corporate sponsors who sent Christmas greetings to the patients of Noah's Ark Children's Hospital for Wales.

Our charity sponsors were invited to design Christmas baubles which featured messages for the children here. The baubles then decorated our Noah's Ark tree in the hospital foyer, making it very personal to families who were here over the Christmas period.



The orchestra and full cast and company of Shrek the Musical visited the hospital before Christmas to entertain the young patients with carols and seasonal songs.

The cast were appearing in the musical show at Wales Millennium Centre and were thrilled to be invited to the national children's hospital by our Noah's Ark Charity. Even Lord Farquaad raised a genuine smile!

They cast thanked the charity, saying they felt so lucky to be able to spend the afternoon singing to the amazing patients and staff.

Our patron, Dame Shirley Bassey, recorded her first ever Christmas song with harmony group Blake and pledged all her royalties to the Noah's Ark Charity. After performing on The Graham Norton Show, Dame Shirley told the host over cocktails and a chat: "I have never done a Christmas song before. It's my very first. Every time I asked the record company if I could do one they said no. I think they were afraid because of my voice. No one could imagine me belting out Silent Night!"



## Llanidloes community comes together for children

The Noah's Ark Llanidloes fundraising committee paid the children's hospital a visit in January to see first-hand what their hard work and commitment has achieved. Co-ordinated by our loyal supporter Les Jones, the committee, which is also supported by the Aberystwth Motor Club and Llani Boys and Girls Club, raised almost £22,000 for the charity last year.



Carol, Paul and their younger son Logan visit Noah's Ark Children's Hospital with Les and the Llanidloes committee

**Events organised by the group include car boot sales, concerts and sponsored walks. The money raised has paid for an ENT microscope, tilt table and specialist treatment chair, which will now be used to benefit the 73,000 children who will visit the hospital this year.**

Committee members Carol Edwards and Paul Hamer have a very personal reason for supporting the Noah's Ark Charity. Their son Kieran was treated at the Children's Hospital for Wales four years ago to remove a brain tumour and was admitted again last October to remove his pituitary gland when early signs of a re-growth were detected.

**“Having someone tell you that your child has a brain tumour is very frightening, particularly when it comes back for a second time. But the hospital has been great. When we came back in October, we saw a lot of the same doctors and nurses which was hugely reassuring. Sian the play specialist cured Kieran of his needle phobia when he was treated here first so it was lovely to see her this time too. Having experienced the hospital now the second phase is complete, we know what difference the new surroundings and facilities make.**

**“As a family from mid Wales, we weren't even aware that the hospital was relevant to us until we needed it. Kieran has recovered well and is back playing his beloved football now and because of that, we're more than happy to support Les' hard work in whatever way we can.”**

If you're interested in setting up a fundraising group or committee in your community, we'd love to offer you our support. For more help and information contact Kath on 029 2184 7310 or email [kath@noahsarkcharity.org](mailto:kath@noahsarkcharity.org)

## Work begins on the Noah's Ark Garden

Hot off the press is news that work on the Noah's Ark Charity Garden has begun! Funded by both the Noah's Ark Charity and Welsh Government, the garden will be an area for children and their families to enjoy, boasting both a play and quiet area, a public café area and private section for therapeutic work with patients.



Charity director Suzanne Mainwaring says:

**“We're delighted to be able to provide £250,000 towards the creation of the Noah's Ark Charity Garden, the icing on the cake for the children's hospital. There are many studies that show how beneficial natural, outdoor spaces are to the emotional and physical wellbeing of hospital patients. It gives them a break from the clinical indoor environment, supports rehabilitation and very crucially in this instance, allows children the opportunity to play and enjoy the outdoors with their families, just like any other child.**

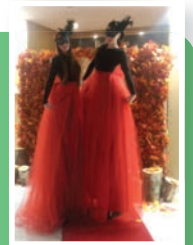
**We would not have been able to provide the money for the garden or to support the hospital in the way we continue to do without the kindness of the Welsh public. It's lovely to know that come the autumn, patients will have a beautiful, fun and fully accessible area within which to play and enjoy the company of their families in the fresh air.”**

### A gift in your Will could make a huge difference to tomorrow

Gifts kindly left to us by supporters in their Wills are a vital part of our funding. Every contribution, no matter how big or small, will have a lasting impact on the wellbeing of future generations. To find out more about leaving a gift in your will visit [www.noahsarkcharity.org](http://www.noahsarkcharity.org).

## Fire, Ice and Bonnie Tyler!

In November, the Hilton in Cardiff was transformed into a red, white and gold wonderland as the popular city centre hotel hosted a Fire & Ice Ball. Held in aid of Noah's Ark Charity and the Hilton's own DM Thomas Foundation, the evening boasted stunningly dressed stilt walkers, live music, and a themed menu which delighted guests.



Comedy favourite Mike Doyle compered the night and guest of honour, our own Charity Ambassador Bonnie Tyler, brought the house down with a surprise rendition of It's a Heartache. An extremely cool £23,000 was raised which will be split between both causes. A huge thank you to the Hilton for their continued support.

# Remembering Jac Bach with a hug

When Sian and Andy lost one of their beloved twins, Jac, last year at the age of two years and nine months, they decided to honour his memory by setting up a charity in his name. The aim of Elusen Jac Bach is to help other children fight their own battles and make their lives a little easier, and it's already doing just that.

Having received such incredible support since Elusen Jac Bach was set up in April 2015, the family decided to give something back to the hospital that had cared for their son.

Sian explains: **"Jac and I had spent some time on critical care so when Suzanne at the charity told us that the unit needed something called a Bair Huggar to keep babies warm, it seemed perfect.**

**Jac loved hugs so we really feel like we've helped in a way that's true to him. We think of Jac every day and remember all the happy times we had with him. Doing good for other children in his name is one of the ways in which we're able to do that."** [www.jacbach.com](http://www.jacbach.com)



Sian, Andy and Jac's twin brother Wil, donating the Bair Huggar to the critical care unit

Credit: Huw John

## Family Fun Walk 2016

Our popular annual Family Fun Walk takes place in Cardiff Bay on the 18th of September. Participants will again have the choice to enter the usual 3km distance or our newer 10km challenge.

So whether you choose to toddle or trek, register now and guarantee a spot.

Registration is £5 per person which includes a free t-shirt. All we ask is that you raise a minimum sponsorship of £35.00.

To secure your place, contact Linda on **029 2184 7310**, or email [linda@noahsarkcharity.org](mailto:linda@noahsarkcharity.org)



## Name the Noah's Ark animals

Tired of just being known as Lion, Tiger, Hippo and Giraffe, our four Noah's Ark animals have persuaded us to enlist the help of Wales' children to help name them. If you know a school that would like to take part in our draw and name the Noah's Ark animal competition, email us at [enquiries@noahsarkcharity.org](mailto:enquiries@noahsarkcharity.org) for an entry pack. Prizes will be awarded to winning entrants, runners up and their schools.

## How an old pair of jeans could help a baby breathe easier

Last year you helped us raise almost £95,000 towards a new MRI scanner just by donating unwanted clothes. By doing the same this year, you could help us provide the Noah's Ark Children's Hospital with more vital equipment, like an oxygen unit for a baby in critical care.

If you live near a participating Tesco store, you can help us turn your unwanted clothes and shoes into cash by dropping them off at any of our clothes recycling bins. Visit [www.noahsarkcharity.org/recycle](http://www.noahsarkcharity.org/recycle) to find your nearest textile bank.



## And they're off!

Rain failed to dampen our spirits at the postponed Welsh Grand National on 9 January thanks to a fabulous donation of £5,000 from the Reuben Foundation.

Thanks to our wonderful ambassadors Only Men Aloud for nominating us as a beneficiary of the race day and congratulations to the winning horse, Mountainous, for his second win at this event.



## Where your money goes

Our mission to support the children's hospital in providing the best possible care for the children of Wales continues.

The charity's most recent commitment to the Noah's Ark Children's Hospital for Wales is to support the development of its bladder service. Effective treatment for bladder dysfunction in childhood is crucial as it can lead to infection and even renal failure in some patients if left untreated. It can also have social and emotional implications, leading to bullying and social isolation.

With your help, we have been able to fund Biofeedback – a computerised programme that analyses urology function and increases bladder retention. This leads to a reduction in infections and treats incontinence. The new service will support children with complex bladder dysfunction, including those with spina bifida, where early management has been proven to have a significant impact on long term survival and quality of life.

## Announcing our new charity ambassadors

Cardiff born cyclist Owain Doull rides for Team GB and Team Wiggins. As the son of a paediatric consultant here, Owain has grown up with an appreciation of the children's hospital's importance. He says: **"I'm honoured to be an Ambassador for the Noah's Ark Charity and look forward to doing my bit"**.

Former Wales international and British Lions player, Dwayne Peel, first became involved with the charity while a friend's daughter was being treated at the Noah's Ark Children's Hospital for a brain tumour. He says: **"I was delighted to be asked to get on board with Noah's Ark. As a dad of two young children, it's reassuring to know that these facilities are available for the children of Wales."**

Emyr Phillips first made a name for himself as Hooker for the Scarlets before making his international debut in the Summer of 2013. Asked what it means to be an ambassador for the charity, Emyr says: **"I'm very proud to be associated with Noah's Ark Charity as it strives to make the Children's Hospital for Wales one of the best in the world."**

Welcome to the Noah's Ark family. It's great to have you on board.

Owain Doull



## Events



### Ladies Afternoon Hilton Hotel, Cardiff

Friday 11 March

Join us for a ladies lunch with a purpose.

### Virgin Money London Marathon 2016

Sunday 24 April

Set yourself an extra challenge by running for charity.

### Teddy Bear's Picnic

Come to our big picnic on **23 April** or hold your own throughout May in aid of the Noah's Ark Children's Hospital for Wales.

### IAFF Cardiff World Half Marathon

Saturday 26 March

Run the nation's capital on behalf of our nation's hospital.

### Carten 100

Saturday 7 May

Cycle a 100 mile route from Cardiff to Tenby in a day. [carten100.com](http://carten100.com)

### Swansea Half Marathon

Sunday 26 June

Run from the city to the sea in one of the UK's fastest growing half marathons.

### Cardiff Triathlon

Saturday 25 & Sunday 26 June

Swim Cardiff Bay, cycle the city's roads and run out to the Cardiff Bay Barrage.

### VJ2 Family Festival

Saturday 1 and Sunday 2 July

Join us at the Nelson Rugby Club in Caerphilly for a weekend of family entertainment and fundraising.

### The Noah's Ark Charity Family Fun Walk

Sunday 18 September

Gather loved ones big and small and walk Cardiff Bay for Noah's Ark.

### Iron Man Wales

Sunday 18 September

Test your endurance and stamina while raising more than just your heart rate.

For more event information, visit [www.noahsarkcharity.org](http://www.noahsarkcharity.org) or call 02921 847310

Noah's Ark Children's Hospital Charity

**DANGLE**  
Are you up for the challenge?

178 foot abseil

Sunday 16th October 2016  
Newport Transporter Bridge

[Linda@noahsarkcharity.org](mailto:Linda@noahsarkcharity.org)  
029 2184 7310





# Join our social family #GetonBoard

There's nothing we love more than telling you about the wonderful work you support and keeping you up to date on our fun filled events. If you haven't already, why not like and follow us on Facebook and Twitter? That way, we can help share and promote your fundraising activities as well as keeping you informed about all that's going on at Noah's Ark.



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, Cardiff CF14 4XW

**Interact and follow us on Facebook or Twitter.**

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

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