

Summer Newsletter 2016



Inside this issue:

Ready, Teddy, Go **P6**

Exciting developments at Noah's Ark **P11**


Creating a lasting legacy **P14**

Together
stronger...
How your
contribution
makes a
difference -
one year on
P8

Announcing our big **L o t t e r y** P5

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 029 2184 7310

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

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FAMILY FUN WALK

Sunday 18th September

11am from the Norwegian Church, Cardiff Bay



Help support children and families at the Noah's Ark Children's Hospital for Wales by entering yours in our 3k or 10k walk along Cardiff Bay Barrage. Fancy dress is optional and the route is suitable for buggies, wheelchairs and dogs.

Join Team Noah's Ark and help support the 73,000 children needing specialist and life-saving treatment at the Children's Hospital for Wales each year.

Registration costs £5 per person and includes a free t-shirt and bottle of water.

Minimum sponsorship: £35 per person.

Visit www.noahsarkcharity.org/familyfunwalk or call **029 2184 7310** to book your place.



These boots were made for (cross Wales) walking!



Wales proved that its people own boots made for walking this summer when hundreds of walkers trekked 42 miles with the support of Newtown Rotary Club. It's the first time that the Noah's Ark Charity has benefitted from the popular annual walk thanks to a suggestion from Les Jones MBE of Llanidloes (far left in picture), one of our longest standing supporters. Chairman Eddie and President Lyn stopped off at the Llandinam leg of the walk to thank the participants, most of whom had risen with the songbirds at 4am!

www.noahsarkcharity.org

Inside this issue:

05 Announcing the Noah's Ark Charity Lottery
Sign up and be in with a chance to win
£25,000 every week.

06 Ready, Teddy, Go...
Our Teddy Bear's Picnic at the SSE
SWALEC in April helped us see Spring
in with style.

07 Remembering Abbie
How parents Clare and Vaughan created
a lasting legacy for their daughter.

08 Cover story
Celebrating the hospital's first birthday
at the Noah's Ark Hydrotherapy Pool.

10 Carten 100
How 2,000 cyclists look set to raise
over £70,000 for Noah's Ark.

11 Where your money goes
Find out how our new grant scheme
is helping to make an impact.

12 Meet our young people
Lauren tells us how the friendly nursing
and play team help calm her fears.

14 Celebrating fatherhood
Noah's Ark dads sum up
what fatherhood means to them.

15 What's on
Walk, run, jump, trek or dine
for the Noah's Ark Charity.

P7



Abbie

P6



Teddy Bear's Picnic

P10



Carten 100

When little things can mean a lot

Many of the children that our charity helps support are admitted to the hospital through the University Hospital of Wales Paediatric Emergency Unit. Treating 30,000 patients each year, the unit sees children at their most vulnerable and unwell. We know how important it is to create an environment where families feel supported while the excellent medical teams can do their work so, thanks to your support, we were able to provide a helping hand to the unit recently with a donation of iPads.



David Farrell, paediatric team leader at the emergency unit, said: **“We’re an extremely busy department and as our priority is to assess a child’s physical needs so we can help make them well and comfortable, it can be a challenge to find the time to support their emotional needs too. Having these iPads will enable us to distract the children from whatever is causing them anxiety, particularly during painful procedures. They’re invaluable and will be well used.”**

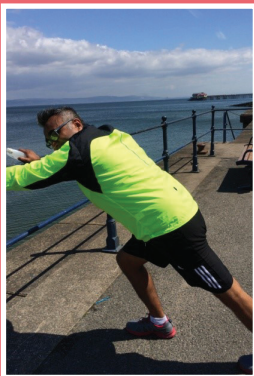
Four-year-old Tillie was one of the first children to benefit from the donation. Mum, Lu, said: **“Having Tillie admitted to the emergency unit was a scary experience for both of us. It’s hard to see your child so poorly and then having lots of tests and assessments. The doctors, nurses and play specialists were brilliant but it was great to have the iPad to keep her entertained with things that were familiar and comforting to her. It’s sometimes the little things that matter just as much at times like that.”**

Run the capital for Team Noah's Ark

If you've signed up for October's Cardiff Half Marathon but haven't decided which charity to fundraise for yet, why not join paediatric neurosurgeon Chirag Patel in running for Team Noah's Ark?

This will be Chirag's second half marathon in aid of the charity. Here he explains why: **“The Noah's Ark Children's Hospital has completely changed how we deliver services to children and families. The environment is light and open and the parents can sleep alongside their children, I can't emphasise enough how much happier all that makes the children. So much has been done but there's still so much more to do.**

That's why I'm running for the Noah's Ark Charity - to raise awareness that the charity still needs our support.”



Announcing the:

Noah's Ark

Children's Hospital Charity
Elusen Ysbyty Plant



Hot off the press this month is the launch of our brand new lottery – and you are the very first to know about it. We're very excited as it not only gives our supporters a chance to win £25,000 each and every week, it also provides a regular source of income to help support our nation's children's hospital.

To enter the Noah's ark Charity lottery go to www.noahsarkcharity.org/lottery, click on the Unity Lottery image and complete the online direct debit form. Alternatively, give us a call and we can send you one out by post.

Once registered you will receive six randomly selected numbers which, for £1 a week, will be yours for as long as you wish to keep playing. Every Saturday, the lucky winners will be selected at random and prize cheques issued and posted directly to you, so there is no need for you to claim. Winners have to match three, four, five or all six digits of the winning number in the correct place in the sequence:

Six digits in the correct place wins £25,000

Five digits in the correct place wins £1,000

Four digits in the correct place wins £25

Three digits in the correct place wins £5

**Meaning you have a one in 63 chance
of winning a prize**

If you would like any further information regarding the Noah's Ark Charity lottery, get in touch with us at enquiries@noahsarkcharity.org. We'd be happy to answer any questions.

Ready, Teddy, Go...



Our Teddy Bear's Picnic at the SSE SWALEC in April helped us see spring in with style.

Hundreds of children, some of whom are patients at the Noah's Ark Children's Hospital for Wales, came along with their teddies for an afternoon of entertainment with activities including Monkey Music sessions, crafts and face painting. Children and their parents were joined by an array of special guests from charity ambassador **Lucy Owen** to characters from Star Wars and Pirates of the Caribbean.

Since then, supporters from all across Wales have followed suit, holding their own Teddy Bear's Picnics in aid of the Noah's Ark Charity.

Primary school children like those at Hendre Infants in Caerphilly brought their favourite teddies along for a picnic on the yard while others have held picnics in parks and gardens.



Emma Griffiths held a picnic at her local park as a thank you to the Noah's Ark Hospital for the care given to her son Wilson when he was admitted as a tiny baby.



Emma says:

"This is one of the ways I thought I could give something back. The picnic was easy to organise, the kids had a great time and it was a really nice opportunity to catch up with family and friends."

A big thanks to all of you who have taken part. And remember, if you haven't already, it's never too late to hold your own Teddy Bear's Picnic.

Give us a call or visit our website for a pack containing everything you'll need.





A tribute to Abbie



Clare Smith describes her daughter Abbie as a little ray of sunshine. She loved X-Factor and butterflies and writing little notes to her mum, dad Vaughan, and siblings Rob and Molly.



When Abbie died at the University Hospital of Wales just after her seventh birthday five years ago, her parents decided to create a lasting legacy to their beloved daughter.

Clare explains: **“During our time in hospital with Abbie we often walked past a poster promoting the Noah’s Ark Appeal. At that point the children’s intensive care unit was situated alongside the adult unit and as amazing as Abbie’s care was, we felt very strongly that there should be a separate facility for children – both for them as patients and for families.”**

In order to support the appeal, Abbie’s family set up the Abbie Bater Tribute Fund and chose to focus their efforts on raising money for a new ventilator, as Abbie had spent much of her time in hospital on one herself. Over the next five years they organised a host of fundraising

activities, from a black tie event, to head shaves and a walk of Offa’s Dyke, which took Vaughan two weeks to complete. In October last year, Abbie’s brother Rob, who was a pall bearer at Abbie’s funeral along with sister Molly, raised over £1,000 by running the Cardiff Half Marathon.

Thanks to the unwavering support of family and friends, the tribute fund recently hit its £22,500 target and the hospital now has its new ventilator. Clare says: “Vaughan used to read to Abbie every night and her favourite story was “Guess how much I love you”, where a little hare and a big hare try to express their love for each other. At the end of the story, the little hare says he loves big hare all the way to the moon and as little hare falls asleep, big hare whispers in his ear “I love you to the moon - and back again”. That’s what we had inscribed on a plaque at the hospital because that’s how much we loved Abbie – and more”.

How your contribution makes a difference – one year on

As the Noah's Ark Children's Hospital for Wales celebrated its first anniversary in May, long standing patient, 15-year-old Matt Coley, paid a visit to demonstrate the benefits of one of its most popular facilities the Noah's Ark hydrotherapy pool. Matt was diagnosed with an inoperable cancerous tumour on his spine at the age of eight and is a big advocate of hydrotherapy, saying that it helps alleviate some of the pain and tension he experiences as a result of his condition. The pool was funded by the Noah's Ark Charity as part of its £7 million commitment to the hospital's second phase, which opened last year.

Hydrotherapy is used by the paediatric physiotherapy team to provide support and relief to children with a range of conditions. The natural buoyancy and warmth of the water relieves pressure on joints and reduces pain, while the natural resistance it provides helps improve muscle strength and balance. The pool is equipped with a sensory light and sound system which allows children to control their environment using floating switches.



Matt at eight.

“Matt’s going through an awful lot and quite understandably, he doesn’t relish the thought of going in to hospital. But the sessions in the pool are different. It loosens the tension in his muscles but it’s done more than that for him. It’s improved his self-esteem and his confidence.”

Senior physiotherapist, Sharon Hortop, said: “Children who face physical challenges because of their medical condition often find they’re able to do more in the water than they can on dry land. That’s great for us in terms of improving their strength and mobility but the effects are often more far reaching than that. Hydrotherapy can give children a sense of confidence in their own abilities that lasts much longer than their session in the water.

“The children we see are often going through challenging times, undergoing treatments and procedures that can often be uncomfortable or painful. The hydrotherapy pool gives us the opportunity to support children in their recovery in a way that’s effective but also really fun. People often comment on how much laughter they hear coming from our area in the hospital and we’re very proud of that.”

Julie, Matt’s mum, says:

“In the water Matt is just... happy. The room is beautifully lit and warm and he can play his own music which all relaxes him. But most of all I think he feels safe and unburdened.

Out of the water, Matt can’t really do any kind of exercise and feels very self-conscious but all of that melts away when he’s in the pool.

The physios who go in the pool with him make sure he gets a really tough work out but they’re lovely and fun and they treat him like an individual so he’s keen to do it and do it well.



Matt with physiotherapist, Sharon.

2,000 cyclists get on their bikes for children

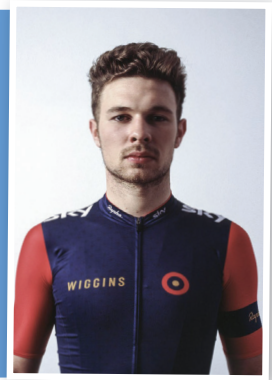
On a cloudy Saturday morning at the beginning of May, 2,000 cyclists of all ages and abilities set off from Cardiff City Hall to cycle 107 miles along the roads and paths of South and West Wales to Tenby. The event, which this year had Noah's Ark as its chosen charity, looks set to raise over £70,000.

Among those taking part in the challenge were a team of staff from the children's hospital. One was seasoned CARTEN participant, Dr Iolo Doull, paediatric consultant at the Noah's Ark Children's Hospital for Wales and father of Olympic cyclist, Owain Doull.

Iolo said: **"CARTEN is a fantastic organisation that has taken a seemingly simple challenge and used it to raise hundreds of thousands of pounds for local**

charities in Wales. They have been a huge supporters of Noah's Ark Charity in the past and have provided important equipment for the department where I work. This year's event was doubly special to me as Noah's Ark was again the chosen charity, and my son Owain is an ambassador for the charity."

Due to his training for this summer's Olympics, Owain wasn't able to join his dad but sent messages of good luck to everyone on Twitter. He also sent a cycling jersey signed by the GB cycling team which raised £1,400.



Tremorfa family unite to bring good from difficult times

A group of family and friends from Tremorfa in Cardiff have proved to be a fund raising team dynamo over the past few months. Between climbing Pen Y Fan and holding a huge family fun day complete with bouncy castles, water slides and a football tournament, the group have raised almost £5,000 – all in memory of their mother, aunt, sister and grandmother, Julie Andrews. The family adored Julie and had been planning a surprise party for her when she suddenly passed away.

Family member and event organiser, Leanne Edwards, says: **"Brooke, Julie's granddaughter, was treated at the Noah's Ark Hospital for meningitis just after her first birthday and we'll never forget what fantastic care she received. Raising money seemed like a fitting tribute to wonderful Julie as well as a big thank you for Brooke's care. The family day we held was packed out and we were thrilled to have so much community support."**

Exciting developments at Noah's Ark

Though our nation's children's hospital is now up and running, our work to support the Noah's Ark Children's Hospital for Wales in providing world class care and facilities continues.

So that we can respond as quickly and efficiently as possible to the needs of children and families, we recently launched a grant system which enables the paediatric team to apply for funding directly on a quarterly basis.

Here, thanks to you, is what we have been able to fund in our first grant round:

A Foetal Ultrasound Machine which will detect heart defects before birth. This form of screening saves lives and will improve outcomes for hundreds of newborn babies throughout Wales.



Education and skills training on congenital heart disease for antenatal and paediatric medical teams throughout Wales. The training aims to further improve standards of antenatal diagnosis of congenital heart defects.



An MRI compatible DVD system which will relax and distract children during scans and therefore reduce the need for sedation and anaesthesia.



Creating a **fun, non-threatening and child friendly environment** for children within the hospital's growing Paediatric Clinical Research Facility.



Educational toys and play equipment to support young children's learning and development, ensuring that they are able to meet their full potential.



We'll be telling you more about the positive impact each of these are having over the coming months, so keep an eye out.

Our Noah's Ark animals finally have names

Meet Leonardo the Lion, Jeli the Giraffe, Rio the Tiger and Harri the Hippo, all chosen by children in Wales following a competition in schools to name the animals in our logo.

A big congratulations to our winning children Lily, Lewis, Isabella and Teague who received an iPad each for their schools as well as a DVD player for themselves.



Meet Lauren...

Hi I'm Lauren! I am 12! I have been going to hospital since I was very young because of my asthma. I also have eczema which I keep under control with creams. I am allergic to most animals with fur. I have undergone regular check-ups at the hospital to monitor my condition.



I like to attend the new Noah's Ark Children's Hospital. They have check in computers which I can do personally. I have recently had to have further tests to investigate my asthma so I have had to attend a few appointments over the past few months. I have had to do some breathing exercises. The nurse was really patient with me as I was nervous of the apparatus. She talked me through what I had to do and what the test was for. I was unable to complete the physical exercise tests as my lung function was too low.

On another occasion I had to have a sweat test and I also had bloods taken. I have a real BIG fear of needles. The day I had to do this we arrived early so that I could have magic cream put on. I had it in four places - the backs of my hands and the crease of my arms. The magic cream makes my hand go numb. The nurses and play specialists are really friendly and were nice to me. They talk me through everything and make me feel safe.

When we entered the room where I had bloods taken, this is when my panic started. I noticed the big chair in the middle of the room - it was massive.

There were a few nurses also in the room. I was really nervous. The nurse explained what she was going to do. I was shaking like mad!!! couldn't keep an eye on all the nurses at the same time. There were four in total.

The one nurses was talking to me to try an distract me, the other nurses was giving me an iPad so I could play on it, the other nurse was putting a needle in my hand and the other nurse was holding my hand so I didn't move. It was all over in minutes but seemed like ages.

When it was all over the nurses asked me if the magic cream had worked and it had. I never felt anything going in or out of my hand. I will always come early so I can have magic cream if I need to have any other needles. My mum said because I was so brave I could have a hot chocolate and a cookie from the coffee shop.

I really like the new building because it's colourful and has a nice cafe to sit in. It also has a play area for younger children. I still like going to the hospital even if I do have to have a needle. Thank you for magic cream!!

Fabulous fundraising at Chepstow Racecourse

300 fabulously dressed Noah's Ark supporters raised more than £51,000 for the Children's Hospital for Wales at our annual Royal Ascot Day at Chepstow Racecourse last month.

Guests enjoyed lunch and afternoon tea while watching live Royal Ascot racing across the racecourse's televisions. A team of bookmakers were on hand to take winning and losing bets and a gold cup raffle and auctions were held throughout the afternoon. The day finished with the annual hat competition.



Noah's Ark Chair and Vice Chairs Eddie and Julie Hayward with senior fundraiser, Linda Davies

Noah's Ark Charity Vice Chair and event organiser Julie Hayward said: "We're delighted at the fantastic amount raised for The Noah's Ark Children's Hospital – a truly world class facility dedicated to the wellbeing of children in Wales. Having been involved with the hospital's development since the outset, we were extremely proud to see its doors open last May. But our work to support the hospital by funding life-saving equipment and support services for families continues. We can assure our generous Royal Ascot Day guests that the money they raised will go to a very good place."

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

029 2184 7310

£5
registration



Creating a lasting legacy



Each year our income from gifts in wills supports two thirds of the work we do and helps the Noah's Ark Children's Hospital for Wales treat over 73,000 children from across Wales.

Making a gift in your will, be that a percentage of your estate, a lump sum or shares or a valuable item, is a generous way of helping very poorly children in Wales.

A priority for anyone writing a will is to ensure that loved ones are provided for, but once this is done, we'd like to ask that you consider leaving the charity a gift in your will, so that together we can create a lasting legacy for the children of Wales.

Donations from people like you have helped to fund vital equipment - like the MRI scanner which is used to diagnose children like five-year-old Sara.

Now in remission from a brain tumour, Sara will continue to receive regular scans at the Noah's Ark Children's Hospital for Wales to monitor her continued recovery.

If you would like more information about leaving a gift in your will or are interested in attending an event at the hospital to learn more about how your money would be used, email enquiries@noahsarkcharity.org or call us on 029 2184 7310.

This Father's Day we asked some dedicated dads at the Noah's Ark Children's Hospital for Wales to sum up what fatherhood meant to them in five words. Here's what they said:



Mark & Anna



"Joy, love, laughter, worry & pride."

Geriant & Evie



"Proud & inspired, every day."

Richard & Cian



"Responsibility can also be fun."

Jamie & Morgan



"My children are my world."

Jeff & Diesel



"Hard but always worth it."

Summer fun



In July we brought the sunshine indoors to young patients at our nation's hospital with refreshing ice lollies.

Events



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.

Cardiff University Half Marathon

Sunday 2 October

Help raise money for our nation's children's hospital by running this flat, fast route around our nation's capital.

Charity Ball and Auction

Saturday 15 October

A night to pay tribute to charities supporting children with cancer.

The Noah's Ark Charity Dangle

Sunday 16 October

Sign up for a 178 foot abseil from the historic Newport Transport Bridge for a registration fee of only £5.

The DM Thomas Foundation Ball

Friday 21 October

Join us for an evening of fine dining and entertainment at the Hilton Hotel in Cardiff.

Santa's Grotto at IKEA Cardiff

Saturday 3 December to Friday 23 December

Meet the man in red while helping to support children in hospital at Christmas.

For more event information, visit www.noahsarkcharity.org or call 029 2184 7310

Ready for a challenge? How about signing up for one of these fundraising events?

London to Paris Bike Ride September 2016

Connect two of the world's most chic capital cities in this four day cycling challenge. Visit noahsarkcharity.org/london2paris

Iceland Trek July 2017

Trek through a volcanic landscape of steaming lava fields, icecaps, glaciers, waterfalls and bubbling hot springs.

Visit noahsarkcharity.org/icelandtrek

China Trek September 2017

An adventure that's perfect for anyone with a passion for culture, history and mythology.

Visit noahsarkcharity.org/chinatrek



Become a Buddy

#I'mOnBoard

Could you become a regular donor to the Noah's Ark Charity by making small monthly donations through standing order?

Alan Siddall became a Noah's Ark buddy after his granddaughters Holly and Maya were born. He says: "I think monthly giving is great. It's automatic, you don't miss the money going out and you always know you're helping out. Give it a go."



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

Phone: **029 2184 7310** Email: 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

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