

# Spring Newsletter 2017



**How the bravery  
of a little girl  
inspired her mum  
and dad**



Join our  
Teddy  
Bears'  
Picnic



**Emergency Parent Packs – how a little can mean such a lot**

# Teddy Bears' 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: 25 March 2017 Venue/Lleoliad: SSE SWALEC 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:  
[www.noahsarkcharity.org/teddybears picnic](http://www.noahsarkcharity.org/teddybears picnic)  
Or call/neu ffoniwch: 029 2184 7310

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

Supported by/Cefnogir gan  
Sainsbury's Thornhill  
IKEA  
SSE SWALEC Cardiff

Registered Charity No. 1069485

# 87%

of volunteers  
would recommend  
volunteering to others

...so why not take them at their word and join Team Noah's Ark as one of our much valued volunteers. We've got opportunities volunteer to fit most skills and interests including making sure people have a great time at our family fundraising events, providing information about the charity in our newly opened hub, or supporting our work in the office.

For more info, give Linda a call on 029 2184 7310  
or email [Linda@noahsarkcharity.org](mailto:Linda@noahsarkcharity.org)



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Registered Charity Number: 1069485

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# Elin the mini inspiration



Planning on taking part in the Cardiff Half Marathon on October 1st? Then why not join Sian and Mark Warren and raise funds for the Noah's Ark Charity at the same time? The couple were inspired to sign up after spending 11 days on Owl Ward with their then two-year-old daughter, Elin, last October.

Elin was six months old when she was diagnosed with vesicoureteral reflux (VUR), a condition that can trigger infection caused by urine flowing backward from the bladder to the kidneys. After being treated in hospital twice for sepsis before her second birthday, Elin's parents were advised that a third infection could cause irreparable kidney damage and that surgery to correct the condition was the best course of action.



In September 2016, at just over two and a half, Elin was admitted to Owl Ward for the major abdominal surgery. The operation, which took six hours to perform, was a success but little Elin was left drained and weak.

Mark explains: "We'd done plenty of research so we knew that Elin's recovery was likely to be a bumpy ride, but I don't think anything could have prepared us for that 11 days in hospital. Elin was connected to all kind of wires and drains and tubes and for the first few days, she was either crying out in pain or too pale and weak even to eat."

"If it hadn't been for the play specialists I really don't know how we would have coped during those days. As Elin was immobile at first, they bought the entertainment to her, distracting her with an endless stream of toys. As she started to gain strength, Elin was keen to move around more so knowing that she loved stickers, play specialists, Sian, set up the playroom with lots of sticker activities and wheeled her to the play room. They were the perfect balance of supportive without being intrusive. They helped relieve the pressure enough to get us all through."



"No-one wants their child to be in hospital but knowing that they'll have the best possible care makes such a difference. For us it says a great deal, after what Elin went through, that she never fears going back to the hospital for checks. It's been a positive experience for her in more ways than one and the only concern she has as a result of her treatment is whether she's going to be a doctor or a nurse when she grows up!"

For their part, Sian and Mark say that they are really looking forward to taking on their running challenge – even more so because they know exactly where the money they're raising will go.





# Tiny Lives gets off to a big start



Our appeal to raise £1 million for the new neonatal unit at the University of Wales got off to a great start after its launch in mid-November. We received generous donations from both valued existing supporters (many of you included) and others who are completely new to the charity. Families, hospital staff and celebrities alike also helped spread the message on social media by posting their support with the hashtags #TinyLives and #BabiesFirstChristmas.



Parents of babies treated on the neonatal unit have also pledged their support. Lisa Reynolds, whose daughter Rea spent Christmas in the high dependency unit, raised more than £2,000 by taking part in the Porthcawl Christmas Day swim, while dynamic dads Geoff Knox and Ryan Spencer will be running the Cardiff Half Marathon in thanks for their daughters, Gabriella and Netty, later on in the year.

Kirsty Coles, whose baby daughter Annie sadly died when she was seven weeks old, has set up Annie's Rainbows Fund in aid of the Tiny Lives Appeal.

Baby Annie was born with a rare condition called Smith Lemli Opitz Syndrome in October 2016. Although her prognosis was very poor, Kirsty and her partner Tom wanted to give little Annie a chance to fight and for a while Annie did just that, overcoming many setbacks. But when she developed an infection for the second time, Kirsty knew instinctively that something was different.

Kirsty says: **"As agonising and heart wrenching as it was, we made the decision to let Annie call the shots and go to her forever sleep. I found a strange sense of peace once she had gone. I felt that I gave her the chance to fight and the chance to stop, when she wanted."**

**"The kindness and support of family, friends and complete strangers after Annie died was overwhelming. I needed something positive to come out of everything so decided to set up Annie's Rainbows Fund in aid of Tiny Lives. I am now focused on raising £13,000 to buy a new incubator for the appeal in the hope that Annie's short life can help other babies in need of special care in the future. I have given the fund a year to run, finishing on December 14th 2017, the day Annie died."**

To find out more about fundraising for the Tiny Lives Appeal or to donate, visit [www.noahsarkcharity.org/tinylives](http://www.noahsarkcharity.org/tinylives) Alternatively you can send a donation by cheque by completing the form on the back page and earmarking it for the Tiny Lives Appeal.



# The big festi



## Peter Pan

Tinkerbell and the cast of Peter Pan came to sprinkle a bit of fairy dust over the Noah's Ark Children's Hospital in the week before Christmas.

Among the many children the cast met on their tour was Isabelle, who had been admitted to the children's hospital after falling ill on holiday in Gran Canaria.

Her dad John said: "Isabelle has been a big fan of Peter Pan since she went to see it in panto with her nursery. In fact for at least three years after, she refused to answer to anything other than Tink. It's been a tough few days but the visit from the cast today really made her smile."



## Stocking Appeal

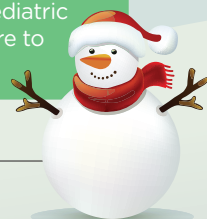
Businesses, groups and individuals from across South Wales dropped in throughout December to donate toys to the Noah's Ark Charity as gifts for children spending the Christmas period in hospital.

On behalf of everyone at Noah's Ark, we'd like to say a huge thank you to everyone who donated. You helped keep Christmas special for the children and families here.



## Hampers

Thanks to the generosity of the Lidl regional distribution centre in Bridgend, it wasn't just the children who got a festive surprise this year. Parents also received a goodie bag filled with Christmas treats. A nurse who worked on the paediatric intensive care unit on Christmas Day told us how touched the families were to receive them.



# ive roundup

## Christmas Jumper Day

Schools and businesses helped raise money for the Tiny Lives Appeal by donning their favourite Christmas jumpers.

So far the initiative has raised £6,540, with money continuing to roll in.



## Santa's Grotto

Almost 1,000 excited children visited Father Christmas at our Grotto in IKEA this year. It took more than 100 volunteers and some very creative IKEA staff to bring the beautiful grotto to life, helping us raising close to £13,000 for the neonatal unit at the University Hospital of Wales.



## An extra special visitor

Three-year-old Fliss Clayton spent Christmas 2015 on the paediatric intensive care unit and the first 8 months of 2016 as a patient on Island Ward. This December she was back for a far happier reason – to personally deliver Christmas chocolates which she had bought with her own pocket money.

When asked by her mum whether she'd like to spend the money she'd saved on a new toy, Fliss opted to buy chocolates for the children at the hospital, saying: **"I want to make the other children smile because it's a bit scary in hospital sometimes."**

Thank you lovely Fliss. You definitely succeeded in your mission.



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# Supporting prevention through early detection



Developmental Dysplasia of the Hip (DDH), sometimes referred to as 'clicky hips', affects between one and three per cent of newborn babies. Undetected, it can lead to osteoarthritis and is one of the most common reasons for hip replacement surgery later in life.

Early diagnosis and treatment is the most effective way to treat DDH. Thanks to new national guidelines involving newborn checks and screening for those with risk factors like prematurity, more babies than ever are receiving early care.

In order to accurately diagnose hip dysplasia, babies with potential problems need to undergo an ultrasound scan so that if DDH is confirmed, treatment can begin as quickly as possible. As a direct result of your support, we have recently been able to fund a dedicated ultrasound machine for the paediatric orthopaedic department.

Consultant and orthopaedic surgeon, Clare Carpenter (right),

says: **"Prior to receiving the new ultrasound machine we only had access to a borrowed one for a few hours, meaning that we could just scan around ten babies a week.**

**Now we're able to see around 24 which means that babies are being seen quicker and younger. Diagnosis and treatment before six months can mean the difference between wearing a harness for a few weeks and far more invasive procedures like surgery.**

**The new ultrasound machine has made a huge impact on our ability to provide the best form of treatment, meaning that children are able to go on to develop unhindered."**



## Money boxes

Here's young fundraiser and Noah's Ark patient Sara, sporting her home money box. If you need something to do with your spare pennies, why not consider getting one for your mantelpiece or shop counter. Contact the office on **029 2184 7310** and we'll send you one.





# When a little can mean such a lot



Quite frequently, children are admitted to the Noah's Ark Children's Hospital for Wales as an emergency. With little or no notice, parents and carers only have a small amount of time, if any, to pack for their unwell child, let alone consider their own needs for a stay in hospital.

Many families are transferred here from far afield and don't have anyone nearby to drop off basic items like a toothbrush or change of clothes. Completely focused on the needs of their child, some parents arrive without even a pound to buy a drink or something to eat.

As part of our work to support the families of Noah's Ark, we've launched emergency parent packs which contain basics like toothpaste, face wash, a razor for dads and a bottle of water. They also contain a voucher for some food at the University Hospital of Wales restaurant, Y Gegin.

The emergency parent packs will only be given to families in real need in the hope that it will give them one less thing to think about at a very anxious time.

Kerry Decaux from Merthyr was one of the first to receive a pack when her seven-week-old daughter, Emilie, was rushed to the paediatric intensive care unit with a collapsed lung. Kerry says: **"All we could think about while it was all happening was Emilie. Then in the middle of this intense and stressful experience, where we hadn't left her side for days, someone appeared with a little red bag filled with everything we needed to get us by. We were so touched that someone had taken the time to think about how we might be feeling. Just having a hair bobble so I could tie back my hair or a toothbrush so we could clean our teeth made all the difference and most importantly it meant that we could do the only thing that we wanted to do, which was focus on Emilie and be with her. It was the smallest thing but it felt like the biggest gesture."**



We'd like to say a big thank you to all of those who helped get the emergency parent packs off the ground. Without them, and people like you, who continue to support our work, none of this would be possible.

## Gifting a gift

Instead of pushing those unwanted Christmas and birthday presents to the back of the cupboard, why not donate them to us? There are many ways we can put them to good use, from organising a raffle or auction to selling them on a stall or in our charity shop. Whichever direction they go, they'll be supporting the work of the charity - while helping you to de-clutter guilt free at the same time! Contact Linda on **029 2184 7310** or email [Linda@noahsarkcharity.org](mailto:Linda@noahsarkcharity.org).



## Back by popular demand

The Royal Ascot Day Charity Lunch at Chepstow Racecourse will be back for its 11th year on Thursday 22 June.

The popular event, which raised more than £50,000 for the Noah's Ark Charity in 2016, will include a three course lunch, afternoon tea an opportunity for a bit of a flutter ahead of the live coverage from Royal Ascot. There'll also be a Gold Cup raffle and auction before the day wraps up for another year with the annual best hat competition.

Tickets are priced at £60 per person and are available to buy either individually or in tables of eight to twelve. To reserve your tickets for this event, contact [julie.hayward@chepstowplant.com](mailto:julie.hayward@chepstowplant.com). Book soon to avoid disappointment.



## Take part in a challenge for children

Last summer, Noah's Ark Charity supporter, Michael Spackman (left) raised £560 for Noah's Ark by taking part in the Zipline Challenge. If you're the type who likes to raise money while raising your heart rate, why not take a peek at our events page and register for any updates. Visit [www.noahsarkcharity.org/events](http://www.noahsarkcharity.org/events)

## Schools glorious schools

There's nothing more heartwarming than seeing children helping other children and at the Noah's Ark Charity it's something that we're fortunate to see on a regular basis.

Schools in Wales have been an incredible source of support to us over the years, raising money in a whole host of colourful ways, from 'dress like an animal' days to 'Pupils' Got Talent' events.

Later on in the spring we'll be launching a fun way for schools to get involved in supporting the 73,000 children who are treated at the Noah's Ark Hospital for Wales every year. So keep your eyes peeled and if you're involved with a school in any way, either as a parent/carer, grandparent, or if you work in a school please consider supporting us this summer term.



# Events



## The Teddy Bears' Picnic

25 March 2017  
SSE SWALEC, Cardiff

Join us for an afternoon of family fun. Order your tickets at [www.noahsarkcharity.org/teddybears-picnic](http://www.noahsarkcharity.org/teddybears-picnic)

## Cardiff Food & Drink Festival 14 - 16 July 2017

## Royal Welsh Show 24 - 27 July 2017

Could you help us spread the word by volunteering at our stalls in these events? Call Linda on 029 2084 7310 for information.

## Royal Ascot Day Charity Lunch Thursday 22 June Chepstow Racecourse

For information and booking email [Julie.hayward@chepstowplant.com](mailto:Julie.hayward@chepstowplant.com)

## Ladies Afternoon Friday 24 March Hilton Hotel

Join us for a ladies lunch with a purpose.

## Family Fun Walk

Sunday 17 September 2017  
Cardiff Bay

Register before the end of April and be in with a chance of winning family tickets for the Noah's Ark Zoo and Folly Farm as part of our early bird prize draw.  
[www.noahsarkcharity.org/events/familyfunwalk](http://www.noahsarkcharity.org/events/familyfunwalk)

## Cardiff Half Marathon 1 October 2017

Grab yourself one of our gold places and join #teamnoahsark.

## The Noah's Ark Charity Dangle Sunday 8 October

Sign up for a 178 foot abseil from the historic Newport Transport Bridge.

## Santa's Grotto at IKEA Cardiff December 2017

Come and visit Santa in his magical grotto.

For more event information, visit [www.noahsarkcharity.org](http://www.noahsarkcharity.org) or call 029 2184 7310

# Noah's Ark

Children's Hospital Charity  
Elusen Ysbyty Plant



Your chance to **WIN** up to

# £25,000

and support 73,000 children a year

Join online for just **£1 a week** at

[www.noahsarkcharity.org/lottery](http://www.noahsarkcharity.org/lottery) or call 02921 847310

# Many of our supporters like to leave a gift to our charity in their will. Could you?

A gift in your Will can make a huge difference to the support that the Noah's Ark Children's Hospital Charity can provide for the children of Wales. The hospital currently treats **73,000 children** a year either in the hospital or at **400 clinics** that doctors run in local hospitals across Wales.

You could give a specific amount of money or a particular gift like a painting, jewellery or even a property. You could give a share of what is left after you have taken care of loved ones or those close to you and left items to specific people.

All you have to do is make a Will or, if you already have one, simply add a codicil. A solicitor can advise you on the best course of action. If you would like further information about leaving a gift in your Will, call us on **029 2184 7310** or email **[enquiries@noahsarkcharity.org](mailto:enquiries@noahsarkcharity.org)**

Think of it as your present to the future children of Wales.

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

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 would like my donation to be earmarked specifically for the Tiny Lives Appeal

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