



Welcome to a very special newsletter celebrating our 20th year.

Crocus tommasinianus. The meaning of crocus according to www.didyouknow.cd/flowers.htm is "gladness". Crocuses are a spring flower and abound along Melville Drive near the old Simpson. It seems apt.

This is Jim, James and Mhairi Blythe with Gill Mitchell

IMAGE TO FOLLOW

As befits this special occasion, Jim Blythe has written for us:

As a matter of routine the Blythe family has bought their Christmas cards from the Simpson Special Care Unit for the past twenty two years in order make a contribution to the voluntary donations which support much of the work The Simpson undertakes.

While making this year's purchase, they were alerted to February 2005 being an important anniversary of the Special Care Unit and were invited to take part in celebrating this significant milestone.

Their own story started in 1982 with the very early arrival of James. It is hard to believe that James, now 22 and in his final year of university, having been a Scottish Schoolboys Rugby Cup winner at Murrayfield, weighed less than a bag of sugar at birth.

Mhairi and Jim were of course daily visitors at the Special Care Unit in the Simpson Memorial Maternity Pavilion at the old Royal Infirmary of Edinburgh in Lauriston Place while James was in permanent residence.

IMAGE TO FOLLOW

James -12½" long and 1lb and 12ozs at birth

During these four months, they came to look upon the staff not only as skilled and dedicated professionals but increasingly also as friends. Indeed they are still in correspondence with one Simpson nurse who returned to her native New Zealand.

The Special Care Unit is now relocated in the New Royal Infirmary of Edinburgh at Little France where the new, and longer title still bears the proud name, Simpson. The new facilities are very impressive and the skill and dedication of all members of staff are still evident as is the overall continuing sense of professionalism and excellence. Also evident is that very real sense of kindness, and it is in gratitude for this that James was baptised William James Simpson Blythe.

Jim, Mhairi and James all wish everyone at The Simpson well for the future.

IN 2004 Callum Donaldson very kindly sent £4.50 of his own saved money to help the babies.

He then went about organising a stall to sell our Christmas cards. Callum must be one of our youngest fundraisers. We are very thankful to him. His mum and dad have been supporters since Callum's birth and walked the West Highland Way for the charity when Callum was wee enough to be in a papoose.

A bet that benefited: a recent story for you. Two members of staff working at the Royal undertook a bet – that one of them could not last a week without resorting to a swear word. To make it worthwhile there was a £100 on it.

He lasted 2 days.

The £100? It came to NNU.

Donna gave the charity a gift in memory of her Mum and Nana in lieu of a paying for an In Memoriam notice in the newspaper.

£300 from Julie Risdon who ran a marathon and her employers donated £100. Congratulations Julie.

£85 from workmates who clubbed together to mark the birth of their colleague's baby.

£222 raised by John Braby who took part in this year's Edinburgh Marathon. Congratulations John.

£130 gifted by Mr Ashton whose friends and colleagues kindly donated to this sum when he requested we be the beneficiaries when he retired recently.

£1440 from ERJV Social Fund.

Heather Fordyce, a long and much appreciated supporter of the Neonatal Unit and SSCB, gifted the Neonatal Unit some super baby clothes and some hand knitted clothing she had lovingly knitted.

Her friends and family have also sent us **£650.50** in celebration of her life. We are honoured.

The charity has been approached by two runners, one who is running in the **London Marathon (17 April)** and one running in the **Edinburgh Marathon (12 June)**.

We would be delighted if any runners or teams of runners (remember this is a team event as well as for individuals) would like to take part in the Edinburgh Marathon and be sponsored for Simpsons Special Care Babies. Contact Gill Mitchell on 0131 242 2567 or e-mail Gill on gill.mitchell@luht.scot.nhs.uk.

Next is a story that leads to other stories.....

CFAM monitoring in the neonatal unit

Researchers Julie-Clare and Hannah are using the CFAM monitor that Simpsons Special Care Babies purchased. This research project is able to go ahead partly under the auspices of The Jennifer Brown Research Fund. This Fund was initiated by Jennifer's parents and its centre is in the Chancellor's Building next to the Royal Infirmary. The Research Fund is part of PiggyBank Kids.

Here is part of their website:

PiggyBankKids

PiggyBankKids is a new charity which was established in May 2002 to support and strengthen charities working to improve opportunities for children and young people across the UK.

A particular aspect of the charity's work is The Jennifer Brown Research Fund which is designed to support fundamental scientific research into those complications during pregnancy that result in disordered foetal development and growth, premature birth, impaired neonatal development and how genetic factors impact on these disorders.

The charity was the idea of Sarah Brown who, together with Lord Paul of Marylebone, Gil McNeil, Hugo Tagholm and David Boutcher (a partner in Richards Butler's Corporate Finance Group), form the board of directors of PiggyBankKids Projects Limited.

The founding trustees of the charity are Lord Paul of Marylebone (chair), Baroness Goudie of Roundwood and David Boutcher. All the directors and trustees donate their time free of charge.

Please visit www.piggybankkids.org for details of PiggyBankKids' latest projects.

PiggyBankKids organises a range of projects to support and strengthen charities working to improve opportunities for children and young people across the UK. Since May 2002 we have worked in a number of areas including mentoring, information and support for one parent families, opening up young people's access to sport, and with organisations tackling child poverty and child health.

Our projects have included publishing *Summer Magic*, an anthology of stories with Bloomsbury, which raised funds for One Parent Families, and publishing a collection of real life stories to inspire and motivate young people *Moving On Up*, with Random House.



Piggybank Kids
continued:
 Launched at Number 11 Downing Street, *Moving On Up* raised funds for mentoring projects around the UK, and a set of 6 copies have been

sent to every state and independent secondary school in the UK.

Current projects include the anthology *Journey to the Sea*, which will be published in the Spring of 2005, in support of the sports charity Special Olympics Great Britain. We have also launched the Jennifer Brown Research Fund that supports a new research laboratory in Edinburgh to seek solutions to pregnancy difficulties and save new born lives. And in September we will be announcing our new charity projects and fundraising initiatives for 2005.

From fun runs to sky-diving, marathons to five-a-side tournaments, bookshop events, coffee mornings and Gala Evening events, PiggyBankKids has raised over a million pounds in our first two years, and we plan to raise much more in the next two, thanks to the generous support of people like you. If you would like more information on any of our projects please call our Programme Director, Hugo Tagholm, on 0207 936 1294.

SARAH BROWN
 JUNE 2004

Big Brothers & Sisters recruits, screens and matches suitable adult volunteer mentors to children and young people aged 6-16 from lone parent families. The result is a two-way friendship which both mentor and mentee enjoy and benefit from.

about us>>

This section explains all about us, our organisation and its effect around the world. Find out more about mentoring, how Big Brothers & Sisters has developed around the world, what Big Brothers & Sisters UK does and get the answers to the most frequently asked questions.

mentoring works>>

This section explains how powerful mentoring can be. Look at the statistics that show the impact mentoring can have and read the stories of people who are mentors or mentees.

where in the uk?>>

This section will tell you where Big Brothers & Sisters has local agencies.

supporters>>

This section provides information about who supports Big Brothers & Sisters.

It includes details of some of the endorsements that Big Brothers & Sisters has received and information about people and organisations who have provided funding and other support to Big Brothers & Sisters.

get involved>>

This section explains the different ways that people can get involved with Big Brothers & Sisters. Find out how to apply to become a mentor, apply to become a mentee or find a mentor for your child, get involved in a different voluntary role including providing us with pro bono advice, setting up a local agency in your area or working for us

Two extracts from: "Moving On Up"

- Dr Ian Laing:

I am a Consultant Neonatologist. My job involves caring for ill babies from the moment of their delivery until the time they are ready for home. I also teach undergraduates and postgraduates, and carry out research into the causes of illness in premature and mature infants. I have been invited to lecture on Newborn Medicine in many parts of the world including Africa, Asia, Australia USA and Canada.

The Austrian violinist Fritz Kreisler (1875-1962) has been my constant inspiration. It was my violin that took me to the National Youth Orchestra, thence to Oxford and Cambridge. Although I pursued a career in medicine, it was Kreisler who had opened up a path for a schoolboy from the north-east of Scotland. His influence is with me today. Every morning I play works by Bach and Kreisler before I leave for work at 7am.

My advice: find something outside your working life which makes you fulfilled. Allow this fulfilment to infect your professional work.

- Professor Andrew Calder

Even if the PiggyBankKids Project was not supporting the charity Big Brothers & Sisters with this book, I would have no hesitation in identifying my own sister, Kathleen as the person who most influenced and inspired my career in medicine. The eldest of four children of a Scottish manse (I was the youngest) she

preceded me by nine years at the Glasgow Medical School and during that time metamorphosed from a prim and proper, studious and shy schoolgirl into a dynamic, decisive and assertive young woman, who showed me that I could and should pursue a career in medicine and was an ideal role model. Many teachers and professional colleagues have given me far more help than I ever deserved, but Kathleen was always the one who best understood me, advised me and encouraged me. She enjoyed and cherished life, not just her own but those of others, and I will never forget the impact she had on mine.

Advice: although entry to medical school now requires the highest levels of scholastic attainment, a successful and happy career in medicine requires a willingness to see beyond the narrow targets of passing examinations. Many of the best colleagues I have known have been much less concerned with such narrow goals than with the need to have a broad, tolerant and sympathetic understanding of the needs and failings of others. While the pursuit of personal happiness may seem selfish, an unhappy doctor is likely to be an ineffective one and the attainment of happiness lies much more in seeing improvements in the conditions of others, both in terms of health and professional progress than in monetary wealth and status. Above all we must try to keep a sense of humour.



[where in the uk?>>](#)

This section will tell you where Big Brothers & Sisters has local agencies.

[supporters>>](#)

This section provides information about who

supports Big Brothers & Sisters.

It includes details of some of the [endorsements](#) that Big Brothers & Sisters has received and information about people and organisations who have provided [funding and other support](#) to Big Brothers & Sisters.

[get involved>>](#)

This section explains the different ways that people can get involved with Big Brothers & Sisters. Find out how to apply to [become a mentor](#), apply to [become a mentee](#) or find a [mentor for your child](#), get involved in a [different voluntary role](#) including providing us with [pro bono advice](#), [setting up a local agency](#) in your area or [working for us](#)

Primary 3 of Towerbank Primary School sent us the proceeds from their performance of "Hosanna Rock" at Christmas. A lovely surprise and gift from the pupils, staff and audience.

SSCB will be the beneficiary of:

- The proceeds from the sale of wonderful home-made Seville marmalade with a Simpsons Special Care Babies logo label.
- *Charity evening at the Caledonian Hotel organised by Rachel Mackay*
- Football match organised by Drew Rankine in Armadale, West Lothian
- SSCB runners in the London Marathon and Edinburgh Marathon

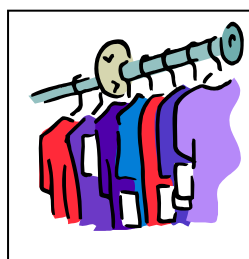
What a difference the above will make.

How we will be benefiting the Neonatal Unit :

Recently Dr Laing and Dr Brian Fleck (Consultant Ophthalmologist who with colleagues screens all the premature babies eyes for eye problems) have identified a new piece of equipment called Retcam which is the best equipment for retinal imaging. Its value is its imaging capability, its mobility and its ability to display and store images of the retina of the eye which can be used both for diagnosis and for teaching. Although around £60,000 the charity hopes to jointly purchase this with an eye charity - we, contributing £40,000 towards this important piece of equipment.

Phew, there is going to be lots of saving going on this year.

A request from Kathy Wilkinson from NNU:



Kathy has a very successful clothes rail. She sells donated baby clothing and has one BIG problem - a lack of hangers suitable for baby clothing. Can you help - donations would be very well received. The money received helps towards the gifts to the in patient babies at Christmas and the Christmas party for the graduates.