



Thank you to all of you who challenge yourselves through fundraising, committee work or any such, and through that help the Simpson's Special Care Babies.

EVENTS

Great Scottish Walk - Sunday 18th June, 2006

Simpson's Special Care Babies is one of the official Charities and Jennifer Thomas is our energetic and focused co-ordinator, whose actions stimulated our participation. Currently we have around **30** walkers some of whom have a connection with Simpsons Special Care Babies and some, like a group of Scouts, do not but it is great to welcome them and have their support. There is still time to get your walking shoes out and come and walk for SSCB. There are 3 great options for all ages and energies - a 12 mile walk, a 6 mile walk and the Health Scotland Golden Mile. Teams are welcome too, I quote "Teams can consist of a minimum of four and a maximum of six walkers per team. Your company, office or shop etc, can enter as many teams as they like." Well coming from a family of six, I say families could enter the team event. It is a family day out with entertainment along the route. The 12 and 6 mile walks start at Holyrood Park and finish at Meadowbank Stadium. To get involved: contact Gill (0131 242 2567) for entry forms or get on line www.greatscottishwalk.com.

Marathon opportunities. As the Edinburgh Marathon event continues to grow they need increasing numbers of volunteers. If you think you may be able to help please visit the website at <http://www.edinburgh-marathon.co.uk/volunteer//index.ph>

UPDATE

Support for Neonatal Unit

The best start in life is what we all wish for each and every baby who is born. Mothers whose babies are in NNU, who wish to, are encouraged to breast feed or express breast milk whether their son or daughter is premature or full term. As many will know, Karla Napier is the Infant Feeding Facilitator who together with the rest of the Simpson's Midwives offer a variety of support for breast feeding. In 1983 a long term study in Dundee* posing the question: "Does breastfeeding improve the health of Scottish children?" commenced and is still going on. SSCB has recently supported the purchase of two "Breastfeeding teaching packs for doctors", one for the junior doctors working in the Neonatal Unit and the other for junior doctors working in the postnatal wards. These are produced through UNICEF UK through the Baby Friendly Initiative and will be used to deliver information to these doctors early on in their working lives giving essential information for both pregnant and breastfeeding women.

- further information available online at: www.nhscotland.com/breastfeed

SUPPORT AGREED – SSCB to spend around £70,000 for NNU IT based project which will benefit ALL the babies in NNU (page 4 for notes on meeting).

DONATIONS

All donations to Simpson's Special Care Babies are very special and we are always extremely grateful for the continuing support and kindness and sometimes the amazing physical effort by individuals in their quest to raise funds for the unit. We would like to thank the following contributors:

Santa's reindeer graze in Newtongrange ! Customers of Katie-Lou's got an opportunity to help Santa in December 2005 as owner Fiona McLauchan sold her specially refined reindeer food to customers in her Newtongrange shop. Also available to purchase were SSCB badges and wristbands. *Thank you so much, bet the reindeer can't wait until Christmas for a tasty treat in Newtongrange !*

The West Highland Way Alison McGimpsey is walking The West Highland Way in July 2006 to raise funds for the Neonatal Unit. Alison's beloved niece had her beautiful twin boys there on 7th January 2005 at 24 weeks and 3 days into her pregnancy. Alison says both twins are doing well as a direct result of the dedication and expertise of all the staff. Alison says that this fundraiser is her way of saying thank you. *Alison, we wish you the best of luck with your Walk, thank you.*

Cairn's Mummy and Daddy - Jennifer and Jason sent Christmas wishes to all together with a donation of £100 which they wish us to Gift Aid, thus adding on the tax paid on this. *Grateful thanks.*

Newcraighall Primary School Staff and pupils held a Christmas collection and generously chose Simpson's Special Care Babies as their Charity. The Charity benefited from a wonderful £117.23 to help the babies. *Thankyou for your wonderful donation and for choosing Simpson's Special Care Babies.*

School Christmas Fayre at Port Seton Genevieve's parents and brothers sold SSCB bands in the run up to Christmas and raised a terrific £85. Mum Ruth says "it was interesting to hear how many children had a "brief" stay in the Unit and hear people's memories". *Thank you for your kind donation and thoughtfulness.*

Coffee Morning A coffee morning organised by Joanne, Harris's mum, was a wonderful successful in Bo`ness before Christmas 2005. Harris and Joanne came to NNU and Sara, one of Harris's nurses said she was delighted to see them both. *Thankyou for your kindness and for coming to see us.*

The Spiritualist's National Union SSCB received a kind letter from Lynette Coulston representing Spiritualist Aid from the Spiritualist's National Union enclosing their best wishes in supporting SSCB and gifting £300. *Thank you for your generous donation and kind wishes.*

Simpson's Special Care Babies Merchandise

This consists of t-shirts (both adult and childrens sizes from 3-4years up), fridge magnets, keyrings, wristbands, lapel badges, car stickers (GREAT as there are so few about!) and Christmas cards. New pieces of merchandise are being sourced and it is anticipated be available for the next Newsletter. All available via the website www.sscb.org , or telephone Gill on 0131 242 2567.

We love to hear how you are now.....

Members of the Neonatal Unit and Simpson's Special Care Babies love to hear updates on "our" babies, hence it was a delight to hear from Mum Judy that Callum is doing really well and had his 6th Birthday in December 2005. *Congratulations Callum, hope your day was special and exciting. Best wishes from all at NNU and SSCB.*

magic moments,
special memories.....

Simpson's Special Care Babies Website

Families who wish to support SSCB may like to know that you are most welcome to tell us about your experiences or post a photograph on our website. You may have an experience you would like to share, or words of encouragement..... You may be happy to let us know your name or you may wish your details to remain confidential. Send to: info@sscb.org or to Gill Mitchell, Room S5105, SCRH, 51 Little France Crescent EDINBURGH EH16 4SA

Next SSCB meeting : Annual General Meeting on : Monday 26 June at 7pm

Our current committee are: Julia Stout (Chairperson), Caroline Lismore-Kerr (Treasurer), Gill Mitchell (Secretary), Paula Anne Ford (Newsletter), Derek Houliston, Jennifer Houliston and Susan McLean . We place great importance on this annual event – as an opportunity to review the previous years work and fundraising, linking that to our future and our plans. We would welcome members participation in Committee work, in decision making, in supporting the means by which the charity highlights and fundraises for the Neonatal Unit. The election of our Committee is always the lynchpin of the year to come. **So come and join us.**

With your help and especially the fundraising of Margaret Roches and the Eastern Star, Persevere Chapter we are enabled to buy **6 new breast feeding chairs** for the Neonatal Unit. These specifically designed chairs feature : a low seat, material suitable for a Hospital, no arms so mother is enabled to find the best position for attachment without restriction, a curving and supportive back.

When a baby is discharged from NNU, the NNU Community Liaison Sisters may visit and continue supporting the family. SSCB is purchasing **6 new apnoea monitors** for such families so that their baby's breathing can be monitored and they can be alerted should it falter or stop. Appropriate training is also given so that parents take the appropriate steps should the monitor alarm.

Members of
Abacus Nursery, Dalkeith
 celebrate raising

£1,000

and present this to **Caroline Lismore-Kerr**
 Thank you each and every one of those who
 helped to gift this magnificent amount.



**Notes on the meeting held in May with
 Doctors Ian Laing and Andrew Lyon to
 discuss a project for the Neonatal Unit**

This meeting was held to discuss and decide on our next project for NNU as it was evident that this project was a large one and focused slightly differently than our previous equipment purchases. All the membership were invited to attend.

Dr Laing and Dr Lyon presented their project – a new Badger computer system for NNU purchasing both hardware and software, together with 2 years of technical support. Additional to the presentation was a visit to one of the Nurseries to see how the current system impacts on the care of the babies. This system is currently at the maximum of its capability. Dr Lyon described the advances made through use of the existing system and the future plans should the charity wish to support this innovative project. There was then a question and answer session and summary. Those present then had time to discuss their reactions and comments prior to a decision being made. It was apparent from the presentation and information given, of the importance of this equipment which would impact on every baby in the Unit. Dr Laing and Dr Lyon described the Neonatal Unit within Lothian as internationally known for trend monitoring (due to the Badger system), as being at the forefront in the UK of neonatal care, for audit of our babies' problems and treatments, for feedback of these for the benefit of care and treatment and for communicating with parents and relatives through BabyLink. These are enabled through computer technology and those present agreed to support this project.

*'It's people like
 Audrey Scotland
 should be proud of*

NOTHING can prepare you for the death of a baby, but midwife Audrey Graham helps parents get through the unthinkable.

The 42-year-old, who works at the Simpson Maternity Pavilion, in Edinburgh, has spent more than a decade looking after new mums during one of the most testing times of their lives.

Audrey was there with Tracey and Michael Bradshaw's twin girls who were born three months premature.

Tracey, 38, said: "It's people like Audrey who Scotland should be very proud of. We certainly are."

"We were going through so much trauma at the time, but she sensitively handled everything for us."

That's why they have nominated Audrey as a Caring Hero in the Daily Record 2006 Our Hero Awards.

The couple's ordeal started when they were rushed from their Newcastle home when Tracey went into labour early.

Weighing just 2lb 4oz, Georgina survived but her twin, Emily, died just hours after her birth on New Year's Day 2005.

Mum of two Audrey was a huge support to Tracey and Michael during the next five weeks as Georgina battled meningitis.

Audrey said: "Tracey's whole family went through an incredibly emotional time."

"After Emily died they took some comfort from Georgina's progress so when she got meningitis it was very hard. All I could do was support them as best I could."

"I still keep in touch with the Bradshaws and it's great to see that Georgina is doing so well. I just hope I've made a difference."

Audrey helped the family put together a memory box filled with mementoes of Emily's short life, including a footprint, handprint, locks of hair, a blanket and a photograph.

But Audrey never stopped caring when her shift finished and went shopping for Tracey and bought postcards which Tracey could send to her eight-year-old daughter Charlotte who was back in Newcastle.

Michael, 41, said: "Audrey was always there when Tracey needed someone to talk to. While there were obviously other nurses who were there for Tracey, it was Audrey who spent



COMFORT: Audrey Graham

'Audrey was always there for Tracey when she needed someone to talk to'

time with her when I was travelling back and forth from Newcastle."

The Bradshaws are also extremely grateful to all the doctors and nurses at the neonatal unit where Georgina was treated.

Michael said: "We were going through a very difficult time but the staff at the unit were very understanding and considerate and made everything that little bit easier for us."

Baby Georgina is today thriving and has just celebrated her first birthday.

Michael said: "We are very proud of our Scottish lass. She was born in Scotland and had two blood transfusions there so she's a Scot through and through."

● Staff at Simpson Maternity Pavilion have launched an appeal to help fund memory boxes for the parents of babies who die. They are holding a black tie dinner dance on March 4. For tickets call Sara on 07917 054802 or email simba4sd@yahoo.co.uk.

Update: Audrey was one of the runners up.