



## **CHRISTMAS 2005**

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

### ***Best Wishes for Christmas and the New Year***



## **EVENTS**

### **Annual Meeting**

The Simpson Special Care Babies AGM will be on Monday 21<sup>st</sup> November at 7pm in the Neonatal Unit at the Simpson Centre for Reproductive Health.

### **St. Mary's and St. John's Branch of the Mothers Union**

Simpsons Special Care Babies has had an invitation to talk to the St. Mary's and St. John's Branch of the Mothers Union. The Mothers Union has been supporting the Neonatal Unit over the last couple of years by gifting hand knitted blankets and garments for which the Neonatal Unit is very grateful. We have been invited to talk on Friday 7<sup>th</sup> April, 2006 at 2.15 pm. Would anyone like to take up this opportunity to link with the Mothers Union and support the charity ? The charity has "props" that could be used and I know the Mothers Union would be very welcoming and be very interested to know about the charity and any personal experiences that the speaker would care to share. Please contact Gill on 0131 242 2567. *Thank you.*

### **St. Columba's Hospice Tree of Remembrance**

The first St. Columba's Hospice Light a Light Tree of Remembrance was in 1995. Since then, this has become a special way to honour those who are important in our lives and remember those who are no longer with us, whether they have a hospice connection or not.

The Tree of Remembrance in Charlotte Square Gardens is lit by donations of lights dedicated to a chosen loved one, and a card is sent out by the volunteers in the Hospice to the donor, a friend or relative. For example, I 'Light a Light' in memory of my father, and send my mother a card to let her know. A donation is made to the Hospice and this is an important source of much needed income for us.

The tree is donated by the Forestry Commission Scotland, and each year, the team have searched their forests for a bigger and better one. It is always exciting to see the tree being cut down specifically for St. Columba's Hospice, and loaded for transportation the same day to Charlotte Square, where there is usually a slight traffic jam as the lorry reverses into the Gardens! All the lights are then put on – we hope for good weather as it can be a cold job!

On MONDAY 5<sup>TH</sup> DECEMBER 2005, one of our sponsors, Sir Tom Farmer, will switch on the tree lights at 6.30 pm. This is a very moving occasion. Everyone is welcome, last year there were almost 500 people, and it is a lovely start to the festive season. Emotions do run high, but that is understandable and acceptable. Mum and I have always enjoyed attending, spending some time thinking only about Dad without all the joy of Christmas overwhelming us. There is a short service afterwards in the Charlotte Chapel in Rose Street where again everyone is welcome. I enjoy looking at the tree every time I drive or walk past and realise that whilst it looks wonderful, the lights are there for a special reason, and its benefiting so many others too.

Walter Scott and Partners, in addition to Sir Tom Farmer and the Forestry Commission Scotland pay for most of our costs, so that whatever donation is given to Light a Light is used to look after our patients who have progressive, far advanced illness and support for their families and friends. Together we can help them to "make every minute count". We have an In-patient unit, Care at Home and Day Hospice, as well as providing education on our specialist palliative care knowledge to a wider audience.

The Tree will be lit from 5<sup>th</sup> December until 5<sup>th</sup> January 2006, and if there are enough lights donated, the smaller trees around Charlotte Square Gardens will be lit too.

If you would like to be involved with this special Tree, and help St. Columba's Hospice, leaflets are available at all doctors surgeries, libraries and shopping centres throughout Edinburgh, at the Hospice, 15 Boswall Road, or log onto <http://www.stcolumbashospice.org.uk> or call 0131 551 4567 for more information.



## **CLAIRE AND LAURA MEET THE QUEEN**

Claire and Laura were invited to participate in the Official Opening Ceremony of The Royal Aberdeen Children's Hospital on 4<sup>th</sup> October. The photo shows Laura on the mat (she was doing physiotherapy in the gym) and the Queen behind her. It was a fantastic day and brought a tear to our eyes. Official photographs are available to look at on the Evening Express website.



## **Jed Half Marathon**

Stephen would be delighted for the staff in Neonatal Unit to know he is running on their behalf, this is one way he can show his appreciation for all they did for his daughter Hope when she made such an early entry into life. Not only did Stephen gain a place in the marathon, he also had his entry fee paid by one of the main organisers when they knew he was running for SSCB. Stephen will be wearing a SSCB tee-shirt in the marathon. *Good luck Stephen, and thanks, let us know how you get on.*

## **ARTICLES**

### **Bumpy touch-down for tiny passenger**

The most dangerous parts of any flight are the take-off and landing. I reckon the same applies to pregnancy. The worst bits of carrying a child are the first three months – with their increased threat of miscarriage – and the actual birth when, let's face it, anything can happen. Just as every flight is different – some are more turbulent than others, with the need for paper bags varying immensely – so is every woman's experience of childbirth. So here, just for the record, is mine.

By Fiona McCade. 10<sup>th</sup> August 2005. Full article: <http://www.scotsman.com/?id=1754442005>

### **I've waited my whole life for the man of my dreams**

Imagine someone has set you up on a blind date. "You'll love this person," says your matchmaker. "They're very like you and you'll have loads in common." Sounds great, you think, but unfortunately the date can't take place for several months, so you spend lots of time fantasizing about this mystery individual, dreaming about them and visualizing what they'll be like. As the day gets nearer, you get more and more excited, until the moment comes when your matchmaker happens to mention one little proviso – after you've met them, however well or badly it goes, you absolutely have to take your date home with you. There can be no goodbyes when the evening is over. Whatever you think of this person, you're fated to have a relationship with them and it could last a very, very long time.

By Fiona McCade. 27<sup>th</sup> July 2005. Full article: <http://www.scotsman.com/?id=1686052005>

More very interesting views on pregnancy and parenthood at <http://www.scotsman.com> – We are allowed to mourn coupledom's passing for family.

AND Persuade me not to throw him off the pier at Lyme Regis, <http://www.scotsman.com>

## **UPDATE**

### **The Learning Process**

Every baby and every mum need time to get to know how to breastfeed. Simpsons Special Care Babies has recently helped this process along a little. We have purchased a number of breastfeeding videos as recommended by Karla Napier, Breastfeeding Advisor for the Simpsons, and supported the change of format for the video, "Follow me Mum". This simple change of format now means that the Patientline system available at each bed has this video on screen for access FREE at any time. Having a midwife or nursery nurse there to help, having the Simpson booklet on breastfeeding, having access to the video – all of these are helping to get our babies off to the best possible start.

### **BRM 2 Brain Monitor**

The charity is currently saving for a newly developed brain monitor. Further information is available on [www.brainzinstruments.com](http://www.brainzinstruments.com). The BRM 2 Brain Monitor has a wide range of powerful features including continuous monitoring, long and short term trend displays, downloadable information to enable consultation with other professionals elsewhere. Thank you for your help.

## **Donations**

All donations to Simpsons 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:

**Bouncy castle party** .Two children now aged 4 and 6 months respectively who were Special Care Babies donated £100 after their mummy (Morag) organised a party in their garden. *Thanks mum.*

**Donations instead of presents.** Emily's friend Amy asked for donations instead of presents for her Birthday this year and sent their donation to the Special Care Babies. Emily was a Special Care Baby. *Thankyou girls.*

**Ruby Wedding.** Katie's Granny and Grandad recently celebrated their Ruby Wedding Anniversary and asked their family and friends to make a donation towards two charities they wished to support. They very kindly sent £300 in celebration of their Anniversary and their delight and appreciation of the care received by Katie. *Hope you had a fabulous day.*

**High Flyer.** Friends of Sam's mummy and daddy from British Airways donated £138 in celebration of Sam. *Thankyou Sam's mummy and daddy and friends.*

**In the running.** A total of £1,398.95 was raised earlier this year by family, friends and sponsors of Grant Matheson who ran the 2005 Edinburgh Marathon for Simpsons Special Care Babies. *Thankyou everyone.*

**Marathon offers.** The Edinburgh Marathon offers volunteers the chance to take up a £15 (£10 if under 17) donation and give it to the charity of their choice. Two volunteers donated £15 each to Simpsons Special Care Babies. *Many thanks.*

**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> The databases for 2006 open September 2005.

**Hello, Hello.** Scott Sands of Lothian & Borders Police (ex-John Lewis) organised a fundraising evening with a band, 3 female singers and 3 male singers (including himself). He also had an auction and a raffle and managed to obtain a bottle of malt whiskey from the Malt Whiskey Society that would not come up for sale very often, and raised £80 in the auction. A total of £1,150 was raised for Simpsons Special Care Babies. *Many thanks.*

**Culverwell Property Consultants.** A donation of £750 was received by Simpsons Special Care Babies after this thoughtful company decided to "make this donation instead of sending Christmas Cards this year". *Many thanks.*

**In memory of Cairn.** Cairn's parents Jennifer and Jason asked if people would give donations to SSCB. Relations and friends from far and wide very kindly made donations to Simpson's Special Care Babies in memory of Cairn. *We are very grateful.*

**Thankyou.** The Charity is grateful to Kirsten who has kindly let us know of her intentions to donate on a regular basis. *Thankyou for your kind support and generosity.*

**Thought for the Day** On the way home from a long, busy, hospital shift in August, the window wound down, the radio blaring, and the words Simpsons Special Care Babies infiltrated my weary brain. Yes, I did hear correctly. I did not quite catch the names of the two little girls who had been selling the Simpsons Special Care Babies Wristbands, but their uncle had telephoned Real Radio and thanked them. *A big thank you too girls, it made me smile.*

## **Simpsons Special Care Babies Merchandise**

### **Christmas Cards**

Oh, yes, it's that time of year again. In 2004 the Simpsons Special Care Babies cards were sent as far afield as Manchester, Aberdeen, Brechin, Lauder, Ottery St. Mary in Devon as well as closer to home in Edinburgh & Lothian. The Christmas Card Selection leaflet will have already arrived through your letterbox in August. Members of our merchandising group are keen to tell as many people as possible of our cards, and one idea is to send each member 3 leaflets – one for their own use and 2 to go up on a noticeboard at work (pin up the front of one and back of the other) to promote the cards. We depend on word of mouth, visits to our Christmas card page on the website, [www.sscb.org](http://www.sscb.org) and loyal customers to make the Christmas card sales a good source of fundraising for the charity.

### **Simpsons Special Care Babies Wristbands**

*Sooo trendy, and such a good cause.* We are proud to tell you that the Simpsons Special Care Babies wristband is the latest addition to the current merchandise range. They are only £2 and are available via the website [www.sscb.org](http://www.sscb.org) , or telephone Rosie on 0131 477 0475 or email [rosie@bigalentertainments.com](mailto:rosie@bigalentertainments.com) or telephone Gill on 0131 242 2567.

## **Spread the Word - Simpsons Special Care Babies 1985 to 2005**

In our celebratory year, we would like to share the aims and successes of the charity with as many people as possible. We would like to have a display board with our babies and children on telling everyone from firsthand knowledge about the work of the Neonatal Unit and the charity. We would love to hear from anyone who would be interested in pursuing this idea. Some families generously send photographs to the Neonatal Unit for the Little Stars book and these could be the basis of our display board. Your individual story is very important and will be different and interesting to others.



magic moments, special memories.....