

FRIENDSHIP

Starship
Foundation

Spring 2016

GIVING IS THE BEST MEDICINE



Thank you!

Heroes like you
helped save
Hunter's life.

IN THIS EDITION:

To you, from Brad... **P2**

Hunter's mum says "thank you"... **P3 – P6**

Door-to-door fundraiser, Melanie Gehl, shares her thoughts. **P7**

Golden runners wanted! **P8**

Thank you for your sight giving gifts! **P9**

One year on: OR update. **P10**

Messages from the team. **P11**

An amazing way to help generations of children get the best care in the world... **P12**

A local hero like you. **P13**

World-leading Tourette's therapy comes to NZ. **P14**

Tea towel time! **P15**

A note to you, from Brad...



Hello my friend,

Finally spring is in the air again! Wonderful isn't it?

As the days get longer and warmer you can really feel people's spirits lifting too, can't you? Of course, at Starship, another reason for the optimism is because of the amazing achievements and positive changes going on, so many of which are thanks to you.

First of all, we're celebrating the first anniversary of our brand new Operating Rooms and Surgical Facilities which you can read all about that on page 10.

You can also enjoy the wonderful update on little baby Hunter, who I wrote to you about in May, featured on page 3. And there are two announcements of New Zealand firsts for treatment in the areas of eye surgery on page 9 and Tourette's syndrome on page 14.

You do so much for all the sick and injured children at Starship, and being able to share on what you help achieve is our small way of thanking you for that, so I really hope you enjoy this issue.

Thank you so much for everything you do for Starship, and the many thousands of sick and injured children from all over New Zealand who are treated here in this wonderful hospital.

With my warmest regards,

A handwritten signature in black ink that reads "Brad".

Pictured: Brad with his little boy Bailey.

Hunter's mum says "thank you" to the heroes who helped save her baby's life...you!

If you were one of the amazing 5,122 people who responded to our NICU appeal in May, thank you so much. I'm sure you'll remember little Hunter: born three months too soon, and fighting for his life, his little lungs were too fragile to draw a breath unaided. He needed Starship's full range of neo-natal equipment just to give him a fighting chance. All told, wonderful supporters like you helped us raise an amazing \$288,709 for this appeal. As a result we were able to buy all of the equipment on our wish list. And like Melissa says, that means the best possible outcomes for the many babies born prematurely into this world of ours.

Thank you so much for making that possible!

Seven months on from that day, Hunter is now at home. We caught up with his mum, Melissa, to find out how things have gone since leaving hospital and how he's doing now...



After 94 days in NICU we finally got to bring Hunter home. But at this stage he still needed a constant oxygen supply. Starship's Homecare Team helped set us up at home with oxygen and took amazing care of us until Hunter could be weaned off it. We will forever be grateful.

It was a huge milestone starting to wean Hunter off his O₂. At last I could take him out into our garden! The most amazing thing was to kiss his cheeks and see his beautiful face. Just over 2 months into being home he was taken off the O₂. Tube free. We spent our first 24 hours not attached to anything. Bliss!

My only remaining worry at that point was the threat of open heart surgery to repair a duct that remained open in Hunter's heart. We'd hoped it would close before he left NICU, but that didn't happen. We were told it was highly likely he would need surgery when he was around 18 months old.



A precious moment.



I love kissing his cheeks!

That was always on my mind. The thought of him having to go back into hospital and be put under anaesthetic and have his heart operated on was terrifying. But then we had some great news. After a visit to the Starship cardiology team in July, we found out that his duct had shrunk so small that he didn't need surgery anymore! You can probably imagine my relief!

Hunter is now 8 months old. He's a very happy chatty baby. Although he seems to like trying out his new happy sounds at 4am in the morning! He loves to give his smiles away to anyone he gets to make eye contact with. We were amazed to hear about the generous contributions people made to help the NICU unit after receiving Brad's letter about Hunter. The new equipment those donations will buy means babies like our Hunter will continue to have the best chance of a healthy happy life. Thank you!!
Melissa



So small and fragile.



Such a difference!
My big strong boy.

MELISSA, HUNTER'S MUM IS THRILLED TO HAVE HER PRECIOUS BABY SON HOME AND SHE WANTED TO SHARE THIS MESSAGE WITH YOU:

"Walking through the NICU, you realise that if none of the equipment and technology was there, the babies wouldn't be there either. Without you, Hunter wouldn't have survived, I'm sure of that. I am so grateful."

Melissa, Hunter's mum



Melissa and baby Hunter.

Because of your donations, all of the specialised, life-saving equipment is now giving tiny, premature babies like Hunter the best start to life.

Thank you so much for your unwavering support. Together, we can provide the very best expert care to babies like Hunter to bring them home to their families where they belong.

THANK YOU



Door-to-Door Fundraiser, Melanie Gehl, shares her thoughts on a difficult but rewarding job...



Melanie Gehl is one of our Door-to-Door fundraisers.

So many of the things at Starship are only made possible because of your donations and making regular monthly donations is another way you can support Starship. Melanie visits people door-to-door in your neighbourhood to bring new monthly donation supporters into the Starship family and she wanted to share this with you...

"Door-to-door fundraising is a really tough job, but representing a cause like the Starship Foundation, and the people I meet along the way make it all worthwhile. It's everything I love about my job."

Since 2013, I have spoken to over 500 new supporters of the Starship Foundation, and am looking forward to meeting many more amazing supporters in the community. When I go out into the community and knock at people's homes, I am touched every day by the stories people have shared with me about how Starship Hospital has impacted their lives.

I remember one particular family who spoke of the devastating loss of their young daughter. The family told me that the incredible nurses, doctors and Clown Doctors turned what should have been a

horrible experience into something almost bearable. These lovely people were already happily donating to the Starship Foundation, but wanted to share their story with me to show how appreciative they were. This was a very emotional conversation, but exactly the kind of exchange that makes me proud to represent such an incredible cause and hopefully make a difference in the lives of others."

If you don't already give a monthly donation to Starship, please would you consider signing up the next time one of Melanie's colleagues knocks on your door? Thank you!

What Door-to-door giver Vanessa had to say:

"I spent four nights in hospital with my middle child when he was 20 months old and it was hard, but it wasn't a matter of life or death like it is for some children and their families. So when a Starship representative knocked on my door, I was delighted to give \$25 a month, because I know it's going to a very, very good cause."

Vanessa, Starship supporter

We'd love you to be a Facebook fan.
Like us at facebook.com/starshipfoundation.

To find out more about donating every month, please call
Jodie Queenin on 0800 782 774 or 09 375 3445.

Golden charity runners wanted!

ON YOUR MARKS. GET SET. GO FUNDRAISE!



You don't have to be a super athlete. Just a superhero for kids. That's all it takes to be a Golden Charity Runner for Starship in the 2016 ASB Auckland Marathon. So if you want to do something that's fun and raise money for Starship, then please get in touch.

Our very special Golden Charity Runners are fundraising superstars, raising \$2,000 each for Starship's kids. If you want to put your running shoes on for Starship's kids, please contact Krissy Garnham by emailing kgarnham@adhb.govt.nz or phoning 09 307 8949.

MEET HOWARD AND HIS DAUGHTER ISABEL

Howard Gilbert, who works for ASB – one of our Five Star Partners and sponsor of the ASB Auckland Marathon – is championing the ASB 'Run for Joy' campaign which encourages everyone to put their trainers on and run for Team Starship at this year's ASB Auckland Marathon and raise much needed funds for programmes that bring a little laughter and joy to Starship wards; such as the Clown Doctors.

"My daughter Isabel has been a 'Starship child' since birth and we are so impressed with everything the staff at Starship have done for her. Everyone has shown wonderful dedication in caring for Isabel and supporting our family.

The Clown Doctors do a brilliant job of keeping the children's minds off the scary side of hospital treatment and turning those worries into smiles. I'm thrilled to be fundraising for Starship Foundation while running the ASB Auckland Marathon, and proud to work for a company that has supported Starship for almost 25 years."

Watch the Clown Doctors and Isabel in the 'Run for Joy' video at starship.org.nz/run

Thank you Howard! Thank you Isabel! Thank you ASB! You are truly Starship superheroes!



Isabel and the Clown Doctors during filming of the 'Run for Joy' video.

Thank you for your sight giving gifts!



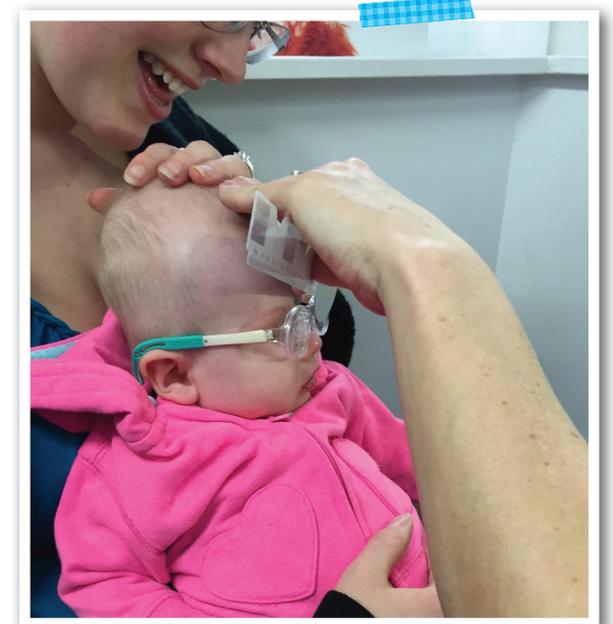
Most of us associate cataracts with age. But that's not always the case. Five-month-old baby Catherine Pilcher, from Blenheim, was born with severe bilateral cataracts. One in each eye.

While adult cataract surgery is a relatively simple procedure, it's not so simple on the tiny eyes of a newborn baby. Which is why we need the most sensitive and advanced equipment. And that's where your help comes into play.

With funds raised by Mercury customers, who add a donation onto their monthly bill, we were able to buy New Zealand's first ever OCT Eye Scanner. And thanks to that scanner, Starship's eye surgeons were able to examine Catherine's eyes with greater precision than we've ever been able to before.

Thanks to the OCT Scanner Dr. Dai was able to determine that despite the severity of Catherine's cataracts, the inner structures of her eyes were well formed. Without that scan, it might not have been possible for a doctor to judge that removal of the cataracts was possible or that Catherine's sight could be preserved.

"Being able to have this operation will be life-changing for Catherine," says Dr. Dai. "Without it she had no chance of seeing. Now with the surgery



Little Catherine was born unable to see because of cataracts in both her eyes.

done and with glasses or lenses she'll have the best chance of gaining sight. It's incredible."

We would like to thank Mercury and its customers for their support.

If you would like to find out more about Mercury's Star Supporters Club visit mercury.co.nz/starship

"BEING ABLE TO HAVE THIS OPERATION WILL BE LIFE-CHANGING FOR CATHERINE. WITHOUT IT SHE HAD NO CHANCE OF SEEING. NOW WITH THE SURGERY DONE AND WITH GLASSES OR LENSES SHE'LL HAVE THE BEST CHANCE OF GAINING SIGHT."

One year on: a look at the new Operating Rooms your gifts built.

It's been two years since we first launched our appeal to upgrade our ageing operating rooms. And one year on since our last *Friendship Newsletter* update. Now today, thanks to wonderful people like you, this fully upgraded, state-of-the-art facility, complete with a brand new operating room, is helping thousands of Kiwi kids every year.

Over this past year, 9,000 Kiwi kids have had surgery in the new Operating Rooms – that's over

25 children every single day! Thanks to you, they have benefitted from the best equipment, the best systems and the best medical care available in New Zealand. Not to mention a much brighter and child-friendly environment.

Thank you so much to all of you. Without your support, our Operating Rooms wouldn't be what they are today. Your gifts are making a real impact in the lives of many sick and injured children.

BEFORE:



AFTER:



Thanks to your incredible support, we have been able to transform and refurbish the Starship Operating theatres and surgical equipment to ensure children in New Zealand have access to state of the art facilities. Brad.

The refurbishment of the Starship theatres has dramatically enhanced the experience for children and their families. The improved pre-op, family waiting room and recovery spaces provide larger, child-friendly and more comfortable spaces. Our staff are delighted with the improvements which enhance their ability to care for patients as well as provide a much improved work environment. These spaces will deliver benefits for thousands of patients, families and staff for many years to come. Thank you so much for the generous contributions to this project.

Emma Maddren, General Manager, Starship Children's Health

The new operating rooms are fun, bright and put children and parents at ease. It makes a huge difference for a scared child to go into the new operating rooms and have it feel like a fun place to be with warm welcoming staff instead of a scary hospital like area. As a parent with a child who has undergone dozens of procedures and operations, I can tell you it makes a huge difference to how the child copes afterwards when they start off feeling calmer and relaxed and the new pre-op area makes the whole thing feel a lot less hospital like and a lot more kid friendly. I'm really grateful for the upgrade.

Samantha Sutherland, Starship mum

An amazing way to help generations of children get the best care in the world...

Guardian Angels are a special group of treasured supporters who have chosen to leave a gift to Starship Foundation in their Will. It's one of the most beautiful and fulfilling ways to go on doing the good you've already started in your lifetime. And an act of kindness that will help secure the future of healthcare for the next generation of Kiwi children.

Our Bequest Officer, Karen Blake, divides her time travelling all over New Zealand organising Guardian Angel get togethers, and talking to current and future Guardian Angels. On one of her recent travels she met a lady called Sheila who had a lovely story to tell about why she became a Guardian Angel.

"Sheila is a wonderful woman," says Karen. "She has ten grandchildren and four children. Well, five really. Because she calls Starship her fifth child! She told me how she had divided her estate into fifths, one for each 'child' so that all of them were taken care of. While she wanted to remember her children in her Will, she also felt strongly about adding a charity, and Starship was the natural choice as a kind of "insurance policy" in case any of her grandkids ever needed us.



When Karen's not climbing Macchu Picchu, she can be found travelling all over New Zealand to meet Starship's amazing Guardian Angels.

Sheila is typical of the kind, caring people who decide to become Guardian Angels. Karen's message to anyone who might be interested in following Sheila's example is threefold: One, it doesn't matter how much or how little you leave to Starship. Two, every single bequest helps us plan for the future of children's healthcare. And three, it's really, really easy to do.

So if you'd like to find out more about how to become a Guardian Angel, what's involved, and the benefits of being part of our Starship family in this special way, please call Karen Blake on 09 375 3466 or email kblake@adhb.govt.nz. Thank you!

A local hero like you.



OVER THE LAST 15 YEARS, CLEVE SULLIVAN HAS RAISED \$124,000 FOR STARSHIP!

Amazing local hero Cleve Sullivan has been a fundraising champion for Starship for 15 years, first through the Avondale RSA and then through the Hillsboro Bowls Club's Bowler of the Year event.

Over the years his bowling tournaments have raised \$31,000 for Starship, and his "12 hour Extravanzas" have raised \$93,000. "I am truly humbled by the many donors who have made some great donations over the years," says Cleve, now aged 87.

Cleve used to be an auctioneer, so it's no surprise one of his first fundraising ideas was an auction. It all began as a way of helping sick children, inspired by his own son's stay in hospital many years ago, before Starship was even built.

"Andrew went to hospital many years ago, under a year old he was. He wasn't allowed to eat for some days. Helen and I were visiting one meal time, and while other children were eating he was pointing at food, but couldn't have any. I couldn't stay, I went out and cried. When someone at the club suggested fundraising for a charity in 2001, my only choice was Starship Foundation."

We'll forever be grateful that you chose Starship Cleve! Thank you for being a local hero.

We need more local heroes like Cleve. Are you a member of a local club, community association or church group? If you are, you can help Starship by fundraising locally, just like Cleve. We'd love to have your support.

World leading Tourette's therapy comes to New Zealand.

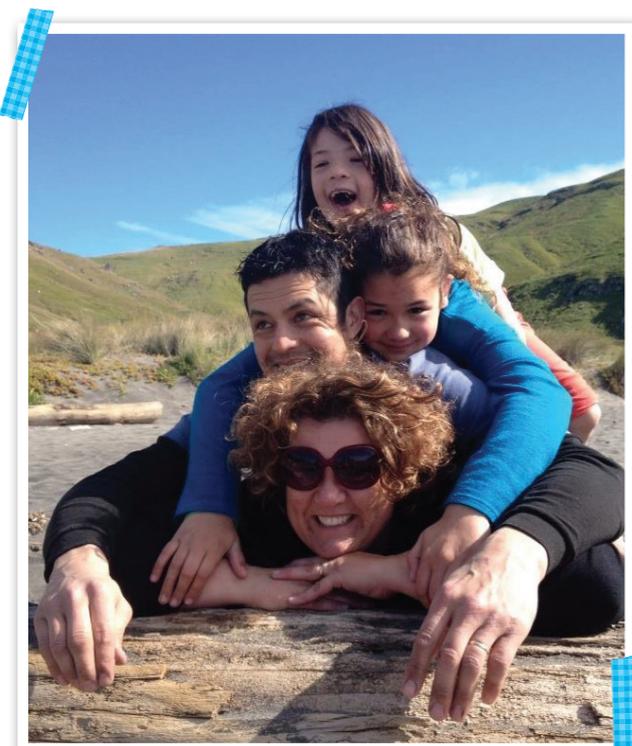
Thanks to the generosity of one big hearted, private donor children throughout New Zealand diagnosed with Tourette's syndrome can now access a breakthrough new treatment. This generous gift funded the world's leading expert in CBIT – Comprehensive Behavioural Intervention Therapy – to travel to Starship from the USA to train 17 New Zealand based therapists in CBIT techniques.

Tourette's syndrome and related tic disorders are common debilitating conditions. Sadly medications to control severe tics, the standard treatment since the 1960s, are not always effective and can have significant side effects. CBIT is a powerful technique that has been shown to reduce tic severity. It also represents a major step forward in our understanding of how the brain can be shaped by the environment. This is the first time anyone in New Zealand has been trained to provide this new treatment. And we are delighted that families throughout New Zealand now have an alternative solution to medication.

Thank you for your support of health innovation and research & development at Starship. Your generosity achieves something incredibly special – improved health outcomes for New Zealand's youngest citizens.

"It was so encouraging that Starship's lecture and training workshop with Prof Wood were so well-attended and we now have 16 practitioners trained in CBIT and able to offer an alternative treatment for tic management, which is fantastic. The Tourette's Association already has a waiting list of families wanting to enroll in our new CBIT program. On a personal level we have already begun using the method on our 12-year old daughter Analise with positive results both at home and in the classroom."

Robyn Twemlow, Executive Director, Tourette's Association of New Zealand and parent.



Top to bottom: The Twemlow family: Eva, Analise, Aaron and Robyn.



Tea towel time!

RUBY SHINES AGAIN.



We want to say a massive thank you to the thousands of people who went into Wallace Cotton branches or shopped through their website to buy Ruby Seeto's 2015 Pink Lemonade tea towel over the last 12 months.

Together you helped Ruby raise another \$45,084 for Starship. Now 19, Ruby has been designing tea towels in partnership with linen retailer Wallace Cotton since 2009, when she recovered from a frightening battle with liver cancer. Every year the funds raised go to Starship to fund a different project.

This year, the funds are going to our Ovarian Tissue Cryopreservation project – which is designed to give young girls who might lose their fertility as a result of cancer treatment the chance to one day still have children. Before beginning treatment, we will be able to remove ovarian tissue and store it by cryopreservation for up to five years. This means that while the harm caused by severe cancer treatments might take away a young girl's fertility, she will still have a means to have children of her own one day.

Currently there is no DHB funding for this in New Zealand. Our plan is to fund it through donor support like Ruby's Pink Lemonade tea towel, until DHB funding can be secured, hopefully within the next five years.

Ruby's brand new 2016 "Watermelon ice pops for Starship" tea towel is on sale now for \$10 each, with \$6 (all proceeds after costs) from each sale going to

Starship. This year, in addition to the colourful tea towel, there will also be a black and white colouring-in version that will be sold with fabric markers for \$16, and an apron for \$15.

Thanks to you, Ruby's tea towels have really cleaned up. You can order the latest tea towel and apron at www.wallacecotton.com or by phoning Wallace Cotton on 0800 222 122.



Ruby Seeto shows off her latest fundraising Watermelon ice pop tea towel design.

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