

BIG HEARTS



Little Hands



Women's &
Children's Hospital
Foundation

making the difference

You've opened
your heart.
Thank you.



Our Vision: The best possible health care for the community served by the Women's and Children's Hospital.

Every day, we help *save* lives and support families - thanks to you.

The Women's & Children's Hospital Foundation is the official charity of the Women's and Children's Hospital in Adelaide, South Australia. Funds raised by the foundation help the Women's and Children's Hospital (WCH) provide world-class care and facilities to thousands of women, babies and young people treated at the hospital, 24 hours a day, 365 days a year.

Since its establishment 25 years ago, the foundation has changed countless lives, investing almost \$28 million in areas of need at the hospital in the last eight years.

Funds raised go towards providing the best possible equipment, facilities and environment for patients, along with research and education to support clinicians at the hospital.

The foundation and WCH compile an annual 'wish list' that includes urgent equipment for the hospital and special projects to make hospital visits, overnight and extended stays more comfortable and less stressful for families. We also invest considerable funds to advance research into preventing disease, a search for cures and improving quality of life.

It is the role of the foundation, with the support of generous South Australians such as yourself, to meet these needs, securing the best possible health care for the community.

Your donation has had a direct impact on the future health of South Australians in need. Thank you.



So much more than numbers.

21,000
♥ Children admitted per year

1,400
♥ Number of hours Captain Starlight will spend with seriously ill children

5,000
♥ Babies born each year - 15 per cent need neonatal intensive care

44,000
♥ Paediatric emergency admissions per year

1,000,000
♥ More than \$1 million invested in ground-breaking research projects per year

1,000
♥ Packs of pencils provided for our Arts in Health program

80,000
♥ Dollars needed to buy a ventilator to help babies breathe

145,000
♥ Dollars needed to equip one neonatal intensive care cot space

These statistics only tell part of the story. For each child, every admission, each diagnosis, there are parents, siblings, grandparents, friends and relatives... all feeling impact. This 'ripple effect' makes the work of the foundation all the more important. Almost everyone in South Australia has been touched by the WCH in some way.

Each tiny baby, young person or mum needs **expertise** that only the Women's and Children's Hospital can provide. Thanks to your **generosity**, they will receive dedicated, skilled and life-saving support, now and into the **future**.



We want to show you the impact.



Harrison's tiny footprint, taken a few days old

Many thousands of women, babies and young people are treated by the hospital. For some young people living with chronic illness or a rare disease, the Women's and Children's Hospital is their second home.

By supporting the foundation, you have a direct link to the children and families within the hospital community. Many of these babies and young people rely solely on the hospital's facilities, equipment and expertise to cope from day-to-day, and work towards a healthy future and better quality of life.

Imagine...

Day after day, sitting at your child's bedside, holding a small hand...

comforted by the knowledge that life-saving equipment and a caring medical team are providing world-class treatment.

Anxious hours waiting in the Paediatric Emergency Department...

made easier thanks to more comfortable chairs, better lighting, new fittings and a beautiful inbuilt aquarium filled with tropical fish.

Watching your child's face during their 25th medical admission...

knowing that your next appointment is with a play therapist, who will quietly distract and entertain them during their stay using art and craft materials, as well as helping create personalised, decorative artwork for their hospital ward.

Wishing that maybe, one day, your child's illness could be cured...

safe in the knowledge that thanks to the incredible, painstaking work of WCH researchers, potentially life-changing investigations are taking place behind the scenes.



You are helping babies like Harrison take each tiny breath.

Some of the babies born at the WCH weigh just 740 grams. It's hard to even imagine how tiny and fragile these babies are – let alone how heartbreaking it is for their family to watch that tiny chest rise and fall with the assistance of a **ventilator**.

Little Harrison is just one of these babies. He was born premature in August 2013 at just 24 weeks. Mum Suzi had to wait two weeks for just a short cuddle. Dad Ben had to wait weeks to hold his son for the first time – a milestone finally realised on Father's Day.

“The nurses were our angels. They know the importance of every individual baby to their parents. They took time to explain what was going on, what this tube was, and why he is having this medication – beautiful things to make us part of the journey, not just outsiders,” said Suzi.

By October, this incredible little fighter had reached a weight of two kilograms. By December, Harrison weighed 3.75 kilograms and went home to his family – just in time for Christmas.

“There is no other feeling like having my baby home. He's having proper baths, doing baby things, getting to know his big brother. I don't care if I'm up 24/7 for the next six months, the joy of having my baby at home is just amazing,” Suzi said.

Harrison spent 114 days in hospital, the majority of those in a cot space in the **Neonatal Intensive Care Unit (NICU)**. Each cot space holds more than \$145,000 worth of life-saving equipment, including an incubator, open warmer, ventilator, monitor, phototherapy unit, infusion pump, neo-puff and oxygen blender.

“This technology, along with the incredible care from the NICU team, saved our baby boy's life – more than once. We will never forget that.”

Your donation is used to purchase equipment that saves lives.



You are providing high quality, intensive care for children like Hudson.



“At our 20-week scan, our excitement and joy at the prospect of welcoming our third child turned to fear and numbness. We learnt that our son had developed a congenital heart disease called hypoplastic right heart syndrome, the underdevelopment of the right-sided structures of the heart,” says Hudson’s mum, Kelly.

At just six days old, Hudson underwent open heart surgery at the RCH in Melbourne, followed by a second operation at the age of eight months. Throughout his journey, the medical team at WCH in his home town of Adelaide has worked in partnership with the RCH. Hudson has spent many hours in the WCH **Neonatal Intensive Care Unit** under the watchful eye of our medical team, cared for using life-saving equipment, such as a heart rate monitor, which comes at a cost of more than \$20,000. Today, Hudson is cared for by specialists at the WCH.

Hudson is an amazing little boy who despite the odds, has reached many milestones. Today, this cheeky three-year-old keeps his whole family on their toes. He simply adores his four favourite things – his two big sisters, chocolate, Thomas the Tank Engine and his little girlfriend, Audrey.

Hudson continues to receive ongoing, world-class care in both Adelaide and Melbourne. His next scheduled operation will take place when he turns four.

“Hudson may have been born with only half a heart, but the other half is filled up with many footprints that have touched his heart throughout his journey,” said Kelly.

Your generous support enables us to invest funds in world-class care.



You are finding answers for Juno.

Juno was born at WCH in 2012 and mum Mia says her birth experience was 'absolutely fantastic'. But in the weeks that followed, things weren't quite right.

Juno was born with nystagmus, an involuntary eye movement that can limit vision, which meant she needed further tests. An MRI at eight and 10 weeks revealed the beginning of this beautiful little girl's complex story.

"The paediatrician didn't even know where to start – it was that complicated," says Juno's dad, Andrew.

The tests revealed underdeveloped optic nerves, absent olfactory nerves, complex intracranial malformations and pituitary dysfunction. She was also diagnosed with a syndrome called septo-optic dysplasia, as well as one or more other unidentified syndromes. Juno also battles bronchiolitis, asthma and diabetes insipidus, a rare diabetes related to water and salt that means she cannot regulate hydration and is vulnerable when sick or hot.

Suddenly life was a whirlwind of specialists and tests. It took months to piece Juno's story together – and there are still many questions. Juno receives ongoing care from WCH as well as frequent visits and stays to manage her bronchial illness and diabetes.

"Juno is proving many people wrong, even since her first neurology appointment. She is mobile, she can see bright colourful objects. She mimics words and sounds. We still don't know if she will walk or talk. But our girl has such a beautiful smile, despite everything. We know Juno still has many tricks up her sleeve – she will continue to surprise us all," said Mia.

The foundation, through fellowships and grants, supports a wide range of research into children's and women's health. The foundation is the key supporter of research at WCH.

Scientists at WCH are looking into new ways to prevent disease, cure illnesses and improve lives. Some of the brightest and most innovative scientific minds are right here in Adelaide. Our research is leading the way in improving the health of women and children locally, nationally and beyond.

With your support, we continually seek answers for Juno and other children with rare and unidentified syndromes.



You are giving Emma hope for a healthier future.



Cystic fibrosis (CF) is the most common, life-threatening genetic condition in children today. It is caused by a mutation in the gene that regulates sweat, digestive juices and mucus in the lungs. It is this sticky mucus in the lungs that makes it so difficult for children to breathe properly.

Ask a child what it's like and they will tell you "it is like trying to breathe through a straw". You try and try, but just can't take a comforting, deep breath.

Five-year-old Emma was diagnosed with CF at the age of just three weeks.

Making sure that Emma's little lungs are clear of the sticky mucus that her condition produces is critical. From the moment she wakes up Emma's parents begin to deal with her condition.

While Emma uses her nebuliser to help her breathe that little bit easier, her parents pat and massage her back and chest to clear her lungs of the thick mucus that makes it even more difficult to breathe.

Emma is a frequent visitor to the hospital. Her immune system finds it hard to fight infection. "Kids at her age pick up everything," says Emma's mum, Kelly. In Emma's case, a simple cough or a cold means a trip to the hospital for a test and possibly a longer stay.

"We couldn't manage Emma's condition confidently without the support of the hospital and The Breathing Space," said Kelly.

The Breathing Space and Allan Scott Laboratory were completed in April 2012. Dedicated to diagnosis, research and treatment of CF and other respiratory diseases, this was a \$2.6m project, buoyed by a substantial \$500,000 donation from the late Allan Scott AO.

The Breathing Space brings together all elements needed to care for children with CF, providing a bench-to-bedside approach to research and treatment. Purpose-built and state of the art, it provides a unique outpatient facility. As well as world-class research, the floor has specialist treatment areas bringing clinicians and researchers closer to patients in their quest to find an answer to this debilitating disease.

Your generosity helps Emma and her family manage the daily challenges of cystic fibrosis.



You are helping Ella find joy in play.

Splashing paint onto a clean white page, smearing it with tiny fingers... the joy of mess and creative play never fails to bring a smile to a child's face.

For some children, this is just a regular fun activity at childcare, kindergarten or in their own back yard. But for children like Ella, this is welcome relief from rounds of appointments, therapy sessions, bed rest and hours attached to IV tubes.

Six-year-old Ella – or ‘Amazing Ella’ as she is affectionately known – has several complex chronic illnesses. What mum, Emily and dad, Daniel didn't know when Ella was born is that she had a stroke while in utero.

“Ella is managed by 10 different medical teams at the hospital. Her biggest issues are respiratory – she requires ongoing medication for multiple lung infections, physiotherapy, occupational therapy, physical therapy, and transfusions... all those sorts of things.”

“Even though Ella's beautiful and amazing, it's heartbreaking to know that so much can be wrong with her,” said Emily.

Donations to the foundation also support our Arts in Health program, which looks after everything that makes the hospital fun. The program integrates arts into the life of the hospital in a way that improves health and wellbeing. The fund also supplies specialised play therapists with new art and craft materials to help distract and entertain young patients during their stay.

Emily says this part of their hospital experience has completely transformed her daughter's life.

“We have had so much support from the foundation. Just simple things like colouring in and play therapists, decorating walls, and presents when the kids are there on Christmas. That's the best medicine, and that's the best anyone can give,” she said.

“I remember one day, Ella was so traumatised... and the foundation organised ‘fairies’ to come in. These simple things really lift her spirits and help her cope. It's those things she remembers when she's going through the really tough times.”

With your support, kids like Ella – who spend so much of their young lives in hospital – can just be children again.



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Big Hearts Little Hands is an initiative of the Women's & Children's Hospital Foundation – official charity of the Women's and Children's Hospital Adelaide.

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