

Women Who Have Been There

Newsletter

'Women Who Have Been There' was birthed in 2008 and comprises of a group of mums who have had babies go through the Neonatal unit (with our babies now ranging from 1 to 26 years of age!). We support local Neonatal Units in the following ways:

Monthly morning tea visits is where we meet with mums and dads and offer support practically with home cooked morning tea and fresh fruit. As 'Women Who Have Been There' it's a chance to chat with mums who truly understand what they are going through.



From there we have our **Neonatal Mums Playgroup** at Woodcroft which meets every second Friday. For only starting up late 2010 we already have good numbers and interest is growing rapidly

(with potential for a second one in another location to start up soon).

We have '**Country Packs**' for mums who have arrived here in an emergency with little or no items from home. They are a starter pack with pampering essentials to help them get through the first few days.



For **Mothers Day** we put on a special cupcake morning tea and supply each mum with a little gift for her and baby to feel special and pampered.






For **Fathers Day** we put on a 'dad style' morning tea with cream buns, pies and Iced Coffee where some of the Dads from our team come in as 'Men Who Have Been There' as it's important to not forget the dads!

At Christmas we visit with **Christmas Pamper Packs** which are gift bags jam packed full of items for mums, bubs and even dads. It has been great to help these families feel special and not forgotten at Christmas. (A few of our team know what it is like to be in over Christmas).



With all we do via morning tea parcels or gifts we always include our flier containing pictures of our children 'then and now', sharing our story and how they are doing today. We hope that these stories help the families feel less alone in their journey and encourage them too.

From Women Who Have Been There...

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| <p>My first son Matthew was born term but came out with a low pulse and not breathing. He didn't take his first breath for 19 minutes suffering a lack of oxygen to the brain which resulted in brain swelling.</p> <p>He had body cooling keeping him cooler than normal temperature to help his body cope with the trauma and limit brain damage. He was given a 50% chance of sustaining permanent brain damage and likely cognitive delay.</p> <p>He had to be in hospital for weeks first months. He came home after just 13 days.</p> <p>He is 7 now and is enjoying school. He is doing really well reading, writing and doing sport just fine with no sign of brain damage whatsoever.</p> |  <p>My son Levi was born July 2007 full term. We knew straight away that something wasn't quite right with him and at eight hours old he started to apnoea, which continued for a few days.</p> <p>He was immediately intubated but it was at least a day before we knew the cause - a Subarachnoid Brain Haemorrhage which he suffered due to a traumatic birth.</p> <p>The bleed had damaged part of his brain and he was not expected to be named.</p> <p>But with much prayer he surprised everyone coming home after only one week.</p> |  <p>At 13 weeks pregnant my waters broke. I was admitted to the labour ward and told I would probably miscarry as I was in labour and bleeding.</p> <p>After 13 weeks of spasmodic labour and haemorrhaging, I delivered a tiny girl by the name of Shelagh, weighing in at 620 grams.</p> <p>She was born with massive medical problems and we were told she would not thrive or do well physically or academically if she survived.</p> <p>After 134 days on life support, 13 operations, four years in and out of hospital (but mostly in hospital) Shelagh came home. Against huge odds she survived with a very bleak outlook for the future which did not materialise.</p> <p>She is in excellent health and has no problems at all physically or mentally.</p> <p>Shelagh is now 26 years old and is in her final year of a PhD in mathematics education. Miracles can and do happen every day and Shelagh is waving, being proud that they do occur.</p> |
|  <p>Jenny</p> |  <p>Kathii</p> |  <p>Jacqui</p> |

My name is Jenny and along with my team of 'Women Who Have Been There' we are here to support the Neonatal unit by helping the mums and families in their journey. Be it practically, emotionally or just to offer hope where we can, we come with no agenda but with the underlying compassion that comes from once being Women Who Have Been There.

