



## MEDIA RELEASE

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**Do you know a “Local Premmie Hero”? The L’il Aussie Prems website seeks nominations for Australia’s only national award that recognises the work of volunteers within the premature baby community.**

Every year in Australia, thousands of babies are born prematurely. Their families ride a rollercoaster of emotions as they watch their children fight to overcome the health and developmental issues facing them as a result of their early arrival. These issues continue long after the babies are discharged from hospital.

L’il Aussie Prems (LAP), an online support site for families of premature babies, is proud to sponsor Australia’s only national award, now in its second year, which recognises and celebrates the dedication of individual volunteers within the local premature baby community.

LAP is seeking nominations from around Australia of “local premmie heroes” – the ordinary yet extraordinary people who give up their time to support the families of premature babies both during their hospital stay and afterwards. Last year we were delighted to be able to reward and publicise the achievements of three amazing individuals, doing everything from sewing tiny clothing for very low birth weight babies to setting up and nurturing local support groups and fundraising to support a neonatal intensive care unit.

“As a community of parents, we understand the premmie journey and how hard the road can be. We want to recognise and pay tribute to those people who go out of their way to make things easier for other families travelling that road.” said Julia Toivonen, founder of the L’il Aussie Prems website and mother of two premature babies.

Nominations of local premmie heroes can be made via the L’il Aussie Prems website at [www.lilaussieprems.com.au/hero](http://www.lilaussieprems.com.au/hero) Nominees do not need to have any premature children of their own. Nominations open Monday 1<sup>st</sup> February 2010 and close on Thursday 30<sup>th</sup> April 2010. Details of the winners will be announced in May 2010.

**For more information or to arrange an interview with a nominee please contact:**

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