



the little miracles TRUST

Supporting the whānau of
premature and unwell babies

Dear #FirstName#,

Kia ora and welcome to our Neonatal November Newsletter!

This month is significant to us and all the whānau and units that we support as it is an opportunity to raise awareness about the 10% of whānau whose precious little one(s) will spend time in a neonatal unit in Aotearoa throughout the year, plus November is the month where 'World Prematurity Day' is recognised on 17 November for the 15 million babies born too soon across the globe.

This year the team has been working hard to grow our reach for Neonatal November and we will be kicking off the month with a new social media campaign for both events to help grow the understanding of what it is like to go through a neonatal journey, the work that we do through the year, where our donations go plus fun things such as purple filters for you to use on your social media channels #purpleforprematurity

We'll be providing morning tea at all 23 units across New Zealand to bring together whānau and unit staff to mark World Prematurity Day, and asking as many of you as possible to consider becoming a regular giver and/or text 'Little' to 4847 to donate \$3 to keep the mahi of the Trust going and share, share, share our information as much as possible.

The more we can grow our donations, the more whānau we can support. It's as simple as that!

This will be our last newsletter for 2022, so I wish you and yours well over the summer holidays and we'll see you in 2023

Ngā mihi nui,

Rachel Friend
CEO
The Little Miracles Trust



Neonatal November



World Prematurity Day

17 November is one of the most important days in the year to raise awareness of the challenges and burden of preterm birth globally. The day was initiated by EFCNI and partnering European parent organisations in 2008. The international co-founders LittleBigSouls (Africa), March of Dimes (USA) and National Premmie Foundation (Australia) joined the celebrations and made World Prematurity Day an intercontinental movement.

Countless individuals and organisations from more than 100 countries join forces with activities, special events and commit to action to help address preterm birth and improve the situation of preterm babies and their families.

The Little Miracles Trust is one of a growing number of support organisations worldwide aligned to support World Prematurity Day. Keep reading below to find out how you can help celebrate and contribute, or check out our [website](#) for more information.



Lighting Up Purple

We have been working hard on this initiative and are proud to announce that a record number of iconic NZ landmarks and iconic buildings will be lit up purple alongside international landmarks like the Empire State Building, the Trevi Fountain and Niagara Falls, to join in a campaign for World Prematurity Day on 17 November.

In NZ, we have over [38 landmarks and buildings](#) due to be lit up purple in recognition of all the babies born prematurely each year so keep your eyes peeled in your region and please send us in any photos you might happen to take!

Full details on this Worldwide initiative can be found on our website [here](#)



Calling All Bakers!

As part of World Prematurity Day celebrations, we're looking for volunteer bakers to help provide morning tea to all 23 neonatal units across NZ.

The morning tea will be for families and staff to enjoy to acknowledge both the journey for parents and the incredible work that is done by the skilled team.

If you're interested in helping with this, please contact us baking@lmt.org.nz to obtain further details.

Thanks!



Supporting Families



We're proud to announce we have two new Family Support Coordinators to help neonatal families during their time in the unit. Oliviera is based at Middlemore Hospital and Shelley is down in the deep south, helping families in Dunedin. This means we now have on the ground support in all 6 NICU's in NZ. A huge achievement meaning more support for neonatal whānau!

Read a little bit more about them and their own experiences below and join us in welcoming them to our team



Talofa lava, I'm Oliviera - a wife to Rob and a mum to 5 beautiful blessings Inglis (14), Orlahni (13) and our unexpected triplets Levi (2) Ayvana (2) and our guardian angel in heaven Eli (2).

Our triplets developed TTTS at 16 weeks, had laser surgery at Auckland hospital at 18 weeks, we lost Eli at 19 weeks and just when we thought things had settled down a bit in our pregnancy, I started getting contractions just short of 24 weeks. Our babies surprised us at 25+6 weeks on Friday 13th Levi was born weighing 800grams, Ayvana 850grams and our little angel Eli at 120grams and I didn't get to see them until the next day.

Our NICU journey was a scary but eye-opening experience (much like our pregnancy) that made us appreciate life so much more! The staff at Middlemore are amazing and they definitely helped me stay positive in the NICU unit on a daily. The babies journey was far from smooth sailing especially Levi and after 122 days in NICU/SCBU we were ready for discharge. Just as we were getting the car packed with all their belongings, Levi decided he was not yet ready to leave his favourite nurses and caused a little bit of a drama so delayed his discharge for another 8 days.

I am forever grateful for all NICU nurses especially at MMH for all their hard work. We never know Gods plan but I believe he put me through my experience so I could help and support other families navigate through their journey.



Shelley and husband Glenn are parents to Mia, who joined the Dunedin NICU family at 28 weeks gestation, after her waters broke unexpectedly at 25 weeks. Glenn, a yacht Captain, flew home for the birth and managed the first cuddle out of the incubator before heading back to work.

Shelley is eternally grateful for the wonderful staff of the unit, along with her dedicated mother, who made the ten week NICU journey the most positive experience it could have been. She looks forward to being able to similarly support whānau on their individual journeys through NICU.

Originally from the UK, she now lives in Karitāne with her only daughter, plus Stella; the perfectly behaved black Labradiner, Buttons; a cat with attitude and seventeen tropical fish (at time of press). The captain still 'FIFO's so spending family time together is always very precious and cherished. Hobbies include swimming, cycling, gardening and walking the beautiful Karitāne beach and Huriawa peninsula.



Zoom Webinar - Developmental outcomes for babies born preterm after 32 weeks.

Tuesday 8th November at 7pm via Zoom.

This session will be led by Distinguished Professor Dame Jane Harding and Dr Sian Williams, from the Liggins Institute who will discuss what we know, and don't know, about how and why babies born moderate-to-late preterm (32 to 36 weeks) are more likely to experience health and development issues than babies born full term.

We will also hear about the MoPED study (Moderate-to-late Preterm Babies Early Brain Development) that is using MRI and early movement assessments to investigate whether there are early changes in brain development that might help predict later development and identify children who would benefit from early intervention programmes.

This event is \$10 and facilitated by the team at The Little Miracles Trust. Full information and to book your tickets please see here:

<https://tixoom.app/miracles/9hwpgasn>



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We offer FREE playgroups with developmental support for families who have had a baby in a neonatal unit in several regions in NZ.

These FREE playgroups give whānau the opportunity to meet with a professional Occupational Therapist or Physiotherapist who has experience working with NICU and SCBU babies. Additionally you're able to get to know other NICU/SCBU whānau and build lasting connections once you've left the unit.

We currently have playgroups running in the following regions: Auckland, Tauranga, Waikato, Hawkes Bay, New Plymouth, Wellington and Dunedin. Watch our Facebook page with information coming on Christchurch for 2023. Full information can be found on our website <https://littlemiraclestrust.org.nz/for-parents/playgroups/>



Regular Giving



We are proud to be part of [One Percent Collective](#)

When you give to The Little Miracles Trust with One Percent Collective, every cent donated lands in our bank account – they don't take a cut because they're a charity too! We get 100% of donated funds with no strings attached and One Percent Collective handles all the admin

When you support The Little Miracles Trust through One Percent Collective, they'll keep you in the loop on what we're up to and the impact your donations are having. They will NEVER spam you with anything unimportant. They will NEVER ask you to increase your donations or make extra payments.

They even make it easy to claim a 33% rebate on your The Little Miracles Trust donations at tax time! This all adds up to a great giving experience that you'll love being a part of.

Find out more and join the Collective here:
opc.nz/the-little-miracles-trust



Supporting Research



Would you like to help shape the future for preterm birth care in Aotearoa? if the answer is yes then read on....

The Little Miracles Trust is proud to be an integral part of the 'Carosika Project, Taonga Tuku Iho, a project that is looking to understand the enablers and barriers linked to preterm birth to help develop a best practice guideline.

To take part in this study, your family must have been pregnant and received pregnancy care in NZ in the last 5 years. They would love to listen to people from all cultures and ages and are particularly interested in those who have experienced a preterm birth, young mums and /or are Maori, Pasifika and Indian.

To find out more, please email keshala.desilva@auckland.ac.nz



Supporting Us



The Little Miracles Trust fundraising calendar is back by popular demand!
Here's your chance to purchase a lovely Christmas present and support a great cause at the same time!

The Little Miracles Trust 2023 Bird Calendar is available for sale for just \$20 and features beautiful photography by Lesley Thompson (Wellington NICU New Born Hearing Screener).

All proceeds will go towards supporting the families of sick or premature babies.

Secure your copy today by emailing office@lmt.org.nz or Ph (04) 806-0790 or purchase directly from our TradeMe store: <https://www.trademe.co.nz/stores/littlemiraclestrust>



The Good Registry is virtual gift giving that makes a real difference this Christmas.

That's because every gift card you give lets recipients donate to their choice of 65 awesome New Zealand charities, including us! It's all goodness, and no waste.

Find out more at thegoodregistry.com



We have a great membership upgrade offer for our supporters!

One of the best things about the Entertainment Membership (apart from supporting us!) is that you have the option of choosing a Multi City Membership, which unlocks EVERY offer across Australia and New Zealand. How good!

For a limited time, anyone who purchases a 3, 12 or 24 month Single City Membership will be upgraded to a 3, 12 or 24 month Multi City Membership for FREE!

Save \$10 when you purchase a 3 month Membership
Save \$50 when you purchase a 12 months Membership
Save \$110 when you purchase a 24 month Membership

Click Here to purchase >> <https://subscribe.entertainmentnz.com/fundraiser/1083k31>

Thank You!



Thank you to all those who purchased a ticket (or 50!) for the FINZ 50/50 Lottery. The lottery was drawn on the 5th October and all winners have been contacted.

A full list can be seen here: <https://5050lottery.co.nz/>

Through this initiative we were able to raise over \$5,500 to continue our work in supporting neonatal families.



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