

Then & Now...



ARRAN
Born at 30 weeks
(3lb 6oz) Now age 10



ISLA
Born at 29+3 weeks
1lb 12oz Now age 6



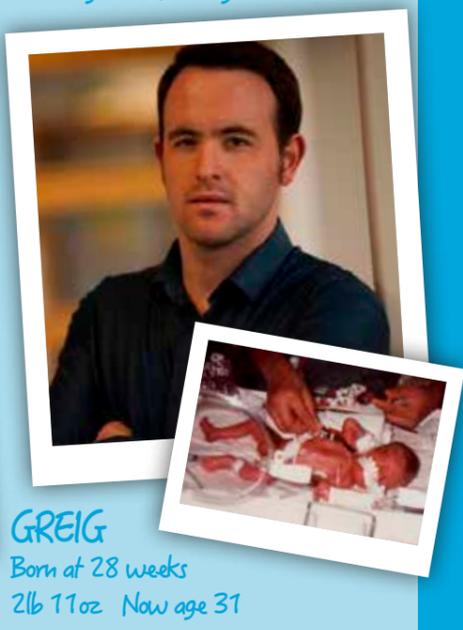
KAI
Born at 25 weeks
1lb 10oz
Surviving twin. Now age 6



HUGH
Born at 33 weeks
4lb 13oz Now age 4



LOGAN
Born at 31+1 weeks
3lbs 7.5oz Now age 5



GREIG
Born at 28 weeks
2lb 11oz Now age 31

HOW TO DONATE

All donations to Friends of the Special Nursery (FOTSN) are used to make a difference for the babies and their families in the Neonatal unit of Aberdeen Maternity Hospital through enhanced equipment, additional people with special skills, additional training, specialist research and additional support and facilities for the parents and carers of babies in the unit. Our ability to give this support depends entirely on voluntary donations.

- You can help us by making a donation in one of a number of ways:
- On-line at www.specialnursery.org/donate
- Text: FOSN44 £3 to 70070
- By cheque: Made payable to 'Friends of the Special Nursery' and sent to: Friends of the Special Nursery c/o The Neonatal Unit Aberdeen Maternity Hospital Cornhill Road Aberdeen, AB25 2ZL

Gift Aid Declaration

Boost your donation by 25p of Gift Aid for every £1 you donate. Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer.

In order to Gift Aid on your donation, you must tick the box below:

I want to Gift Aid my donation of £ to:
Friends of the Special Nursery, a dedicated Fund of ARCHIE, SC039521

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference.

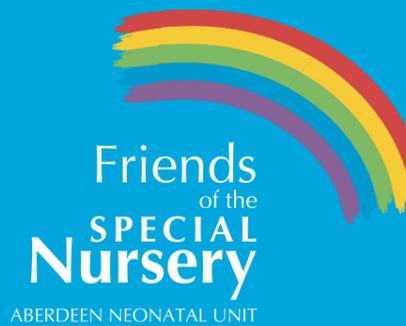
My Details: Title
First name or initials
Surname.....
Full address
.....
Postcode Date

Friends of the Special Nursery (FOTSN) is a dedicated fund within ARCHIE, a charity transforming children's healthcare. The ARCHIE family includes The ARCHIE Foundation, The Friends of the Special Nursery, ARCHIE Global Surgery, Fairy Box and the ARCHIE Cafes.
ARCHIE is a charity registered in Scotland number SC039521

Early Days

Volume 17 Edition 1 Spring 2017

The Newsletter Of Friends Of The Special Nursery



Petrofac staff make it six

Staff at Oil services company Petrofac adopted FOTSN as their charity for two years and have raised an amazing total of more than £42,000. Most of this has been used to purchase a Giraffe incubator, the unit's sixth, helping us past the halfway point to our target.

The charity is incredibly grateful to the Petrofac staff for this wonderful gift to the unit, it will make a big difference.



The Petrofac team and the new incubator.

Take Neo to your fundraiser

Our superb new Neo mascot suit is available for your 'Friends of the Special Nursery' fundraising event. We will keep a diary for Neo and it is first come-first served, so if you know you are going to need him, please book early so please ring to check availability before you promise that he will appear.

For Neo booking enquiries please ring:
01224 553343



We're over half way there with our Giraffes!

We set a target of eleven and now we are up to six Giraffe incubators – that's all down to you!

When we began our campaign to equip the Neonatal unit with eleven of these very special incubators it seemed like an enormous task as they cost £40,000 each but they can make a big difference for both our babies and the staff and so we asked you to help us and you have – but we've still a long way to go so please keep helping – fundraising in whatever way you can.

There are big differences between having the Giraffe® incubators and having standard units including:

- The **rising top** (which gives it its name) enables quicker access if intervention required
- It can act as an **open cot** as well as a closed incubator
- Unique rotating mattress for maximum access to baby
- There is no need to handle babies to weigh them as the **weighing platform** is integral
- Integrated X-ray cassette tray – also minimises disturbing baby if X-rays needed
- There is a more **space** in them with a 19" mattress
- The monitoring **screens** are at eye level and they show trends for temperature, weight etc.
- Integral **photo therapy unit** for babies with jaundice
- When the side is open there is the ability to trigger an **air boost** to create an 'air curtain', preventing loss of temperature
- The **humidity and oxygen** are easily controlled
- There is extra **storage** under the unit for consumables



The Giraffe incubator is a very safe environment.

Added to the wonderful staff and excellent clinical care provided in the Neonatal unit these Giraffe incubators mean that babies who arrive too early or too sick will be in the very best place possible for their well-being and we are determined to reach our target as soon as we can – will you help us?

Fundraise – could you hold a fundraising event? It doesn't have to be a big one as every pound makes a difference

Donate – if you would like to make a donation you will find full details on the back page...

OWN YOUR OWN NEO for only £5 See inside

Kirsty's Column



Left to right: Back row - xxx x xxx xxx xxx xxx xxx xxx xxx xxx
Front row - xxx xx x xx x xxxxxxx x x x xx xxx x xx x xx xx

Getting together with ARCHIE

You may have read in the press that the Friends of the Special Nursery have teamed up with The ARCHIE Foundation to share resources and administrative functions.

This is great news all round. We are now a part of the ARCHIE family of charities but as a dedicated fund which operates exactly as it has always done - fundraising for the Neonatal unit of Aberdeen Maternity Hospital.

In keeping with the principles of all the ARCHIE Charities, money raised for FOTSN is spent only on FOTSN projects. The big difference is that we can now benefit from all the ARCHIE support functions, and this newsletter is a good example. Your committee is made up purely of volunteers, parents whose babies have been in the unit and staff who work there. We love what we do for you and your babies but our time is limited and we will have a lot to do in the near future with the approach of the

new Baird Family Hospital, so it is great to have ARCHIE behind us.

ARCHIE will also be able to help with our all-important donor care, with communications, administration of our funds and in many other ways. Two of our team, currently Kirsty and Annie, have joined the ARCHIE Board to represent FOTSN and we have enjoyed a warm welcome and a real involvement.

This is a milestone moment for the Friends of the Special Nursery and, as we head towards the new Hospital being built, the timing could not be better.

We hope you enjoy this newsletter and all the other benefits of being part of the ARCHIE family which can now say it makes the difference for local sick children from birth (whenever that happens) up to 16 years old.

Best wishes

Kirsty Chair

Own your own Neo...

or T-shirt, or drinking bottle, or pen, or badge...

We have a small selection of our Friends of the Special Nursery branded items for sale on the unit (pictured) or see and buy the whole range from our on-line shop...



Visit www.specialnursery.org.uk/shop/

The difference you've helped us to make...

Parent Craft rooms



Relaxing colours in the refurbished lounge and kitchen

The Parent Craft rooms are where parents can simulate being at home, away from the instant support available in the neonatal unit, helping to grow their confidence prior to discharge. This is very important part of the total care given in the Neonatal unit.

FOTSN recently funded the refurbishment of these rooms, which include three bedrooms and the adjacent parents' lounge and kitchen area, to not only look warm and cheerful but to also meet the latest HAI infection control standards throughout.

These rooms are invaluable in overcoming the scariness of leaving the unit with your new baby, helping to instil the confidence that you will manage perfectly well on your own at home. Many of The Friends of the Special Nursery know how important this facility has been to themselves and are delighted to help to keep the rooms in excellent condition.



Senior Charge Nurse Aileen Duncan in a rare quiet moment on the unit.

Neonatal Counselling Service

'By popular demand' is sometimes over used, but in the case of the FOTSN Neonatal Counselling service it is absolutely true. There was a real demand for a counselling service for new parents, especially those of babies in the neonatal unit for those who are born 'too soon or too sick', which can be a stressful and overwhelming time. Caroline Stewart and her colleague May Gilchrist are funded by FOTSN to provide a counselling service most Wednesday mornings from 10am

and late afternoons on a Monday. Caroline, pictured, says "At a time like this parents can struggle to cope, feeling a bit out of control. We are here to offer emotional support, to talk about absolutely anything which helps, it is a chance to offload - nothing is too trivial." If you would like to talk to Caroline or May just leave a message with reception or call or text them - Caroline is 07712 431298 and May 07833 088869



Counselling can be a great release of tension.



Kate Buchan explains the portable Calypso pump to a new mum.

Neonatal Infant Feeding Advisor

FOTSN also funds a specialist member of staff - the Infant Feeding Advisor Kate Buchan. Kate is often referred to as the 'Breast Feeding Nurse', but as she is keen to point out her role goes much further than that, giving help and advice on bottle feeding and all areas of feeding baby.

A large part of her role is teaching new mums the skills of breast feeding and the use of milk expressing pumps, also funded by FOTSN. They have provided four Medela hospital based expressing pumps in Aberdeen and an additional one for Dr Gray's in Elgin. There are also ten portable pumps which

new mums can borrow from the unit..

Kate also attends courses in the specialism of infant feeding. She then passes on this knowledge to the unit's nursing staff, which helps to keep everybody up to date with the latest information on breast feeding. Kate says "There are many benefits when mum is able to breast feed baby. There can sometimes be difficulties until it all becomes familiar and second nature. Being funded by FOTSN I can concentrate all my time in this very important specialist area which make a big difference to the support the unit can give to breast feeding mothers."

Meet the Team - Aileen

An occasional series to introduce members of the dedicated Neonatal team who take such good care of our babies (and parents too!)

Our featured team member this issue is Senior Charge Nurse Aileen Duncan.

Ed: Aileen, it is very brave of you to be the first in this series, thank you. Tell us a little bit of your background and how you came to be working here

Aileen: I was brought up in New Zealand and in my teens we moved to Scotland and ended up in Orkney, which is where I began my nursing career as an Auxiliary Nurse. I trained in Inverness, in General Nursing and Learning Disabilities. I then moved to Fife and qualified in Midwifery. In 1988 I moved to Aberdeen and joined the Neonatal unit here, where I have been ever since. I love this area of nursing.

Ed: Do you specialise in any particular area of Neonatal Nursing?

Aileen: I am on the Transport Team which retrieves babies from all over the North of Scotland. They have a full time team backed up by people like myself on the 'Bank' transport team We are on call 8pm-8am and weekends to help retrieve pre-term and sick babies by road, helicopter, plane, whatever is necessary to bring back here to the safety of the Neonatal unit with its specialist staff and equipment. I am also delighted to now be a member of the 'Friends' committee.

Ed: If you have any spare time what do you do with it?
Aileen: I'm a 'gym bunny'!

After a particularly stressful day or week it is good to go to the gym and have a good work out, I enjoy that.

Ed: We'd love to know about some of your favourite things. Do you drive?
Aileen: Yes, I've just treated myself to a new car, a VW Polo GTI, my 'pocket rocket' as I call it.

Ed: Where is your favourite place to go in it?
Aileen: Anywhere on the West Coast of Scotland, I love it there

Ed: Okay, this is the 'quick-fire round'. What are your favourites of these...

Colour? Black
Music? Motown
Film? Top Gun
TV Soap? Coronation Street

Book? Thrillers
Food? Italian
Tipple? G+T
Flowers? Lilies
Clothes? Jeans and t-shirt
Holiday destination? Thailand

Ed: What is the best advice you have ever been given?

Aileen: It has to be "Treat other people as you'd like to be treated yourself"

Ed: That has to be an excellent way to end. Thank you very much Aileen, I'm sure our readers will find this as interesting as I have. They will be stopping you in the unit to chat about shared interests!

Aileen: I always welcome that, they are some of my favourite topics!