



Clare Mackintosh, Midwife Sian Allen, Student Midwife Laura Crane, Maggie Findlay, Prof. Redman

Award-winning author, Clare Mackintosh, has donated £10,000 to help mum's-to-be being treated at the John Radcliffe Hospital in Oxford.

“I wouldn’t have my family without the Silver Star Unit, and I’m proud and privileged to be in a position to help the fundraising efforts.”

This generous donation will fund three state-of-the-art monitors to help analyse the health of the baby and detect potential distress before the onset of labour.

The author, who has sold over two million books world-wide, knows firsthand the heartbreak of losing a baby.

She explains:

“In 2006 I lost my five-week-old son, born prematurely after an otherwise straight-forward twin pregnancy. When I fell pregnant with twins six months later, I was referred to the Silver Star Unit in Oxford, where I was told my chances of carrying to term were extremely low. The care I received was second to none, and thanks to the expertise of the medical staff I delivered healthy twins at 37 weeks. I remember all too well the anxious wait for a scan, and am delighted to provide the unit with a donation to fund these advanced foetal monitors.”

Clare is a long term supporter and patron of the Silver Star Society, which is part of Oxford Hospitals Charity. This generous donation is the fee from her latest book, *A Cotswold Family Life*.

The Silver Star Unit at the John Radcliffe cares for about 500 women a year who have complications during pregnancy, from across Oxfordshire and beyond.

The charity has recently funded four of the high-tech monitors and has plans for a further six, thanks to Clare’s donation and the support of other donors. This will mean that they can be used across the whole of the John Radcliffe Maternity unit, where about 6,700 babies are delivered every year.

In a world first, all the computerised monitors are linked so that the information gathered can be viewed across all areas of the hospital and continuously checked to maintain and improve diagnostic accuracy.

Professor Chris Redman, Emeritus Professor of Obstetric Medicine says:

“We are thrilled to receive this generous donation which is allowing us to bring the very best baby heart rate monitoring to every woman who needs it at the John Radcliffe Hospital.

We are the first hospital in the world to link up these advanced computerised systems in this way, which means we will be able to actively improve its performance over the next decade. We envisage all maternity hospitals will work in this way in the future, but it’s great to be the first”.

Maggie Findlay, Fundraising Manager for Silver Star, says:

“The first wave of monitors are already in and staff really love them. They are quicker and easier to use and give more detailed information that can be shared amongst clinicians throughout the Women’s Centre, which is fantastic for our patients. Clare is an inspirational ambassador for our cause and this very generous donation means we can purchase even more monitors, which will have such an impact for hundreds of women. We are incredibly grateful.”

Baby Heart Rate Monitoring and a Long Oxford Story, by Chris Redman

Nearly 50 years ago, when I first began to take care of pregnant women with serious problems, expectations were very different from now. Younger readers would be amazed as to how much has changed, all for the better. When I first started, we could not treat women with blood-pressure lowering medication and had to deliver them if their blood pressures were too high. Babies born before their time could not expect the brilliant quality of special care that is available now. Pregnancies were lost in ways, which would be unthinkable today. Truly, progress has brought huge benefits for parents and their children.

As improvements in pregnancy care became available, it was possible to be more cautious about timing preterm delivery. The big problem was that there were no tests, which could give accurate and up-to-date information as to how well the unborn baby was doing and whether it was still safe within the womb. The tragic result was that too many babies were stillborn.

The first heart rate monitoring devices came to delivery suite in 1970 to monitor babies while their mothers laboured. Before long, it occurred to me that if they helped to prevent the tragedy of a baby dying during labour, would they be similarly effective before labour. Therefore, in 1971 I organised the very first heart rate monitoring trace for a mother, who was not yet in labour. It is no exaggeration to say that the insights that followed as we gained experience were spectacular. It was not hard, indeed it was surprisingly easy, to recognise the baby whose time had come, who had to be delivered to survive.

A new monitoring service in Silver Star. So what had begun as a cautious experiment quickly became an intensive routine process of baby monitoring, which continues to this day and with which many of our more recent mothers will be completely familiar. By 1975, five years later, the scene had been transformed. Where previously nearly all babies born under these unfavourable circumstances would have been stillborn, the number had been reduced to about one in twenty.

Computerisation. Having reached the limits of what we could do by looking at the patterns displayed on a paper strip, I began to wonder if we could learn more if we used computers to analyse these very complex signals. Two years followed, during which we made little progress. Then on one fateful day I was invited to a meeting in what was then the Nuffield Institute for Medical Research to present my ideas. The director was Prof Geoffrey Dawes. As it happened, he was an expert in the computerisation of the heart rates of unborn lambs. He did various important experiments of the dangers of shortages of oxygen for the unborn lamb and how they could be recognised by changes in the fetal lamb heart rate.

Persuading Prof Dawes. Prof Dawes did not at first believe that these ideas could be practical or clinically usable for pregnant women. However, I continued to egg him on so that by 1978 he was converted to the task and from then on there was no looking back. He was a remarkable man - a highly competent mathematician, a qualified doctor, with a forceful and energetic personality.

The birth of the Dawes-Redman system. Soon, using the primitive computers of the day, he had converted his systems for use in human pregnancy. By 1982 our first reports of successful computerisation were published and the system was in daily use on Level 6. He and I worked closely together. If the new systems had problems we discussed them and made improvements to resolve them. By this time, the person who looked after the computer side of things was Mary Moulden - another remarkable personality in the story. She left school at 16 and became a laboratory technician with Prof Dawes. She had no computer training at all but with his encouragement gained the necessary skills. By 1990 she had built the world's first system to be marketed for clinical use. It was called System 8000 but is now known as the Dawes Redman system. It is still marketed (as FetalCare) in many parts of the world; it is still being improved, unique and the market leader, world-wide.

Another step forward this year. This year the Silver Star Society has made a crucial contribution to a unique sequel to the story. Although we are the home of the Dawes Redman system, it has never been available in all corners of the hospital. This is for various technical and logistic reasons. Now, for the first time, we have brought it all together. Every single record that is made for a mother and baby before the start of labour is taken and stored in a systematic way, to help us to continue to make improvements. Users elsewhere in this country and the rest of the world tend to use the system sporadically. We are the first in the world with a totally integrated computerised heart rate testing system for women not yet in labour. The Silver Star has funded this change. Thank you all for your brilliant support.



Clare Mackintosh & Professor Chris Redman

Dawes-Redman goes to China. Last year we entered a joint programme with the Shenzhen First People's Hospital, near Hong Kong. We are helping them to set up what we have here in Oxford to a level where they will be able to join us in improving the system yet further and spread the word to their Chinese colleagues.

What about monitoring in labour? Of course the story does not end there. If computerisation can be so successful before labour why not computerise the testing in labour? This is much more challenging, because labour is so complicated not only for the mother but for her baby. In the John Radcliffe Hospital, a team led by Dr Antoniya Georgieva has worked for 12 years to develop the equivalent labour system. Others are attempting the same but we are ahead. It is highly possible that the current labour system, called OxSys, will begin tests in Oxford within the next three years.

Watch this space!

Chris Redman has been recognised as a 'Giant in Obstetrics and Gynaecology' by the 'American Journal of Obstetrics and Gynaecology'. They have published an in-depth review of his professional achievements. Everyone in the Silver Star Society would like to express our gratitude to him for his dedication, commitment and innovative work. Thank you Chris.



CTG machine





London Marathon

The team together have raised

£10,809.93



Wonderful support from this year's Marathon Team. Here they share their stories:

Dan Mosely:

"The London marathon was a great experience. I was able to raise such a great amount of money for Silver Star. It is such an important charity for me and my family - as I am a Silver Star baby and so is my brother. They helped both me and my brother, as well as my Mum and Dad. They enable people to have families who otherwise might not, and that is the most important gift that anyone can have. The day itself was fantastic, the crowd were amazing and it put all the training to good use."



Matt Berry:

"I had a wonderful day, the crowds were fantastic, constantly shouting my name and giving their support! The highlight for me was having a female runner come to me and say "I was supported by Silver Star with one of my children. They are amazing! Well done, a brilliant charity to support"

Thank you for this opportunity one I will remember for ever!"



Jim English:

"In a nutshell, I am running for Silver Star not only as a thank you for looking after us when wife was pregnant and helping bring our son safely into the world five and a half years ago, but to help the unit carry on their great work helping other families in similar situations.

If you have a reason to run for Silver Star, then raising a good chunk of money for them is a great way of saying thank you. So glad I've done it while at the same time helping out a great charity who were always there for our family".



Susan Malandrino :

"The 2019 London Marathon was one of my favourite experiences imaginable. One of the many things I love about running is how supportive fellow runners and race spectators are. I have never seen this ethos embodied more strongly than during the London marathon. It doesn't matter how fast or serious you are, people genuinely want you to do well. They see your charity bib and want to share their experiences.



James Giddins :

"Thank you for the opportunity to run for such a fantastic charity. The London Marathon was truly a great experience, completing a huge goal of mine while raising money for the charity. Feeling very sore today but it was so worth it."



In my years of running, I've always heard you should wear your name on your shirt but have never done it. For over five hours, people from all walks of life - young, old, East Enders, drunk folks, posh folks, black, white and every shade in between chanted well wishes, said funny, sometimes hilariously inappropriate things or simply said "Go Susan!"

It was hard not to tear up at a global community of genuine kindness. At mile 22, I felt awful and wanted to throw in the towel. A Scottish runner moseyed up beside me and said, "Susan, you look like you could use a wee chat. Tell me about Silver Star." He talked to me for two miles. I shared what the organization means to me, and that got me through the wall. I never did get a chance to thank him, or know his name but it was simply incredible. I can only hope to pay that forward to another runner once I get these tired legs up and running again. I'm so grateful for the experience of partnering with Silver Star. It was the experience of a lifetime."

Thank you so much to all our runners and the wonderful people who provided support.

The next challenge?

The Great Big Hospital Abseil

Volunteers needed to enter the next Great Big Hospital Abseil on **Saturday 14th** and **Sunday 15th September**. Join our 100ft abseil at the John Radcliffe to raise funds for the Silver Star Society.

Enter in pairs, teams or families. £30 per entry.

For more information or to sign up, visit hospitalcharity.co.uk/abseil, ring **01865 743444**

or e-mail: hospitalcharity@ouh.nhs.uk

Please make sure you say you are supporting Silver Star Fund 0347. Thank you.



FAMILY FUNDRAISING

Amy & Matt Huntley



"We wanted to do something to say thank you; we couldn't fault the staff and the love and support we have received during our loss. We have been busy fundraising which has kept our minds occupied. We held little stalls such as a raffle, tombola, a cake stall, speed pool, foot sally and a bbq. It rained the whole day but it didn't put people off. My Dad also did the Abseil for Silver Star".

In addition to this brilliant fundraising event the Highfield Social Club, of which Henry's Grandfather is a member, donated another £350 to buy a hand held monitor for Level 6.

Hannah Gerretsen, Medical Student:

"Thanks to some funding I received from the Silver Star Society I was able to attend the International Conference for obstetric medicine. Along with a fellow medical student I presented some research I'd conducted over the past few months.

It is very important to pick up urinary tract infections during pregnancy to prevent serious complications. We therefore decided to assess current methods of detecting urine infection during pregnancy in the John Radcliffe.

Through our research we picked up numerous areas which can be improved upon, including better methods of collecting urine samples and drafting a new guideline to guide interpretation of test results. The results of our project were well received at the international conference. Furthermore, it was a great learning opportunity for me as a final year medical student."

**...WE LOOK FORWARD
TO HEARING MORE OF
YOUR FUNDRAISING
STORIES!...**

Oscar and Suzie Power



Suzie:

"I've always tried not to refer to Oscar as a 'miracle' baby – here he is, only 14 and towering over me by a good 17 cm – but he is pretty special. It's thanks to the Silver Star Unit and the care of Professor Chris Redman, Cardiologist Oliver Ormerod and their teams that Oscar was delivered safely back in December 2004.

When people ask me about the Silver Star Unit I refer to it as the Centre of Excellence for Difficult Mothers – and I was firmly one of those. Born with several congenital heart defects and living with an artificial mitral valve in place, lifetime anticoagulation and atrial fibrillation, there was no guarantee that I would survive pregnancy and childbirth. My husband and I had visited three different hospitals in London to try and find a medical team to support me through a pregnancy. All had suggested we avoid pregnancy altogether and enjoy life without kids. One consultant memorably suggested to James, my patient husband, that he buy me a sports car and invest in exotic holidays instead. Not surprisingly, that wasn't the answer I wanted to hear.

We moved to Oxfordshire and I registered at the ORH. When Prof Redman agreed to think up a multi-disciplinary plan to support me through pregnancy, we were delighted. He famously advised we go into the medical adventure 'with our eyes open' – prepared for difficult decisions along the way. But I wasn't anxious. I love a challenge. The pregnancy was hard work on my heart and circulation and Oscar was born about a month early but he arrived quickly and without any cardiac defects.

He is now a tall and healthy 14 year old, plays rugby and hockey for his school and his local club, Chippenham RFC. He has however inherited his mother's feet but this is proving to be helpful with swimming and converting the odd try. Thanks as always to the amazing Silver Star team, the outstanding NHS staff throughout the ORH and all the other parents and supporters who were with us along the way."

Silver Star Mum, Emma Bond's Story:



"Hi my name is Emma, you may have come across my story in the newsletter before but if not here it is:

In September 2011 we received the tragic news that our unborn son, William, had passed away. At 34 weeks pregnant I had been admitted to our local hospital with suspected Pre-eclampsia, unfortunately a few days later my condition became critical and I suffered Placental Abruption, causing William to pass away. I became very unwell myself and I was blue lighted to the John Radcliffe where I later learnt that the Silver Star team took over my care and saved my life.

The team supported my partner and I through those early dark days, allowing us to stay together in the family room provided by the Silver Star Society for the duration of my stay. After losing William, I was determined he would not be forgotten and together with family and friends we became avid supporters of the Silver Star and fundraise for the Society as a legacy to William. I also had further reasons to be thankful to the team when in 2012 and then 2015 William's little brother Toby and sister Neve were born!

Having supported the charity for over 7 years now I have been looking at additional ways in which I could support it, so when they approached me to see if I could help spread the word about the Silver Star on social media I immediately agreed to help! I am passionate about the work everyone on level 6 and the research teams do, so really want to do all I can to help raise funds for this to continue. So please go give our Facebook, Instagram and Twitter accounts a follow and help us spread the word!"

Instagram: silverstarbabies

Facebook: TheSilverStarSociety

Twitter: @silverstarStar

Beds in OA



Susan Marks, Observation Manager:

"The beds in OA look fantastic and have been used already! I spoke with a couple yesterday who had been in a side room for several days – they were very complimentary and felt it was 'outstanding' that the partner could stay with Mum – she is antenatal and unwell so it was very helpful he could stay and make her feel better, assisting with her care and also helping with some translating for the staff when required.

The beds will be a big support to staff to enable partners to stay overnight in comfort when women are either unwell or suffering a difficult time due to a poorly Mum and/or baby or bereavement. We also care for some high risk inductions of labour which means a partner can stay to offer early labour support. The OA team are very grateful to the Silver Star charity for providing the funds for these beds."



Volunteers required

Do you have regular free time, a few hours per week? Would you like to help promote the Silver Star charity here at the Women's Centre?

If you think you may be able to help as a regular volunteer please get in touch with Maggie on 01865 221718 or email: silverstar.society@ouh.nhs.uk

Many thanks

Research staff taking part in Headington Festival



Ways to make a donation

Regular monthly or annual donations are a simple way to enable us to continue to provide our unique care and research. This will allow us to plan ahead and support long term projects, which are doing so much to uncover the root causes of illness in pregnancy. You can donate as little as £3 per month.

The easiest way to donate regularly is to set up a direct debit or standing order. Remember to quote fund number 0347-Silver Star. Please find instructions on the website.

It is easy to make a one-off payment at:

www.justgiving.com/silverstarsociety

By telephone - 01865 743444 and quote fund number 0347-Silver Star

Send a cheque made out to: The Silver Star Society and post to our address above.

Thank you for all your ongoing support.

Join the Silver Star Society

To become a member and receive the newsletter free of charge, please e-mail Maggie on silverstarsociety@ouh.nhs.uk. Please be sure to inform us if you would like your baby's name to be included in the newsletter as this does not automatically happen.

Contacts & Info

To include your babies name, date of birth & weight in our next newsletter, please email your details to Maggie

Social Media

Join our Facebook, Twitter and Instagram pages to help us promote our wonderful charity and share the knowledge we have gained. Please encourage your family, friends and colleagues to do the same. Thank you.

www.facebook.com/SilverStarOxford/

Twitter: @SilverStarStar

Instagram: #silverstarbabies

Contact Details

Maggie Findlay, Silver Star Society Office, Level 6, Women's Centre, John Radcliffe Hospital, Headington, Oxford OX3 9DU.

Tel. 01865 221718

E-mail: silverstar.society@ouh.nhs.uk

Web: www.silverstaroxford.org

Baby Names from Oct 2018

Edward Joe Wright Born 14th Sept 2018 9lb 7oz	Tabitha Rosa Born on 18th Dec2018 11lb 10 oz	Noah Sher Junaid Born on 26th Jan 2019 7.9 lb	Phoebe Frances Matilda Masters - Born on 16th March 2019 7lb 14oz	Mohammad Eesa Ramzan Born on 25th June 2017 3lb 12oz
Skylynn-Rose Preston Born 19th Sept 2018 7lb 13oz (3.555Kg)	Delilah Grace Sweeney Born on 24th Dec 2018 7lbs 3oz	Logan Wikramaratna Born on 29th Jan 2019 3.195kg	Jacob Lewington-Horne Born on 29th March 2019 3565g	Tabitha Delen Brooker Born on 8th May 2018 7lb 8oz
Queenie Edith Mary Hardy Born on 5th Oct 2018 7lb 3oz	Otilie Petra Franklin Born on 25th Dec2018 5lb 6oz	Ronnie Geoffrey Franklin Born on 29th Jan 2019 7lb 3oz	Mattew Garzon Garay Born on 2nd April 2019 3.55kg	Albert John Rothery Born 2nd July 2018 8lb 9oz
Lyla Rose Bielec Born on 9th Oct 2018 2.395 Kg	Liam Edward Brockfield Born on 26th Dec 2018 7lbs 9 ½ oz	Parker Oscar Michael Sellwood Born on 7th Feb 2019 7lb 4oz	Thomas Andrew Dixon Born on 4th April 2019 7lb 13 ½ oz	Matilda Florence Born on 14th July 2018 5lb 11oz
Olivia Ford-Barnard Born on 13th Oct 2018 6lb 6oz	Lillian Elizabeth Stella Sheldon Born on 28th Dec 2018 8lb 6oz	Willow Rose Korszewski Born on 12th Feb 2019 3lb 11 oz	Maia Serenity Bell Born on 10th April 2019 7lb 12oz	Alfie Isaac Newbury Born 1st August 2018 7lbs 13oz
Barnaby William Furze Born 15th Oct 2018 6lb 12oz	Annabel Joy Baker Born on 10th Jan 2019 6lb 10oz	Clemmie Rae Korszewski Born on 12th Feb 2019 4lb 4oz	Babies names previously not recorded:	Leo Collins Born 27th August 2018 6lb 10oz
Lili Rose Sallay Born on 17th Nov 2018 3870g	William James Heyworth Born on 10th Jan 2019 2835g	Julia Alqabati Born on 16th Feb 2019 4085g	Courtney Zoe Hughes Born on 6th Jan 1998 9lb	Orson Edward Nicholls Born 23rd May 2018 2580 grams – gestation 37 weeks
Jacob Stowe Born on 19th Nov 2018 9lb 13oz	Poppy Alice Rogers Born on 12th Jan 2019 2.89Kg	Thomas Ronnie Westall Born on 22nd Feb 2019 8.4lb	Megan Louise Hughes Born on 18th May 2005 8lb 15oz	Henry Stephen Huntley Born sleeping on 11th June 2018 Weighing 505g
Charlotte Emily Liesley Born on 30th Nov 2018 7lb 9 ½ oz - 3450g	Jaxx Blu Richings Born on 13th Jan 2019 6lb 5 ¼ oz	Isaac Edward Foley Born on 24th Feb2019 8lb 11 ½ oz	Harry Rose Born on 14th March 2012 2lb 3oz (11 weeks premature)	
Beatrix Catherine Glanville Born on 3rd Dec 2018 6lb 14oz	Evan Samuel Aspinwall Born on 13th Jan 2019 8lb 12oz	Harley Robert Vick Born on 8th March 2019 8lb 2oz	In memory of our beautiful daughter Ava Liana Nicholls Born on 17th April 2013 655 grams – gestation 26+4	Zelda Florence West Born on 24th April 2019 8lbs
Joseph Clemons Born on 6th Dec 2018 9lb 14oz	Noah Aslan Thomas Born on 14th Jan 2019 9lb 3oz	Nevaeh Fitzgerald Born on 11th March 2019 6lb 3oz	Amelia-Mae Rose Born on 2nd January 2015 6lb 11oz	Iden Ashely Cook Born on 6th May 2019 6lb 7oz
Chloe Mae Fenemore Born on 13th Dec 2018 6lbs - 2.725 Kg	Eren Aptulova Born on 14th Jan 2019 3.90 Kg	Emilia Lily Farrell Born on 12th March 2019 7lb 14oz	Hugo Mark Nicholls Born 11th May 2015 2710 grams – gestation 38 weeks	
Jensen Lewis John Hicks Born on 14th Dec 2018 8lb 5oz	Matilda Barbara Clarke Born on 16th Jan 2019 7lb	Beatrice Florence Anastasia Parker - Born on 15th March 19 7lb 2oz		

Thank you - Donations from October 2018- May 2019

Jonathan Abrams - In appreciation
.....
Alice Watts - In appreciation
.....
Hayley Schroelkamp - In appreciation
.....
Caitlin Pearson - Thank you for looking after Nancy and Morris
.....
Ann Carr - Thank you for looking after Nancy and Morris
.....
Thames Valley Police Women's Network - In recognition of your work
.....
Alice Duff - In appreciation
.....
Matthew Maunder - This donation is in thanks for the amazing care provided by the JR midwives Jo and Hazel in the induction ward, Emma, Milly, Giada and Estella in the delivery suite, and Zoe in the post-natal ward
.....
Rachel Farrer - After receiving a free proof copy of Clare Mackintosh's latest book, I am donating its cost (rounded up) to Silver Star, the charity closest to her heart

Helen Maunder - Who asked for her work maternity leaving fund to be donated to silver star
.....
Alexander Holland - A donation from OCS Storage Solutions Ltd - A Toshiba company
.....
Karen, Andrew and Darcie Rothery - Thank you to all your wonderful staff for the amazing care during my pregnancy and for the safe arrival of our beautiful boy Albert. x
.....
Martin Swannell - Mimecast Match Fund (Giving Tuesday)
.....
This donation was raised by the children and families of the Ruth Nuttall School of Dance from their recent dance event.
.....
Martin Swannell - Thank you for all your help looking after Brigid and for bringing Clara safely into the world
.....
Sarah Jackson Silver Star you are amazing!! You got us through a scary pregnancy- we now have 2 beautiful 11 year old twin boys. Will never forget your help, support and kindness

Caroline Newbury - Thank you for the amazing care and support you gave me during my pregnancy and birth of our gorgeous boy Alfie Isaac.
.....
Members of Highfield Social Club - donated money to purchase a fetal hand held monitor in memory of Baby Henry Huntley
.....
Larni Galliford - for donating knitted blankets
.....
Brigitte Gant - Long-time supporter who's two Grandsons are both Silver Star babies
.....
St Andrew's Church, Headington - for their ongoing support
.....
Irene Hutchinson - for her beautiful knitted items
.....
Sheila Currie - for donating some lovely knitted items
.....
Mrs Ann Clements - for some lovely knitted items

Mrs Busby - for a lovely set of knitted items
.....
Maurice Aphandary, Captain of Frilford Heath Golf Club for choosing Silver Star as his Charity for the year.
.....
Simon Blake, SI Pumps - In recognition of your work
.....
Mr Alan Caunt - In recognition of your work
.....
Maureen Rhymes & Brian England, Captains of North Oxford Golf Club for choosing Silver Star as their Charity for the year
.....
Members of Cry Havoc Morris from Botley for choosing Silver Star as their Charity for the year.

Many thanks to all who have given generous donations, time, energy and support.