

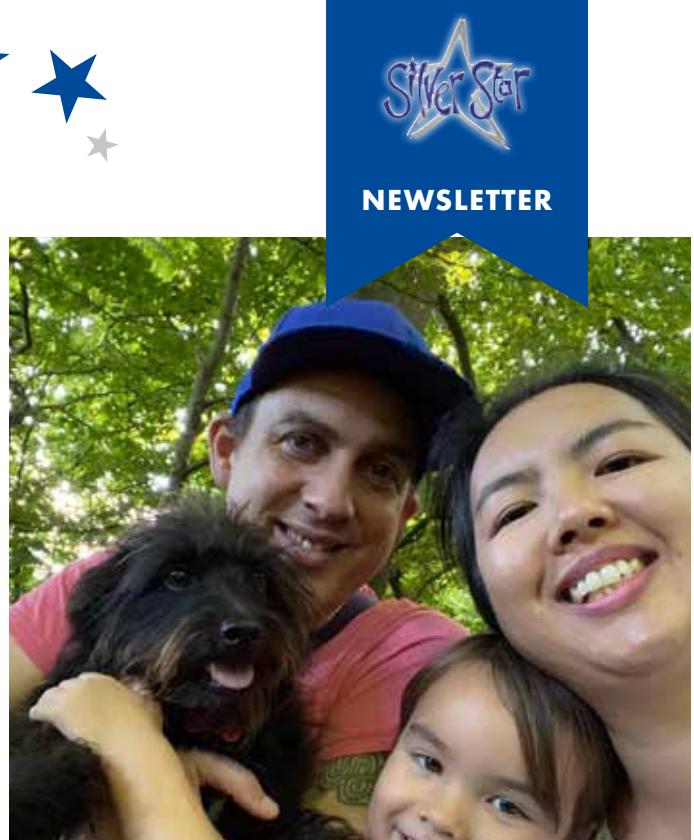
Silver Star Newsletter Issue 71 Autumn 2021

£10,000 TO HELP THE NHS

This wonderful family have donated £10,000 to the Silver Star Society in recognition of the care they received during May May's pregnancy resulting in their daughter Tippi. Here is their story:

'We decided to donate £10,000 to the Silver Star Society to match the funds we received from the Government at the start of the Covid pandemic. We have been fortunate in that our shop, The Peking Chef, has managed to stay open and busy throughout. We wanted to give back to a charity in our community. We wanted to help the NHS for real, not just clapping for carers.

We received our greatest gift, our daughter Tippi. She was born at the Women's Centre prematurely due to complications and we credit the outstanding team, especially midwife Ita, (now retired) whose fast decision making, we are sure saved Tippi's life. We hope that our donation can support other families through the ups and downs of what is supposed to be, but often isn't, the happiest day of your life. We hope that other businesses that have been similarly fortunate throughout the pandemic will follow our example and give back to their community freely where it will do the most good.'



MAY MAY, ALEX & TIPPI SULLIVAN FAMILY

HAPPY RETIREMENT ALISON

Tributes from Professor Chris Redman, founder of the Silver Star Unit & Maggie Findlay, Silver Star Society Manager



"So Alison you are leaving after nearly a quarter of a century on Level 6. You have been central to the Level for so long it is hard to

Imagine that you really are going. Now your busy family needs you. An important part of the history of Level 6 has been written and your going is the conclusion of a final chapter.

And what a book of enterprise, care, hard work and fellowship it is, with you as one of its main players. You have seen many changes, indeed managed them through the good, the difficult and the exhausting. Through thick and thin, Level 6 has always been a safe and caring place with its committed staff giving their best to those in great need. To think that it was threatened with closure by the Trust at

one stage! But there were so many of your grateful Mums out there appalled by the prospect that that we were able to block that attack so that care on the Level could continue with its unique blend of high professionalism and personal attention. It is good news to know that you are going to do the 'retirement boomerang' – zinging out then returning. It is the best way of retiring, mark my words. And when this dreadful pandemic fizzles out, we can meet again and remember the old days, maybe not always so good but always uniquely interesting." With affectionate good wishes for your years to come, Chris.

'Good colleagues are the kind of people you can rely on, generally get along with, share a joke or two, and ask for help. You're definitely all of these things. Every once in a while, you meet a person that you instantly click with, you've been so dependable, supportive, encouraging.



and kind to me over the last 15 years. You became Queen of the Silver Star Society raffles. Always there at the Summer & Christmas parties, trotting in with a box of amazing cakes and your beaming smile. You chatted away all morning to countless ex patients, admired their children and then sold them lots of tickets, you were a super star!

I always knew I could rely on your help & support and it really meant so much to me and the Silver Star Society. It has been a pleasure to work with you and I wish you a long and happy retirement, we will miss you terribly! Warmest wishes, Maggie.

The team together have raised over
£10,000.00

We have had wonderful support from this year's Marathon Team. Over £10,000 has been raised so far, with more donations coming in. Here they share their stories:

Stuart Cringle:

Stuart very kindly came into the Marathon team at short notice after another runner dropped out. We are so grateful to the Cringle family for their support.

'Bucket list goal is to run a marathon before I am 40 in April. I have been wanting to run for the Silver Star for the past few years but have finally taken the leap! We were supported, like many people, by the Silver Star during my wife's first and second pregnancies - we were very fortunate to see Mr Impey Due to the expert care and monitoring during the pregnancies, both children were healthy on arrival but unfortunately became poorly almost immediate after, along with my wife. The speed and response of every department at the JR Women's Centre (and we have visited them all!) is amazing, and the dedication of all the staff and volunteers goes above and beyond. Taking part, raising money and completing the London Marathon is just a very small way of saying thank you to all these amazing people and their tireless work 24/7. I am the proud dad of a 5 year old son and 3 year old daughter and I hope to make them proud by crossing the finish line in October.'



Rowan Green

Rowan is the brother of a much loved Silver Star consultant Lauren Green who recently left Oxford to move back to Guernsey.

We are so grateful to Rowan for taking part in the 2021 London Marathon and supporting Silver Star.



Josh Moultrie

'I just wanted to say thank you to everyone at the Silver Star who made the London Marathon possible for all the runners. It was truly one of the best days of my life. None of it would have been possible without the Silver Star Society, firstly for keeping my Mum as safe and healthy as possible throughout her pregnancy, and secondly for giving me the opportunity to run the marathon for the charity. It will be a day I will never forget and I'm delighted to have raised my £2000 target to go towards helping mothers and babies, so that one day another Silver Star baby can run in aid of the charity and experience what I did and raise some more money.'



Kate Forshee

'I joined the Silver Star Marathon team, to help the Silver Star Unit at the John Radcliffe Hospital to continue to provide special care to special mothers. I spent 4 significant months in the care of this team in 2008, travelling from Swindon for regular tests, check-ups, scans and discussions that culminated in the birth of our 3 very small, fragile but perfect babies - 14 weeks early and each weighing in at 2lbs. Without the professionalism, honesty, integrity and compassion of the staff at this unit, our happy ending would have been very, very different. And whilst we totally and utterly relied upon and appreciated the expertise of the team at the time, the real impact of our experience has developed in the years since, when we could really process the enormity and severity of the situation we found ourselves in. Bold decisions made by the medical staff leading up to, and on the day our children were born, really did save their lives. As the years have rolled by, it is time to give back and demonstrate our gratitude to the Silver Star Unit and to help other families who find themselves in vulnerable situations as we did.'



In 1993 my mother was admitted to the Silver Star Unit from the Radcliffe Infirmary following a brain haemorrhage. Being pregnant with twin boys she was cared for by the unit for the following four months. She gave birth to me and my twin brother 6 weeks prematurely on August 31st 1993 weighing only 2lbs and 3lbs respectively. As I understand it the birth was somewhat dramatic but with the care and attention of all the staff at the John Radcliffe Hospital and the Silver Star Unit, my mother, brother and I have had a happy and healthy lives from that time. The society, therefore, is held close to my heart and I am delighted to be given the opportunity to raise as much money as possible to help families, just like myself and my mother and brother.'

Arnaud Freneat

'I got the entry through the ballot but I thought it would be a great idea to use this experience to help fund a great charity, the Silver Star Society, which supports mothers and families during high risk pregnancies. For people who don't already know, my wife Melissa was really unwell during the pregnancy of our son Raphael. She has been brilliantly looked after during her 4-months stay on Level 6 at the John Radcliffe Hospital, where doctors and midwives gave her immense care and support during this very difficult time for our family. Raphael was born prematurely 7 weeks early in January 2020 after an emergency C-section. Raphael is now a thriving 20-month old boy who loves running (must take after his daddy)'



CTG MACHINE IN DAUGHTER'S MEMORY

Rob & Rachel Wilcock have raised £5500, in memory of their daughter Zoe, to buy a CTG machine for the Silver Star Unit. They have had events throughout 2021 to raise money, and have asked others to join in with their own events to raise money too.



Rachel says: 'We owe so much to the hospital for trying to save the lives of both of our girls, and to look after me during the pregnancy and afterwards. On 29th October 2019 we discovered that we were pregnant with identical twins. Even at 8 weeks you could see the hearts of both girls beating strongly. The pregnancy continued unremarkably for the next few weeks, although being pregnant with identical twins meant regular scans every 2 weeks to check on their progress. It began to become apparent that there was some difference in growth between the 2 girls which needed monitoring to make sure there wasn't a significant difference.'

At a scan on the 10th January, the growth differential had increased and unfortunately one of the research fellows had spotted a reverse wave. This is where the blood flows the wrong way from one baby to another and is a significant symptom of a condition called Twin to Twin Transfusion Syndrome (TTTS). We were advised that we would need to go to University College Hospital in London the following week to check on the girls' progress and to be seen by a TTTS

specialist for a potential procedure. On the 16th January, we ventured to London and were seen quickly by the amazing consultant there. Following a quick scan of the girls he explained that unfortunately their condition had deteriorated, and action was required in order to try to save them. He explained that the girls were suffering with TTTS and also growth restriction, which is where the babies don't share the placenta evenly, resulting in the growth differential that had been seen earlier. He explained that 2 procedures were required: one to divide the placenta to enable both girls to have what they needed, and the blood vessels being shared by the girls to be sealed using a laser to prevent them from sharing blood. Having looked at our girls he explained that their umbilical cords were so close together that he was concerned that he would not be able to save both of them. He gave us 3 options: 1. Do nothing in which case it was likely that both girls would die, 2. Decide to end one of our baby's lives to enable the other to live, 3. Complete the procedures on both the placenta and to separate the blood vessels, which would give both girls the best possible chance of survival. We felt that the only option available to us was the 3rd and as such he began the procedure. It was more difficult than he had anticipated due to the proximity of the girls' cords, but he did the most amazing job given the difficulty. A scan a couple of hours after the procedure showed that Zoe's heart rate had started to slow down, and he advised that we went for a scan in Oxford the next day to check how things were.'

The next day we had the devastating news that they could no longer see Zoe's heartbeat. As the donor twin, she had been giving her blood to Keziah and unfortunately sealing the blood vessels had not helped. Zoe had died just before 18 weeks. We were told that the next few weeks were crucial as the procedure could result in brain damage for Keziah. Four

**TOTAL AMOUNT RAISED
£5,500**



ROB WILCOCK

weeks after the procedure, I had an MRI scan to check Keziah's brain development. Thankfully, this was all clear and we therefore anticipated smooth sailing until her birth. Unfortunately, this was not the case. At one of the routine scans in February, it was identified that Keziah had developed anaemia. We were advised that a sample needed to be taken of her blood to identify whether a transfusion was required. The first test was completed, and Keziah was severely anaemic. This required two blood transfusions which thankfully appeared to solve the issue, despite the doctors not knowing how the anaemia had developed or how it had been fixed.

At 27 weeks, my waters broke, and I stayed in hospital for 1 week for monitoring. Following this, I was required to attend appointments twice a week to check for sepsis and to monitor Keziah's progress. Keziah was born at 31 + 3 weeks as the placenta came away requiring an emergency c section on 18th April. Thankfully both mum and baby were fine, although Keziah needed to stay in hospital for 5 weeks to get to a suitable weight before coming home.'

SILVER STAR STORY: FROM THE EYES OF A TEEN



'My name is Conor and as you may have guessed I am a 16 years old "Silver Star Baby". My mum, had two genetic mutations at the time of being pregnant with me; low protein "S" which means her blood doesn't thin as most people's, and on top of that her "prothrombin" levels are higher than normal so Mum is at high risk of a possible thrombosis, and when she was pregnant the risks increased highly. Whenever Silver Star was mentioned around friends or at home it was very much in the spirit of gratitude from my parents' part. Mum always said "she doesn't know how she would have coped without the constant tests; care and appointments at the clinic which reassured her that she was ok and I would be a healthy baby when born. She even tried to enjoy being pregnant with me a little.

My early memories of Silver Star go back to being a toddler at the Christmas parties or seeing my parents sorting out the Summer BBQ, or even better seeing them do the charity abseil.....being involved with Silver Star has always made me feel good and has given me the chance to say thank you for looking after my Mum when she was pregnant with me.

I even got to be the Silver Star mascot when I was tall enough to fit in the costume. Now I am too tall but it was such a fun experience to do. Even though we are not able to go and help at events as we used to my parents, friends, neighbours and I, still try to remind everyone about how incredible the Silver Star is. Mum is always pushing friends and colleagues to think of ways we can help fundraise for nurses bursaries, new equipment, furniture, anything as little as it might be. It will be phenomenal to carry on helping families have healthy babies like me and enjoy their pregnancies.

When I was little people used to ask me what Silver Star was and I used to say it is about making peoples 'lives happy'; now I am a lot older I know it is about helping all pregnant expecting Mums to enjoy their life being pregnant, and feel reassured they and their baby will be ok just like I was.'

CLARE MACKINTOSH, SILVER STAR PATRON



'Everything has changed. Economies have been decimated, cultural norms – like shaking hands – have been eradicated, and all over the world, people are grieving. Even those who are lucky enough to still have all their loved ones around them are grieving for their old lives; for easy travel and carefree entertaining, for a time before lateral flow tests and isolation periods.

For those of us who have experienced high risk pregnancies and births, the trauma of the past eighteen months has felt familiar. The ever-present anxiety, the constant checking for news. The desperate hope when everything looks as though it's going to be okay, only for things to take a downward turn the very next day. Our experiences have made us resilient, but I wonder how many of you have found recent times to be an uncomfortable reminder of those dark days. On numerous occasions I have had to switch off a news report highlighting the struggles of intensive care staff, because the beeping of machines triggered me in a way I thought I had put behind me. The nation's collective grief has made me revisit my own, quietly examining how it has changed as time has passed.

It has been fifteen years since I first came under the care of Silver Star. My eldest – once a three-pound scrap – is a healthy, sporty lad doing his GCSEs. I think often, of course, about what his twin brother would have been like (would he have chosen the same subjects? Would he like the same music?) but time has rounded my grief into something less jagged, less painful. My youngest two are almost fourteen. They wouldn't be here without the intervention and care of Silver Star staff, and yet here they are: funny, kind, interesting young people I felt lucky to be locked down with.

Fifteen years ago, I thought I would never recover from the death of my son; from the loss of the 'normal' pregnancy I'd so wanted. Some of you reading this, still in the immediate aftermath of your own trauma, will perhaps feel the same. Many of you will have learned, like me, that time truly is a great healer. All of you will know how fragile life is, and how lucky we all are to be here. As the years pass, the stress and trauma of the pandemic will fade into our memories. The world is slowly opening up again, and we Silver Star alumni know more than most that each passing day is a blessing.'

- Clare Mackintosh is a Sunday Times bestselling author and Patron of the Silver Star Society.

More of our amazing...

Silver Star Stories

'Our Silver Star journey began in the 25th week of pregnancy. From the moment I was wheeled in I knew this was the safest place for us to be. The consultant suspected early-onset pre-eclampsia and I was linked up to various scanners and monitored every few hours to check blood flow to the placenta. The doctors and nurses in the Silver Star Unit worked so hard for 3 and a half weeks on the ward to keep my blood pressure down and Connie inside where she could continue to grow and develop as best she could. I was admitted to the Silver Star unit in early December.

Connie was born by emergency C-section on December 27th at 29 weeks, weighing 704g. We feel so lucky to have been taken into the care of the Silver Star Unit and I have no doubt that if we hadn't had that constant care and monitoring within a team who have such specialist knowledge of pre-eclampsia and so many other conditions affecting women and their pregnancies then Connie and I would not have survived. Connie was in SCBU for 3 months and very poorly but is now a bouncy cheeky 12 year old with no obvious health conditions as a result of her prematurity. She did take a long time to catch up but aged 10 she finally started wearing clothes for her actual age group- a huge moment! It just shows that even the tiniest ones can get there in the end.



In the depths of such a time of despair and fear I remember being in the room in the unit to get a bit of time out. On the wall were pictures of babies born really prem and tiny like Connie would be and then pictures of those same babies on their 18th, tall and a strapping rugby player or a gorgeous 5 year old on her first day of school and it gave me hope and strength that Connie and I could get through this and that one day we would be the ones popping up that tiny baby picture and another of her as a happy and healthy gorgeous girl. I give thanks every day that we are in the position to do that now.'

I was admitted to Warwick hospital on the 26th September 2019 at 24 weeks, then sent over via ambulance to the John Radcliffe Hospital the next day. With severe pre-eclampsia and high risk of having the baby early, Warwick couldn't meet the baby's needs if he arrived early. I was completely nerve ridden, being taken in an ambulance alone. When I arrived I was greeted by a lovely midwife Claire, who checked my health out with all the usual equipment. I spent a total of nine weeks in John Radcliffe hospital not being able to go home. I was told when I first got to the hospital that it was unlikely I will last a week still pregnant.

Well my little fighter certainly proved the doctors wrong! Every week they were baffled, and gladly so, as he had a much better chance being born later. A total of eight weeks exactly on Level 6, two weeks spent on the ward and then the other 6 weeks in one of the family rooms. That room was a god send. It allowed me to have some support as I don't think I would have lasted a month in there alone without family support. So thank you for providing those amazing rooms where you can make it feel as though, for a moment, you're not in hospital.

The lovely supportive midwife Christy moved me into there after the two week stay in the ward listening to ladies near labour and sleepless nights. She checked up on me throughout my stay in the hospital. Along with the other midwives and the ladies who came and did the rounds of the blood pressure monitoring,



thank you to Jane one of the midwives who had to console me one night while I was having a hard night and a lot of tears. Also another midwife dark brown to black hair I'm pretty sure her name was Claudia! She was uplift to my whole stay! Honestly she was cheery and happy throughout the whole 8 weeks of me being there and really did brighten my stay and took me out of a down mood if I was in one!!

"Every week they were baffled, and gladly so, as he had a much better chance being born later." There are so many amazing people on the ward, so many faces I will remember forever and I'm so thankful to all the midwives on Level 6 who do a great job every day. They are really unsung heroes, who are there for such a big important life changing memory you will cherish forever!

My baby boy was born via C-section at 32 weeks on the dot on the 21st November 2019. He weighed 3lb 4oz and we called him Jacob. A lovely doctor who I seen throughout made sure she was doing my C-section! Which went great! I hope this message gets back to the staff on Level 6. I will be forever thankful for the midwives and Silver Star for providing these rooms! Thank you so much Silver Star.'

NEWS FROM THE LEVELS

SUCCESSFUL FUNDING FOR A BLADDER SCANNER

A new bladder scanner for Level 5, provided by Silver Star, helps to provide timely, effective and efficient bladder management of those women in our care. During pregnancy and birth, the pelvic floor muscles undergo a considerable strain and women are therefore at a significantly increased risk of a bladder injury. Bladder injuries that go undetected can have lifelong consequences such as incontinence, bladder weakness and the need to self-catheterise. For a new mother this can be devastating and a completely unexpected outcome.

A bladder scanner is a quick and easy tool midwives and nurses can use to assess bladder function. The alternative to this is using catheterisation which is an invasive and uncomfortable procedure which also introduces an infection risk. Being able to avoid unnecessary catheterisation will obviously benefit the women hugely. Another bladder scanner will potentially lead to a reduction in long term bladder damage and urinary tract infection.

Since his appointment as a University Consultant Obstetrician eight years ago Manu has become a key part of the senior Silver Star Society team. In fact in his typically modest and unassuming way this has happened spontaneously, without planning. He is a doer, getting things done where others do not; is popular and calm. Every day he proves that a smile and a kind word is better than a frown and criticism.

Professor Vatish did his medical training at Oxford and went on to complete a DPhil (an Oxford PhD) between his preclinical and clinical courses. His DPhil (researching the complexities of what makes placentas tick) put him in touch with Professor Chris Redman for the first time. Manu regularly cycled up from the Department of Human Anatomy (as it was called then) to collect placentas from Chris and then whizz at high speed down Headington Hill to do his experiments.

He continued his training and studies in Cambridge before returning to the John Radcliffe as an SHO (a very junior doctor), with Professor Redman and the Silver Star Team. After a year at Queen Charlotte's hospital, Manu came back to Oxford as a registrar and again worked with Chris. He moved on as an Associate Professor and Consultant in Obstetrics at the Warwick Medical School. He won a prestigious Fulbright Distinguished Scholar Award and spent a year at Albert Einstein College of Medicine in New York (where he met his wife, Claire) and then several months at Yale University after winning a Churchill Fellowship. In 2013, Manu returned to Oxford as a Senior Clinical Fellow and Consultant obstetrician and found himself (this time) working alongside Chris and Ian Sargent, undertaking research, co-supervising

Welcome to our new Level 6 Managers, Jenny Escudero & Flora Shore



students and writing papers with them. Manu was subsequently appointed Professor of Obstetrics and has been extending Chris' work on pre-eclampsia, the antepartum CTG as well as developing other research. Manu's work on pre-eclampsia has been recognised by the Health Sciences Journal Partnership Award and the UNIVANTS of Healthcare Excellence Award.



'Team Manu' is a wonderful group of scientists and clinicians, in training, who are inspired by his leadership to do their basic and clinical research (pre-eclampsia, placental health and disease). He is incredibly busy with other important roles: as Oxford Tutor for the Royal College of Obstetricians and Gynaecologists, Academic Training Programme Director for the Oxford University Clinical Academic Graduate School and Clinical Director for the National Institute of Health Research's Clinical Research Network. This is all combined with weekly, very heavy, on-call shifts in delivery suite, often continuing overnight. Yet, when he has the time, he knows how to relax over an evening meal and is always excellent company. He is increasingly central to the life and activities of the Silver Star Society. We hope that, when normal times return, you, our members, will be able to welcome him in person. We are lucky to have him.

What does Silver Star mean to you?

Here is a selection of lovely comments from Facebook;
to read all of them please follow this link:
<https://www.facebook.com/SilverStarOxford>

Amanda Saunders

Silver star gave me and my son excellent care 20 years ago cannot ever thank the service enough ❤️



Sarah Lizann Quainton Anderson

It means the world to me.... The most amazing & challenging journey, I've been through. Worth every second & the result is priceless!!



Anna Vincent-Hill

No words can ever express how I truly feel about Silver Star! Silver Star saved my life and that of my baby!!



Gemma Froude

Wouldn't have our amazing young man without them. 33 weeker, now a strapping 5.5 yr old. ❤️



Amy Edwards

The absolute world, as they made ours complete by helping us to keep my boys safe while I was pregnant - treated so well and the end result has given me my beautiful children safe and sound - grateful is not a powerful, or strong enough word for them . Xxsecond & the result is priceless!!



Natalie Jessica

These two ❤️❤️ my boys xxx



Verity Armstrong

Silver Star = Life itself thanks to their expertise and care



Contacts & Information

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The Silver Star Society is part of Oxford Hospitals Charity (reg charity no 1175809) www.hospitalcharity.co.uk

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If you would like to receive the newsletter by e mail instead of post, please give your e mail address to Maggie.



Baby Names from August 2020



Leighton Ford Born on 1st August 2020 9lb 12oz	Jack Richard Hutchings Born on 4th January 2021 6lbs 4oz	Charlotte Bella Crippa Born on 20th March 2021 3.930 Kg	William Oliver Keith Humphries Born on 4th June 2021 9lbs 2oz	Rory Callaghan Sawyer Born on 12th September 2021 9lb 4 ½ oz
Mayowa Emmanuel Thomas Born on 15th September 2020 3.69 Kg	Inaaya Aisha Tarafder Born on 5th January 2021 3.2 Kg	Andrew Azamfirei Born on 6th May 2021 3.580Kg	Selin Tunarli Born on 7th June 2021 3.550 Kg	Lisette Genevieve Mooney Born on 20th September 2021 9lbs 12oz
Winona Rodwell Born on 16th November 2020 3440g	Leo Gregory Eric Saunders Born on 8th January 2021 8lb 1oz	Indigo Saoirse Brandish Born on 10th May 2021 7lb 2oz	Dexter James Hale Born on 14th June 2021 7lb 11oz	Baby's name not previously published: Freya-Rose Lamb Born 14th January 2011 4lb 13oz
Genevieve Cullen Born on 10th November 2020 9lb 3oz	Afrika Ione Munoz-Iglesias Born on 13th January 2021 3.93Kg	Penelope Williams Born on 17th May 2021 9lbs 6oz	Ismael Elijah Malik Born on 22nd June 2021 2.685Kg	
Macey Raine Lush Born on 8th December 2020 7lb 2oz	Arabella Hilda Stevens Born on 20th January 2021 3430g	Anthony Rhys Morel-Allen Born on 20th May 2021 2840g	Travis Noah Land Born on 3rd July 2021 7lb 14oz	
Erin Fiona MacPherson Born on 3rd January 2021 6lb 10oz	Saffira Ann Melrose Bridges Born on 12 February 2021 6lb 11oz	Willow Alba Calista Manning Born on 24th May 2021 13lbs	Neven Stojanovic Born on 8th July 2021 3.07Kg	
Noah Oliver Dunsmuir Born on 3rd January 2021 8.1 lbs	Oliver James De Almedia Faria Born on 14th March 2021 2.970Kg	Isabella Grace Seraphine Born on 3rd June 2021 7lbs 7oz	Matilda Elizabeth Twist Born on 9th July 2021 2.72Kg	

Thank you to all our generous supporters

- ★ Jas Roxburgh, In memory of Kerry Roxburgh, Witney, Oxon
- ★ The SMILE team at Infineum, Milton Hill, Abingdon
- ★ Jane Barton, Farmoor, Oxford.
- ★ Brigitte Gant, Leighton Buzzard, Beds
- ★ Mrs Ferdinand, Suffolk
- ★ Mr Shorten, Aylesbury
- ★ Mr & Mrs Jardine, Leighton Buzzard, Beds
- ★ Sullivan family, Carterton, Oxon
- ★ Mr & Mrs Thomas, oxford
- ★ Viridor, Ardley, Oxon
- ★ Source Health Economics, Oxford
- ★ Friends & family of the late Janet Dunmore
- ★ Friends & family of the late Doreen Harris
- ★ The Harvey family

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: Cynthia Charlett on 07760 140627 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.