

LILY ARMSTRONG HAS HER FIRST EVER HAIRCUT IN AID OF SILVER STAR



Lily's mother, Charlotte Cronin says:

"When I was pregnant with Lily, we weren't sure if she would make it. She wasn't growing at the speed she was supposed to and because of that we had a lot of complications, worry and fear for her future. Thankfully, I was put under a consultant at the Silver Star unit. We were given so much support, love and care from all of the staff. It's really hard for me to re-live all of this in words. But with their help we got through a really difficult time in our lives.

Lily is now six and is a great kid. On to the good bit! Lily has never had her hair cut. And we've spoken about how she can make a difference, so she decided she would like to raise money for Silver Star to say thank you".



Lily had her VERY long hair cut off (about 8-10inches) and raised £240 for Silver Star!



Louise and Luke Colvin

Louise and Luke Colvin have raised over £75 from Holy Trinity Church, Old Wolverton, Milton Keynes as a result of the collection from their baby boy Robert's recent christening.

Louise says, "Robert Colvin, was born under the Silver Star team last June and we wanted to raise money for them at his christening as a thank you for the amazing care that I received for the entirety of my pregnancy. I have a heart condition and needed

their support from day one and the entire time they were simply amazing. We will always continue to raise money for them whenever we can."



LISA DE LA PLAIN

Throughout August the Cocoon team raised money and awareness for Silver Star with in-salon fundraising activities pictured, and raffle. In addition Cocoon generously pledged to double any donations received up to the value of £500. The Silver Star Society is very close to Lisa's heart as she suffered from pre-eclampsia while expecting twins, resulting in the loss of her daughter Sofia and the premature birth of her son, Eden. Lisa shares her story below:



"I was over the moon when I found I was expecting twins, one boy (Eden) and one girl (Sofia) albeit a little shell shocked, especially as I would need to move house for the extra room. Six weeks after moving I started to feel very unwell being sick every single morning. I put this down to being pregnant with twins and the stress of moving house. I started to get more and more worried before my mum suggested we go to the doctors.

I was sent straight to the Royal Berkshire Hospital in Reading where I was diagnosed with pre-eclampsia. At the time of diagnosis I was 25 weeks pregnant. One week later I was transferred to the John Radcliffe Hospital in Oxford where they have more specialist services. I was told that due to the severity of my Pre-eclampsia and associated problems with the development of Sofia I may have to give birth at any time.

Thanks to the staff at Silver Star the hours turned into days, and the days turned into weeks, and despite feeling very unwell in myself, I was still pregnant. I then got the news that Sofia was in trouble and could possibly



be born severely disabled also jeopardising Eden's chances of survival. I was given the option of termination. This was obviously an incredibly difficult decision to have to consider. Being single, I had some lovely friends that came to visit me and offered their advice but it was the love and support of the Silver Star team that kept me going.

On 14th May 2016 I was having my babies monitored in the Silver Star Unit when I was given the news there was no foetal heart beat for Sofia. At that very moment one of the Silver Star nurses grabbed by hand and held me. She stayed by my side and didn't leave. Of course I was still pregnant with Eden so had to stay strong for him despite the pre-eclampsia getting worse. One of the hardest things was having just the one heart rate monitor and one heart beat on the screen where previously there had been two.

In the time between Sofia's death and giving birth two weeks later naturally I was worried about what would happen during the birth. The two worries that spring to mind are **"How would Sofia look, bearing in mind she died two weeks previously?"** and **"Would Eden survive and be healthy?"** These questions and more were answered with honesty, support and care by the Silver Star team. I remember asking a nurse whether Eden would be okay and she said 'he will run the gauntlet but should be fine.'

On 27th May 2016 I underwent an emergency C Section as there were concerns over Eden's well-being. I gave birth to Eden first and he was immediately rushed to receive intensive care. I then gave birth to Sofia who was shown to me in a wicker basket in a very compassionate manner.

TOTAL AMOUNT RAISED
£2910.17

I was then taken back to my room having given birth to two babies and not having one to hold. Sofia was bought to me in a cold cot so I could spend some time with her which I really appreciated. Prints and casts of her hands and feet were taken along with photos. I found this and the whole bereavement process unbelievably comforting. I was also given a special teddy bear from the Aching Arms charity so I had something to hold. When I was well enough I was able to be wheeled down to see Eden, he weighed just 2.4 lbs and was hooked up to lots of machines.

As Eden continued to thrive I developed pulmonary oedema and phneominia, all part of the horrible pre-eclampsia, and required extra care for another two weeks. During my 6 weeks in hospital I experienced the greatest emotional pain and the most overwhelming expression of care by the Silver Star team. Although they care for a lot of patients you really do feel like you are their only concern. I still think of them often. Especially when I see how Eden is now.

Everyone thinks their children grow up fast but when you've seen a 2.4 lbs baby grow into a strapping 3 year old it is a sight to behold. He is amazing and due to go into nursery in January 2020. I have nothing but praise for the Silver Star team and I am eternally grateful to them all."



Lisa, owner of Cocoon Hair and Beauty in Reading.

RUNNING FOR SILVER STAR

EMILY ROADS AND THREE PEAKS CHALLENGE

Emily explains: "I have two lovely three year old twin boys who kept everyone on their toes from about week 14 of my pregnancy, with trips in and out of the Silver Star Unit and overnight stays. With all the help from doctors and nurses at Silver Star they made a safe albeit early arrival at 29 weeks. I wanted to raise money for Silver Star, as without them I don't think my little boys would be here today. I've completed the Three Peaks Challenge in less than 24 hours which was hard, but I did it and it's all worth it for the money that I raised, a total of £1433.00".



Runners needed for next London Marathon

Do you want a challenge? Want to give something back?

If you do one event, make it the Virgin Money London Marathon. Covering 26.2 miles with over 38,000 runners and lined with thousands of spectators screaming your name, it's an experience you'll never forget. You'll pass some of London's most famous landmarks on this flat and fast course. It's an opportunity of a lifetime. We have places available.

Please email: silverstar.society@ouh.nhs.uk or ring 01865 221718 for more details.

DON'T DELAY! PLACES ARE LIMITED.

Ruby Hosier

Ruby Hosier, aged eleven, ran at the Bournemouth Marathon Festival to raise funds for Silver Star.

She says:

"I was born at the John Radcliffe hospital. I wanted to take part in a charity event to raise money for the Silver Star unit and follow in my mum's footsteps, just like she did in 2018. My mum is my inspiration, she works hard on Level 6 with the team from Silver Star and she always encourages me to work hard, and we enjoy running events together. Bournemouth Marathon Festival was absolutely amazing and I actually achieved both fantastic support and donations for Silver Star and also my PB for this event.

Thank you to everybody who supported me and donated to this great charity."



Ruby's Mum, Claire says:

"I work on Level 6 and see where all the great work is done by this fantastic charity. The Silver Star team work extremely hard to provide essential needs to both mothers and the babies.

I'm not just proud of Ruby I am exceedingly proud of her, she works hard and is always very kind in helping people out when she can."

Ella: 'Natural Born Performer'

Ella although a natural born performer (dancing) she's not naturally sporty and most definitely hates dirt!

When she heard she could do this to support a charity she jumped on it to support the silver star unit at the John Radcliffe hospital society fund number 0347 in her words **'I'll never forget all the appointments and tests all the care they took if it wasn't for them my sisters most probably would have died!'**



Our twins were born at 33weeks by emergency section after a very complicated pregnancy we will never forget the care they gave us all.

More of our amazing...

Silver Star fundraiser

Emma Bond

Regular Silver Star fundraiser Emma says:

"After seeing the recent 'Scoot for Silver Star' post on social media, a local children's shop called 'We are POP', reached out to me to see if I would like to co-host a scootathon with them. I jumped at the chance!"



We had around 20 children take part in the scootathon which took place in the local primary schools playground! The children scooted their hearts out, and one child even managed to complete over 100 laps of the playground! Needless to say they all have fantastic fun. Carly and Sophie (co-owners of 'We are POP') then invited all the children back to the shop for refreshments! It was a fab morning and we raised £429 for the Silver Star Society! Thanks to everyone who took part and donated and also 'We are POP', for co-hosting."

Headington Festival

Carolina Motta-Mejia and Silver Star supporters from the Nuffield Dept. of Women's & Reproductive Health ran a stall at the Headington Festival this summer.

By running a raffle, making lemonade, baking cakes, face painting, selling plants and lots more they managed to raise over £600 which was amazing!!



COURTNEY HUGHES, Silver Star Ambassador



Courtney Hughes, 20, was invited to the Royal Wedding of Prince Harry to Megan Markle in recognition of her tireless work to spread festive cheer to others as the Secret Santa.

Following a personal experience with an elderly relative, in 2012 Courtney was devastated at how some people were alone and away from loved ones at Christmas. Then only 13 years old, she collected gifts for those in hospital and the vulnerable in the community and gave them at Christmas. In her first year she collected approximately 650 gifts. Sadly, her relative passed away in early 2013 and in her memory Courtney decided to make 'Charity Secret Santa' a committed endeavour.



Her gifts now number over 8000, given to vulnerable and sick members of the Oxfordshire Community, visiting hospices and end of life units to bring good will and also dispense gifts. Courtney has already donated a microwave to the Level 6 staff room with plans for lots more fundraising in the future.

Both Courtney & her younger sister Megan are Silver Star babies. Their Mum Claire explains:



"The Silver Star team saved my life after I had Courtney. I was very poorly with toxemia, so we are more than delighted to be able to support the unit."

Claire came along to present the microwave along with her Mum, Valerie Hitchman and daughter Megan who is an actress and plays Maud Spellbody in the Netflix/CBBC drama The Worst Witch



XMAS RAFFLE

Please continue to support this uniquely special unit in Oxford. It has and continues to achieve so much; the staff have the motivation and willingness to learn and to create excellence in care as a blue print, not just for Oxford, but for mothers and babies across the world.

You can help by not letting one single raffle ticket go to waste. We need you to sell them all so that work can continue. Thank you for your support.

RAFFLE PRIZES

We have some fantastic prizes all kindly donated by businesses all over Oxford and beyond.

- ★ Designer handbags
- ★ Signed bestselling books
Clare Mackintosh (Patron)
- ★ Handmade earrings
- ★ Meal vouchers
- ★ Family day out vouchers
- ★ Beauty vouchers
- ★ Garden vouchers
- ★ And lots more!

Please find enclosed £10 of raffle tickets and a pre-paid envelope to return your signed stubs along with payment to Maggie. Please make cheques out to 'Silver Star Society'. Thank you.



Alison Cuthbertson has been appointed a New Director of Midwifery at Oxford University Hospitals NHS Foundation Trust (OUH)

Alison says: "I am really pleased to be joining the team at OUH. I am looking forward to using the skills and experience which I have gained during my career to date in my new role as Director of Midwifery.



"OUH has huge strengths as a major provider of maternity services to women living in not only Oxfordshire but also neighbouring counties including Warwickshire and Northamptonshire who rely on our units." She added it will be a 'privilege' and she 'can't wait to get started'.

Sam Foster, the trust's Chief Nursing Officer, which runs the John Radcliffe, **Nuffield Orthopaedic Centre**, Churchill and Banbury's Horton General, said she was 'delighted' with the appointment.

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.

Help us Reduce our Carbon Footprint

Please help us to help the environment and reduce the paper used in printing these newsletters. If you are able to receive the newsletter by e mail instead of in the post, please let Maggie know and let us have your e mail address. We want to help make a better world for our children.



Contacts & Information

Maggie Findlay – Manager

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

Office hours: Monday to Wednesday - 9.30 until 2.30

Tel: 01865 221718

Email: silverstar.society@ouh.nhs.uk

Website: www.silverstaroxford.org

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



Baby Names from May 2019



Wren Anderson-Offer
Born on 8th April 2019
7lb 12oz

Atticus Robert Xavier Slater
Born on 14th April 2019
6lb 6oz

Bailey Max Williamson
Born on 20th April 2019
3525g

Patrick John Gilbert
Born on 18th May 2019
5165g

Margot Annie McKinley
Born on 24th May 2019
7lb 13oz

Isaac Thomas Henson
Born on 27th May 2019
4lb 6oz

Lara Greenstreet
Born on 31st May 2019
5lb 5oz

Isabella Bea Thornley
Born on 10th June 2019
3.68 Kg

Heidi Charlotte Clark Hook
Born on 17th July 2019
9lb 3oz

Heidi Lucinda Salter-Collins
Born on 9th November 2015
6lbs 3oz

Isabelle Rose Boyd
Born on 26th August 2019
6lb 7oz

Ivan Cole Pursey-Colyer
Born on 28th August 2019
6lbs 4oz

Chester James Paynton-Moyses
Born on 30th August 2019
8lb 5oz

Freya Myra Ann Goddard
Born on 6th September 2019
5lb 15oz

Cairo Anthony Watts
Born on May 30th, 2019
7lbs 7oz

**Babies names previously
not recorded:**

Finlee James-Hall
Born on 5th October 2018
6lb 10 oz

Archie Rodriguez-Finn
Born on 17th November 2018
5lb 2oz

Freya Scarlett Providence
Born on 6th November 2018
9lb 3oz

Naitri Devlia
Born on 19th August 2018
6lb

Christopher O'Brien
Born on 31st August 2005
9lbs 3 ½ oz

Mia Elizabeth Chapman
Born 8th January 2011
7lbs 4 ½ oz

Samuel Benjamin Hugh Chapman
Born 5th November 2013
5lb 12oz



Thank you to all our generous supporters

- ★ Mr & Mrs Anderson-Offer proud Silver Star parents to Luna Fae born in 2014 and Wren Iris born in 2019
- ★ Scott Jardine, Dad to Isaac & Elias won an employee award and donated it to Silver Star
- ★ Sheila Crowley in recognition of the Silver Star Unit
- ★ Mrs Jean Tompkins – for donating knitted items
- ★ Mrs Ann Clements - for donating knitted items
- ★ Mr & Mrs Harvey, Silver Star parents to James & Fraser – in appreciation of care received.
- ★ Mrs Thompson – In memory of her Granddaughter Sasha Van Maurik
- ★ Brigitte Gant, proud Silver Star Grandmother to Isaac & Elias – for her continued support over many years
- ★ Adrian Murray - In lieu of payment to Clare Mackintosh for her talk at the Bala & Penllyn Rotary Club
- ★ Bala & Penllyn Rotary Club – in lieu of payment to Clare Mackintosh for her talk at the Presidential Dinner

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.