

£10
per family
entrance fee

Looking after Oxfordshire Mums

The Silver Star

“Shuffle”

Sponsored Walk and Picnic

Saturday June 30th 2018 starting at 11.00am

The lawns opposite the Women’s Centre at the John Radcliffe
Hospital, Oxford, OX3 9DU

- Registration opens at 11am- refreshments will be served
- The start ribbon will be cut by our Patron, best-selling author Clare Mackintosh at 11.30
- Stroll/ride/ or scoot around two circuits of the lawns
- Then relax with your picnic and enjoy fun family entertainment, bouncy castle, games, music
- The Silver Star Society supports maternity services in the Women’s Centre
- The sponsorship raised will support Mums and their babies from across Oxfordshire and beyond
- We encourage all ages, families and groups to enter this fun event



Silver Star is part of Oxford Hospitals Charity (Registered charity number 1175809)

Offering special care to mothers with medical complications in pregnancy

**Please do support this event
and help towards our target of
£10,000**



Please join us at this years Summer event, the Silver Star Shuffle. It is a sponsored walk, scoot, ride or shuffle around 2 laps of the field opposite the maternity unit.

Please bring along a picnic so you can relax afterwards and enjoy free family entertainment and music. We hope to raise funds for two new CTG machines which monitor unborn baby's and help to detect any problems.

To enter please email: silverstar.society@ouh.nhs.uk or call 01865 221718 or use the entry form or online at www.silverstaroxford.org. There is a £10 family entry fee.

See form for payment details and we hope you will try to raise some sponsor money. There will be a prize for the most sponsor money raised.

**Please invite your friends and family to join you,
everyone is most welcome.**

The charity has already also paid for the installation of 16 new data points on L6 which will enable the new high tech CTG machines to be moved around to each bed instead of patients going to the CTG Room for monitoring. If we reach our target of £10,000 we hope to buy another machine..



Reading V's Oxford...

Reading Half Marathon

Cara Brown reports: 'I'm back with news... Reading Half Marathon was cancelled due to the snow so.... I decided not to put all the training to waste and went to the gym and completed a half marathon... on the treadmill ! It took me 2 hrs 59 mins and 2 seconds. I was thrilled to be just under the 3 hour mark... it was a very long time to run to nowhere but still fun and of course I still wore my Silver Star T shirt! I thought of you all while I ran and the cherry on top is I've smashed through my £500 target and still have a few more donations coming in. Thanks Silver Star for your support, we will always continue to support you and all the amazing things you do.

Silver Star means the absolute world to my family and I. I was lucky to receive their care and support through both my complicated pregnancies, my son sadly born sleeping and my daughter, our rainbow, born 13 weeks early who is now 3! I wouldn't be where I am today if it wasn't for Silver Star. You are all amazing.'



Oxford Half Marathon

Hannah Clements & Emily Ridewood: 'Following a complicated pregnancy Emily gave birth eight weeks early to identical twin boys, Oscar and Archie who are now 2 ½ years old. Emily was assigned to the Fetal Medicine Unit at 12 weeks and was monitored closely on a weekly basis by Silver Star. This is a charity very close to our hearts as Emily and her partner Oliver faced many scares throughout the pregnancy and the staff gave them the confidence that things were under control and provided a great level of care and support.

Having decided to support the Silver Star Society in the Oxford Half Marathon, Hannah Clements, my cousin & I entered and completed it in 2 hours and 29 minutes. This was a great achievement for us both and we are delighted to be able to help the charity by raising £750.'

...well done both.



GOOD LUCK TO ALL OUR LONDON MARATHON RUNNERS 2018

Claire Hosier:

'I am very honoured to be running the London Marathon for the Silver Star unit. As I work as a maternity support worker on Level 6, I see first-hand how the money raised is spent. Equipment, drop down beds, monitors, maintenance of the Family Rooms, staff education and lots more. It helps staff deliver the best possible care for Mums to be and I am so grateful to all those who have helped me with sponsorship and support.'



aunt needed the Silver Star's support, being pregnant with my twin cousins who without their loving care and attention, may not be here today.

My goal is to complete the 26.2 mile course in under 4 hours which I think can easily be achieved with all the training I have been putting in and the support from everyone around me.'

Lee Sherriff:

'I will be running in the 2018 London Marathon in memory of my niece Esmai Sherriff. Esmai would have been my brother Kevin and his wife Emily's third daughter, but sadly died 20 weeks into the pregnancy.'



Louisa Ferriera:

'I am really fortunate to have the opportunity to run the 2018 London Marathon for the Silver Star Unit. This will be an amazing experience and a way to raise funds for this wonderful cause and make people aware of the service and exceptional hard and emotional work the team does for women and their families at a very stressful time in their lives.



I have friends who were under the care of Silver Star Unit and I know without them some of those children may not be here today. We often take our health for granted and seeing and reading what some people go through, is heart breaking. On 22nd of April 2018 I will be wearing my vest with pride.'

...WE LOOK FORWARD TO HEARING YOUR MARATHON STORIES!

Taz & Kate:

'We are going to run the London Marathon in April 2018 to raise funds and awareness for the brilliant Silver Star Society. Neither of us could run for a bus in October 2016, so this will be a HUGE challenge for us both!



The Silver Star Society helps mums and unborn children through very difficult and problematic pregnancies, whether that arises from pre-existing conditions, or pregnancy developed ones. The Silver Star Society is there with world leading experts to ensure the very best care is given to those families who need it most.

This charity is very close to our hearts as Taz had pre-existing Hypertension, which can cause oxygen starvation to the growing baby, and so both of her children were born under their very careful supervision. With added complications during birth, without the brilliant Silver Star Society, her story could have been a very different one! Thanks to them she has two gorgeous children, a daughter Scarlet, who will be 7 a few days before the run, and a son Dexter, who turned 4 in June 2017.

Kate also had problematic pregnancies, developing pre-eclampsia during her pregnancy with son Harry, now 9, resulting in Harry being born 7 weeks premature. When Kate fell pregnant with daughter Charley, now 7, she therefore experienced very close monitoring to ensure a safe outcome for both mother and baby.

The Silver Star Society is such a worthy cause, and we are so grateful to each and every one of you who have been so kind and generous in your donations, helping us to give a little back for everything they have done for us and every other Silver Star family.'

Steph Fisher:

'I'm so excited to be running the London marathon in aid of the Silver Star Society. I have two best friends who have been looked after by the Silver Star team and I remember what a traumatic and worrying time it was for both of them. It's lovely to hear them praise how fantastic the Silver Star team were with the care, consideration and medical brilliance that they are so personally grateful for. I love running and have never run an event for charity before. I'm really looking forward to raising money for a local charity that does so much for mothers and their babies. I can't wait to wear my Silver Star marathon vest on VLM day!'



Daniel Giddins:

'With a few charity events done in the past this year I have taken on the biggest challenge yet, the London Marathon. The reason for representing this charity is not just for the amazing work they do but on a personal note, 17 years ago my





SILVER STAR STORIES



Semina Akhtar's Story:

'I had my first baby just over 9 years ago. The first I heard of the Silver Star unit was at the GP visit to confirm my pregnancy. The pregnancy was rather uneventful, however the post-partum period more than made up for this!

Muhammad Saleh Kayani was born on 13 March 2009 and our journey into parenthood began. Due to complications after delivery I was still under the care of Silver Star for a year post-partum.



Fast forward 3 years and I was pregnant again. Although this was a planned pregnancy I was petrified of a repeat of my previous complications. Back at the Silver Star I was under the care of Debbie Harrington again. She was my rock through this difficult time.... on 15 May 2013 Hafsa Imaan was born. Fortunately recovery was much quicker and life quickly settled into a routine; our family was complete... or so we thought!

In March 2015 I was pregnant again. This time I was feeling unwell during the pregnancy which I had not experienced before. This pregnancy had a great impact on my mental and physical wellbeing. It was during this time I became acquainted with Beth Alberts who was a Godsend. She arranged for us to have access to a family room after delivery and even came to see me in the delivery suite on her way into work as Fatima Zamaan decided to make an early appearance... on our wedding anniversary! I am forever grateful to all the people involved in our care who made these difficult times so much easier to deal with. They are all amazing people who under very trying circumstances do the best they can.

As a gesture of our appreciation we make a monthly donation to the Silver Star charity, hoping this can go towards showing our gratitude for all the help and support we received. Without the contributions facilities like the family room cannot be made available and maintained to such a high standard.

As a Muslim family we feel it is our duty to give back to a place from where we received so much. As the time of Ramadan is approaching when many Muslims are giving more to charities we will encourage family and friends to also donate to this worthy cause. In the famous words of philanthropist Abdul Sattar Edhi 'No religion is higher than humanity.'

Abseil

Tracey Myles says: 'After a difficult twin pregnancy, managed successfully by Prof Redman and his team, I gave birth to healthy identical twin boys in September 1995. Josh and Ben have grown up to be great lads who have just turned 22 and this year both graduated with a First Class Honours Degree in Maths. As a family we are all very proud of them and I often think how different the pregnancy outcome would have been without the intervention of the Silver Star team.

I wanted to take part in the Abseil for The Silver Star Society and decided that this was the year to do it. The weather was perfect and although I am afraid of heights, the view from the roof of the Women's Centre was fabulous. My turn came all too quickly and, as I had expected, the scariest part of the challenge was leaning back at the edge of the roof and putting all of my trust in the rope. The organisers were very reassuring and encouraging and after some instruction the descent was over all too quickly.



Christmas Carol Evening

Mr and Mrs Moore's daughter, Liz Paradiso says: 'In December my parents held a Christmas Carol evening for friends and family in their Tythe Barn to raise money for Silver Star. The young children dressed in nativity and there was a real donkey!

Over fifty people came and my parents managed to raise £120 for Silver Star.

Silver Star is a charity close to my family's heart. I was looked after during both my pregnancies by the amazing team and my sister was a midwife at the JR unit a few years ago. Neither my son Alberto, born at 27 weeks (now 6) nor my daughter Silvia, born at 30 weeks (now 3), would be the healthy children they are today if it wasn't for the expert care of the doctors and midwives in the Silver Star Unit.'

North Oxford Golf Club

The Captains have chosen the Silver Star Society as one of the charities that they will be supporting throughout their twelve months in office. The men's Captain's daughter is a mid-wife at the JR, who recently became a mother herself. She made him aware of Silver Star's amazing work in supporting mothers with medical complications during pregnancy. Fundraising activities include a golf challenge (54 holes in one day), team events, bring and buy sale, quiz nights and raffles.

Frilford Heath Golf Club

Maurice Alphandary, Captain says: 'Each year the Captain of Frilford Heath Golf Club nominates a charity to support through a range of member focused activities. As Captain I wanted to support a local charity that was in some way personal to me. I have chosen to support the Silver Star Service as my wife and I benefited from its support when our daughter was born in the mid-1980s. The Service was there for us due to blood pressure and mild pre-eclampsia. We celebrated the birth of our daughter without any major problems thanks to the care and attention we received, under Professor Redman's guidance. We even had

the surprise of meeting with Princess Diana who visited the ward prior to discharge from the hospital. Fund-raising activities that are planned over the course of the year include Quiz-nights, meals with entertainment, Pro-AM, prize-draws, Captain's Day and other events, which I hope will be well supported.'



Thank you Joyce Harvey

Joyce Harvey, pictured here with her Great Grand-Children Charlie & Amy, is a devoted knitter for Silver Star. Many thanks for all you do Joyce. It is much appreciated.



Debbie Harrington says:

'Thank you to the Silver Star Charity for funding the filming of two high quality training videos for teaching midwifery and medical staff at Oxford University Hospitals NHS Foundation Trust and across the Thames Valley regional network. As a department, we are always looking for ways to enhance patient care and experience and I am grateful to the Silver Star Society for supporting these initiatives.

The first video is demonstrating techniques for assisted vaginal birth (when forceps or ventouse are needed) using a simulation birthing model. Catherine Greenwood, Silver Star Consultant and Labour ward Lead at OUH NHS Foundation Trust kindly agreed to being filmed demonstrating and talking through the techniques and equally important the non-technical skills required for this procedure. Catherine has over 25 years of experience in teaching these techniques to successive Oxford Deanery doctors specialising in obstetrics and gynaecology. The video is available 24 hours a day for medical students and junior doctors to view. It compliments the mandatory simulation course and simulation training that doctors in specialist training have to complete before they are able to be supervised to help women when their baby is not able to deliver spontaneously.

The second video was commissioned as part of an initiative to focus on the quality of training for midwives and doctors in assessing fetal wellbeing in labour and in the use of a structured assessment of fetal heart rate monitoring. It has been written and delivered by Mr Lawrence Impey who is an expert in this field, and who has published widely on this topic. The video is available to all maternity staff responsible for the care of women in labour at OUH and it also forms a part of the fetal wellbeing and monitoring course that has been introduced for all midwives and doctors from the start of 2018.

Thank you to all the Silver Star community, we would not be able to fund these projects without your help.

Regular Donations

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.

Join the Silver Star Society

To become a member and receive the newsletter completely free of charge please email Maggie or fill out a form on the ward. Please tell us if you would like your baby's name and details printed as this does not automatically happen.

If you would like to take a more active part in the Society, please join our committee, you will be hugely welcomed! Much planning goes into our events, and committee members are greatly appreciated. Please contact Maggie if you can help. Thank you.

Silver Star goes to China

by Chris Redman.

Two years ago I told you the history of the special system for monitoring the unborn baby's heart beat before labour begins, which is unique to Oxford. The monitoring is a good way of finding out if the baby is in trouble or not. What is unique about the Oxford system, called the Dawes-Redman system, is that the patterns are checked by a computerised system, devised in the Silver Star unit, which helps pinpoint the babies that need immediate attention. This is used widely in the UK, Europe including Russia, and also in China.

Recently some of our research team visited the remarkable Chinese city of Shenzhen, a close neighbour of Hong Kong, with twice its population in a larger area of development of 67.95 million people.

We were applying jointly with one of the Shenzhen medical schools for a collaborative research development grant, which has just been awarded. Included in the program is a proposal to train their institution in the most modern methods of using the Dawes Redman system and teach them to how to do their own research using it. In addition Dr Manu Vatish, who now leads the pre-eclampsia research team, will receive much needed financial support to continue his cutting edge research into the causes of pre-eclampsia.

At the same time we are also building a collaboration with Dr Liona Poon in Hong Kong to introduce the Dawes Redman system in her big hospital.

We hope to see the banner of Oxford and Silver Star flying high in both institutions by 2019.

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

Contacts & Information

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

Social Media

Join our Facebook page and follow our Twitter account 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.

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

www.facebook.com/SilverStarOxford/

Twitter: @SilverStarStar

Baby Names from Oct 2017

Caleb James Stewart-Smith
14th September 2017
8lb 5oz

Menaya Liyanagie
18th September 2017
2.424 Kg

Harvey Joel
Williamson
19th September 2017
7lb 12oz

Teddy George Irvine
28th September 2017
8lb ½ oz

Flynn Jenson Benford
4th October 2017
10lb 15oz

Bella Brown
4th October 2017
6lb 12oz

Otto Laurence Griffiths
13th October 2017
8lb 11 ½ oz

Alice, James, & Luke
Dempsey
17th October 2017
4lb 4oz, 5lb 3oz, 5lb 3oz

Oliver David Twynholm
18th October 2017
6lb 2 ½ oz

Mason Matthew Lindsay
21st October 2017
4060 Kg

Leo Michael Hayden-Jones
25th October 2017
5lb 2oz

Isaac Frederick Sexton
O'Neil
9th October 2017
6lb 13oz

Toby Edward William
Tompkins
11th October 2017
6lb 7oz

Ethan James Friend
26th October 2017
6lbs 1oz

Poppy Jordan
8th November 2017
6lbs 11oz

Aurora & Henry Barratt
12th November 2017
6lb 8oz & 4lbs 10oz

Aiden William Tolmie
15th November 2017
6lb 2oz

Joseph David Hughes
23rd November 2017
7lb 11oz

Skye Herbert
30th November 2017
7lb 3oz

Liana Elizabeth Goodchild
6th December 2017
9lb 14oz

Frances Rebecca Lewis
11th December 2017
5lb 7 ½ oz

Callahan Lochlan McBride
13th December 2017

Reid James Atlas Ellis
25th December 2017
10lb

Oriarna Niamh Pratley
27th December 2017
7lb 6oz

Hamish Andrew Robertson
5th January 2018
8lb 8oz

Jasper William Atkins
12th January 2018
8lb 2oz

Alfred James Robert
McIntosh
14th January 2018
6lb

Tiberius Mark Sim
15th January 2018
3.38Kg

Isaac Joshua Redford-
Marsland
26th March 2018
7lb 8.5 oz

Caitlin Amelia Whitehouse
30th March 2018
3.300g

Bonnie Anne Grace
Kirkland
30th March 2018
3.23Kg

Florence Charlotte Ginny
Martin 6lbs
Wilfred George Grayson
Martin 5lbs 14oz
2nd April 2018

Albert Joel Wright
13th April 2018
6lbs 3oz (2825g)

**Baby's previously not
recorded**
Ezra Baruch Leigh
7th August 2017
8lb

Rowe Moran
26th March 2015
5lb 12 ½ oz

Thank you - Donations from Sept 2017 to April 2018

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

Sarah Milloini organised a Charity Ball to raise funds

Alex Watkins took part in an Ironman competition

Parish Church of St Michaels and All Angels, Marston

Mrs B Gant, a long-time supporter and Silver Star Grandma

Mr & Mrs Moore hosted a Carol service

Zurich Community Trust – in memory of baby Oliver Williams

Anna Kemp, author donated 5 of her lovely children's books

BGL Group

Knitting group from The Grange in Standford in the Vale - sent in knitted blankets

Mrs Joyce Harvey for knitted items

Closely Knit Group from Gloucestershire - for knitted items

Dingeman Wiertz

Claire Simpkins

Richard Josey

Abbie Lockwood

Kellie Wootton

Florence Storey

Heidi Haynes

Jamie, Leanne & Amelia Slater

Zoe Sollers

Virtual Runner

Peter Gaskell

Carolyn Tabor

Justin & Heidi Meadows - in appreciation of the care received when their baby boy

was born in December 2017

Penny, Matthew & Isaac O'Neill - in appreciation of care when Isaac was born in October 2017

Chris, Justine and big sister Jessica - in memory of beautiful baby Katie Emily

Rebecca Groves

Joanne East - in appreciation of care

Barbara Fulford

Holly Haynes & Robert Cherry - asked for donations to Silver Star for Dylan's 1st birthday

Sophie Baines

Neil Pearce

