

# Autumn thoughts from our Patron Claire Macintosh



My first Silver Star baby has started secondary school. How has that happened? Surely just a moment ago he was a baby. Just a second before, I was pregnant. My second Silver Stars, a mere year behind him, are catching up blink-and-you'll-miss-it fast, and before too long my primary school years will be over. Like many of you reading this,

these milestones are tinged with sadness; with the loss of another Silver Star who should be donning his blazer and shrugging on a too-big rucksack, and walking shoulder-to-shoulder with his brother.

Supporting the Silver Star Society was an easy decision to make. From the bed my husband slept in when my second set of twins were born, to the television he watched with our toddler, the charity's contribution to our family was evident from the moment I stepped foot on Level 6. The simple fact is that, without Silver Star, I would not be a mother at all.

If deciding why to support is easy, deciding how to support is a little harder. We all lead busy lives, and charity work can slip too easily down the agenda. This newsletter is full of supporters who have done great things to raise money, and I'm sure I won't be the only one feeling overwhelmed by their achievements. Run a marathon? I can barely run a bath. Abseil from the hospital tower? I get dizzy on a slide. If you have ever felt similarly daunted, here is a list of ways you can help without leaving your armchair:

## 1. Read this newsletter

You see – you've already succeeded! Give yourself a celebratory Hobnob. Reading the newsletter keeps you informed of what Maggie and the team are doing, and how you might be able to help in the future.

**Bonus point: encourage friends and family to subscribe too.**



## 2. Donate

It's a cliché to say that every little helps, but it really does. Could you spare something this month to make someone's pregnancy run a little smoother? It's easy to make a one-off payment at [justgiving.com/fundraising/silverstarsociety](http://justgiving.com/fundraising/silverstarsociety).



**Bonus point: set up a standing order and make a small donation each month. You probably won't notice the difference – but our Silver Star babies will.**

## 3. Sponsored events



Silver Star supporters are running, climbing, abseiling and cycling all the time, and we couldn't get by without their incredible support. Follow our Facebook page and we'll share links to supporters in need of sponsorship – they'll appreciate your words of encouragement just as much as your pennies!

**Bonus point: think up an alternative sponsored event that you CAN get involved in. From coffee mornings and plant sales, to head shaves and non-uniform days, there are lots of ideas on our website.**

Perhaps it's the children going off to school, and the smell of freshly sharpened pencils and new books, but the autumn always feels as much a time for resolutions as New Year's Day does. If you feel the same, why not think about what you can do to make a difference to Silver Star Society funds? In twelve years from now, today's level six babies will be putting on their oversized uniforms and walking to big school, and you'll have played a part in getting them there.

*Clare Mackintosh is a Sunday Times bestselling author, and patron of Silver Star Society. Her children, Josh (pictured, on his first day at secondary school), Evie and George, were all cared for within the Silver Star unit. Contact her on Twitter @claremackint0sh or via her website [www.claremackintosh.com](http://www.claremackintosh.com)*

## Christmas Raffle Support Please: A Vital Tool at the Heart of Maternal-Fetal Care

Forty years ago the only way to check how a baby was doing in the womb was to ask the mother if she could feel movements and listen to the baby's heartrate with an old-fashioned stethoscope (tricky when the baby is small), and if desperate take an X ray. There was no electronic monitoring and no ultrasound scanning.

But, in Oxford, in 1971, there was a curious new device which continuously monitored the fetal heart rate in labour. A young Dr. Redman asked if he could borrow it (there was only one), realising that if it worked in labour, it should work before. It did and the first record of a baby's heartrate before labour was performed.



John Radcliffe Hospital, 1971

A few others had the same idea at the same time and it became possible to see, for the first time, when an unborn child needed rescuing. It made a dramatic difference. Babies who previously died, now thrived.

That was the beginning. Over the next 30 years the idea and its' implementation was developed. Dr. Redman, now Professor Redman, was joined by Professor Dawes (then Director of the Nuffield Institute of Medicine), and together developed a computer system (called the 'Dawes-Redman System') which takes recordings of the baby's condition inside the womb and analyses the information it picks up. It has 14 checks that need to be ok before the Dawes-Redman criteria are met. It is a comprehensive and reliable system which is now a vital tool at the heart of maternal-fetal care. Over the years the Silver Star Society has provided the Unit with many CTG machines, updating and improving as they go.

And now? The latest improvement comes in the form of a mobile CTG machine which can be taken to the bedside so that mothers no longer need to be in the monitoring room for their CTG recordings.

(Any mother who has been there will know the massive boon this is!)

This year the Silver Star charity has bought four mobile CTG machines at a cost of £25,000. We need to raise another £10,000 for two more machines.



CTG machine

## This is a wakeup call from a Silver Star Mum who would not be alive today without the Silver Star Unit and has never forgotten it

'We must never become complacent. The care provided by the Silver Star Unit is unique and precious. I believe that if one has the good fortune to benefit from it, one has a duty to keep reminding people of that fact. Mothers and babies are alive today who would not be without the Silver Star's excellent care. Mothers and babies of the future will benefit from the advancing care made possible by the research team's work. And mothers and babies world-wide benefit from the Silver Star Unit which is much more than just a Unit providing excellent care (though that is vital enough) as it leads and transforms the care that many mothers receive globally.

### 'To continue is vital. To sit back and think we have achieved enough is not.'

We no longer have charity events, not because we no longer need funds and help, but because there is NO support to make them viable. When a pregnancy is no longer termed viable the Silver Star Unit do not turn away, but open their arms to see what can be done and achieve it wherever possible.

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.'

#### Prizes include:

£200 · Dinner for two at the Cotswold Lodge Hotel · Oxford Golf Club Voucher · Collection of books signed by Clare Mackintosh · Blenheim Palace Family Ticket · Waterperry Gardens Annual Ticket · Tao Beauty Clinic Voucher · Botanical Gardens and Arboretum, 2 annual passes · Didcot Railway Centre family ticket · Wychwood Brewery Tour

And 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.

Raffel drawn on 11th December 2018.

# FAMILY FUNDRAISING

## News from the Silver Star Unit



*Beth says:*

'Thanks to the ongoing support and generosity of the Silver Star Society, a new fetal monitoring project for Level 6 is nearing fruition. We are now in receipt of four brand new state of the art CTG machines for bedside monitoring. This is part of a wider project to upgrade the monitoring system for Mums –to- be on Level 6. Over the next few weeks changes will be taking place to move to bedside monitoring for all women which will bring so many benefits.

A more formal recognition and celebration of this ambitious and exciting project will follow in the near future. Watch this space .....

September is always a productive month across maternity, and for Silver Star this is no different. I would like to take this opportunity to thank and recognise all the work, passion and commitment of the Silver Star and FMMU team members. It continues to be a privilege to be part of this team.'

### How You Can Help

Along with Clare's suggestions,

- Ask your company to adopt Silver Star as their Charity of the Year and encourage your family and friends to do the same.
- Make a regular monthly or annual donation. You can give as little as £3 a month. Please find instructions on the website.
- Feel free to invent your own fundraising events.
- Join our Facebook page and follow our Twitter account to help us promote our wonderful charity. Please encourage your family, friends and colleagues to do the same.

*Thank you for all your support.*

## Dom Sheridan

Dom raised £85 in his Children's Challenge Cross-Country Relay Race. He says

'A well-equipped unit will continue to help Silver Star babies like me!'

*Thank you Dom!*



## Charlotte Harris



Charlotte Harris has helped to support the Silver Star diabetic team in recognition of the care she received while having both her children. Alexander John Luke Bentley was born on 30/6/ 2015 weighing 5.5lbs (8 wks. premature) and Artemis Lucia Borrie Lander Bentley was born on 21/7/ 2017 weighing 9lbs (5 weeks premature). They all required special care as Charlotte suffered from Type 1 diabetes and pre-eclampsia.

## Linda and Nicola Fletcher Abseil

Linda is well known at the John Radcliffe, being secretary to many consultants. Her daughter Nicky is a Silver Star baby. Together they did the abseil, despite being terrified and raised over £1000!



## Steve and Katie Fantom's Challenge

*Steve says:*

'Ten years ago on the 2nd January 2008, Katie and I lost our second child to a rare pregnancy condition called velamentous insertion. This tragedy was made even more painful because Katie was hospitalised in the John Radcliffe Hospital awaiting a caesarean section. Our lighthouse through these life-altering events was the Silver Star Unit. The incredible professionalism, compassion, and commitment of every member staff captained our ship out of the storm and helped us rebuild our lives.



To honour Baby Fantom's 10th anniversary, Katie and I are going to walk (Katie) and run (Steve) the equivalent of a marathon a week for 10 months.

Running a marathon a week is a challenge no matter where in the world you are doing it but we are doing this in Singapore. The temperature is at least 32 degrees, with humidity of around 80%. Walking a marathon in this heat is no mean feat either, especially when working full time and being a Mum to Archie and Esme. By the end of our challenge, together we will have completed over 3700km, enough to walk from London to Istanbul!

So far they have raised £5,000 and with the help of St. Joseph's Institute International where they both work, hope to double it. The staff of SJI International have pledged to run ten marathons to help the family reach their target of £10,000.

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



## FUNDRAISING STORIES

### London Marathon

The Silver Star Marathon Team 2018, Claire Hosier, Taz Webb, Kate Brooks, Daniel Giddins, Louise Ferreira, Lee Sherriff and Steph Fisher finished in triumph, together having raised £18,000!!!

'On 22nd of April I did my first ever marathon, what an amazing experience!

It was very humbling to see how many people supported me and donated as they knew I was doing it for a very good cause. Running the marathon was truly emotionally hard, but nothing to compare to what some people go through with their health and other childbirth complications. I focused on how fortunate I am to be able to do this and

when I finished in a time of 3h30m15s I was so overwhelmed! One of the best things I have done. The crowd was fantastic and seeing a few friends in the crowds was wonderful.

Thank you Silver Star for making this day possible, a day to remember!

Many congratulations and thanks to all our fundraisers and supporters who have given their time and energy to Silver Star. We could not do it without you.



### Frilford Heath Golf Club Fundraising Year



#### Frilford Heath Golf Club Captain 2018 Maurice Alphandary:

"Many golf clubs have a tradition whereby the Club Captain nominates a charity that is to be supported during their year of Captaincy and organises a variety of fundraising activities to raise funds. When choosing the Charity I wished to support, it was important to me that its purpose had personal associations.

I chose the Silver Star Society, as over 30 years ago when we were expecting our daughter, Professor Redman and his team supported my wife due to complications in her late stage pregnancy. As a result of this support our beautiful and healthy daughter was delivered safe and sound and both mother and daughter have since thrived. While the fund raising activities continue over a year, the main fund-raising event was my Captain's Day, which through a mix of fundraising ideas and Gift Aid resulted in raising over £8,000 for the Silver Star. By the close of the year, I hope to have raised a further significant sum'.

### Research Team at Headington Festival and Town Gown Run



#### 'People came for the sugar, but stayed for the science'

As a group, our research focuses on pre-eclampsia and pregnancy related diseases. Silver Star has been a great support to us over the years, and we wanted to give something back. We're really pleased with how fundraising has gone; in just two events we raised more than £1100!

In May, most of our group were joined by family and friends (and the odd Minion!) to run the 2018 Oxford Town & Gown – an annual 10 km fun-run – and raised £700 in sponsorship.

A few weeks later, we ran a stall at the Headington Festival where we sold strawberries (freshly picked from a local pick-your-own), banana bread, rhubarb pie, and more. People came for the sugar, but stayed for the science. We met loads of wonderful people and raised £420 for Silver Star.

Silver Star is a great initiative, supporting research into conditions that affect so many of us. We're working hard to make the most of Silver Star's hard work, both inside and outside the lab, and want to encourage as many of you as possible to give generously whenever you see the Silver Star logo!

### North Oxford Golf Club Charity Day



Eighty-four golfers took part in the North Oxford Golf Club Charity Day which included Fancy Dress, 'Beat the Professional', Chipping and Putting competitions. Members then stayed and enjoyed the sunshine and barbecue, 'Fun in the Sun' as one member commented. A grand total of £1982 was raised for the Captains' Charities.

## Level 6 News



At the end of July we had a party in the Level 6 dayroom to celebrate Sister Helen Ranson's retirement. She will be a familiar face to many of you, having worked on Level 6 for many years and been there from the beginnings of Silver Star over 30 years ago, in fact Helen is retiring having given over 40 years of service to the NHS, quite an achievement to be proud of.

She was thrilled with her all cards, flowers and gifts...she was affectionately known on Level 6 by 2 sayings which are written on the mugs shown, which caused great amusement on the day!

We all wish her well on her retirement, forthcoming Mediterranean Cruise and then returning to the Women's Centre as a Ward Clerk!

## News from our medical team

Dr Charlotte Frise, one of our Consultant Obstetric Physicians, is currently on maternity leave as baby Oliver was born in May, a brother for Emilia and Alexander.



Dr Christina Aye is one of our sub-specialty trainees in Maternal and Fetal Medicine. She is currently on maternity leave as baby Xavier was born in June, a brother for Amelia, Alexander and Isabella.



## 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.

## Colour and Creativity

Dr. Lizzie Burns is an experienced science based artist. She has brought the art of origami to the hospital – bringing an opportunity for patients, family and friends to learn how to make beautiful flowers out of coloured paper. This project as part of Origami Pulse has been made possible through the Big Lottery to bring conversation and creativity. Participants experienced unexpected inspiration. Here are some of their comments:

'Took my mind off being in hospital', 'amazing from a piece of paper',

'I was feeling so tired, being in hospital can feel quite lonely so was lovely to get out of the room, and chat'.

Participant Gemma's smile says it all!



## Other news!

You may have recently heard Dr Lucy Mackillop, Consultant Obstetric Physician, on the Today programme on Radio 4 talking about the technology we are using for pregnant women with gestational diabetes. Not many other centres in the UK are using this sort of technology yet so this is very exciting for our department.

## 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](mailto:silverstar.society@ouh.nhs.uk)

Many thanks

## 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 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](mailto:silverstar.society@ouh.nhs.uk)

Web: [www.silverstaroxford.org](http://www.silverstaroxford.org)

[www.facebook.com/SilverStarOxford/](https://www.facebook.com/SilverStarOxford/)

Twitter: @SilverStarStar

# Baby Names from March 2018

Archie Thomas Frederick Hudson  
Born 04.03.2018 at 12.01pm  
6lb 11.5oz

Meredith Ciceley Kate Woods  
Born 16th March 2018  
5lbs 2oz

Emilia-Grace Theresa Lyford  
Born 4th April 2018  
7lb 1oz

Daisy Elizabeth Miles  
Born 4th April 2018  
8lb 12oz

Tarlia Jayne Webb  
Born 13th April 2018  
8lb 12oz

Robin Edward Pawley Keegan  
Born 19th April 2018  
4.38 Kg

Theodore James Clatworthy  
Born 20th April 2018  
4lb 8oz (2.2Kg)

William Thomas Davidson  
Born 25th April 2018  
8lb 4oz

Emile Calder  
Born 3rd May 2018  
3.135 Kg

River David Richards  
Born 5th May 2018  
2795g

Robert William Colvin  
Born 8th June 2018  
8lbs

Tyler Adrian Helliwell  
Born 10th June 2018  
7lb 14 ¾ oz

Tashvi Rao  
Born 11th May 2018  
2.685 Kg

Nancy May Cousins  
Born 5th June 2018  
9lb 15oz

Wilbur Dutton  
Born 13th July 2018  
10 lb 3 ½ oz

Luna Rose Wilcox  
Born 18th July 2018  
3635gr

Aizah Meher Akhtar  
Born 24th July 2018  
3.5 Kg

Olivia & Isabella Atkinson  
Born 3rd August 2018  
1.6Kg & 660 grms

Annabelle Holly Pollard  
Born 17th August 2018  
8lb 3oz

Jude William David McDonald  
Born 1st September 2018  
8lbs 4.5oz

Molly Skye Nicholas  
Born 12th September 2018  
6lb 14oz

**Baby's not previously recorded**

Alexander John Luke Bentley  
Born 30th June 2015  
5.5 lbs (8 weeks premature)

Henry Alexander Theodore  
Born 04.01.2016 at 6.38pm  
7lb 1oz

Harley James Peedell  
Born 13th July 2017  
6lb 7oz

Artemis Lucia Borrie Lander Bentley  
Born 21st July 2017  
9lb (5 weeks premature)

Margot Ellen Rose Rodgers  
Born 6th September 2017  
10lbs

Aidan Peter Winder  
Born 14th November 2017  
7lb 14oz



## Thank you - Donations from April - October 2018

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

Helen Morgan - Donating with thanks and best wishes from NARPO. Following an excellent conference speaker - Clare Mackintosh

Richard Chapman- In Appreciation

Nina Harman - In Appreciation

Alice and Tom Detre - In memory of our beloved baby boy Elvis, all our love, Mummy and Daddy xxx

Victoria Lewis

Josephine Groves - In memory of Mabel (1930 - 2018). - Thank you for looking after her great-granddaughter.

James, Emma & Beth English - Thank you for everything you do!

Charlotte Harris & John Bentley - On the occasion of Alexander's 3rd birthday and Artemis' 1st, thank you to the Silver Star diabetes team for helping them both arrive safely in the world. Love Charlotte, John, Alexander & Artemis

Emma Lewis - Good luck for the Silver Star Shuffle

Tom Harlos - Good luck for the Silver Star Shuffle

Catherine Redford - In Appreciation

Mitchie Yasur Artman - Bless you and those little ones whom you help.

Hannah Jamieson - Good luck for the Silver Star Shuffle

Semina Kayani - Our Ramadan contribution

Zoe Jones - In appreciation of care received whilst having preeclampsia and my son being born and cared for prematurely. A huge thank you to you all!

Maureen Coombs - In appreciation of all the staff who made sure my daughter received such good care during both pregnancies. Hope that money received will help other mums-to-be.

Leo Dempsey - Looking forward to the silver shuffle!

Emma Rea - Looking forward to taking part in the event!

Emily Connally - In appreciation

Pamela Smith - Good luck for the Silver Star Shuffle

Clare Mackintosh, Silver Star Patron - In lieu of an appearance fee

Bala & Penlyn Rotary Club - To support Clare Mackintosh's chosen charity

Glannau Tegid Rotary Club - To support Clare Mackintosh's chosen charity

2018 Silver Star Marathon Team - Raised £18,000

Mathew & June Clarke, Access Doors - Long time supporters of Silver Star, their baby James was 12 in August

Susie Freeman - In appreciation

Rachel Carey, Shuffle sponsorship - To support Silver Star

Karen Portlock, Shuffle sponsorship - To support Silver Star

Hannah Harding - In appreciation of care received while having baby Arthur

Mrs Lyn Bond - In memory of her Mother Mrs Patricia Evans

Joyce Harvey - For knitting lovely items for us to sell here on Level 6

Irene Hutchinson - For knitting lovely items for us to sell here on Level 6

Sue Leeming & West Oxfordshire WI - For knitting lovely items for us to sell here on Level 6

Toby Jones - For nominating Silver Star for a company donation

Clare Hambling, The Grange - For knitting lovely items for us to sell here on Level 6