

Your newsletter: Stories, updates and all the wonderful things you have made possible.

Summer 2021



**You were  
instrumental in  
bringing Music  
Therapy to the  
hospital...**

**And Tomás  
can't thank you  
enough!**



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# Every story is a thank you for your kindness

Welcome to this edition of Your Street – a collection of stories and updates that was only made possible because of you and your kindness.

I've had the privilege of meeting many of the patients, families, and CHI staff you'll read about here. Each one, without exception, is eternally thankful to you for the support you've given to sick children and their families in CHI at Temple Street. I hope after reading their stories you'll have a better sense of the role you play in the life of every child that passes through the doors of CHI at Temple Street.

**Thank you for all you've done and continue to do.**



This year we will embark on a new strategy: *Transforming Care for Sick Children*. We have high aspirations – driven by sick children and their needs. We have made a promise to these brave children and their families that we will continue to provide world-class facilities, research, and compassionate, loving care for every sick child in Ireland. If you'd like to see a copy of our new strategy, please visit [childrenshealth.ie/news](http://childrenshealth.ie/news).

I hope you'll continue with us on this important journey, and that together we can keep giving every sick child the very best chance. Thank you.

*Denise Fitzgerald*

**Denise Fitzgerald**  
Chief Executive, Children's Health Foundation

## Music Therapy made such a difference to Tomás – and we've you to thank for it.

**Mum, Sinead O'Dea, tells us about the three and a half weeks her son Tomás spent in CHI at Temple Street, and how the Music Therapy you funded has helped him on the road to recovery.**

*"Tomás is 3 years of age now. A real dote of a little lad – someone who makes friends easily, loves football, loves animals, and loves music. Though we'd never have guessed two years ago how important music would become to him..."*

Back in August 2019 Sinead was immediately concerned when Tomás had gone through the night without wetting his nappy. She rang her doctor and was advised to take him to the nearby Portiuncula Hospital in

Ballinasloe. There he was diagnosed with Hand Foot and Mouth disease – a mild infection that's fairly common in children of all ages.



However, while in hospital things took a turn for the worse: *"I remember he had blisters on the inside of his mouth and was kept in on the Sunday and Monday night. But then on the Tuesday morning he suddenly had a really bad fit. It came out of nowhere. The doctors ordered some brain scans and he was diagnosed with something called Rhombencephalitis which is an inflammation of the brain stem. It's incredibly serious."*

Tomás was immediately transferred to CHI at Temple Street. *"I got out of the ambulance and met his team at the door. They were preparing us for the worst. They told us the next 12 hours would be critical; that even if it was a good case and he came through it he could have severe disabilities."*

Tomás spent the next three and a half weeks in hospital. *"I'll never forget that first night in Temple Street, or the following weeks. Tomás had brain scans, x-rays, a lumbar puncture – the whole shebang. He wasn't communicative in any way. It was a horrible, horrible experience – I wouldn't wish it on anybody... But his medical team was incredible. We had 100% trust in them, from the minute we went in. They knew exactly what it was, how serious it was and were upfront with us from the start. That was my thing. I didn't want to be blindsided; I wanted to know the truth."*



### Music Therapy

Towards the end of his stay Tomás met with Alison Sweeney who runs the Music Therapy Department in CHI at Temple Street.

*"We knew that he liked music, but at that age you're only singing nursery rhymes to him. The way Alison was with him was just unbelievable. She gave him a kind of a tambourine, and she started singing and playing to him – then stopping and starting again. She wanted to see if he'd be able to stop and start at the same time. My husband Derek and I were amazed. Tomás had a big smile on his face; he was sitting up and he hadn't sat up much at all prior to that. He just started to come out of himself, was much more communicative. It was just amazing to see the change in him!"*

### Road to Recovery

*"We still go back into Temple Street regularly for check-ups, and there's still some ongoing concerns. His taste buds seem to have reset for example. Whereas before he'd eat you out of house and home, now he struggles to eat a lot of things. He also doesn't sleep very well. He suffers from night terrors and will wake at least 3 or 4 times during the night. We've found music calms it a*

*little bit for him. Alison told us what kind of music to play – it's been really good, really beneficial for him."*

As Sinead and Derek were unaware of what Encephalitis was they joined a monthly parents group where parents share advice and stories. *"Encephalitis is so rare so it's great to chat to other families and people who have experienced same and get advice."*

*I know how much worse it could be, so we're really lucky. All the treatment we got in Temple Street was second to none. Tomás is doing so well now, considering what the prognosis was. And that's all down to Dr Declan O'Rourke, Alison in the Music Therapy Department, and the whole team who cared for Tomás – they completely and utterly saved his life."*



## Music Therapy in CHI at Temple Street

Music therapy is an evidence-based profession whereby qualified Music Therapists use music in a very specific way to help a child meet their healthcare goals. Music Therapists in a children's hospital are primarily concerned with the social and emotional needs of the child and initially work to create positive hospital experiences which help the child to cope with illness, treatment and hospitalisation. Music Therapists work closely with other members of the therapy team, including speech and language therapists, occupational therapists and physiotherapists, and create music-based therapy programmes for children to support engagement in their care and treatment and help the child to reach their goals. Our Music Therapists have Masters level training in Music Therapy, as well as additional specialised training which make them highly skilled in providing therapeutic care to sick children.

In the last year your support has made it possible to develop more Music Therapy projects – allowing more children to access and benefit from the Music Therapy service. Last week, following a Music Therapy session a young child told me hospital was fun! We can't promise every day in hospital will be fun (there are tough times we can't always avoid), but we can certainly make sure there is a little fun in every day!

**We couldn't do this without your contribution and support. Thank you.**

**- Alison Sweeney, Senior Music Therapist & Site Lead, CHI at Temple Street**

# Jamie Heaslip tells us why he supports CHI at Temple Street



**Rugby legend and Children's Health Foundation Temple Street Ambassador Jamie Heaslip has been a great friend to CHI at Temple Street over the years, making sure to pop by for regular visits to patients, families and staff alike.**

From supporting our 'Techies4TempleStreet' campaign to joining us for special seasonal events or turning on our Christmas lights, Jamie always has time for the children in CHI at Temple Street. We were delighted to sit down with Jamie to talk about what makes the hospital so special to him.

**How are you Jamie during these very strange times?**

*Times definitely have been challenging. I believe one of the last events I got to do with Temple Street was just before the first lockdown and it reinforced the importance of what the hospital does not just for children but their whole family. I have been lucky enough to be able to work and keep myself busy throughout the year but I'm blown away by hearing the amazing stories of how all the doctors and nurses kept working tirelessly throughout the year, delivering not only an amazing service but incredible empathy and understanding for parents in such testing times.*

**We are so proud to count you amongst our special Ambassadors. What inspired you to get involved and support sick children in CHI at Temple Street?**

*Children are the future. We have to look after them, care for them and give them the best chance to thrive. When you take a walk around the wards, and you see the amazing work that all the staff do to care for these children and their parents you can't help but be inspired. Then when you sit down and talk to the parents, you can't help being humbled. And when you listen to the children, not only to their words but what they are*

*saying with their eyes you realise how strong they are regardless of the situation they find themselves in. After a walk around the wards you are only left with a burning desire to help.*

**We've been thrilled to welcome you to visit the hospital on many occasions. What makes Temple Street such a special place for you as Ambassador?**

*The people. The children. The parents. The staff. The sense of commitment, purpose and passion.*

**Every year, our wonderful supporters make real and lasting change possible in the hospital – from funding equipment and research, to new services and patient supports. What message do you have for each of those volunteers, supporters and fundraisers?**

*Together we can change the lives of generations of children. This is an infinite game that we are in, let's keep driving towards that purpose of creating a better place for them in Temple Street.*

**Finally, Jamie we would like to thank you for always being such a great friend to sick children in Temple Street. While we can't have visitors to the hospital at the moment, we would love to share a special message from you to all children in hospital.**

*Your courage, bravery and strength inspires more people than you will ever know.*

# How your kindness brings joy to little patients

It goes without saying that a hospital can be an overwhelming, intimidating and even potentially frightening place for a child. That's why our incredible Play Department works so hard to create a warm, welcoming, home-from-home experience for every single sick child who comes to CHI at Temple Street.



**And it's YOUR incredible support that equips the Play team with all they need to do this!**

The past year has been challenging for the team. Normally they'd be able to bring in entertainers, magicians and face painters, but that's not allowed at the moment – even the Easter bunny was kept at arm's length! But they still have plenty of activities up their sleeve for the summer. Senior Play Specialist Caroline gave us the run down on what's taken place and what's coming up:



*"Summer activities kicked off with Temple Street Rocks, where we hid creative rocks around the hospital for children, young people, parents and staff to find. Many rocks featured special or inspirational messages, spreading joy and positivity.*

*We also did a day where children and young people got a rock set to paint their very own inspirational rock. We held a pizza party, which is always really well received as well as Cookie Day - where each child received a cookie of their own to decorate. Ice Cream Day is one of the highlights of the summer, with a visit from an ice cream van to cool everyone down.*

*We really like to make a big fuss of all the holiday and event days and will decorate the hospital as much as we can – you can imagine how the wards look during Balloon Day or Bubble Day! Over the past year we've tried to make it extra special as no one was allowed in. So with Father's Day we made sure each child had a little gift they could give their dad. We did the same thing on Mother's Day – each child had a little bag they could give their mum with a travel mug, some chocolate, and a little poem we printed out for them.*

*They are really simple things, but they honestly make all the difference. The whole aim is to make sure that our little patients have as positive a hospital experience as they possibly can.*

**Without supporters like you we wouldn't be able to run the service. We literally couldn't do our work without you!**

**Thank you for helping us to lift spirits."**



# Thank you Tesco!

**Tesco colleagues & customers raise a phenomenal €6 million in 6 years!**

Big-hearted colleagues and customers in Tesco stores all over Ireland are still hard at work raising funds to buy vital life-saving equipment for our little patients. Over the last six years we have been overwhelmed by their dedication and kindness, which has brought in a phenomenal €6million to date. We are so proud to be Tesco Ireland's charity partner and thrilled that our partnership will continue for another year. From all the staff, children and families in CHI at Temple Street, and everyone here at Children's Health Foundation, we thank you and look forward to seeing the great work you will continue to do for sick children over the rest of this year!

# Your Temple Street

We know that CHI at Temple Street holds a special place in the hearts of supporters like you. Long-time supporter Anne McEvoy tells us about her stay there in 1948 and why the hospital is so special to her.



I wasn't going to be allowed make my first holy communion because I couldn't hear the priest in the confessional box. So my mother rang the bishop and had a word with him... I had my confession in the sacristy with the priest sitting opposite me so I could lip read. In the end I got to make my communion and it was that very day that my friend's mum, who was a nurse, encouraged my mother to bring me to a specialist.

I remember that first visit to the doctor. He was this giant of a man who lifted my chin, told me to open my mouth, and simply asked 'did they ever look down her throat?' My tonsils and adenoids were so big they were lying on the drums of my ears which caused the earaches and also the deafness.

I had my tonsils and adenoids removed in Temple Street and was there for just over a week. Back then no one was allowed visit you – it just wasn't done – but your parents could look at you through a glass window. There was ice cream and jelly though. If I ate my dinner I got jelly and ice cream afterwards. Except for the one time they missed me – I've never forgotten that!

*"I was deaf for a long time, and no one could understand why. I started school and managed to get by – all because I'd look at the teacher, watch her mouth moving, and try to follow along what was written on the board. But I could hear nothing. I had an earache everyday – at that age I thought everyone had one."*

I came out of that hospital being able to hear. I remember coming out and walking down Dorset Street with my wellingtons on – I found it hard to walk in them I was that weak – but what I couldn't get over was the noise of the traffic. I could hear!

I just love that hospital. They helped me and they're still helping my family today. My granddaughter was in there recently having an operation on her hip. I knew she was in safe hands, after all they gave me back my hearing!"

**We'd love to hear what Temple Street means to you! Let us know about your experience with the hospital, the impact it's had on your life, or why you support us. Use the enclosed note paper and freepost envelope to tell us your story.**



Temple Street by including us in their Will. Doing so helps ensure that not just their own families, but many children in need can continue to be cared for, right when they need it the most. Their legacy lives on through the lives of the many children touched by their compassion and humanity. Thank you.

**To find out more about leaving a gift in your Will to Children's Health Foundation please contact Caroline Cummins on 01 8784344 or email [ccummins@childrenshealth.ie](mailto:ccummins@childrenshealth.ie)**

## Thank You for Your Kindness – Today, Tomorrow, Forever

We are forever grateful to our supporters – people just like you – who go above and beyond for Ireland's sick children. Every gift, big and small, makes a difference and allows us to give the children in CHI at Temple Street the very best chance. The rebuilding and upgrade of wards, the investment in new life-saving equipment, and the funding of world-class research would not be possible without the gifts people make during their lifetime, but also after their passing.

We want to acknowledge the generosity of those who extend their kindness to Children's Health Foundation

# Thank you for providing comfort and care when families need it the most

During the most precious moments of their lives your kindness will surround grieving families with the love and support they so desperately need.

Every day in CHI at Temple Street miracles happen. Bones are mended, wounds are healed, and lives are saved. But sometimes there is sadness and heartbreak. Sometimes parents face the most impossible journey as they prepare themselves for the loss of their child.

Now, thanks to your support, they can avail of the newly built Butterfly Suite – a private space where grieving parents can spend the last few precious moments with their child in peace and comfort.

Until now there wasn't a dedicated room available for a child in their final days. It hugely impacted on the family's experience.

The new suite was designed based on discussions and feedback with families and parents whose children passed in Temple Street. **Kieran Downes**, Project Manager in CHI at Temple Street told us how valuable

their insight was: *"It was so brave of them to share their experience. It was very real for them. People in these situations remember every minutiae of what they've been through. They remember everything. Even down to a rattling window, or the noise of a hand towel dispenser disturbing a moment of peace."*

And it's your support through Children's Health Foundation Temple Street that made all of this possible. *"The families were so grateful and couldn't believe that we were going to do this in Temple Street, and that people were going to fund it,"* said Kieran. **Thank you for making this possible – for providing a safe little haven where families can hold their child and make their last memory together a special one.**



Cathal's twin brother Lorcan

**Marie O'Halloran and her husband Jonathan, know first-hand how important it is to have a private space to spend the last few precious moments with their child. Seven years ago Marie gave birth to twin boys Cathal and Lorcan at just 25 weeks and 3 days.**

Cathal picked up an infection and became gravely ill. After a month-long fight, beautiful little Cathal sadly passed away in the arms of his parents.

Marie and her family graciously supported our campaign to raise funds for the new Butterfly Suite in Temple Street: *"When you are painfully aware of how precious every second is, you want to hold onto as much uninterrupted time as possible. The Butterfly Suite at Temple Street will provide much-needed space to do this, and we are very proud to have shared our story for such an important endeavour."*

Because of you, families like the O'Hallorans now have a quiet haven where they can share in their child's precious final days and moments with privacy and dignity. **Thank you.**

Turn over for a tour around the Butterfly Suite you helped to create.

# A Home From Home



Kieran Downes, Project Manager in CHI at Temple Street showed us around the new Butterfly Suite that you helped create.



## ◀ Private Access

It's a private space with two rooms. Families have access through a separate door, so they don't have to walk through the whole hospital or busy wards. There's also separate access for staff, giving parents and the family their own space.

## Parents' Room ▶

The first room you enter is the parents' room. It's made up of a sitting/family room, with overnight facilities, an en-suite and a little kitchen and breakfast area. We used curtains, carpets and other fabrics throughout the suite, which are not normally used in a hospital setting. There's a fireplace in the room, a TV, couches.... we wanted to make it a home away from home – although it still has all the clinical facilities that might be needed.



## ◀ Outside Space

Originally, we had no outside space until it came to light on foot of our conversations with parents that in some instances, children had come straight to Temple Street from the maternity hospitals and parents had never had an opportunity to just lift up their baby and carry them outside and into the fresh air. Now there's a private outside area with decking, grass, and some low maintenance planting for families to enjoy.

## Comfortable Furnishings ▶

Another mum told us how she'd sit in the chair beside the bed with her 5-year-old on her lap. When they fell asleep she couldn't get out of the chair because of its size and the seating position. So one of the armchairs we bought has electric motion assistance, which brings parents to a standing position, making it easier to move. It's a small thing, but makes a massive difference.



## ◀ Patient's Room

The first thing you notice in the patient's room is the double bed. One of the things parents told us they loved to do was actually lie down on the bed beside their child and hold them. Hospital beds don't usually have the space for that, so we've put in a small double bed. It's still a fully functioning hospital bed but the parents can now lie down comfortably beside their child.

## Family Time Together ▶

There's a TV and fireplace in both rooms, with all the channels in case the patient or their siblings want some quiet time to relax or enjoy a family evening. There's also a roof light if you want to just sit and watch the sky together... It's all about keeping everything as normal as possible and making memories.



# OUR EXTRAORDINARY CIRCLE OF CARE

Your generosity allows us to give sick children the very best chance, and your kind donations go to where the need is greatest in CHI at Temple Street. However, as a loyal supporter of Children's Health Foundation you're also part of a much wider circle of care that is making a real and lasting difference to the children who come through the doors of Children's Health Ireland Hospitals and urgent care centres every day.

## Amazing Care for Leo in CHI at Temple Street and Crumlin



It was close to 1pm on Friday 4th August 2017 and those seven words had just hit me like a wrecking ball. I was still in the post-delivery euphoric glow after giving birth to my second child; high fiving myself that it was over when those 7 words were delivered to us from our midwife. Leo our precious baby had arrived with an unexpected and at first unwelcome extra chromosome. Those immediate hours following the news are still a blur to this day. It was like watching something from the outside looking in. We knew so little about Down Syndrome. We were terrified. We had an initial chat with the neonatologist who told us to come prepared with all of our questions. "What is his likely life expectancy?" is not something you would anticipate asking on the day your baby is born. Tears rolled down my cheeks as those words came out.

**"I am seeing features associated with Down Syndrome."**

His first year was a steep learning curve but we never gave up. He has had some amazing care along the way from the Rotunda to CHI at Temple Street and he still attends the amazing Liver Team in CHI at Crumlin.

Leo has amazed us regularly with his ability to bounce back and to achieve so much despite his rocky start. Like any 3 year old he adores his big brother, playing chase, a good bit of "horse play", cuddles, baby shark and Pom Bears!

**He has taught us so much in his short years, that some may never understand in a lifetime: to judge less, to include without exception, to love wholeheartedly and above all to always be kind.**

Thank you to all in CHI at Temple Street and CHI at Crumlin.

- Gillian Murtagh, Leo's Mummy

## Providing Comfort and Care to CHI at Crumlin's Tiniest Patients

You're a key part of Children's Health Foundation Temple Street, but did you know that Children's Health Foundation also supports CHI at Crumlin? With the support of wonderful people like you we were able to fund the redevelopment of Nazareth Ward – the oldest baby ward in CHI at Crumlin. First built in the 1950s, Nazareth Ward's rooms were not equipped to accommodate today's medical equipment or monitors, and parents could not sleep comfortably at their child's bedside. Now, thanks to the generosity of our donors, 17 patient rooms and the treatment room have been upgraded. Six of these rooms include a small extension which gives parents enough space to fully extend the new chair beds without disturbing the cot their baby is in.



## How The children you help now, become The SUPPORTERS and advocates of The future

It has been 10 years since Josh had life-saving surgery, performed by the wonderful Neurosurgery team in CHI at Temple Street. To mark the occasion he raised an incredible €3,361 for Children's Health Foundation Temple Street. His mum, Debbie, tells us how it came about...



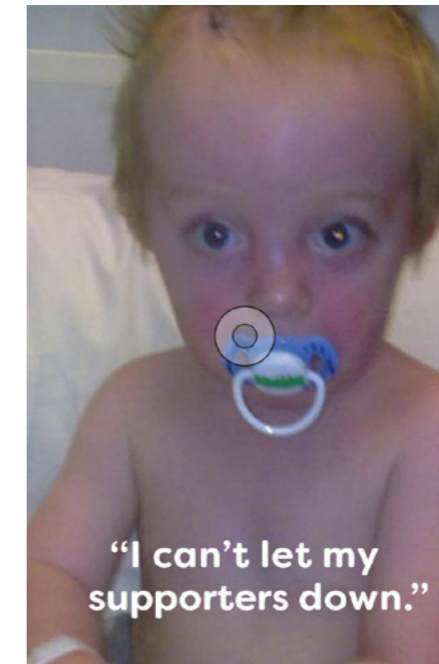
**“** Josh initially attended CHI at Temple Street with a croup cough, and while he was being treated for this the medical team became concerned about another issue. They sent him for an MRI and he was diagnosed with fluid on the brain, also known as Hydrocephalus. We met with Mr. John Caird, consultant paediatric neurosurgeon and his team who explained that Josh would need surgery. It all happened so quickly, he was admitted on the Sunday and was operated on the Monday.

I was pregnant with Josh's younger brother Cian at the time. Scans after he was born showed he had Craniosynostosis (fusion of bones in the skull) and he had surgery at 6 months old to correct this. When Cian was diagnosed we were so upset, but at least we knew what we were up against this time, and after all the treatment and aftercare Josh had we knew we were in good hands. Temple Street were just great to us.

We talk about Temple Street and what they did for us all the time. I'm always telling them **"your head is precious, make sure no one bangs your head."** So it wasn't a surprise that Josh wanted to raise money for them. I was sponsoring another family member's fundraiser and was explaining to Josh that I was giving a tenner to the hospital his Nanny was in. He thought about it for a bit

and said **"I could do that. But I'd do it for Temple Street, because that's who looked after me and Cian."**

Josh really wanted to give something back and decided to walk 100km during the month of February, with all money



raised going to the Neurosurgery Department in CHI at Temple Street. He planned it all out – he decided he'd do his walks Monday to Friday, so he could have the weekends off. First thing every morning he'd ask **"what time are we doing the walk at? I might do two today, no, I'll only do one..."** Though there were days you could tell he didn't want to do it, but then he'd

just make himself. He'd always say **"I can't let my supporters down."** And he never did. Even when he had to have a tooth surgically removed in the middle of his challenge Josh kept going – he was up and out the very next morning and made up for the missed day at the weekend.

Nothing stops Josh. He's just amazing the way he's come on. He's such a determined young lad. I'm super proud of him. At one point we were told he may never play football; that he can play it but he might not get picked for the team. But now he's playing for St. Mochta's. He's a football fanatic – a big Liverpool fan. That's his dream now – to be a footballer.

Both Josh and Cian are doing amazingly well. When I see them out on their bikes and playing football, **I feel so grateful to Temple Street for the care they received.** ”



## You can be like Josh and make a big difference for little patients in CHI at Temple Street

Every year, our fundraisers find new ways to amaze, surprise and humble us with their incredible efforts to raise the funds which allow us to give the children in CHI at Temple Street the very best chance. Will you join in the fun? There are loads of cool events you can get involved in, or even get creative and come up with your own DIY event like Josh. We're here to provide you with all the support you need to make it a success. Find out more on [www.templestreet.ie/diy](http://www.templestreet.ie/diy)

# Anyone Can Help



Individuals

Companies

Families

Communities

Schools &  
Colleges

Creches

## WAYS TO HELP

### Fundraise

#### GET FIT!



For a full list of running, cycling and swimming events see [templestreet.ie](http://templestreet.ie)

#### GET BAKING!



Bake a difference and take part in our annual Great Irish Bake

#### TRICK OR TREAT!



Host a party and help sick kids at Halloween

#### CHRISTMAS RAFFLE



Largest Annual Fundraiser

Get festive and raise funds by selling raffle tickets for a Christmas draw

#### CREATE YOUR OWN EVENT

There are hundreds of different ways you can raise money for Temple Street. The trick is to do something that you will enjoy!

### Donate



By Phone



By Post



Online



In Person

### Leave a Legacy

Once you've looked after your loved ones please consider leaving a gift to Children's Health Foundation Temple Street in your Will. It's a powerful way to make a positive difference to sick children in Ireland today, tomorrow, forever.

For more information on how you can help visit [www.templestreet.ie](http://www.templestreet.ie)

**yourstreet**

Your Newsletter: stories, updates, achievements and all the wonderful things you have made possible.

