

LITTLE STARS

Autumn Edition 2024

Welcome to our Autumn Newsletter



"HE'S COME SO FAR"

Freddie's story



**Children's Health
FOUNDATION**

Crumlin • Temple Street • Tallaght • Connolly

SUPPORTING CHILDREN'S HEALTH IRELAND

FREDDIE'S STORY



My son Freddie is three-years-old. He's such a loveable lad, so cheeky and funny. He loves music and adores his family – especially his big brother Harry and his twin brother Theo. I can hardly believe it, but he's about to start preschool.

All of this is so amazing to me, because there was a time where we weren't sure whether Freddie was going to make it.

Looking at him now, I often think about the many nights we spent in intensive care.

“I keep coming back to one night in particular – when he'd picked up a severe virus and we were told he might not survive until morning.”

I just felt so helpless and scared as I looked at him, surrounded by all that machinery and all those doctors.

Still, because we were at Children's Health Ireland, I knew he was in the best possible hands. And when morning came, after the longest and most frightening night of my life, my prayers had been answered –



Freddie was still with us. And he remains so to this day.

It's fair to say that the last few years have been a difficult journey for Freddie, and for our whole family. Thankfully, Freddie's medical team has been with us every step of the way.

We've been in and out of hospital so much that it has become like a second home to us. In the winter of 2022, Freddie was admitted seven times – including a ten-day stay in intensive care over Christmas – and each time the hospital staff were just incredible. From the expertise of the medical staff themselves to the attentive nurses and the dedicated help from the whole multi-disciplinary team (Freddie especially loves the play specialists and music therapy), time and time again we've felt the difference it makes to have a circle of care around us.

They always go the extra mile. I'll never forget the fuss they made over both the twins on their first birthday. It came during a rough time – Freddie was back in the hospital, and we didn't really feel able to put together a party – but the medical staff stepped up and took care of it for us. They decorated Freddie's room, got him a cake and a present and sang 'Happy Birthday' to him. I still remember that day as being incredibly special. Their kindness was so touching. It really reminded us that they really do care, that it's not 'just a job' to them.

As I mentioned, we're all hugely relieved to see that Freddie's been doing a lot better recently. His lungs are stronger and he's taking fewer medications. He's getting to grips with language and with walking, thanks to the wonderful support from the speech and language therapists and physiotherapists, both in hospital and now even at home. And he isn't the only one who they've looked after – our whole family has been amazed by the support we've had.

“Our immense gratitude goes out to you and every person whose generosity helps makes this care possible.”

Soon, Freddie will step over the threshold of pre-school for the first time. The circle of care you are part of played a vital role in getting Freddie this far, ready for the new adventures waiting for him beyond those doors. Thank you.

Tracy, Freddie's mum



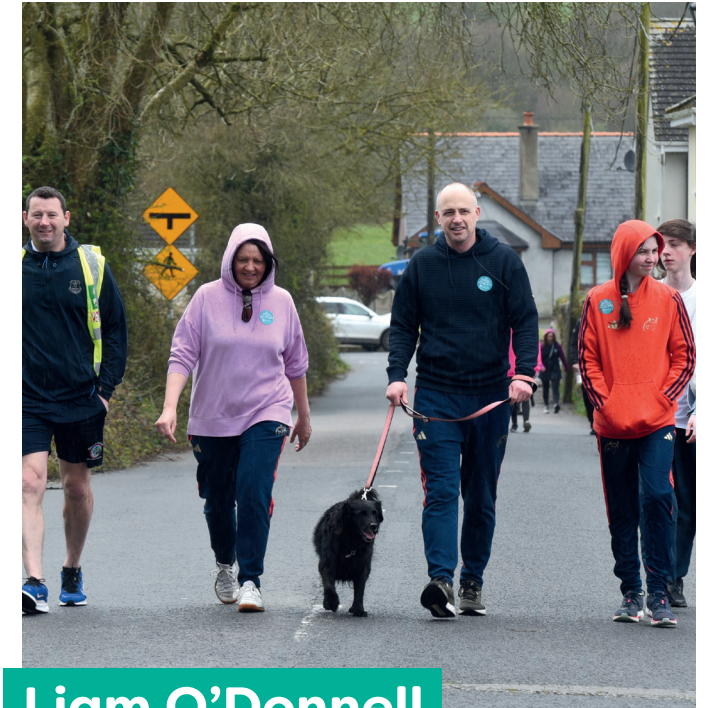
COMMUNITY FUNDRAISER SPOTLIGHT

We are always bowled over by the dedication of our community fundraisers, and the generosity of the people who donate in support of their endeavours. Here are just a few of the incredible people who have been fundraising to support sick children...



Jordan Manning

Jordan ran 252km across the Sahara desert during Marathon Des Sables.



Liam O'Donnell

Liam O'Donnell and the Aglish Fun Run/Walk celebrated their 10th birthday this year. This wonderful community event takes place every Easter Monday with participants from the village in Waterford, and its surrounding communities.



Ava Nugent

Ava decided to set up a charity boxing match with Heaton Boxing academy and raised a great amount. She won the match – and can't wait for her next one!



Sinead Flaws

Sinead and her sister Aisling took part in a Couch to 10k race to raise money for Professor Shahwan and his team in Neurology, to thank them for treating Tom, Sinead's three-year-old son.

Grace's Gift

Grace Kelly's loved ones celebrated her through 'Grace's Gift'. They took on the Women's Mini Marathon and Ironman Barcelona, raising funds for the Heart Centre.



Cathal Kelly

Cathal walked from Canterbury to Rome over the course of three months. He set off in June and had an amazing time.

OUR COMPANIES WHO CARE



Tesco

Our wonderful partner Tesco have gone and done it again by raising over €200,000 for sick children! Over 13,000 colleagues participated in events like cycleathons, quizzes, and bake sales to compete to be the top fundraising store! The funds will buy multiple pieces of life-saving equipment for Children's Health Ireland hospitals and urgent care centres.



Premier Inn

We are delighted to announce that Premier Inn have partnered with us for the next three years to support sick children. Through staff and customer fundraising, Premier Inn will aim to raise €30,000 by 2027, specifically to fund rehabilitation treatment for children across Ireland with chronic and disabling pain.



Woodies

We were delighted to be part of Woodie's Heroes campaign, which raised funds throughout the summer to fund a digital mobile X-Ray system. The new system will provide faster, higher quality imaging to allow speedier decision making by medical staff. We're extremely grateful to Woodie's staff and customers across Ireland for supporting sick children like Izzy (pictured).



Get involved!

Children's Health Foundation is committed to helping every sick child in Ireland. But we can't do it alone and rely on the support of companies across the country.

Get your workplace involved with Children's Health Foundation, and together we can ensure that every sick child in Ireland has every chance. Contact corporate@childrenshealth.ie or 01 709 1700.



Our Garden of Music and Play at BORD BIA BLOOM 2024

We were delighted to be present at Bord Bia Bloom this past June with an uplifting, beautiful garden sanctuary, designed with the needs of children in hospital – as well as their parents and staff – in mind.

The garden was created to show how supporters bring joy to sick children through music and play. It also represented the healing power of nature, designed into the gardens in the new Children's Hospital, providing solace and fresh air for patients, parents and healthcare staff.

GET READY FOR SOME SPOOKTACULAR FUNDRAISING

Our 24th Trick or Treat for sick children is coming your way this Halloween. We are delighted to say that MiWadi will once again be supporting this wonderful fundraiser for their 12th year!

We are asking schools, creches, offices, shops, clubs and communities all over the country to host a Trick or Treat party to support sick children and their families.

We will also be running our special TY4TOT campaign, for which we invite Transition Year

students to raise funds in their schools. This is proving more popular each year – in 2023, we had over 20 schools taking part, and we hope to have even more this year.

Registrations are open now at our webpage, www.childrenshealth.ie/trickortreat. Find out how to host a party, register for your party pack and much more. If you have any questions, please email campaigns@childrenshealth.ie



WHAT WILL YOUR LEGACY SAY?

Making a Will is a great way to take care of your family after you are gone. It's also an opportunity to help support life-changing work that matters to you.

Including a gift to Children's Health Foundation in your Will is a powerful way to make a positive difference to the lives of sick children in Ireland, far beyond your lifetime. It's a wholehearted expression of your connection to human spirit and compassion for children and their families who face illness, injury, pain and uncertainty.

Every gift that is entrusted to us, regardless of size, will ensure that our children, grandchildren and future generations have everything they need to get through illness and injury – today, tomorrow, forever.

Whether you're making a new Will or amending an existing one, the process is usually quite straightforward. Simply speak to a solicitor and they will guide you.

With a gift in your Will, you could help every sick child have every chance now and far into the future.

Please tick the box on the enclosed form and send it back to us for more information, or contact **Caroline Cummins** at ccummins@childrenshealth.ie for enquiries in confidence.



Donate online:
childrenshealth.ie/donate

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