



THE **Big** TINY STEPS APPEAL



Creating precious moments
every step of the way for sick
babies and their families





LIVERPOOL WOMEN'S NEONATAL UNIT

Each year, over 1,000 families accompany their premature and critically ill babies to our Neonatal Unit, in need of the specialist care that only Liverpool Women's can provide.

Despite our world class care, currently the family facilities at Liverpool Women's are not adequate for families whose babies spend prolonged periods of time on the Neonatal Unit. Babies born at 24 weeks will spend a minimum of 16 weeks on the unit, with their families wanting to be by their side throughout their journey.

"There's lots of things I would like to have done with Lucas ... to have taken him outside, to let him feel the breeze and the sunlight for a moment...he never had the chance to do this and I never had the chance to carry him anywhere."

We need to act now to ensure that issues relating to the health and wellbeing of families living under such stressful conditions are addressed and that both they and their babies have the most positive experience possible during their time at Liverpool Women's.



"For 19 days we lived at Lucas's beside; the chairs were like plastic classroom chairs. It made the hours more uncomfortable. Recliner chairs would allow for more comfortable skin to skin moments with your child, a place to rest your head and express milk more comfortably."



Liverpool Women's Charity is dedicated to help care for the most critically ill babies in the North West, through the purchase of specialist equipment and by providing the best possible facilities for families on Liverpool Women's Neonatal Unit. This support helps make the unit a recognised centre of excellence and one of the largest in the NHS, where people know their babies will receive the highest standard of care.

The hospital has recently received £15m of NHS funding and is committed to building a new spacious facility to care for our most vulnerable babies.

"Neonatal can be lonely, to have a place for family to come and see you that's away from the main reception would be comforting."

LIVERPOOL WOMEN'S CHARITY PLEDGES TO RAISE £250,000 TO INTRODUCE ESSENTIAL FAMILY FACILITIES TO MAKE THE NEW NEONATAL UNIT A TRULY FIRST CLASS ENVIRONMENT WHEN IT OPENS IN SUMMER 2020.



THE BIG TINY STEPS APPEAL: HELP US MAKE THE NEW NEONATAL UNIT A SPECIAL PLACE FOR THE BABIES IN OUR CARE AND THEIR FAMILIES



Liverpool Women's Charity provides the modern-day hospital with those aspects of care not possible with NHS funding, and we can only do this with the generosity of our supporters.

To enable Liverpool Women's new Neonatal Unit to offer the best possible care, we need your support to provide the following vital facilities for our families.

HIGH QUALITY COMFORTS FOR USE AT THE INCUBATOR AND COT-SIDE

Reclining chairs in the new environment will enhance the comfort of parents who spend many hours each day by their baby's side and will promote skin to skin contact which has been shown to increase baby's oxygen, maintain their temperature and regulate their heartbeat.

With the additional space, **visitor seating** will allow visitors to support their family members and prevent isolation.

Bedside lockers will provide a focal point for baby's possessions and reduce infection. It is important to have a personal locker for a baby's clothes and belongings as it may be one of the few things a parent feels they can have control over.



18 single cots and 4 twin cots will provide a new environment which will promote the highest level of care. Twins are shown to develop better if nursed with their sibling as each helps to regulate the heart and breathing rates of the other.

ADDITIONAL PARENTS' ACCOMMODATION

As an acute Neonatal unit, we care for babies from across the Merseyside and North West region and often families do not live close to the hospital. We currently only provide on-site overnight accommodation for up to 5 families meaning that parents are often separated from a critically ill baby in Intensive Care.

We will provide a further **seven bedrooms** for parents and refurbish our two existing spaces so that more families have immediate access to their babies in intensive care at all times. This will allow parents to stay close by, should they be needed urgently, without the additional cost of hotel accommodation over a prolonged period.

PARENTS SITTING ROOM, KITCHEN AND LAUNDRY AREAS

At the moment, families can spend days, weeks, even months on the unit with only a kettle, microwave and small shared sitting room as their home-comforts.

Introducing these facilities will enhance the comfort of parents who spend many hours each day by their baby's side, allowing them to have access to hot, nutritious food, comfortable home-like surroundings and basic living facilities, such as a washing machine, meaning families don't have to leave the unit

SIBLINGS PLAY AREA

Siblings can get bored in the hot clinical environment, become upset and frustrated, putting parents under more pressure in an already stressful situation. To address this, we will provide play facilities for siblings, enabling families to stay together during this very difficult time.



"AJ was born in late autumn and did not transfer to our local hospital until mid winter. The unit on the first floor had no external space to be able to step away from the beeping machine".



SOMEWHERE TO SAY GOODBYE

Unfortunately, not all families on the unit have a positive outcome where they can take their babies home. In cases where end of life care is given, there is currently a small room for general consultations that is used to both deliver sad news and allow final moments to be spent together as a family.

We will introduce a suite so that parents will be able to spend time with their baby in a home-like, private setting, deciding when medical interventions are withdrawn.

OUTDOOR SENSORY GARDEN

Currently, families don't get to experience the things we often take for granted, such as pushing their babies in a pram in the fresh air. An outdoor space will, for the first time ever, enable parents on the Neonatal Unit to take their baby outside to feel the sun and breeze on their face and develop their senses.

This area will also be used for parents who need to take time away from a hospital setting, providing a place of peace and space to reflect, to benefit their own wellbeing.

IMPROVED BREASTFEEDING FACILITIES

At present the room available for mothers who wish to breastfeed is cramped and the facilities provided are very basic. We will provide a private, comfortable area for mothers to express their breastmilk, which is considered a medicine in Neonatal Intensive Care Units.



"I still remember the layout of the room we were taken to, to withdraw Lucas' end of life support things I wish I had done like giving him a bath or read a children's story whilst he lay on my knee before letting him go. That room is remembered. Our families came to hold him and say goodbye before we let him go."

CREATING A BEAUTIFUL ENVIRONMENT

We aim to introduce bespoke artwork to the communal areas to help create pleasant surroundings for our families on the new Neonatal Unit.



WHY WE SUPPORT THE LIVERPOOL WOMEN'S NEONATAL UNIT

MABLI'S FAMILY

"In February 2018 at 24 weeks pregnant, we were given the devastating news that our baby wasn't growing as she should. We were referred to Liverpool Women's who took over our care, and at 30 weeks pregnant, Mabli was born weighing just 1lb 5 oz.

The care Mabli received from the very moment she was born was amazing and we were allowed to stay in the 'Family Flat'. This enabled us to be a family with our children as best we could in our stressful situation. I don't think I would have coped travelling back and forth to the hospital from North Wales.

To thank them for the wonderful care, our family will always try and support their Neonatal Unit. When Mabli had been home for a few weeks we brought her back to Liverpool Women's with a donation for her care. Something we plan to continue doing as she grows up."



LUCAS' FAMILY

"Lucas arrived at exactly 24 weeks, alive, wiggling and looking like any other baby - just very small at 1lb 6oz. It was about 4 hours after I gave birth that we were able to go and see Lucas.

In Lucas' room, they couldn't do enough to try and make things comfortable for you. We'd read stories to him and I'd sing terribly, but we were making as many memories as possible.

The end of Lucas' life came very quickly. We made the decision to withdraw support, agreed by the consultants, as we couldn't see him suffer anymore. Neil and I spent the night with him and it was good to have some alone time.

We can't thank the neo-natal staff for everything they did for us. They made us feel part of the decision-making on his treatment. As a thank you we raise money for the Liverpool Women's Charity so that Lucas' memory can make a difference to other sick babies and families."

Read more amazing stories about why our families are supporting The Big Tiny Steps Appeal at www.liverpoolwomens.nhs.uk/bigtinystepsappeal



THE DIFFERENCE YOUR SUPPORT WILL MAKE

Your support will enable families to stay by their babies' side during the most critical time of their lives. Creating a spacious, home-like and comfortable setting for our families with the most state of the art facilities close at hand will alleviate the pressures of having a baby in intensive care, enabling them to concentrate on being there for their babies.

We urgently need these enhanced facilities to enable Neonatal staff to work in partnership with families to ensure babies receive not only world class clinical care but holistic family care when the new unit opens in 2020.



If we exceed our fundraising target, your donation will be used to support other work on the neonatal unit



WHAT YOUR MONEY WILL PROVIDE...

- **£5 will buy a book for our siblings play area**
We will provide play facilities for siblings, enabling families to stay together during this very stressful time.
- **£20 will buy a kettle for one of our parent's rooms**
We will provide a bedrooms for 12 families to give them immediate access to their babies in intensive care at all times.
- **£150 will buy a TV for the unit's breastfeeding room**
We will provide a private, comfortable area for mothers to express their breastmilk, which is considered a medicine in Neonatal Intensive Care Units.
- **£500 will buy multi-sensory equipment for our outdoor garden**
An outdoor space will, for the first time ever, enable parents on the Neonatal Unit to take their baby outside to feel the sun and breeze on their face and develop their senses.
- **£1,000 will buy a cuddle cot for our new end of life suite**
Parents will be able to spend time with their baby in a non-clinical, home-like setting.
- **£1,500 will buy a reclining chair for next to the incubator**
Reclining chairs will enhance the comfort of parents who spend many hours each day by their baby's side and will promote skin to skin contact which has been shown to increase baby's oxygen, maintain their temperature and regulate their heartbeat.
- **£2,500 will buy a twin cot for the clinical area**
Twins are shown to develop better if nursed with their sibling as each helps to regulate the heart and breathing rates of the other.

DONATION FORM



I would like to make a donation of £ _____ to support
The Big Tiny Steps Appeal

Please find a cheque enclosed

I have made my donation via BACS

I have made my donation via www.justgiving.com/liverpoolwomen

I have set up a standing order to make a regular gift

YOUR DETAILS

Title: _____

First Name: _____

Surname: _____

Organisation (if appropriate): _____

Address: _____

Postcode: _____

Telephone: _____

Email: _____

Why did you choose to support the Big Tiny Steps Appeal? _____

Cheques should be made payable to 'Liverpool Women's Charity' and include 'Big Tiny Steps' on the back of the cheque and can be sent to:

Liverpool Women's Charity
Liverpool Women's NHS Foundation Trust
Crown Street
Liverpool
L8 7SS

Donations or regular gifts can be made via **BACS** or **standing order** to:
Barclays Bank, Liverpool Lord Street,
Liverpool, L2 1TD
Sort Code: 20-51-01
Account Number: 00551716
Please include your name as the reference and email us at fundraising@lwh.nhs.uk

To make a donation by **Credit/Debit card**, please call 0151 702 4194/4044

If you would like to make a donation in **cash**, you can do so at one of the donation boxes located in the hospital or call 0151 702 4194. **Please do not send cash through the post**

Gift Aid Declaration

I want to Gift Aid my donation of £ _____ to Liverpool Women's Charity. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference.

Signed: _____

Date: _____

Keeping in touch

How would you like to hear from us?

Email

Post

Telephone

Please contact me about

Charity's vital work

Fundraising Appeals

Products

You can unsubscribe at any time by contacting fundraising@lwh.nhs.uk

HOW YOU CAN HELP



Please help us to create these vital facilities so that we can support the families of babies like Mabli, AJ and Lucas through their journeys.

There are a number of ways you can get involved:

- Make a one-off donation
- Make a regular donation
- Visit www.justgiving.com/liverpoolwomen to create a fundraising campaign, or to make a regular or a one-off donation.
- Text **BIGTINYSTEPS** to **70085** to make a one-off donation of **£10**
- Text **BIGTINYSTEPSREGULAR** to **70085** to make a regular gift of **£5 a month**
- Call **0151 702 4194** or **0151 702 4044** to make a donation by Credit/Debit card
- Raise money for our appeal – choose your own idea or hold a fundraising event. Visit www.liverpoolwomens.nhs.uk/charity for more information to get a Big Tiny Steps Appeal fundraising pack

Please use the donation form enclosed to pledge your fundraising support. Please drop it into one of our conveniently located donation boxes in the hospital or send it to Liverpool Women's Charity, Liverpool Women's Hospital, Crown Street, Liverpool, L8 7SS.

Donations of £250 or more will be given their own tiny foot on our special giving wall.

If you would like to discuss making a larger donation to enable one of the items on our giving menu and have your family or baby name recognised, please contact fundraising@lwh.nhs.uk or call 0151 702 4194/4044

Thank you for supporting the babies and families in our care.

