
Newsletter Feb 2022

One Mother to Another <info@onemothertoanother.org.nz>
Reply-To: One Mother to Another <info@onemothertoanother.org.nz>
To: natalie@onemothertoanother.org.nz

Fri, Feb 25, 2022 at 8:53 PM

[View this email in your browser](#)



Newsletter Feb 2022

Tēnā koe e hoa – Welcome to One Mother to Another’s inaugural newsletter. You’re receiving this because of your support and encouragement in the past. Things are moving at such pace we thought we’d update you on all that has been happening in the One Mother to Another world.



Firstly a little re-cap. Last year, we donated more than 3,300 care packages to mothers and carers of babies and children in seven wards of four South Island hospitals. This includes expanding our support into two paediatric wards in Christchurch Hospital, as well as the mothers and babies mental health unit at Princess Margaret Hospital. We also started working with Perinatal Wellbeing Christchurch. These were massive steps forward for us in terms of scale and logistics and we're receiving really positive and grateful feedback from not only the ward staff but also from those who have been given a care package in their moment of need. It's really making a BIG difference.

From our humble beginnings 6 years ago we never would have imagined we would grow this fast! In fact, we've outgrown our storage (my garage) and in January we moved into our very own storage unit. We also now need truck support to drop off our care packages to the hospital (Thanks Smiths City).



We know there's a lot of uncertainty in our community right now. This makes our care packages even more vital as parents negotiate the perils of being in hospital with a child while also dealing with the added stress of the pandemic and the visitor restrictions. We are grateful that we are still able to provide our gift bags to the hospital wards during this time and plan to increase our support as needed.

We are hoping that a bit of normality may return later in 2022 and that we'll be able to go ahead with two planned fundraising events. The aim of these is to promote our work and story, as well as bring communities together. We'll keep you updated when it is safe to go ahead. We also really hope to be able to run a volunteer thank you event (more info to come).



Finally, I would like to make special mention of our volunteers, sponsors, and the hospital staff who take such good care of our tamariki, matua and kaitiaki. You are making a huge difference and One Mother to Another is so grateful for your generosity of time, finances, products and spirit.

I look forward to sharing more stories and news with you this year... but for now, read on to hear about our mahi, new gratitude journal, new website and meet the gorgeous baby Ocean.

Noho ora mai

Joy

Joy Reid Chief Executive & Co-Founder, One Mother to Another

PS We plan to send an update five times a year. We'd love you to continue on our journey with us, but if you'd rather not then you can unsubscribe at the bottom of this email

Our mahi

One Mother to Another is an award-winning charity which provides support and reassurance, to parents and caregivers (primarily mothers) who find themselves unexpectedly in hospital with their sick child.

We do this by providing care packages which aim to comfort, support and encourage the recipient in a particularly lonely and vulnerable time.

Each pack is made up of practical items such as a sachet of coffee/tea, chocolate, snacks, sanitary items, hand cream or lip balm. It also includes a unique gratitude journal specifically designed for the hospital setting, a magazine, and a more luxurious item such as a small piece of jewellery or beauty product. We put everything in a gift bag and enclose a handwritten note of encouragement. This personal touch is key to conveying our message of support.

We currently gift 270 care packages a month to seven wards in four South Island hospitals (in Christchurch, Invercargill and Nelson), with extras for mother's day, father's day and Christmas day. We have plans to expand even further so stay tuned to find out where to next!



Gratitude journal

An exciting addition to our care packages this year is the inclusion of our very own 'One Mother to Another' gratitude journal and notebook. This has been specifically designed for mothers and carers in hospital with their sick child or baby.

We know how hard it is to stay connected and grounded while your child is sick and how positivity can seem impossible so we wanted to create something JUST for that moment. Our journal has a range of ways to interact without needing too much spare brain space (which we know parents don't have in that moment). There are prompting questions, word finds, colouring spaces and ideas to guide someone into a moment of gratitude.

It also doubles as a notebook for observations and questions so parents are able to actively engage in the conversations about their child's care. Dotted

throughout this section are words of encouragement from others who've been in hospital with their child.

We hope that it helps matua and kaitiaki feel empowered and eases the stress of the season. We were so grateful to receive grant funding for this project and we hope it will be the first of many print editions.



Stories from the ward

This is our WHY.

Meet beautiful Ocean. She was born in April weighing 585g at 29 weeks. She spent 112 days in Christchurch's Neonatal Intensive Care Unit. While in there, she had 3 blood transfusions and battled pneumonia. While supporting her in hospital, her mother Tracey received two of our care packs.



"You guys do such a great job. Thank you for all that you do. It certainly put a smile on my face (and) kept me going through my journey so thanks again"

We are so happy to report that beautiful Ocean is a healthy and happy (almost) 1 year old!



News & media

One Mother to Another's award winning streak continues.

Our CEO and co-founder Joy Reid is humbled to have been awarded a Christchurch Foundation Kate Sheppard Women's Fund Award along with three amazing local women. Check out the video below and our [media page](#) for some new stories and videos.



New year new website

We have a new [website](#)!! This has been a labour of love and we hope it will aid in our growth. You are now able to [donate](#) online and you can even become a regular donor. (We are a registered charity so you can claim tax rebates). Our excellent [cookbook EATS](#) is also available to purchase through our online shop. Check out the link below to find out more.

Donate



Thank you

Our latest care packs were full of goodies. Thank you to all our generous sponsors, we couldn't do it without you. Our Feb/March pack suppliers include: [Latitude Magazine](#), [Goodness](#), [Arnotts](#), [Dilmah](#), [NESCAFÉ](#), [Dignity](#), [Original Foods](#), [Earthwise](#), [Xtend Life](#) & [Harcourts](#).



Please note that you are receiving this newsletter because you have expressed an interest in One Mother to Another or have been in contact with us at some point. If you do not want to receive any further newsletters or communications, let us know (see button below to unsubscribe) and we will remove your name and email from our list. You may also return email with 'unsubscribe' in the subject line if you do not wish to be contacted again. Thank you for your interest and support.





onemothertoanother.org.nz

Copyright (C) 2022 One Mother to Another All rights reserved.

www.onemothertoanother.org.nz

info@onemothertoanother.org.nz

33 Tainui Street, Somerfield, Christchurch, 8024

Charities Commission 54580

Want to change how you receive these emails?
You may [unsubscribe](#) anytime.

This email was sent to natalie@onemothertoanother.org.nz

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

One Mother to Another · 33 Tainui Street · Somerfield · Christchurch, Canterbury 8024 · New Zealand

Grow your business with  **mailchimp**