

#### **Festive cheers**

1 message

**One Mother to Another** <info@onemothertoanother.org.nz> Reply-To: One Mother to Another <info@onemothertoanother.org.nz> To: natalie@onemothertoanother.org.nz Mon, Dec 19, 2022 at 8:44 PM

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# 🎄 Festive Cheers 🎄

#### 2022 our biggest year yet!

January, February... December... Anyone else feel like this year has disappeared? I was recently scrolling through my photo reel on my phone and realised just how much was packed into the year - no wonder I'm a wee bit tired... that kind of "satisfied tiredness" though.

One Mother to Another has had a year like no other. We've expanded our support of parents by 40% - into three new hospital wards, one new city, started supporting a new community group, grown our volunteer workforce, employed our first staff members, won awards, got a storage facility, moved into an office, held two fundraising events, designed and developed a gratitude journal... packed 4400 care packages which have encouraged mothers and whānau in 10 South Island hospital wards with their sick child and newborns, and encouraged the 587 nursing staff who work in those wards.

Phew.

To say I'm proud of what we've achieved is a huge understatement. I'm in awe of our team who've made this happen - it's been a huge team effort!

I want to say thank you to our very generous sponsors, funding partners, our board and especially our volunteers who make One Mother to Another's work personal and possible (a special shout out to Fiona and Geoff for donating hundreds of hours this year!)

I also want to say a massive thank you to Natalie and Catherine for becoming One Mother to Another's first staff, for sharing the load and for believing in our mahi. Their professionalism and dedication has propelled us to new heights!!!

And finally I want to say thank you to YOU - Thank YOU for being interested and supportive of One Mother to Another's story and journey.

Wishing you all a very safe and Meri Kirihimete me te Hape Nū Ia! (Merry Christmas and a Happy New Year!)

#### Joy

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

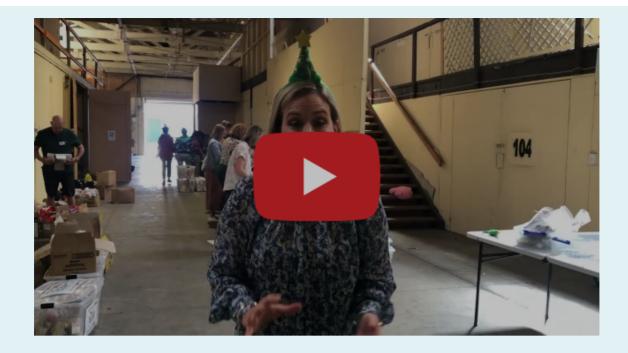


## Christmas Packing Day - 1400+ packs later...



Wow, what a huge day we had on December 1st, packing more than 1400 packs to go to mothers and families over the next two months! This included 587 special packs for our wonderful nursing/medical teams, 222 special Christmas packs for mums, dads and caregivers who will be in hospital on Christmas day, as well as our regular gifts for families in hospital during December and January. In 2.5 hours, 20 amazing volunteers (many were past care package recipients) put together these special packs, and we all had some festive fun while packing. Thank you again to all our volunteers who help make this all possible.

Here's a wee video telling you about the day.



## **Sarah's Story**

## Sarah received One Mother to Another support when daughter Maeve was in Christchurch's Neonatal Intensive Care Unit.

This was the second time in NICU for us. Our then 5 year old had spent 3 weeks there when he was born. This time round although we knew the ropes, was that much more difficult. We had another little person at home to look after and the fact that it was Christmas time was hard. Maeve was born the week before Christmas and we were in NICU until the new year. It was a very emotional time and I spent 12 nights sleeping in at the hospital every night with Maeve. The only night I went home was Christmas Eve, so I was able to wake up on Christmas morning with my 5 year old. A heartbreaking decision. Upon arrival Christmas morning I was amazed to see an enormous care package sitting on my chair next to my baby sleeping soundly in her cot. It was incredible, filled with treats for the whole family. It was truly uplifting and made the first Christmas with our newest addition in hospital that much better. Knowing that someone was looking out for us was really special.



## **Our Year in Numbers**



# From the Wards



Fiona and Donna (above) from Princess Margaret Hospital, with some Christmas care packs for their 80 patients.

Our One Mother to Another coordinator in Dunedin, Gemma (below right), delivering care packs to Dunedin's Neonatal Intensive Care Unit.



## **Volunteer Superstar Fiona**



We are so excited to introduce you to one of our key volunteers, Fiona! She is a superstar here at One Mother to Another, dedicating several hours each month to coordinate all our note writers and ensuring that we always have enough of the beautiful hand written notes for our care packs. It's a huge job! Read on to find out a little more about her journey with One Mother to Another. Thank you so much Fiona, you truly are a superstar!

"Hi everyone, I am the coordinator of the OMTA hand written note writing team. It's quite a big role because we have over 100 note writers and I spend between 8-12 hours a month facilitating this activity. Some of the team would write 25 notes per month and some would write 25 notes every 2 or 3 months. We appreciate that everybody has a different capacity and some people really want to be involved because they've received a pack from us in the past, so even tho they are time poor, they want to give back, which is really lovely.

I think I've been involved pretty much since the very inception of OMTA. I got involved because Joy was juggling so many things and I wanted to take some load off her. Initially, I used to write all the notes for all the packs because there were less packs in those days! As the demand grew, eventually Joy asked me to take over the role of sending out the note paper to the note writers.

The highlight of my role is hearing the feedback from the recipients of the packs. I like to include some lovely feedback with my emails to my team as this encourages/puts fuel in their tanks.

I am so proud of Joy - my daughter in law. She has a huge capacity, so much drive and vision, is a fabulous team builder and she is doing a phenomenal job at extending love, kindness, encouragement and practical support to mums who really need it ... AND she and Geoff raise the most beautiful children - my gorgeous Grandies Jonathan, Stella and Annabelle. Team work makes the dream work and it's fabulous to be part of the One Mother to Another team."

- Fiona, One Mother to Another's volunteer note writer coordinator.

### News

#### Joy Reid our local hero

We are so excited to share that Joy Reid was awarded a **New Zealander of the Year Local Hero Medal 2023.** The judges write "after receiving hundreds of nominations from across the motu, our panel of regional judges were given the difficult task of awarding the top 100 inspirational Kiwi who have made a positive difference in their corner of Aotearoa."



#### Our "Ladder of Support" tree wins big

This year we were invited to display a tree in The Crossing as part of their Best Dressed Christmas Tree competition.

Our "Ladder of Support" tree is a metaphor for the hope, support and encouragement that we aim to provide those enduring a challenging season with sick babies and children. Each decoration is a message we've received from a grateful recipient. It tells the story of our mahi as do the crochet hearts and handwritten notes which are key components of our care packages. The "gifts" at the base of the tree are real examples of what the Māmā and caregivers receive at their child's hospital bedside/incubator.

Last Thursday we were so excited to find out that our tree won the competition! Thank you so much to everyone involved and especially to our wonderful community for voting for our tree. The prize will be auctioned off in 2023 and the proceeds will go directly to supporting parents in need. The tree will be up to view at The Crossing, Christchurch until early January.



# **Meet some of our Sponsors**

We want to introduce you to some of the amazing businesses who are so generous and make One Mother to Another's work possible.

## Arnotts



Arnotts have been on board supporting One Mother to Another for 18 months now. They send us thousands of biscuits each year - read on to find out why they are such amazing supporters of One Mother to Another.

**How do you support OMTA?** We send product donations from both our 180 Degrees and Arnott's brands, usually delicious biscuits!

Why do you support OMTA? 180 Degrees has had a longstanding partnership with OMTA, Arnott's acquired 180 Degrees in May 2021 and after connecting with Joy the first time we definitely wanted to cherish and enhance this relationship. Joy is such an inspirational person and really sparked our desire to get involved. OMTA does fantastic work and is it great to hear the beautiful stories that come back around how much the gift packs mean to any parents that need to spend time in NICU.

What is it about OMTA that keeps you donating regularly? We know how hard it is for charities to operate without constant contributors – OMTA knows they can rely on our monthly donations, ensuring they've got something delicious in their gift packs. It also gives our team great satisfaction knowing we contribute to local communities on a regular basis.

Thanks Arnotts for all your support!

## **Over the Ditch**



Meet Catherine, who makes the amazing Over the Ditch earrings that are often in our packs - she shares why she supports One Mother to Another.

"Over the Ditch was started when I was at home with my then 1 year old son. I wanted a creative outlet and a way to earn some money around caring for my son. I wanted to feel a sense of accomplishment that wasn't connected to being a Mum and was something for me. And so the journey began!! It's evolved and changed over time and OTD is now stocked in over 100 shops throughout NZ!

I first heard about One Mother to Another when I was lucky to receive a parcel when my son was in hospital. It brought me such joy!

It is so tough having a sick child. Whether it's a "one off" illness or a longer journey, it takes a huge toll on you. Be kind to yourself during this time. Drop anything that can wait, reach out to your support crew and be kind to yourself."



## **Get Involved**

#### March 26th 2023 - Rail Trail Rampage

This year we are so proud to be the recipient charity for the Rail Trail Rampage. With lots of different distance options for walkers or runners (from Marathon to 5km family options) come and explore the historic Little River Rail Trail. Fast and flat, these courses offer competitors a great run alongside ever-changing scenery which finishes in the picturesque village of Lincoln. The Rail Trail Rampage is the perfect day out for families. With post-race family friendly entertainment to keep your young ones happy and busy!

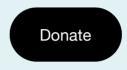
OMTA supporters get a special deal. Use the code **FOMTA5** - this gives people a 5% discount off their entries and anyone using that code we will donate \$2 per person back to One Mother to Another. Sign up on their website.

#### Last minute gift idea



Donate a care pack to a family this Christmas day

NZ\$20



## Thank you

From all of us at One Mother to Another... Merry Christmas!



From left, Catherine Holland, Joy Reid and Natalie Chung.



The One Mother to Another board. From left, Robert Murfitt, Gwenda Kendrew, Warren Nairn, Joy Reid, Graham Dockrill, Claire Cowes, Athol McCully, Jane Jackson.



Our latest care packages were full of goodies. Thank you to all our generous sponsors, we couldn't do it without you. Our suppliers include: Latitude Magazine, Mindfood Magazine, Arnotts, Prokiwi, Warren Agencies, Tui Balms, Weft, Antipodes, L'Oreal, Aviant, 180 Degrees, Goodness, Linden Leaves, Essano, NESCAFÉ, Whittakers, Dilmah, Dignity, Over the Ditch, Original Foods, Glow Lab, Small Babies, Office Max and Westfield Riccarton.

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