

## Heart Children Week – what a blast!

Heart Children Week (23-29 May) has come and gone. As branch members across the country and national office staff heave a thankful sigh, we can all look back to May's madness and marvel at the generosity of spirit that was 'Heart Children Week 2010.'

New Zealand joined together to help heart children and their families and they did it in style. The Heart Stopper Challenge saw 1500 enthusiastic plungers, in 12 destinations around New Zealand, dress up in fancy dress and take on the challenge to stay five minutes in a spa of ice and water. Inspired by the cooling process used to slow a child's heart rate prior to open heart surgery, the Heart Stopper Challenge was cold and hilarious. You can read about one of the teams who took part in the article below.

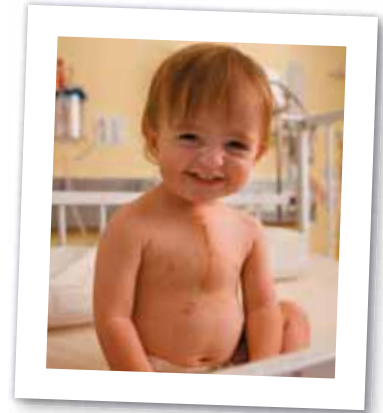
Heart Jam, Heart Children NZ's aerobics for schools routine, was introduced nationwide this year. The response was fantastic with 55,000 children, jumpin' and jammin' to choreography by JUMP JAM creator, and two times World Aerobics Champion, Brett Fairweather. Local band Minuit created and performed the Heart Jam song, 'Can you hear the sound of your heart beating?'

Forty-seven preschools took part in 'On Your Marks for Little Hearts', an opportunity to run for fun, to learn about the heart and to help heart children. And for those who preferred to stay inside and have a nice cuppa with friends, there was our newly introduced event – Cuppa for Kids.

The day of our national street appeal, on Friday 28 May, drew cold and rainy but despite the weather collectors took to the streets and were warmed again and again by New Zealand's generosity. Our thanks to all who braved the weather.

Heart Children Week seeks to raise awareness of the huge impact of childhood heart disease in our community and to raise funds to provide life long support services to help those affected. We are indebted to all who shared their personal experiences of childhood heart disease this Heart Children Week. Each and everyone was testimony to the power of the human spirit. We thank you for your honesty, your passion and your commitment to help Heart Children.

Whether you bought a blue heart ribbon, placed a coin in the bucket,



*Lucas, one of the lovely children involved in this year's campaign.*

held a full on fundraising event, plunged, ran, jumped, gave of your precious time, your services, know that you have made a difference.

A huge thank you to JUMP JAM's Brett Fairweather, Minuit, Energi Design, Digital Video Assist NZ, Stebbing Recordings Ltd, DLA Phillips, Wayne Francis Charitable Trust, MORE FM, Classic Hits, Extreme, Coolit Ice, Southern Ice, EC Spa, Spa 2 you, 4 Seasons, Mediaworks, The Radio Network, Maori Television, MTV, MORE FM, Classic Hits, OGGI, Media one, Digital Video Assist NZ, Juggernaut, Energi Design, JWT, Darroch NZ Ltd, Les Mills, Stamford Plaza Auckland, The Nielsen Company, Bunnings Warehouse, Woolworths @ Gull, Supercheap Auto, ASB Bank, Lion Nathan.

## MAORI TELEVISION – ALL HEART

This Heart Children Appeal Week (23-29 May) TAO cooking show presenter Manawa Wright was part of a team of four big-hearted staff from Maori Television who took on the chilly but hilarious Heart Stopper Challenge.

For Manawa and his team: Te Kaea reporter Mataia Keepa, Eruera Morgan and Aroha Rawson the Heart Stopper Challenge, which was held at Auckland's Lion Nathan, was extra special. Manawa, which means 'heart', was born with a hole in his heart.

"My parents told me how difficult it was seeing me in the incubator," says Manawa. "And listening to the doctors

saying not to get too attached – he may not make it through the week."

Fortunately Manawa did not require open heart surgery. He and his team were primed to plunge and proud to be able to gift the \$500 they raised to assist families and children affected by heart disease.

"Manawa really took this cause to heart and the money was raised entirely through donations from our own staff; even our in-house Zumba class got in on the act and backed up the challenge with a dance demonstration," says Maori Television Communications Manager Vanessa Horan.



*The Maori Television Heart Stopper Team, from left: Aroha Rawson, Eruera Morgan, Manawa Wright, Mataia Keepa.*

Thank you Manawa, Mataia, Eruera, Aroha and the team at Maori Television for your support of Heart Children NZ.

# Camp Teen Beat on film

It was the first time Auckland's Nancy Fakaosilea (16) had ever attended Camp Teen Beat, Heart Children NZ's annual camp for children aged 13-16 years. She totally loved it!

Held in April and just metres from the Long Bay shoreline at Auckland's Sir Peter Blake Marine Education & Recreation Centre, the camp gave 46 teenagers a chance to challenge themselves on a variety of activities and to have fun.

"Camp Teen Beat was the most awesome thing that has ever happened to me," says Nancy. "I like meeting new people and to talk to kids that have the same heart condition as me. The highlight was definitely abseiling," says Nancy. "I just couldn't believe I did it. I was so scared at the beginning but I DID IT."

"Heart children are so used to being on school activities where they are with 29 able bodied kids and one



child with a heart condition... where they often finish last, can't make it to the highest point and so on," says Camp Dad Alistair Munro. "They let that become their reality. Camp Teen Beat is a fantastic opportunity to push themselves to the front, encouraged by the other campers, and in doing so, testing and building a greater belief in their abilities."

This year AUT Communications student Amanda La Trobe and a student film crew went along to capture Camp Teen Beat on film. Thanks to Amanda,

From left Amber Russell, Lauren Buchanan, Nancy Fakaosilea, Lena Zhang-Harrap, Amelia Holdaway, Jessamy Nielsen.

her team and those who took part Heart Children NZ now have a 10 minute documentary style film. You can view by visiting [www.heartchildren.org.nz](http://www.heartchildren.org.nz).

Our thanks to Pelorus Trust, NZ Community Trust, Sir Peter Blake Marine Education staff, camp helpers, AUT's Amanda La Trobe and our 46 heart teens for making this year's Camp Teen Beat 'the most awesome thing ever'.

## KIWI WORKPLACE CHALLENGE

Rugby legend and Heart Dad, Mills Muliaina, will head this September's Kiwi Workplace Challenge. This is a challenge that will see teams of four working together to use their real life steps, including those made during any of 40 activities, to send their virtual team on an adventure race from Mozambique to the South Pacific.

The Kiwi Workplace Challenge is a key fundraiser for Heart Children. You will love taking part because not only will the challenge help Kiwi heart kids, it will boost your health and well-being too!

**Get ready to experience the world's greatest virtual adventure race. Register from 1st August 2010 at [www.kiwiworkplacechallenge.co.nz](http://www.kiwiworkplacechallenge.co.nz), or call 0800 701 007.**



## Lion Nathan – enthusiastic supporters of Heart Children NZ

Brewery giant Lion Nathan has been a valued supporter of Heart Children NZ since 2005 when the company initiated its national workplace giving programme 'Lion Pride,' a programme which supports six charities throughout New Zealand. Each year, Lion Nathan matches all funds donated and raised by their staff.

This May, as part of their Sales and Marketing conference, Lion Nathan held a team building afternoon called 'Drivers – Start Your Engines,' a fun-filled event which saw 330 staff split into six groups and sub groups charged with the task of designing and building the fastest go-kart. Each go-kart competed around a track at the Sky City Conference Centre on behalf of their nominated charity. The heats were a high source of humour with each 'engine' furiously pushing his kart and driver around the narrow track.

"It was fantastic," says Events and Corporate Fundraising Manager Emma Burton. "I'd been with Heart Children just three days and suddenly I was



in the middle of this high-energy team event. It was wonderful to be involved."

"The go-kart event at our National Sales and Marketing Conference is a great way to drive awareness of Heart Children and the other charities we support," says Lion Nathan's Charity Manager Liz Hislop. And it's a lot of fun too!"

A wild card decision meant the Heart Children team was included in the final. After a nail-biting three laps they crossed the finish line victorious, receiving the first prize of \$3,000.00 presented by Lion Nathan's Liz Hislop and MC Greg Murphy. Thank you Lion Nathan, your enthusiastic and on-going support of Heart Children NZ is changing lives.

# From the CEO's Desk

I would like to extend a heart felt thanks to everyone who contributed to our recent Heart Children Week. The generosity of time, spirit and money was a true example of TEAM – Together Everyone Achieves More. Already it looks as if 2010's Heart Children Week has raised more funds than ever. The combination of raising awareness, fundraising and frivolity set the stage for meaningful and memorable events throughout the country. In Wellington I was even promoted from CEO to 'Queen of Hearts' for the day, (although I am quite sure the Queen was never required to wear an outfit quite like the one I was given!)

I would especially like to thank the Heart Families who shared their journey with the New Zealand public. The statistics around childhood heart disease are compelling. Who can argue the need for Heart Children NZ when you know 12 babies are born every week with CHD, that 70% of our families have to travel for treatment and more heart children lose their battle to survive than all other childhood diseases combined? But as many Heart Families know, the figures to describe the scope and scale of Congenital Heart Disease provide a mere glimpse of the enormous challenges. Deeper understanding of the impact of CHD and the role of Heart Children NZ comes from personal stories. They simply can't be explained in numerical terms. Personal stories are just that, personal. We do not believe in talking about the lives of others without their expressed consent. If you feel comfortable with Heart Children NZ sharing your journey, please contact me. We would love to speak with you and organise some photography.

We recently bid a fond farewell to Heather Alford, Board member and founding member of Heart Children. Heather has shown an incredible passion and commitment to help heart children and their families, over many years, and I know she will continue to be a part of our organisation in the years to come. Thank you Heather. I'd like to extend a hearty welcome to our newly appointed Auckland Representative on the Board, Alistair Munro.

## PATRON TEEN SCHOLARSHIPS – applications open

Applications for Heart Children NZ's annual Patron Teen Scholarships are now open. Named after Heart Children NZ patrons Sir Richard Hadlee, Margaret Mahy and Alan Kerr, the Scholarships provide practical or educational development opportunities to three teenage heart children aged between 17-20 years.

Earlier this year Wellington's Vanessa Ellingham (19) was one of the lucky recipients to receive a Scholarship. "The scholarship is really special to me, coming from Heart Children," says Vanessa. "I felt really proud to accept it. I'm going on a university exchange to the Danish School of Journalism next semester and the funds will be a great help. Thank you so very much."

Successful applicants will receive \$1500 towards their study and a Scholarship plaque as a lasting reminder of their achievement. To view the criteria and to download an application form visit [www.heartchildren.org.nz/scholarships.html](http://www.heartchildren.org.nz/scholarships.html). Please note applications close 15 August 2010.



*From left Pierce and Diane Szabo, Terry Serepisos, Lara Syddall and Scott Murray*

Camp Teen Beat was an enormous success this year. Forty-six teenagers from around the country enjoyed a week of fun and friendship. I would like to extend a special thanks to Alistair Munro, (Camp Dad) Danny Gordon, (our Tai Chi instructor) and all the adults who donated their time and expertise to make the 'Camp Teen Beat experience' so special for our Teens.

Retail Food Group (RFG) has recently become a proud supporter of Heart Children NZ. RFG own the BB's, Brumby's, Michael's Patisserie and Donut King brands. There are 43 stores across New Zealand and every one will be helping us raise awareness and funds throughout the year. For the month of August Heart Children products will be sold with money from each sale coming directly to Heart Children NZ. Each shop is independently owned and operated. I'm sure they would love you to pop in and thank them for their wonderful support.

Thank you for all you do for heart children.

*Lara.*

Lara Syddall



**HeartChildren**  
New Zealand Inc.

## What's on...

- **Kiwi Workplace Challenge** – registrations open 1 Aug
  - **Patron Teen Scholarships** – applications close 15 Aug
  - **Camp Brave Heart (17-21 Jan 2011)** – applications close 27 Aug
  - **Kiwi Workplace Challenge** – begins 21 Sep
  - **One Heart National Conference** – Fri 15 & 16 Oct
  - **Heart Forum 2010** – Fri 15-Sun 17 Oct
  - **Distant Drums Branch Seminar** – Sun 17 Oct
  - **Family Support Worker Professional Development Seminar** – Sun 17 Oct
  - **Lake Taupo Cycle Challenge** – Sat 27 Nov
- For more information visit [www.heartchildren.org.nz](http://www.heartchildren.org.nz)

## New branch on the way

It's been three months since Greymouth's Tania Bugler was asked to take on the role of Family Support Worker for the West Coast. In that time, the Mum of three, has established a Support Group for local heart families, held the Coast's first ever Heart Stopper Challenge and gathered together a willing group to form a committee to take on the running of a local branch.

"It's certainly been a busy few months since saying, 'of course' but the benefits for the Coast heart families has been huge," says Tanya. "Our support group is well underway. Where we often felt isolated, now we feel like we belong. Having someone to talk to who knows just how you are feeling is so comforting. It's also really good to see local heart children of all ages getting together."

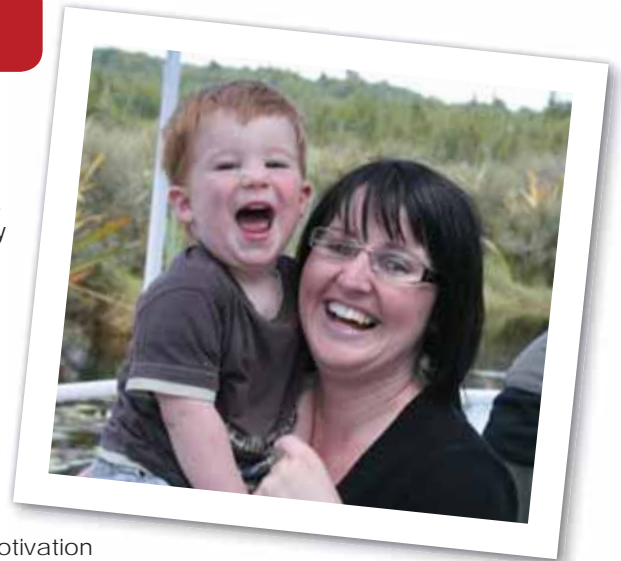
"Tania has demonstrated a real commitment and understanding of what is needed in Greymouth," says Branch Coordinator Julie Neilsen. "It's just this sort of commitment that started our organisation and many of the existing 16 branches."

Tania and husband Sam are heart parents themselves. Their youngest son Cooper (2) was born with several heart defects. Cooper had open heart surgery at 6½ months and will require further surgery in the future. Despite it all, Cooper is doing well. "He's happy. He keeps up with his two older brothers, Kade (6) and Corbin (4) and like other littlies he's just hit the terrible two's," says Tania.

Cooper and the heart families in the West Coast are Tania's motivation for taking on the Family Support Worker role and working towards the establishment of a branch.

"It's something I never dreamed I would be doing but I feel so privileged to be part of it," says Tania. "Having a branch here is a huge accomplishment."

As the organisation grows and develops, our families expect to be able to access an equitable service across the country," says Julie. "For the



*Greymouth Family Support Worker Tania Bugler and son Cooper (2)*

families who live on the West Coast of the South Island the establishment of a local branch will mean just that."

"Now the support for our heart families is not 'just a phone call away,' it's a friendly face."

Tania can be contacted on 03 768 0949, 021 2115 333 or email buglers5@xtra.co.nz.

## EUROHEARTS 2010 INTERNATIONAL GUCH CONFERENCE (19-23 JULY 2010)

Youth and Adult Services Coordinator Susan Muller will attend the EuroHearts 2010 International GUCH Conference to be held in Berlin, Germany from 19-23 July. This year will be the ninth time the conference has been held.

"I'm looking forward to representing Heart Children NZ and taking part in workshops and discussions about issues affecting our heart adults," says Susan. "The conference is a great opportunity to learn more about the European future of the GUCH movement, (Grownups with Congenital Heart Conditions) and to bring back information and inspiration for our heart adults."

A big thank you to Air New Zealand for generously sponsoring Susan's airfare to London and to the European sponsors of the EuroHearts 2010 International GUCH conference.

## Foot Science International – helping heart children and their feet

For a number of years Foot Science International has generously provided heart children with a free podiatry consultation and a pair of Formthotics™. There has now



been a change to this policy and although Foot Science International will continue to support heart children with one pair of Formthotics™ fitted by a local Podiatrist each year, (the Formthotics™ will be supplied to the Podiatrist by Foot Science International at no charge) they are no longer able to offer a complimentary consultation. Consultation and fitting will be at the patient's cost and can be arranged directly with the podiatrist.

Over the years Foot Science International have provided a much needed service for heart children. Our heartfelt thanks for your continued support.

# FEEDING HEART CHILDREN ISN'T ALWAYS EASY

Feel like you're losing the battle to feed your heart child? Feeding a child with a heart problem, particularly one who has difficulty gaining weight, can be a difficult challenge. It's tempting to do whatever it takes to get your child to eat just a few more mouthfuls, but although we need to make some allowances for the special nutritional needs of heart children, the guidelines for learning healthy eating habits are the same as for other children. When children are unwell it is even more important that meal times don't become a clash of wills.

## SO WHAT CAN YOU DO?

While parents are the best judges of **what** children should eat and **when**, children are quite often the best judges of **how much** they should eat. Here are **five** important feeding jobs for parents and caregivers:

- 1 Offer a variety of healthy, tasty foods. Be adventurous!
- 2 Serve meals and snacks on a regular schedule.
- 3 Make mealtime an enjoyable experience.
- 4 Teach good manners at the table.
- 5 Set a good example by sitting down at the table and eating with your children.

## Mealtime is more than food

Try not to worry if a child skips a meal or will not eat their vegetables. Relax and focus on the positive. Find something to praise at the meal, even if it was just the fact that they sat at the table. Nutrition is important but sometimes it is more important to keep the big picture in mind. Children learn by imitating so it is vital that you lead by example. Eat meals at regular times, make healthy and tasty food choices and enjoy your food too.

## Avoiding a standoff at mealtimes

Even if getting enough food and fluids at every meal is a big issue for your child, it is still ok to miss one meal occasionally. Take the uneaten food away and offer only a piece of fruit until the next mealtime. Start the next meal 'with a clean slate' and you will see an improvement in your child's appetite.

*Occasional meal skipping and finicky food habits are okay but if you think it is affecting your child's growth, help is always available from your local community dietician. This extract was published with the assistance of ADHB Neonatal/Paediatric Dietician Barbara Cormack.*

## Play is good medicine Tips to make taking medicine easier for your child

Tired and frustrated from the daily battle of giving your wee heart child their medicine? It may be of some comfort to know that your child is displaying a 'normal development' response to something they view as unpleasant or unknown. They may be unable to make the connection between the reason for taking the medicine and the benefit it brings. Here are some tips to help.

**Talk with your child** - Let your child know that you understand he or she doesn't want to take the medicine. Then explain why they need the medicine and what will happen if the medicine is not taken. Use a calm but firm manner with simple words and honest explanations. Use a doll, puppets or other toys with your child to show him or her how they can take medicine - then say to your child, "Now it's your turn."

**Giving the Medicine** - Check with your doctor or pharmacist to see if the medicine can be mixed with food or drink and if so, what kind. This may make the medicine taste better. Or, give your child something to eat immediately after taking their medicine to take the taste away.

**Routines and Choices** - Establish a consistent routine. Where possible, aim to give medicine at the same time of day and in the same place. Try timing the giving of medicine before your child's favourite TV programme or activity so there's an incentive for getting it over and done with. Taking the medicine is not a choice, but you can give your child other choices so they feel they have some control e.g. "Do you want to sit on Mummy or Daddy's lap



*Hunter Halford (4) takes his medicine. When Hunter has earned three stickers he can choose from a selection of special things his Mum has put together. Sticker charts work really well for this age group.*

to take this medicine?" Choices where appropriate give children some 'control'. Explaining why, when there is no choice, is important too.

**Praise and Rewards** - Give your child praise for taking the medicine then offer a special toy to play with or activity to do. Let your child play with the toy for a short while and then put it away until next time so it always feels special. Provide a nice tasting healthy treat for afterwards. Build up rewards that interest your child such as stickers that earn a special treat, or reading a favourite story. Starship Hospital Ward 23B Play Specialists Denise and Cushla can be contacted Monday - Friday from 7.30am to 4pm on 09 367 0000 Ext 23430 or 021 240 9638.

## One Heart National Conference and Distant Drums Branch Seminar – registrations open

Registrations are now open for Heart Children New Zealand's bi-annual One Heart National Conference. Held on the 15th and 16th October 2010 at Auckland's Rendezvous Hotel, this year's programme structure will enable attendees to create a conference experience to suit their individual interests. Distant Drums Branch Seminar will follow the conference on the 17 October 2010.

"We believe the strength of this year's programme is its variety and versatility," says Heart Children NZ CEO Lara Syddall. "No matter your family circumstances, whether you are a heart adult, heart teen or caregiver, whatever your interests, we feel confident there will be a workshop to meet your needs."

During the One Heart National Conference in 2008, concern was raised over educational outcomes for our heart children. As a result of the enormous response to this issue, Neurological Outcomes has been included in the programme. Research findings will also be discussed and practical workshops available to help families, at home,

to address delays caused due to ongoing medical interventions.

The One Heart programme includes topics such as Formation of the Foetal Heart, Developing Resilience in Families, Supporting Siblings, Neurological Outcomes, Education Strategies, Nutrition and Diet, The Role of Exercise, Latest Developments in Paediatric Cardiology and more.

There will be opportunities to get together during the conference. We look forward to seeing you there. Please note the 200 places available will be filled on a first come first served basis. To avoid disappointment complete and return the enclosed registration form to Heart Children NZ, PO Box 108-034, Symonds Street, Auckland 1150, or Fax 09 377 9954. Registrations close 31 July 2010.

**Additional registration forms are available for download at [www.heartchildren.org.nz](http://www.heartchildren.org.nz). For more information contact Sue Clark on 09 377 9950, or email [sue@heartchildren.org.nz](mailto:sue@heartchildren.org.nz).**



Youth and Adult Services  
Coordinator Susan Muller

### HEART FORUM 2010

Heart Forum, Heart Children NZ's first national forum for young adults with heart conditions aged 17-25 years old, will be held from 15-17 October 2010 at the Rendezvous Hotel in Auckland. The forum will provide an opportunity to meet and network with other young adults with heart conditions, attend workshops and be part of the National Heart Conference 2010. Heart Forum will provide our young heart adults with information and education about their ongoing healthcare needs in a supportive peer environment.

"There's been a great response to our invitation to attend Heart Forum," says Youth and Adult Services Coordinator Susan Muller. "I'm really looking forward to meeting all our young adults who will be attending and to sharing what promises to be an exciting, educational and inspirational weekend."

For further information please call Susan (09) 377 9950 Ext 803 or 027 600 3506.

## Heart Children Under 12 - the Heart Rider team needs YOU

Join the **Heart Children Heart Rider team** and take on a starring role in New Zealand's largest cycling event, the Lake Taupo Cycle Challenge on Saturday 27 November 2010. The Heart Ride is a relatively flat 5km ride to the main finish line. Why not come to Taupo, make new friends and be part of the fun?

Visit [www.heartchildren.org.nz](http://www.heartchildren.org.nz) and register your interest today. For more information contact Emma Burton on [Emma.Burton@heartchildren.org.nz](mailto:Emma.Burton@heartchildren.org.nz) or phone 09 377 9950 ext 813.



**Cycling the lake this year?  
Join the Heart Children team**

### Join Nielsen's consumer panel and help Heart Children

A big thanks to our friends, market research gurus The Nielsen Company, who are encouraging their consumer research panel members to donate rewards points to Heart Children NZ. If you are interested in having your say, check out the sign up page at [www.nielsen-homescan.co.nz](http://www.nielsen-homescan.co.nz).

## Jessamy Neilsen – part of a new generation

Jessamy Neilsen (27) sits on the Heart Children NZ Board as the first Adult Congenital Heart Defect, (ACHD) representative. Like the growing number of young adults living with a heart condition, Jessamy is part of a generation that is breaking new ground. Where previously heart children were not expected to live past their teenage years, there are now more adults living with a congenital heart condition than children – for the ever increasing number affected it brings a new set of challenges.

Jessamy was born with a complex heart defect where the right side of her heart did not develop properly and has just one ventricle; in effect she was born with half a heart.

Over the years Jessamy has had four major surgeries; including two open heart surgeries and numerous surgical procedures, including the fitting of an internal cardiac defibrillator (ICD) to shock her heart back to normal activity if required. Where children often refer to their scars as a zipper, (down the chest) or a shark bite, (from under the arm to the centre back) Jessamy has both. Typical of many of her generation, new medical techniques have extended and improved her quality of life.

As a child Jessamy battled with embarrassment about her scars, her bluish colouring, her inability to run in the cross country. She feared the immediate things that caused her pain, like blood tests and having stitches out. On the bad days she felt different and alone. She believed she would grow up to have a 'normal' life.

As a teenager things were not necessarily easier. Although coping strategies change, so too do the issues. And though adult life has brought with it the maturity to understand situations and make informed decisions, it has also brought a new kind of uncertainty, an uncertainty that comes with knowledge.

“One of the things about having an adult heart condition is that you kind of have a timeline and coming to terms with that can be difficult,” says Jessamy. “There are many things that I have always wanted to do during my life – I want to have children, I want to travel and explore, I want to have the energy to hold a fulltime job with high responsibility.”

“The future is unknown for everyone but I believe that growing up with a heart condition has, if nothing else, taught me to be patient and take things as they come. The future is important but there is no point worrying about something that may or may not transpire, it's best to put your energy into the here and now.”



*A helper at this year's Camp Teen Beat, Jessamy prepares for the individual challenge of Stack'em.*

And Jessamy is doing just that. A trainee primary school teacher by day, Jessamy is also putting her energies into her volunteer role as the first ACHD representative to sit on Heart Children NZ's Board.

“Heart Children has been there throughout my life, says Jessamy.” “Initially the organisation was there for my parents. As I grew old enough to understand, they've been there for me. Heart Children recognize adults with a congenital heart defect have uniquely different needs to those of heart parents, heart children and heart teens. As the ACHD representative on the Board I am able to provide a perspective into the needs, concerns and opinions of this ever growing group. Heart Children are moving towards a new era – providing life long support to all those affected by CHD. I feel so incredibly privileged to be part of it.”

## Where there's a will, there's a way

I was talking with one of our most amazing supporters recently. At 90 she is still active in the community, drives a car and supports a number of charities, especially Heart Children NZ "I prefer to support the charities I admire while I'm alive - it gives me so much pleasure," she told me.

Many of our supporters however, tend to be 'asset rich and cash poor,' preferring to leave money to family, friends and charities they support in their Wills. This is a wonderful way to support your chosen charity.

One option for a bequest that is proving popular, is to donate an endowment fund in your chosen name which provides support for Heart Children NZ in perpetuity. We are happy to speak to you if you need advice on the services we provide that you may wish to support.

Please call me on free phone 0800-543-943 if you need any help or advice. We also have a brochure on making wills which I am happy to send you.



Major Gifts Fundraiser John Childerhouse

### Heart Children New Zealand

PH: (09) 377 9950 FAX: (09) 377 9954 POST: PO Box 108 034, Symonds Street, Auckland 1150



**Carla Ward**  
Regional Family Support  
Coordinator,  
Lower North Island  
**Mob** 027 222 3031

Carla@heartchildren.org.nz



**Bronwyn (Bronny) Finnerty**  
Regional Family Support  
Coordinator,  
Lower South Island  
**Mob** 021 848 743

Bronwyn@heartchildren.org.nz



**HOSPITAL SUPPORT (STARSHIP)**  
**Kate Souvarova** ext 910  
Hospital Family Support  
Coordinator  
**Mob** 027 488 6355

Familysupport@heartchildren.org.nz



**Karen Hand**  
Regional Family Support  
Coordinator,  
Upper South Island  
**Ph** 03 940 9430 **Mob** 027 630 4648

Karen@heartchildren.org.nz



**Susan Muller**  
Youth and Adult Services  
Coordinator  
**Mob** 027 600 3506

Susan.Muller@heartchildren.org.nz



**HOSPITAL SUPPORT (STARSHIP)**  
**Marie Jujnovich**  
Hospital Family Support  
Coordinator  
**Mob** 027 510 3170



### Yes, I want to make a donation to Heart Children

Here is my contribution of:  \$100  \$65  \$45  \$25 \$.....

Name: Miss/Ms/Mrs/Mr .....

Postal Address: .....

..... Postcode: .....

Cheque is enclosed payable to "Heart Children NZ" or charge my:

Visa  Mastercard  AMEX

Card Number:                 Expiry Date: .....

Name on Card: .....

Signature: .....

- Please send me information about making a regular gift.  
 Please send me information about leaving a bequest in my will.

Heart Children New Zealand,  
 PO Box 108 034, Symonds Street, Auckland 1150  
**Phone:** 09 377 9950 **Fax:** 09 377 9954 [www.heartchildren.org.nz/donation.html](http://www.heartchildren.org.nz/donation.html)



HeartChildren  
New Zealand Inc.

### A big thank you to our partners over the last quarter...

Darroch NZ limited, Les Mills, The Nielsen Company, Bunnings Warehouse, Stamford Plaza Auckland, Energi Design, Woolworths @ Gull, ASB, Lion Nathan, Supercheap Auto Group, The Textile Recycling Centre, Mediaworks, The Radio Network, OGGI, Juggernaut, Maori Television, JWT.

Charity No. CC20102