



Bear News

The newsletter of The Joely Bear Appeal

As we head into our 17th year, perhaps its an opportunity to take stock of what The Joely Bear Appeal has achieved since our launch in January 1995.

In July 2011, we will reach a huge milestone - our 50th Blood Donor Session. Three times every year since February 1995, when we held the first of these sessions, our blood donors have descended upon schools and synagogues to donate a bit of their time and blood.

Many landmarks have been passed already, including (quite a while ago!) the 1,000th new donor and the 5,000th donation. There have been many spin-off sessions at other synagogues, schools and shops. Through all of this, one of the biggest rewards has been seeing the number of young adults who have grown up seeing our blood donor sessions as a normal part of life, and then have themselves become blood donors as soon as they reach their 17th birthdays.

Financially, Joely bear has raised a lot of money with your help over this period, and we have funded some fantastic projects including Kings College, Great Ormond Street, Barnet General and Southend Hospitals. Our aim has been to fund facilities that generally the NHS does not provide, but are nonetheless valuable to the families of long term paediatric care patients. If a child and their family are made more relaxed, with basic home comforts, this reduces stress levels and the impact can only be positive on the treatment being received.

Our latest project is one of our most adventurous to date. The Joely Bear Quiet Room will be on Level 5 of the new Morgan Stanley Clinical Building, part of a vast redevelopment of the hospital.

Great Ormond Street Hospital is one of the top paediatric centres of excellence in the world. It's clinical and research teams are among the best in the world – but many of their buildings, sadly, are not.

They have a clear vision of what the hospital can and should be. They want to be able to treat more children, to provide more privacy and comfort for them and their families, and to make their stay as stress free as possible, aims completely in line with ours.

With this in mind, a major redevelopment of the hospital is underway to provide world class facilities to enable the best possible research training and treatment.

continued on page 2>>

In total, we have committed to fund this project for some £41,000. If you would like to help us achieve this ambitious target you are able to donate at:

www.JustGiving.com/JoelyBear

The Joely Bear Appeal
Reg. Charity No. 1044917

1 Park Crescent,
Elstree, Herts,
WD6 3PT

Tel/Fax: 020 8953 5455
appeal@joelybear.org.uk

www.joelybear.org.uk

<< continued from page 1

The vision for the new Morgan Stanley Clinical Building is to create a progressive clinical environment designed to bring together world-class research, medical and surgical care and clinical training.

The Joely Bear Quiet Room will be on the general neurosciences floor of this New Clinical Building, which is on track to open in 2022. This room has been designed as a flexible space and is a multi-purpose room for patients, families and staff.

Amongst other things, the space will be used for:

- sensory space for young children and children with special needs
- one to one teaching or coaching of staff
- academic lessons for older children
- a much needed space for families and children with brain tumours and other neurological conditions to be together away from the ward environment.

In total, we have committed to fund this project for some £41,000. If you would like to help us achieve this ambitious target you are able to donate at:

www.JustGiving.com/JoelyBear

I Did Something Amazing,

I Gave Blood!

Like many things in life, giving blood was always something I wanted to do but never got round to. I always found an excuse as to why I couldn't attend any of the Blood Donor Sessions, maybe it was fear, maybe it was selfishness or just a bit of both, I don't really know.

To be honest, the only reason I went down to one of the Joely Bear Blood Donor Sessions was to accompany one of my friends, but it turned out to be one of the best decisions I ever made.

When I got down there I was secretly quite nervous, I put on a brave face though. The nurses at the Joely Bear Session that day were great.

Registering as a new blood donor only took a few minutes and I was taken into a private booth where I was told all about the process of giving blood and its benefits. A quick test to check my blood was suitable and I was finally ready to donate.

Watching loads of other people around me giving blood, seemingly carefree, took the edge off a bit and the donation was quick, easy and painfree, although I did feel a little faint afterwards. After a bit of TLC by the nurses, homemade sandwiches and orange squash however I had successfully done something amazing, I gave blood.

Just by walking a few minutes down the road and donating a pint of blood I felt both a great sense of personal achievement and selfishness, and in all honesty, it was quite an enjoyable experience. It beats sitting on the couch on a Sunday morning!

Alexander donating blood at a Joely Bear session

All of a sudden, giving blood three times a year really feels more like a necessity than any sort of chore.

Alexander Margolin

Sunday 7th November

10.00am - 4.00pm

Give Blood NOT

Excuses



BOREHAMWOOD & ELSTREE SYNAGOGUE

CROXDALE ROAD,
BOREHAMWOOD,
HERTS. WD6 4QA

Can't give blood?

Help us in other ways ...

Our blood sessions require at least 70 volunteers on the day to help ensure the session runs smoothly.

If you can spare any time, e-mail volunteers@joelybear.org.uk

Why did I ever wait so long to Give Blood?

I had seen and heard the adverts about giving blood and, in all honesty, it was something that I had never given much thought to - there was always someone else to give blood. But when my mother went into hospital I realised how selfish I had been.

She went in for an operation on her hip and unfortunately had complications which caused kidney failure and she ended up having to have dialysis. Going to the hospital every day, and seeing her blood going through the tubes of the dialysis machine made me realise how important our blood is, without it we would die.

Just by pure chance a friend told me that they were going to a blood donor session at the weekend and asked me to come with. My first thought was "not sure if I have the time." I must admit that I also hate needles and why should I have to suffer any pain if I don't have to? But thinking of my mother and all the other patients in that ward how could I refuse to go?

My heart was thumping so fast as I was so nervous. I went over to the desk and said to the nurse "it's my first time" she smiled and explained what would happen, putting me at ease. About ten minutes after filling out a brief health check form, my name was called to test my blood. I went into one of the cubicles, a nurse gave me a small pin prick on my finger and just a tiny drop of blood went into a test tube to check my blood was ok to donate.

Shortly after my name was called again to lay down on the couch, my legs went to jelly! A really lovely nurse smiled, calmed me down me, explained what she was doing and then "Hey Presto!" I was donating blood! I cannot even start to explain what a wonderful feeling I had.

I felt so very proud that my blood will be helping someone to live. When the session finished I had some orange juice and a piece of cake, then walked out smiling from ear to ear. How silly I felt that it would hurt, why hadn't I done this sooner?

Since that day I have been to 4 more blood donor sessions and I am very proud of the plastic card that I received from the NHS to keep in my wallet. You too will feel as proud so please come along to the next Joely Bear session, see you there...

Joanna Slater

Remember - if you move, don't forget to let us know: 020 8953 5455

Blood Donors are special people

The average person reading this article, is:

- Between 17 and 70 years old
- In good health
- Capable of being a blood donor

There are two possible reasons for deciding to become a blood donor:

1. The Philanthropic reason: It is a necessary, charitable gift that costs only a small amount of time. You feel good afterwards and, after all, it is only three times each year.
2. The Pragmatic view: That sometimes you, or someone close to you will be in need. Either way, there can be no good reason for any one of us, aged 17 to 70, who is in reasonably good health refusing to be a regular donor. So what if you are afraid of needles, will you still be afraid if it is you or your family in need? If you are too busy, does that make you immune to health issues? Would you accept your child's surgery being cancelled or delayed because others were too busy?

Every day someone somewhere needs blood or blood products to help them get better or, in some cases, just to live. Only 5% of the eligible population give blood - this is a very small percentage of people who help to save the lives of hundreds of thousands of people.

- Children who have Leukaemia would not have any hope of getting better if there was not a constant supply of platelets, which can only be derived from blood.
- Premature babies need blood if they are found to be anaemic or jaundiced and can sometimes need several transfusions the minute they are born to ensure they survive.
- Transplant operations would not be possible without blood being available, and thanks to developments in transplant surgery, many thousands of people's lives have been saved. Indeed, every time anyone enters a hospital for the most routine operation, a minimum of two units of blood has to be available in case of need. Just think of all the people you know who have been in hospital.

continued on page 4 >>



<<continued from page 3

It is not unknown for an accident victim to require hundreds of units of whole blood which means possibly 100 + blood donors are needed to help save one person's life. It could be someone you love or you yourself in urgent need of blood; you would want to ensure was available. Some people who suffer from kidney failure need a constant red cell transfusion every few weeks, which may be over a period of years. Without blood donors, these patients would not be alive today.

If you are one of the apathetic majority who cannot be bothered to give blood regularly for no good reason, and attempt to excuse this by justification such as fear of needles, or being too busy, then please reconsider. If we have not convinced you to be a philanthropist, be a pragmatist. Please realise that you are not immune to need.

Please help us on **Sunday 7th November 2010**

GIVE BLOOD NOT EXCUSES & BRING A FRIEND TOO!!!

You really are needed

You or a loved one may be on the receiving end one day!

Pushed for time on November 7th?

Prebook your appointment

by calling 0300 123 23 23 or visit www.blood.co.uk

Forthcoming Blood Donor Sessions:

2010 Sunday 7th November 10am - 4pm
*Joely Bear Blood Donor Session @
Borehamwood & Elstree Synagogue*

2011 Sunday 13th March 10am - 4pm
*Joely Bear Blood Donor Session @
Fairfield Junior School, Radlett.*

Sunday 17th July 10am - 4pm
Joely Bear's

50TH BLOOD DONOR SESSION

*Do you want to help us celebrate our landmark 50th session?
e-mail appeal@joelybear.org.uk to get involved!*

To keep up to date with all Joely Bear related news, find us on

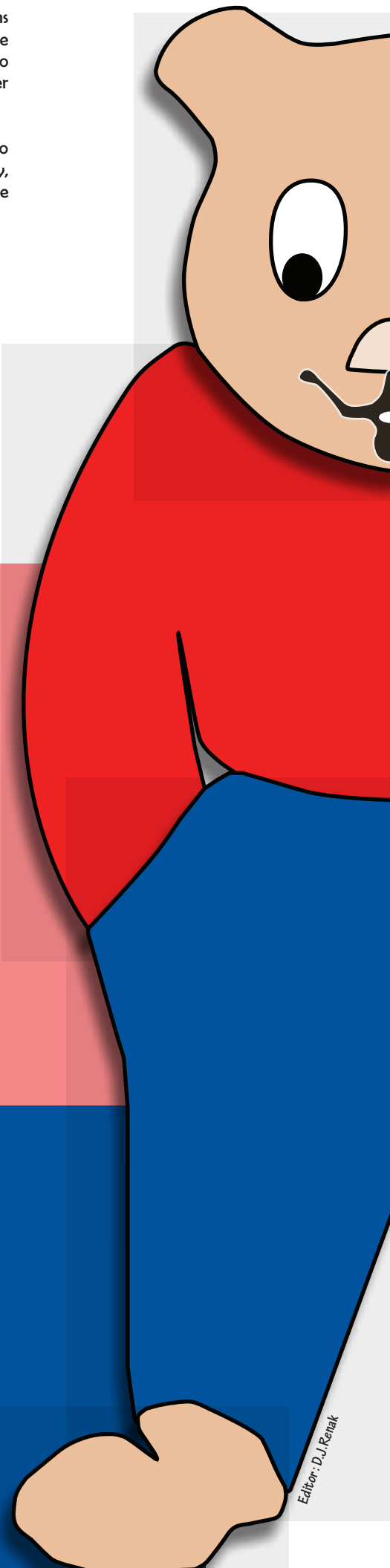
facebook[®]

at

www.facebook.com/JoelyBear

or visit

www.JoelyBear.org.uk



Editor: D.J. Keniak