



NEWSLETTER

Volume 1 – August 2020

Rotary Community Breast Milk Bank

(Registered Charitable Trust)

Hi everyone

Our journey to start this Rotary Community Breast Milk Bank began about six years ago, when a band of committed volunteers formed a charitable trust, and eventually formed the nucleus of the current board. We finally opened in June 2018 in a small room on the 2nd floor of St George's Hospital. We dispensed our first lot of milk, pasteurised by the CDHB, in August 2018. Since then 286 babies in our community have been given the gift of liquid gold by the generosity of 54 fabulous donors. They have donated over 220 litres of expressed breast milk. Now we are housed in the very roomy ground floor of 162 Heaton Street, where we have separate rooms for meetings and education sessions, storage, an office, and our brand new pasteuriser in the kitchen. The pasteuriser has been donated by St Georges Hospital, a registered Charity and Tim and Cilla Glasson. This will give us the freedom to pasteurise as and when we need the milk instead of just two times a month, and should mean that we do not run out of PDM as often as we do now. Covid-19 has delayed the commission of the pasteuriser, but at last we have pasteurised our first lot of milk. After passing its pre and post pasteurisation microbiological testing it is now ready to be dispensed. A red letter day for us all.

Yvonne Hiskemuller
Chair, Rotary Community Breast Milk Bank



Nicholas Mills of Total Wireless Ltd presenting Yvonne Hiskemuller and Fenn Shaw with a portable fridge/freezer he has donated to the Rotary Community Breast Milk Bank. The first use of this asset will enable us to safely transport donor milk from a mother in Timaru to Christchurch



This is Jennifer and her daughter Teloh who was born in October 2018. Jennifer and Teloh featured in the 'Good Sorts' programme in May 2019. She was filmed donating 35 bottles of her breast milk to the Rotary Community Breast Milk Bank (over 4.5 litres). Teloh is Jennifer's second child and she had ample milk supply with her son. Jennifer found it difficult to understand how she could have so much milk and other women struggle with their supply. Jennifer wanted to help these women and their babies, thus she became one of our first donors. We are incredibly grateful to Jennifer for continuing to donate until her daughter, Teloh, was a year old, only ceasing because we can no longer accept milk for donation once the baby reaches twelve months of age. Jennifer donated her milk to us for ten months and donated a staggering sixty one and a half litres in total. Thank you so much for your generosity Jennifer and for helping us to give your gift of liquid gold to 165 babies in need.

REBEKAH STEWART - Volunteer

After a personal tragedy, Rebekah came to us as a Volunteer in early 2019.

Since then she has been one of the mainstays of the volunteer hours required to make the Rotary Milk Bank work. Living close to St George's, Rebekah has always been on hand to go into the RMB to dispense milk out of hours. As her knowledge and confidence has increased she has taken on more tasks, including working the roster – emailing to all volunteers, cajoling and begging to cover the work slots to be filled on the remote clearing of the telephone, and the volunteers required for our open hours - Wednesday – 12:30 – 2:30pm; Mondays and Fridays -11:30am – 1:30pm.

Rebekah's sunny smile and upbeat attitude have now ensured she is returning to the workforce fulltime. We will miss you Rebekah but we all wish you well in your new direction. Maybe when you have settled to the work regime you will still be able to fit in a little volunteering from time to time?



How to become a donor - do you, or does anyone you know wish to become a donor?

Step 1 – ring the Rotary Milk Bank and leave a message **3756 281**.

Step 2 – we will call you back and go through our "initial Contact" which asks questions and contact details.

Step 3 – we send you forms:- Donor consent, health/lifestyle questionnaire, and a blood test form. (This is charged back to the RMB.)

Step 4: - when the satisfactory test results are received, we are good to go, and will make an appointment for you to bring in your donor milk and receive a donor kit. This contains the equipment necessary for you to collect your milk, including a breast pump if this is required. You will also receive information on general hygiene, expressing, caring for your breast pump, storing, and transporting the milk.

We are grateful for any expressed milk you are able to donate, for without you, there is no service.

DONATION CARD



ROTARY COMMUNITY BREAST MILK BANK

(Registered Charitable Trust)

To support the Rotary Community Breast Milk Bank Charitable Trust Inc., please fill out the form and post to: **The Rotary Community Breast Milk Bank, 248 Memorial Ave., Christchurch 8053.**

Donation Amount NZ\$ _____ **Signature:** _____

Please use internet banking: **Rotary Community Breast Milk Bank, Account no. 03-1369-0274292-00**

First Name: _____ **Mr/Mrs/Miss/other (circle appropriate)**

Surname: _____

Address: _____

Phone: _____ **email:** _____

*A receipt quoting the Rotary Community Breast Milk Bank, CC55079 will be posted to the above address.
The Trust is registered under the Charities Act 2005 no. CC55079*

Thank you