



**NEWSLETTER**  
**Volume 2 – August 2021**

**Rotary Community Breast Milk Bank**  
**(Registered Charitable Trust)**

Welcome to the 2nd edition of our newsletter.

The Rotary Community Breastmilk Bank is very grateful to St Georges for making us a new home on level one inside the hospital. We now have a purpose-built pasteurising room, a storeroom and a lovely big office to receive visitors and to work from. We also wish to thank our wonderful donors without whom we could not have helped over 1200 babies in the Canterbury community. Our service has expanded to meet the increasing demand for the gift of liquid gold. We are now open five days a week Monday to Friday 11:30am to 1:30pm except on Wednesdays when we are open 12:30 to 2:30 pm.

We are fortunate to have on the board of the Rotary Community Breastmilk bank, 5 Rotarians, 2 of whom are midwives, one who is a nurse, one who is an accountant and our treasurer, one who exclusively breastfed her triplets, a paediatrician, a gynaecologist, a microbiologist, and a passionate woman, who is our secretary. All these people volunteer their time to operate the milk bank, at the management level.

Our service would not exist without the fabulous support of our wonderful volunteers, who run the milk bank on a daily basis and financial support from Rotary, the Canterbury West Coast region of the New Zealand College of Midwives, Zonta, other community groups and members of the public. It costs \$30,000.00 annually to provide this valuable service for babies in need in Canterbury. This is despite being fully staffed by volunteers.

I would personally like to express my heartfelt thanks to all our donors, volunteers and supporters, especially St Georges Hospital management.

If you think you can help us, please get in touch.

**Yvonne Hiskemuller**  
**Chair Rotary Community Breastmilk Bank**

When we first started the Rotary Community Breast Milk Bank, we were situated on the second floor of St George's Hospital in a small room which we affectionately called "The Cupboard". We had a desk, phone, small filing cabinet and our huge freezers. All our supplies were stacked up in the hallway. St Georges at that stage were in the process of building their new Cressy Wing. As they extending their building project, they rehoused us in the house at 162 Heaton Street. As far as space was concerned, we all thought this was heaven as we now had space to set up our newly arrived pasteuriser as well as having a separate office space away from the noisy freezers and most importantly a storage room! However, in the summer we roasted when pasteurising and we froze in the office in the winter but we were so grateful to have a home base.

As the Cressy wing was completed the St Georges hospital purpose built our new Milk Bank area and in late February we moved in to our current area. Now we really were in heaven as we finally had a purpose-built room to pasteurise our donor milk as well as a huge office space to receive all visitors to our service.



**We Are so very Grateful to everyone at St Georges who made all our dreams come true.**

### **Recipient's Corner – Rebekah Stewart**

Hello I am Rebekah Stewart and I recently had our 1st baby Lily Agnew who was born on 10 May 2021. In preparation of breast feeding her I harvested Colostrum antenatally as I had planned to fully breastfeed my baby. My plans didn't go as I had planned as Lily was proving difficult to latch and establish my milk so we were discharged to a primary unit where I received the help I needed. However, by this time my midwife told me that Lily was dehydrated and we needed to get her some extra fluids. I immediately said no to formula as I wanted Lily to receive the benefits of breastmilk and we discussed donor breast milk and I knew where to get it. Back in 2019 and after personal tragedy I had worked as a volunteer at the Rotary Breast Milk Bank so I didn't hesitate to ring them for Help. I am so grateful to say that once I had explained my circumstances, they invited me in to receive some of their "Liquid Gold" so Lily could be rehydrated and then we could give our full attention to get Lily latched onto my breast so I could continue to feed her.

Now Lily is 12 weeks old and whilst we still have hiccups in our journey, I am still fully breastfeeding Lily and I know that she is receiving all the good nutrients she needs from being exclusively breast fed. Thank you to all the donors, volunteers and supporters for making this happen for the mothers and babies that need a little extra support during the first few weeks of life.



### **Donor's Corner – Eve Fitzgerald**

"As a mother and a GP, I am passionate about breastfeeding and the benefits of breastmilk. When it became apparent in those early post- partum weeks that I produced far more milk than my baby would ever consume, it was an easy decision to become a donor. It is a privilege to be able to provide a gift that money cannot buy, to mothers and babies at a time when they are at their most vulnerable. Being able to help others continue their breastfeeding journey has been such a rewarding experience, and I would highly encourage anyone else with even a small amount of excess milk to consider donating.

**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. (The costs for the tests are 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 come in the milk bank 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.

***The Picture on the right was taken with Members of the Zonta Club of Christchurch North when presenting our new Fridge for pasteurising.***

# 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**