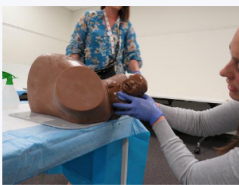


News from The Foundation

Thank you for your gifts of love and life

April 2024



Meet Baby Sophie

A welcome addition to the Maternity team

Did you know that 7,000 babies are born at Auckland City Hospital every year?

The hospital is home to NZ's busiest maternity ward and the national centre for complex/high-risk pregnancies and births.

So, the incredible team of midwives was ecstatic to receive one of the world's most anatomically-correct Baby Sophie & Mum birthing simulators, thanks to The Lion Foundation.

Every midwife can now train with this life-like simulator and practice common and rare birth scenarios like never before.

The team was "blown away" by the simulator's realism for recreating many different scenarios and time-critical emergencies, including breech birth and shoulder dystocia.

The baby's weight, anatomy and movements are more true-to-form than anything the team has used before, which allows for virtually real-life training in a risk-free setting; so when births don't go to plan, our midwives will have the best possible skills to get the best possible outcomes.

With our hospital providing more maternity services than any other hospital nationwide, donations that help teams keep up with global advances and access the world's best resources, like Baby Sophie & Mum, are truly invaluable.

The Lion Foundation's generous donation will help keep mums and babies safe for many years – an ultimate life-giving gift for which the team is so grateful.



Paul's winning formula

Fifth year's a charm!

As we marked our 5th year, Paul Harvey also marked his 5th year of fundraising for Auckland City Hospital's stroke services, and his Long Lunch at Longroom was another big success.

Along with his generous sponsors and guests, Paul raised a further \$10,000 towards a new treatment suite to give stroke patients the best chance of survival and recovery.

Paul has now raised almost \$48,000 for stroke services.

We're proud to be alongside Paul on his fundraising journey, as he makes a huge difference for the Stroke Ward's staff, patients and whānau.

On behalf of everyone impacted by Paul's generosity, we send heartfelt thanks to him and his sponsors.

Click here for photos, and more on Paul's sponsors and his passion to help >



It's tax rebate time

Want to supercharge your gift? You could help more patients, like those in critical care.

With the end of the tax year upon us, you have the opportunity to reclaim 33.33% of any donations you've made to us.





Thanks to our donors' generosity this tax year, collectively, there is an estimated total of \$165,800 eligible for tax returns. While we know some will be looking forward to claiming back their share, others may wish to donate their tax credit, supercharging their donation and making an even bigger impact.

If everyone donated their tax credit, we could fund some of the world's latest and greatest medical equipment, like the all-new **SimMan (pictured), the most advanced patient simulator for emergency care procedures**. By simulating complex medical cases with SimMan (like Sophie & Mum) vital hospital teams, like our Cardiovascular Intensive Care Unit, would no longer have to travel abroad to gain new critical care skills – so, when it's real, they're ready.

[Please click here to donate your tax credit >](#)

Hospital head's fundraising feat

Running the hospital one day; running the bays the next

Auckland City Hospital's Group Director of Operations, Dr Mike Shepherd (pictured, top), swapped his work shoes for running shoes to join the Round the Bays crowds. **And he did it for us!**

Mike, an Auckland Hospital Foundation Trustee, has raised over \$1,400 on his Round the Bays fundraising page – smashing his \$500 target thanks to his generous donors.

We're delighted that Mike went the extra mile (8.4km to be exact!) with his Health New Zealand | Te Whatu Ora colleagues to support our mission to enhance the care and health of patients, beyond what government funding provides.

In his busy role, leading the hospital's operations, Mike knows first-hand how your support can help his teams do even more for patients in their care.

Mike said: "Our top priority is providing the best possible healthcare for every patient, so I'm really grateful for all the support, helping our hospital become even better."

While he's back in his work shoes for now, it's not too late to cheer for Mike on his fundraising page!

[Click to support Mike and help our hospital >](#)



Step right up!

Ways to walk your way to better health

Shorter days don't have to mean fewer steps; simply switch things up to get moving more:

- Walk to nearby shops instead of driving
- Park the car further away than usual
- Take the stairs instead of the lift
- Walk while meeting with a colleague
- Meet and walk with friends to get a coffee
- Get off the bus a stop earlier than normal
- Join a local walking school bus
- Walk a friendly dog once or twice a day
- Play with children (they get exercise too!)

If walking is too difficult, you can still reap the health benefits of movement:

- Do stretching and flexing exercises when sitting, e.g. watching TV / reading a book
- Stand up whenever you can (if you can), e.g. on the phone / during ad breaks.

[Click here for the many health benefits of walking \(from Healthify | He Puna Waiora\) >](#)

I recently took a minute to answer the common question of how, together, we can all help Auckland City Hospital do even more for our families. If you have a spare moment, click [here](#) to watch!

I extend my heartfelt thanks for your continued support.

Ngā mihi nui,

Candy Schroder
Director, Auckland Hospital Foundation

