



COSMIC NEWS

End of Year Edition



COSMIC CHRISTMAS! CRACKER APPEAL

As we all prepare for a different kind of Christmas this year, we hope you can spare a thought for the families who will have children on our PICU and NICUs this Christmas.

Many of us are facing spending Christmas without our families and friends around us. However, this is the reality every year for parents whose children are rushed into PICU, or whose babies are born prematurely at Christmas. For these families, the magic of Christmas and comfort of family is replaced by long nights in hospital, medical jargon and anxiety.

While usually we would be asking for donations of toys and other gifts for the children on our units over the holidays, this year we are unable to accept these donations. The Covid-19 Pandemic means that we need to follow strict infection control guidelines, restricting the number of visitors and deliveries that can be made to the units, to keep staff and the seriously ill children they are caring for as safe as possible.



This year we're asking for donations of virtual gifts to support families and staff this Christmas and throughout 2021, whatever the year may bring!

Your virtual gift will help us to provide practical and emotional support to the families of seriously ill children and babies on our units this Christmas, as well as support for the staff who work tirelessly all year round to support them.

 £10 will buy a welcome pack and information for parents to help them settle into PICU or NICU

 £15 will buy a baby hand imprint and presentation box to provide bereaved parents with a lasting memory of their child

 £40 will buy a Covid safe Christmas gift or toy and fun pack for a family spending Christmas on PICU or NICU

 £100 will buy a sensory toy to stimulate a child with additional needs



www.justgiving.com/campaign/cosmic-cracker-appeal

Leo's Story

Our first son Leo was born in March 2011, 10 weeks early, something we never thought would happen. My husband and I were completely overwhelmed. His birth was the scariest time of my life as I did not know if he was able to breathe, if his brain was damaged or if he would survive the coming days. All those negative thoughts were gone when I heard him scream for the first time. I knew he was a fighter.



The nurses showed me my precious baby for a few seconds and then took him away. At that time, I did not know that in the upper floor of St. Mary's Hospital in London was a charity foundation called Winnicott (now COSMIC Charity). I learned that they take care of sick and premature babies, offering the best medical support and life saving equipment by fundraising money.



Leo had to stay on the neonatal unit for 5 weeks - the first 2 weeks in an incubator, monitored by several machines that did not stop making noises. I stayed in hospital for 2 nights and was then allowed to go home. Thank god we lived near the hospital so I could stay with my baby the whole day.

Leo's Story

The wonderful nurses showed me how to hold and to touch Leo while he was in the incubator and after his transfer to the special care unit, I was able to take care of him by myself. Changing his nappies, feeding him, washing, holding, and cuddling him for hours.

I am so thankful that my son was so perfectly looked after by the amazing staff. They did not only take care of the babies, but they also looked after the parents, offering them psychological support and first aid training.

When Leo was 3 years old, we moved back to our hometown Vienna, but one day we will come back and show him where he was born.

THANK YOU, YOU ARE DOING AMAZING WORK!!





COSMIC CHRISTMAS KIDS CLUB

We are bringing back our COSMIC Kid's Club for Christmas!

Throughout December you can join our kid's club and receive fun festive activities each week to keep your family entertained and bring some much needed Christmas magic to 2020.

Each activity will come with full instructions. Once you have completed your activity, if you share your photos on Facebook, Twitter or by email we will send your child a virtual badge as a reward for their achievement.

The kid's club will finish with a Christmas Eve scavenger hunt to help tire out excited children, getting them ready for bed and the much anticipated visit from Santa.

To join email info@cosmiccharity.org.uk for more information.



Don't send me a card

Usually at this time we would be selling charity Christmas cards to raise funds for COSMIC, however once again 2020 has struck and we are not able to do so this year.

But you can still send Christmas greetings and support COSMIC this year thanks to our online partners don't send me a card.

Simply choose your design and message and your virtual card will be sent by email and a donation will be made to COSMIC.

**Send your virtual cards today by visiting:
www.dontsendmeacard.com/ecard/juQV**



World Prematurity Day 2020

World Prematurity Day takes place on 17th November each year, highlighting premature birth and the sometimes lasting impact it can have on families, as well as celebrating those who were born prematurely and their loved ones.

World Prematurity Day is extremely important for us at COSMIC Charity as each year 1000 babies are admitted to our two neonatal units, making us one of the largest neonatal services in the UK.





This year has been particularly difficult not only for our patients and their families but for our incredible staff working through the on-going pandemic including all of our Nurses, Drs, AHPS, Technicians, Ward Clerks, HCA's and Cleaners! To thank out amazing team for all of their hard work this year, we hosted a raffle on both our neonatal units!

A massive thank you to all our wonderful COSMIC supporters who made donations, baked cakes, sent in lovely messages and drawings and sent in prizes for our raffle!

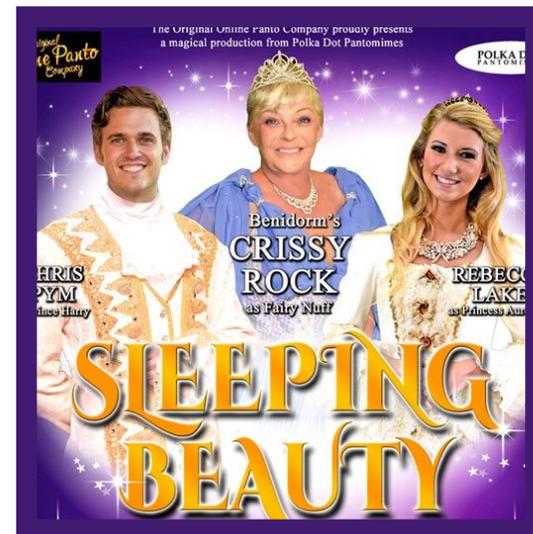


Stream an online Panto this Christmas!

One of the Christmas traditions that will be a little tricky to do in 2020 is attend a good old fashioned pantomime. COSMIC have teamed up with the Online Panto Company to bring you the opportunity to enjoy all the fun of the pantomime from the comfort of your home.

COSMIC proudly presents Sleeping Beauty! It costs £15.49 to access the live stream, with a percentage of the streaming fee donated to COSMIC.

To find out more and purchase your tickets visit www.universe.com/cosmic
or contact us at
info@cosmiccharity.org.uk





Local Community Fund



COSMIC are part of the Co-Op Local Community Fund, which means when you buy selected Co-Op branded products and services, the Co-Op will donate money to COSMIC!

All you need to do is follow the link and select COSMIC as your chosen charity:

membership.coop.co.uk/causes/45711

All donations made through the Co-Op Local Community Fund will be going towards our Family Fund Campaign, making sure family members are involved from the very start in the daily care and routine of their baby, which will improve health and wellbeing for both parents and their baby.

Get involved online using the #ItsWhatWeDo

COSMIC Rays

2020

Sadly, we had to cancel most of our fundraising event this year, but one event which was able to go ahead was our COSMIC Ray's Channel relay! Each year, we are pleased to enter teams of inspirational individuals wanting to take on the challenge of a lifetime. Despite the difficulty our team had in training during lockdown and the uncertainty of whether the swim would even be able to go ahead, we still had two teams of incredible COSMIC supporters ready and raring to swim.



Finally, a little later than planned, our teams both took to the channel in September. The channel may only be 21 miles long at its narrowest point, but it takes teams over 12 hours to swim! Each team member swims for 1 hour at a time as a relay.

We would like to say a massive thank you to all of our 2020 COSMIC Rays. Thanks to their hard work and dedication they raised a massive £21,000 for COSMIC!

We are looking for our next team of brave relay swimmers for 2021. If you think you have what it takes, please get in touch for more information at info@cosmiccharity.org.uk.



Corporate

Partners

We are incredibly grateful for the support of all of our corporate partners, especially during this difficult time. Thanks to their generous support we have been able to support our brave NHS staff on the front line as well as patients affected by Covid-19 and their families.

If you think your workplace can support COSMIC, please do get in touch by emailing info@cosmiccharity.org.uk.

Merchant Square

Thank you to Merchant Square for helping us organise our Duck Race. We may not have been able to hold our Dragon Boat race, which is usually on the same day, and it might have been a bit later in the year than usual, but we were really pleased to still be able to hold one of our annual summer events in 2020. The Duck Race raised £1,500 and was a great day of fundraising between lockdowns.

McDermott

Thank you to McDermott for raising over £1,300 from the sales of their charity calendar. Lockdown artwork of children from McDermott employees has been transformed into a wonderful calendar which is on sale to McDermott employees.

VISA

We'd like to say a massive thank you to VISA for donating a contactless card reader. We had been working with VISA to get this delivered before the pandemic, but the timing of its arrival in 2020 could not have been better, as we try to make sure people can support us as safely as possible during the pandemic.

We used the terminal at our Duck Race so we were able to take card payments and it is now on PICU so families can make donations to COSMIC on the unit. This is really helpful as we are still mostly working from home, so it allows us to have a presence on the unit.



**DERWENT
LONDON**

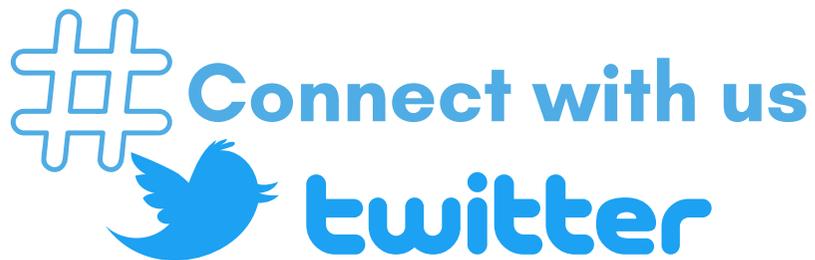
R. Benson
ESTABLISHED 1991

VISA

R Benson

Thank you to R Benson for raising over £700.00 from their JustGiving page in support of World Prematurity Day and also donating £100 in restaurant vouchers for our staff raffle!

With your support we will be able to continue supporting babies and families that come on to our two NICUS.



COSMIC loves connecting with all our supporters, whether that's through Twitter, Facebook, Instagram or LinkedIn!

Please get connected with us, and you will be able to stay even more up to date with our news and fun!

Top Tweets



Harriet Carmichael
@Harrietcarmichael

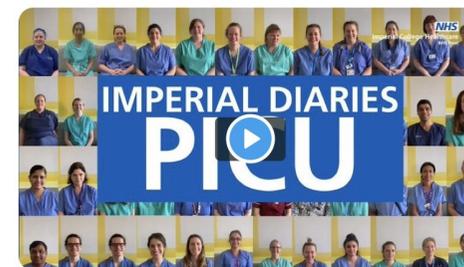
Rex was born at 25 weeks gestation and spent 15 wks in neonatal care. Two years on, he is a healthy, happy toddler. The extraordinary work and research of @ImperialNHS @cosmiccharity @DeierIA @JayBane88246536 and #NICU staff is awe inspiring 🌈💖 #NHSheroes #WorldPrematurityDay



stmaryspicu
@stmaryspicu

Here is a snapshot of the experience of caring for adults with COVID on St Mary's PICU

Vimeo



Twitter: [@cosmiccharity](https://twitter.com/cosmiccharity)
Facebook: www.facebook.com/cosmiccharity.org.uk
Instagram: [@cosmic_charity](https://www.instagram.com/cosmic_charity)
LinkedIn: [www.linkedin.com search COSMIC](https://www.linkedin.com/search/results/people/?keywords=COSMIC)

Getting in touch



COSMIC, Acrow West, Unit 20E, St Mary's Hospital, South Wharf Road, London W2 1BL



www.cosmiccharity.org.uk



info@cosmiccharity.org.uk

I would like to make a donation of £

I would like to pay card. Please note we can only accept card payments over £10. Please complete your credit/debit details below.

Name:

Address: Postcode:

Phone no.: Email:

Yes, I would like to save COSMIC money and help the environment by receiving the COSMIC Newsletter by email (please complete your full details above)

Card no: Start date: Expiry date:

3 digit Security code: Issue number:

Name on Card:

Signature: Date:

Please tick here if you would like to request a Direct Debit form

Please contact me about holding a collection at a London Station – email address above

Please tick if you want the COSMIC to treat your donation as a Gift Aid donation.

If you are a UK tax payer, COSMIC can reclaim tax on your donation (provided that you pay an amount of income tax and/or capital gains tax at least equal to the tax that the charity reclaims on your donations in the tax year – currently 25p for each £1 you give!)



**To all of our wonderful
COSMIC supporters, we
would like to wish you a very
Merry Christmas and a
Happy New Year!**

The COSMIC Team

