

noseletter



In this Issue

Welcome to the September 2019 issue of *Noseletter* – our bi-annual update for our wonderful supporters.

In this issue, we bring you an update on this year's Tax Appeal, and also an update on our latest Stillbirth research project. I'm also pleased to introduce Bereavement Services Clinical Manager, Bianca, who explains her passion for helping families navigate their grief and loss journey, and raising awareness for bereavement education and advocacy in our workplaces and communities.

We highlight the journey of our supporter Brendan who is gearing up to run the Melbourne Marathon next month.

Here at Red Nose, we are incredibly grateful for the support so many of you give us throughout the year. Your

amazing generosity makes our important work possible.

We are busy counting your wonderful Red Nose day gifts, and I look forward to updating you soon.

I hope you enjoy reading this issue of *Noseletter*.

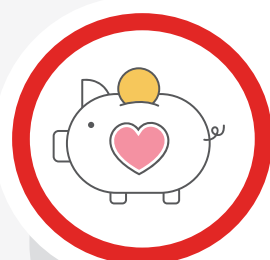


Keren

Keren Ludski
CEO, Red Nose Australia

Your Impact | Thank you so much...

In June, our supporters had the opportunity to help accelerate the next generation of research, and have their gifts matched to maximise the impact of their donation.



You helped us raise an amazing

\$136,294

for the Research Fund.

Thank You for helping to accelerate the lifesaving research breakthroughs of tomorrow.

New stillbirth research

aims to develop a blood test to identify at-risk pregnancies

In Australia, one baby is stillborn every four hours. The impact each loss has on families and our communities is absolutely heartbreaking. Up to 60 people are affected by the death of every baby that is born still, including grandparents, siblings, aunts, uncles, friends and colleagues.

With such a devastating and far reaching impact, we know the time to act on this awful statistic is now. And, thanks to our supporters, we can make a real difference in reducing the national rate of late-term stillbirth in Australia.

What research tells us so far is that the survival of a baby in-utero depends on the effective functioning of the placenta. As it grows and develops, the fetus requires more and more nutrients, especially once it reaches 36 weeks. As the pregnancy advances, the placenta is ageing.

But what happens if the placenta ages more rapidly than the developing baby? Placentas age at different rates, just like people do. As the placenta ages as the pregnancy advances, stillbirth becomes more likely, especially after 39 week's gestation.

Because of this, there is an urgent need for better methods to detect if a baby is at risk of stillbirth due to an ageing placenta.

This is why Red Nose is funding new research that will make a real difference in preventing stillbirth, in line with the organisation's mission to reduce the more than 3,000

babies who are dying suddenly and unexpectedly every day in Australia to zero.

Thanks to your support, Red Nose's newly funded research project will investigate the biochemistry of placental ageing in pregnant women, and from there, develop blood tests to predict pregnancies most at risk of stillbirth – resulting in the reduction of stillbirth rates, and positively impacting families' lives globally.

Tragically, 1 in 100 Australian pregnancies that reach 20 weeks' gestation end in stillbirth. Research has already identified that many of these deaths are triggered by an ageing placenta.

This is something that is completely out of the mother's control. Some placentas can begin to age weeks before the mother's due date, slowly reducing the nutrients and oxygen the fetus needs to survive.

But thanks to your support, this Red Nose-funded research project will define the biochemical pathways involved in the process of placental ageing. It will also define which markers of placental ageing are released into the mother's bloodstream.

Once the research is completed, these results will be used to develop blood tests to predict which women are at risk of experiencing a stillbirth, enabling health professionals to deliver the baby early, before the unimaginable can happen.

A research project such as this one is incredibly exciting and offers tremendous opportunities in the area of stillbirth prevention. Thanks to this research, health professionals will



By Craig Pennell

Chair - Red Nose National Scientific and Advisory Group

be able to offer preventative care to women at risk of delivering a stillborn baby.

Your ongoing support is what helps fund this world-leading research, enabling medical professionals to offer preventative care to women at risk of delivering a stillborn baby. This is truly life saving.

Project Details

Duration: 2 years

Project Title:

Understanding the biochemistry of placental ageing to develop diagnostic tests to predict pregnancies at risk of stillbirth

Research Team:

Laureate Professor Roger Smith AM, School of Medicine and Public Health, University of Newcastle

Professor Craig Pennell, Chair of Obstetrics & Gynaecology, School of Medicine and Public Health, University of Newcastle
Principal Researcher, Hunter Medical Research Institute

Dr Kaushik Maiti, Researcher, Mother and Babies Research Centre, University of Newcastle

There are many dedicated staff, volunteers and supporters who together make the work of Red Nose possible. This is **Bianca's** story.

I've worked at Red Nose as the Bereavement Clinical Services Manager for 5 months, and I have been privileged to work in the Grief and Loss space for more than 10 years. I started working with children and adolescents, and now work with children as young as 4 and adults as young as 80.

At Red Nose, it's quite a privileged position to be in, sitting alongside someone who is willing to sit with you in the darkest moments in their life. With grief, it never really leaves us, but we work with holding people and integrating them back into their life and world.

More and more we are beginning to understand that bereavement counselling is a specialised field. Grief is a very natural human response to a loss and we talk a lot about it being as individual as a fingerprint, for how someone is going to experience and express their grief.

The Red Nose team is unique in that we ensure that our counsellors have the right skillsets and the training to be able to provide this specialised support. It's really

important that there is that extra training within the field of grief and bereavement.

I'm passionate about working with bereaved families, and championing education and advocacy for families in their communities.

Our families spend the majority of their time in their workplace or at home, so it's important to help them have networks of support within their community so they can feel safe and supported. Not everyone will come to counselling, but they will need that support within their communities.

People don't know how to respond to the death of a baby or child, because it really goes against the order of nature. And this is OK, but it demonstrates to us that education is really important for people individually, and organisations as well.

At Red Nose, we work with workplaces to help people integrate back into their roles. It's almost like they are creating a new normality following the loss of a baby or child, because the person they were before is no longer the person they are now.

We find it's also very helpful for organisations because if they can

support someone with a return to work process, then it's more likely they will feel supported to be able to stay in their role.

Red Nose Grief and Loss training is designed to build the skills of people who interact with bereaved families and clients.

Drawing on our 40 years of experience in bereavement counselling, our evidence-based training packages are interactive, flexible and can be tailored to meet your workplace's needs.

➤ **Visit our website to explore our training packages.**

Red Nose Grief and Loss Service is here for you 24 hours a day, 7 days a week.

Call us on 1300 308 307 to speak to a trained counsellor or visit our website for a range of resources.

✓ Pictured below
Bianca



Behind the Red Noses

Bereavement

Running for Little Lives

After years as an elite junior runner for Victoria, Red Nose supporter Brendan Tohill was coached by and trained alongside some of Australia's greats.

After a 29 year break due to injury, work and family commitments, he made a New Year's Resolution in 2018 to run the New York marathon.

He has this year turned his attention to the Melbourne Marathon, raising funds for Red Nose Australia along the way.

"I love running, I was an elite junior in the 80s and 90s. I have lots of great memories from those days, and still remain great friends with Steve Moneghetti, Lee Tropp and current Olympian Liam Adams.

"Unfortunately injuries and social life, and later career took precedence. I had a 29 year break and returned to running last year with a New Year's resolution of completing the New York City Marathon.

"In 10 months I lost 28 kilos and managed to complete the race in what can be described as a 'real life moment', behind family highlights.

"Being a dad to two boys (Will, 12, and Ben, 8) you never take good health or good luck for granted.

"Ben was unwell in his first few days after being born, and I was absolutely traumatised by thoughts he may not survive- I don't want anyone else to go through that.



"Red Nose is incredibly powerful in assisting would-be and new parents deal with challenges life throws up, and the grief and loss support Red Nose provides is amazing and much needed. Nine deaths a day is nine too many.

"I'm running for Red Nose in the Melbourne Marathon (42.2km), running between 85-100km a week in order to run a personal best and maybe even crack four hours at 51 years of age!

"Running a marathon is not to be underestimated – your willingness to compete must be exceeded by willingness to prepare and train. No if, but, maybes!

"My expectation is to run into a MCG with a personal best in the top 50 placegetters in my age group, and in doing so raise funds and awareness to help Red Nose stop little lives being cut short.

Read more on our website.

Upcoming events

- Melbourne Marathon Festival, 13 Oct
- Victorian Pregnancy and Infant Loss Remembrance Day Service, 15 Oct
- Pregnancy, Babies & Children Expo Melbourne, 18-20 Oct
- Rhapsody in Red Gala Ball, 19 Oct
- Perth Walk to Remember, 20 Oct
- Sydney Pregnancy, Babies & Children Expo, 9-10 Nov

Find out more on [our website](https://www.rednose.org.au).

Thank you

for your ongoing kindness, generosity and caring support.

Your gifts touch the lives of countless families across Australia – whether it's through cutting edge research to help find answers to why babies die suddenly and unexpectedly, lifesaving safe sleep education to new families, or free 24/7 counselling and peer support

services for those families who have are experiencing the tragedy of the loss of a child.

We are so grateful to our many wonderful donors and supporters. Because of you, we can be there for Australian families when they need us most.



Help continue the vital work by making a donation today.

- Give online at rednose.org.au/donation or call 1300 998 698
- Hold a fundraising event
- Enter a Red Nose raffle
- Donate to Red Nose Clothing and Collection
- Volunteer or become a peer supporter.

Red Nose Postal address

Red Nose, 17 / 75 Lorimer Street
Docklands VIC 3008
1300 998 698 | info@rednose.org.au
rednose.org.au

Bereavement Support Services:

Red Nose 24/7 Grief & loss support line.
1300 308 307 | rednosegriefandloss.org.au

Safe Sleeping Advice:

1300 998 698 | education@rednose.org.au
rednose.org.au

ABN 81 462 345 159

