

# ONE MOTHER TO ANOTHER



Digital Wings Foundation Report

FROM **ONE**  
**MOTHER**  
to  
**another**

[onemothertoanother.org.nz](http://onemothertoanother.org.nz)

## One Mother to Another



# How your donation has helped

Having a child so sick they need to be in hospital is every parent's worst nightmare.

One Mother to Another is an award-winning registered charity which provides support and reassurance, to parents and caregivers (primarily mothers) who find themselves in hospital with their sick child. We deliver 3,500 care packages to parents and carers in six neonatal or paediatric wards, one mothers and babies unit, and a community support group every year.

One Mother to Another has grown significantly since starting in 2016 and the support which we received from Digital Wings has been part of that. Specifically, we received a laptop computer and a surface pro tablet, as well as a monitor, keyboard and mouse.

Over the past year we have had some big milestones which your support has helped make happen.

Our Chief Executive, Joy Reid, has been able to streamline many processes and can more easily connect with our recipients and sponsors. We have been able to develop new strategies and secure more sponsorships for our care packs, all of this has relied on the frequent use of reliable technology.

We have moved our products into a new storage facility which means that they can stay safe and dry, as well as secured a number of new sponsors.



Chief Executive, Joy, using her donated computer



Volunteers helping to pack care packages

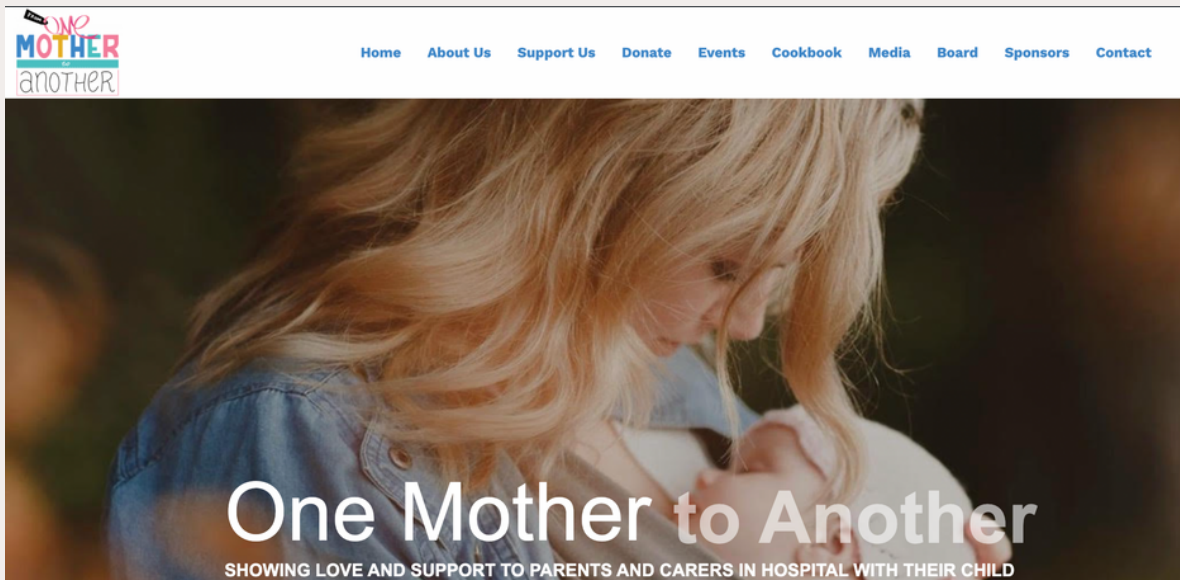


# One Mother to Another

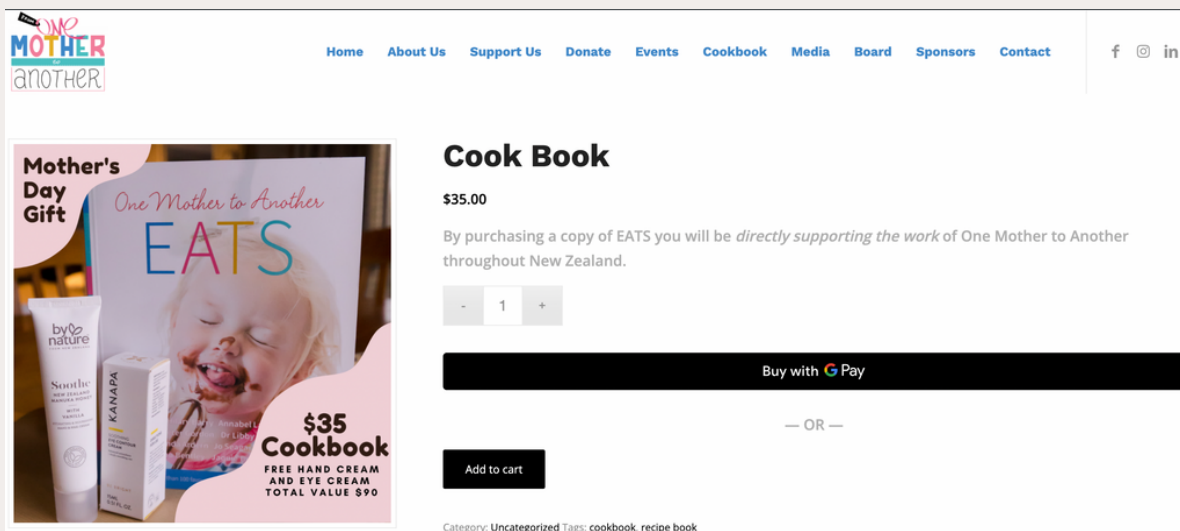
## How your donation has helped

Furthermore, with the help of having a new computer, we have been able to create and launch a new website which can now take donations. This helps us bring in new supporters, sell our fundraising cookbook and promote our fundraising events. All these fundraising efforts make a difference to being able to create a more sustainable organisation.

As a small charity, funding is always a challenge and computer equipment is often unable to be purchased from our limited budget. This is why **we are so grateful to the donation from Digital Wings and the donor companies that supply the equipment. Thank you so much for supporting One Mother to Another.**



Our new website. [www.onemothertoanother.org.nz](http://www.onemothertoanother.org.nz)





# What we do

Each month, One Mother to Another donates hundreds of care packs to mothers/carers in hospital with a sick child/ren.

Each pack is made up of practical items such as coffee/tea, chocolate, snacks, sanitary items, hand cream and lip balm. It also includes a magazine, a treat item such as jewellery or a beauty product and a unique gratitude journal specifically designed for the hospital setting. We put everything in a gift bag and enclose a **handwritten note, full of words of encouragement.** This personal touch is key to conveying our message of support.

Our care packages are primarily given to mothers as they more commonly experience significantly higher stress compared to fathers. This includes anxiety, guilt, loss of control, helplessness, fear, uncertainty, disappointment, alienation, sadness and other negative emotions related to an unexpected parenting role and the poor health of her newborn. Parents need extra assurance during this period, which comes from the medical professionals working with their child but we believe the empathy and kindness of another parent can also have a significantly positive impact on the concerned parent.

The response has clearly shown that this simple act of kindness is greatly appreciated and can provide encouragement in a time of substantial social and mental stress.

# One Mother to Another



# Through the years

- Early 2016**  
Started with 10 packs donated by the co-founders
- 2016**  
Extended into 2 wards at Christchurch hospital
- 2018**  
Extended to support Special Baby Care units in Nelson and Invercargill
- 2021**  
Expanded to support 2 paediatric wards, a mothers and babies unit and community organisation Perinatal Wellbeing Cant
- 2022**  
Our aim is to deliver 4000+ packs in 2022.



# One Mother to Another



Each care pack has 3 purposes  
– to provide...

## Practical help

We include a variety of items to make the hospital stay more comfortable such as shampoo, conditioner and body wash. We always add snacks, tea and coffee as well as a chocolate and/or high energy bar/ slice to ensure a parent or carer does not have to leave their child's side. Our Gratitude Journal and notebook is also a staple in every pack. It's been designed to be a useful tool to aid in a carer's mental wellbeing in the hospital environment.



## Heart

The gift bags show our heart. We want mums and carers to feel special, loved, appreciated and cared for. Both co-founders Christina and Joy spent time in hospital with their young children so they know the vulnerabilities of this time. We want our gift bags to make people feel valued, seen and understood so each gift bag contains a handwritten note of encouragement.



## Something special

We know that in most cases mums and carers put other's needs ahead of their own. So we take pride and joy in adding some beautiful 'treat' items in each pack – including one or more gifts ranging from earrings to beauty products. We want to spoil the recipient in a small way and we know these items are greatly appreciated.



"It brought tears to my eyes. At a time where I thought things couldn't get any worse, there was a little light at the end of the tunnel." – Mum





# Feedback from care pack recipients

"Thank you for all that you do for parents with sick kiddies in-hospital your gift packs are a great help 3 years ago I was in hospital with my child and when I got one of your packs it made me feel special and it took away some of my stress that I had at that time and it to This day is still have the bag the goodies came in so again keep up the fantastic work you do you are making a big difference." - Lee

"It definitely lifted my spirits and gave me the strength I needed to be there and strong for my daughter." – Esther

"I think it was the first time I had smiled in 3 days so thank you." - Nicki

"These are so so much more than a gift bag" – Jess

"It brought tears to my eyes. At a time where I thought things couldn't get any worse, there was a little light at the end of the tunnel." – Anon

"One week ago I arrived in Christchurch Hospital with our 4 year old only child, I had just been released from Invercargill myself after having surgery for our forth miscarriage since having Sophie. Sophie had been airlifted from Invercargill Hospital after keyhole surgery for Appendicitis which once they were in surgery, discovered it was not. Arriving in Christchurch Hospital after a big day of flying from one hospital to another, Laura, one of the beautiful Nurses in Ward B7 gave me a package from you.

This is where I choke up, the kindness of you wonderful humans at a time when I was so vulnerable is a moment in time I will never forget. I cannot put into words how grateful I am for your beautiful package, what an impact it had on me and how I will remember your beautiful thoughtfulness forever" - Lisa



AROHA MAI, AROHA ATU

Love received, love returned



Contact details:

027 256 9569

[joy@onemothertoanother.org.nz](mailto:joy@onemothertoanother.org.nz)

[www.onemothertoanother.org.nz](http://www.onemothertoanother.org.nz)

LEGAL STATUS – Registered charity in New Zealand.



[onemothertoanother.org.nz](http://onemothertoanother.org.nz)