

# Your guide to giving premature babies a better chance of survival



Running for  
**Premature Babies**



# Create a lasting legacy for premature babies

With a gift in your Will, you can leave a lasting legacy that gives premature babies a better chance of survival.

Gifts in Wills, also known as bequests, have a profound and lasting impact on communities and families affected by prematurity.

We want to live in a world where every parent gets to take their baby home. A gift in your will can help make this a reality.



# Phoebe's Triplets



# Phoebe's Triplets

Phoebe first learnt about Running for Premature Babies when her own triplets were in the NICU at the Royal Hospital for Women, and Phoebe read the plaques on the equipment keeping her trio alive.

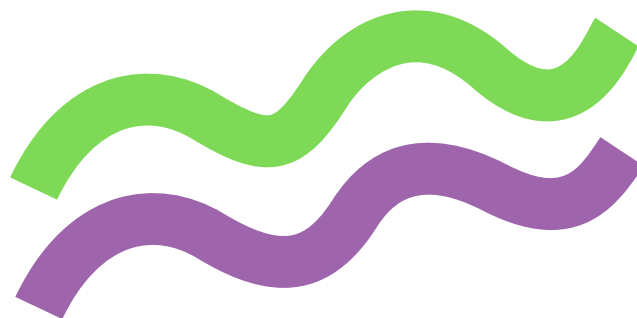
Phoebe says, “reading about Sophie's journey was both devastating and a huge support for me at that time - knowing other families had endured prematurity, the uncertainty of not knowing if their children would survive their early start to life, and if they did, what complications they would be left with.





I found a lot of comfort running with others in the team who had shared the journey of NICU and completed my first half marathon with you when the babies were 13 months old. I've since run with RFPB 6 times in the past 9 years.

It's such an honour to be able to join the incredible community that you have fostered and be one in the sea of purple running the streets of Sydney every Autumn.



# The stats

*More than 26,000 Australian babies are born preterm every year*

*In major cities, 8.4% of babies are born prematurely compared with 13.5% of babies born to mothers who reside in very remote areas.*

*Preterm birth is the single greatest cause of death and disability in children up to five years of age in the developed world*

Preterm Birth Alliance



# How you can help

*When you leave a gift in your Will, you'll create a lasting legacy for premature babies across Australia.*

A gift in your will to Running for Premature Babies will help us to:

- fund research projects dedicated to advancing the care of premature babies
- supply hospitals with lifesaving neonatal equipment
- raise awareness of premature birth and celebrate all premature babies, both living and lost, and
- inspire people to achieve their fitness goals while supporting premature babies.





Charlotte



# Charlotte

Charlotte was born severely growth restricted at 26 weeks on 25 May 2018 due to her mum Emily developing pre-eclampsia. Charlotte arrived weighing a tiny 498g with a slim chance of survival.

Thanks to the NAVA ventilator provided by Running for Premature Babies that year- the first of its kind in Australia, and the incredible team of neonatal specialists at the Royal Hospital for Women, Charlotte survived.

Doctors said traditional ventilation would have been detrimental on her tiny, under developed lungs.

Charlotte spent a total of 110 days in hospital, during which time she used the NAVA ventilator, a humidicrib, neopuff, oxygen blender and monitoring system all provided by Running for Premature Babies.

Emily says, "Charlotte is a smart, beautiful, curious, happy and lively 10kg girl!"

Looking at where she started to where she is now makes me want to give back and do what I can to help other babies come through the journey like Charlotte did. We feel incredibly thankful everyday."



# Types of gifts

## *Residual*

The remainder of your estate after other other gifts have been distributed.

## *Percentage*

A percentage of your overall estate e.g. 10%

## *Pecuniary*

A specific amount e.g. \$100

## *Specific*

Something specific, for example a piece of art or a piano



# How to leave a gift in your will

A Will is a very important document that ensures your loved ones are taken care of. We recommend contacting a solicitor or the Law Society in your state or territory for advice on writing your Will.

If you would like to leave a gift for Running for Premature babies in your Will, please include the following wording:

*“After the payment of all my debts, funeral and testamentary expenses and all duties, taxes and charges payable on my Estate at my death, I (insert name here) give the Running for Premature Babies Foundation (ABN: 66 618 841 768) currently of PO Box 113, Coogee, 2034.*

- 1. The whole of my estate*
- 2. (insert number) % of my estate*
- 3. The residue of my estate*
- 4. The sum of \$ (insert amount)*
- 5. My (Details of a particular asset, such as shares or property)*

*to be applied for general purposes free of duties and taxes payable upon death. I declare that the receipt of an authorised officer of the Running for Premature Foundation will be a sufficient discharge to my executor(s) or trustee.”*



# Contact us

*If you'd like to find out more or have any questions about leaving a gift in your will. Please contact us.*

*hello@runningforprematurebabies.com*

*PO Box 113,  
Coogee NSW 2034*

*Gary Trenaman  
0414 870 536*



Running for  
**Premature Babies**

