



LEGACY OF LOVE

A lasting gift of love for our seriously ill children, teens and their families.

EMILY'S STORY

My name is Emily, I am 15 years old and I have Myasthenia Gravis, a chronic autoimmune neuromuscular disease. This causes weakness in the skeletal muscles, responsible for breathing and moving parts of my body, including my arms and legs.

I've been staying on and off at Ronald McDonald House Randwick since 2018 and at last count, my mum and I have stayed a total of 262 days so far. We have pretty much stayed in all the different rooms within the House. **What I have is incurable.**

I have to live with this for the rest of my life. I'm very lucky to have the support of my mum, Danielle. She is my best friend. Words can't explain how she has helped me both physically and mentally, she is my rock!

I've also made so many friends over the years at the House. Many of my friends have unfortunately passed away during my stay here but many more friends have fully recovered and now live healthy lives.

Over the past few years, I went through a whole day worth of treatments which really impacts your mental health.

But walking back from the hospital to the House, I would start smiling, as I could hear Wilbur (RMHC Sydney's House Dog) bark. I love giving him cuddles and belly scratches, he really lifts my spirit.

Staying at Ronald McDonald House in Randwick, it's our home away from home and will always be my second home.

Love,
Emily

“

“We don't know where we would be without Ronnie Mac. They are my family and friends and I could not do this with Emily without the support and love they have given us.”

Danielle, Emily's mother.





Leaving a 'Legacy of Love' to support sick children and their families takes a special commitment where you can leave a lasting impact, and make a difference in the lives of kids, families and the community.

When you leave a gift to Ronald McDonald House Charities Sydney in your will, you are leaving a legacy of love and hope for the sick children and families staying at the House or using our Family Rooms.

By joining this special group of supporters, you are providing a better future for our sick children and families by making sure they are taken care of while they go through the fight of their lives.

RMHC SYDNEY FACTS

- ◇ RMHC Sydney have supported families for over 30 years.
- ◇ We support over 750 families at the House each year.
- ◇ We support thousands of families through our Family Rooms at Sydney Children's Hospital, Royal North Shore and Wollongong Hospital each year.
- ◇ We support hundreds of children and teens through our learning program.

WHY LEAVING A LEGACY OF LOVE MEANS SO MUCH MORE?

Your gift in your will provides much more than just a place to sleep. Your gift will provide holistic support to families throughout their child's recovery with illness or injury. We are there for families to keep them connected and focus on their child's recovery through the House and our Family Rooms. Your gift will continue to support families in between and after hospital stays such as our Learning Program.

By leaving a Legacy of Love, your support will:



ENSURE SICK CHILDREN EXPERIENCE AN IMPROVED CLINICAL JOURNEY

as a result of physical and emotional proximity to the family. Our programs enable a family-centred approach to caring for sick children, from the time they are in hospital to transitioning back to school and everyday life.



MAKE SURE PARENTS AND FAMILY MEMBERS FEEL BETTER CONNECTED AND LESS STRESSED,

improving their capacity to focus on supporting their child through treatment.



HELP HOSPITALS EXPERIENCE A REDUCED MENTAL LOAD AND SAVE ON RESOURCES

Our program has become a vital part of the hospital infrastructure. Hospital staff can discharge patients to a nearby location and are therefore able to serve more people. Hospital staff also experience reduced mental load and are better able to focus on clinical outcomes when families are well rested and less stressed.



ENSURE THE EDUCATION SYSTEM AVOIDS SOME OF THE COSTS ASSOCIATED WITH STUDENTS WHO MISS SIGNIFICANT PERIODS OF SCHOOL.

Our Learning Program helps government and schools avoid the cost of students repeating school, and avoid the lifetime costs associated with students not completing school.



RMHC SYDNEY HAS THE TRUST AND GOODWILL OF THE COMMUNITY,

which is essential for sustainable operations.

RMHC has been consistently rated as one of the most trusted charities in Australia.



WE ARE ABLE TO HAVE VOLUNTEERS AND TUTORS ABLE TO ASSIST IN THE DELIVERY OF OUR PROGRAMS.

Their work primarily benefits families, but also provides the volunteers and tutors themselves with a sense of purpose and job satisfaction.

JOIN OUR FAMILY AND LEAVE A LEGACY OF LOVE IN YOUR WILL SO THAT WE CAN CONTINUE TO KEEP FAMILIES CLOSE WHEN THEY ARE FACING THE MOST DIFFICULT TIME OF THEIR LIVES.

MELITA'S STORY: MUM ON A MISSION

"Your unborn baby, Same, needs a bone marrow transplant immediately!"

This is not the first time Melita's family was torn apart. Her first child, Kini, had a history of severe combined immune deficiency and needed a bone marrow transplant.

For a total of 470 nights, Ronald McDonald House Randwick has become Melita's home-away-from-home whilst Same receives life-saving treatment while her family stays in the Northern Territory. Ronald McDonald House Charities Sydney is a place that you never thought you'd need but are so glad it's there when you do. For Melita and her family it was their saviour.

"In 2014, I came here with Kini, not knowing what was wrong. He came to the hospital with bronchitis."

They thought it was just a bug, but Melita found that they were continuously in and out of hospitals because he kept getting sick every time. It wasn't until he was 4 months old and got pneumonia that they started to realise that there was something deeper within. "We nearly lost him."

"We came to Ronald McDonald House thinking we were coming for two weeks. Coming from the Northern Territory, we only had a small suitcase, in the dead of winter, with no winter clothes, and we ended up at the House for months."

As you would appreciate, it's a scary time for any parent, not knowing what will happen to their child. "It was scary because I remember family members having had their transplants, and I knew how hard it was going to be for my boys. I knew it was a very serious illness, and without treatment I knew my boys would pass away."

It was scary knowing what Kini had and the outcome if she didn't get him treated. It was scary to know what the treatment meant, and also it was hard because when her cousins had their transplants, their older sister was their donor. For them, they didn't have any other children. They had to look for donors, and there was no match, so they tested Melita to see if she was a match. Thankfully she was a match!

When Melita got pregnant with Same, she knew she was about to embark on another wild ride and she was about to write a different story.

"With Same, we found out early (12 weeks pregnant). With boys there was a 50% chance he would have it. When I hit 22 weeks, we already knew he was sick, so the team started preparing unborn Same to have a transplant as soon as possible."

"When I arrived at Ronald McDonald House this time, it was much scarier because I knew this time the family couldn't come. My husband had to stay home looking after our other two kids and work. If he came with the kids, we wouldn't be able to survive. We did that last time and nearly lost our house, so it wasn't an option."

"Same is doing well except for a few bumps in the road, but he is doing better than his brother did when he went through this. From a transplant point of view, he is 100% engrafted, with 100% immunity. With Kini he had a special transplant that had never been done before. He became a case study for when a parent is the donor because he did so well."

"With Same, he is doing well but it is hard because I am on my own, and if anything happens I am dragging the baby up to the hospital to get him checked. Whereas before there was the 2 of us that were doing a tag team. I miss adult conversation; I miss my husband."



I am so glad to have Ronald McDonald House. We are able to stay here for **FREE** and not worry about having a roof over our head or even a home-cooked meal.

They have been my support and family while Same gets better.



RMHC SYDNEY PROGRAMS

Below are some of the programs supporting seriously ill children, teens and their families offered by RMHC Sydney.

Randwick House

Ronald McDonald House Randwick gives seriously ill children the best gift of all – their families.

Our House is a warm and supportive home-away-from-home for families of children travelling to Randwick for treatment at the Sydney Children's Hospital. Ronald McDonald House Randwick is committed to providing family-focused care allowing families to stay by their child's side during their treatment at the Sydney Children's Hospital. Our communal facilities help to create a social and supportive environment, and offer a few of the comforts of home that make life just that little bit easier.

Our Family Rooms

Our Ronald McDonald Family Rooms are exclusively for the families of children undergoing treatment in a nearby ward. Run by our friendly volunteers, our Family Rooms are welcoming spaces where you can take time out from the clinical environment of the wards, have a tea or coffee, freshen up with a shower or find a quiet space for a much-needed nap. Our Family Rooms also have dedicated play areas so the siblings of seriously ill children can have a bit of fun.

We service three Family Rooms in the Sydney/Wollongong region, they include:

- Sydney Children's Hospital
- Royal North Shore Hospital
- Wollongong Hospital.

Our Learning Program

The Ronald McDonald Learning Program assists school-aged children with serious illnesses and injuries to catch up on missed education following treatment and recovery. Providing a suite of educational support services, including therapy sessions and one-on-one tuition with experienced teachers, our Ronald McDonald Learning Program is tailored to students' individual needs. We aim to build each child's confidence and self-esteem in preparation for their return to the classroom. All services are free to families thanks to funding from our generous RMHC supporters.

RMLP Vision

The RMLP will educate, empower and advocate for school aged students with serious physical illness or injury.

RMLP Mission

The Ronald McDonald Learning Program helps children recovering from serious illness and injury to catch up on missed education because getting better shouldn't mean falling behind!



We have over 120 active volunteers supporting families at the House and Family Rooms.

70% of our income comes from fundraising.

Every \$1 raised equates to \$3.60 social and economic impact.



HOW CAN I LEAVE A GIFT IN MY WILL?

If you have a will already, then all you need to do to join our family and leave a Legacy of Love is to add a codicil, which is a short legal amendment to your existing will.

If you do not have a will, then the first thing you need to do is get some legal advice to create one. Your solicitor or the public trustee can help with this.

There are many ways to include Ronald McDonald House Charities Sydney in your will, these are the three easiest options:

1. A percentage of your estate: this is often regarded as the most flexible way to give, as you don't have to adjust the value of your gift to account for inflation or changes to your total assets.
2. A percentage of your residuary estate: after you have taken care of your loved ones in your will, give a percentage of the remainder for your estate – as little as 5% or 10% can make a huge difference.
3. Fixed sums or assets: leave a specific sum, shares or property to Ronald McDonald House Charities Sydney; this may need to be changed over the years to account for inflation and changes to your circumstances.

Below is some suggested wording for your will:

'I give, free of all duties and taxes, * _____ to Sydney Children's Hospital House Limited (ABN 29 907 192 147) operating as Ronald McDonald House Charities Sydney of 149-151 Barker Street, Randwick, NSW, 2031 ("RMHC Sydney") for its general purposes to support sick kids, their families and the community. I declare that the receipt of a Director of RMHC Sydney or other authorised Officer will be a sufficient discharge to my executor(s) or trustee.'

* insert one of the following:

- Option A: all (or ___%) of my estate
- Option B: all (or ___%) of my residuary estate
- Option C: The sum of \$___ (amount) or details of asset(s) such as shares or property.

HOW WE HELP

Research tells us that Ronald McDonald Houses:



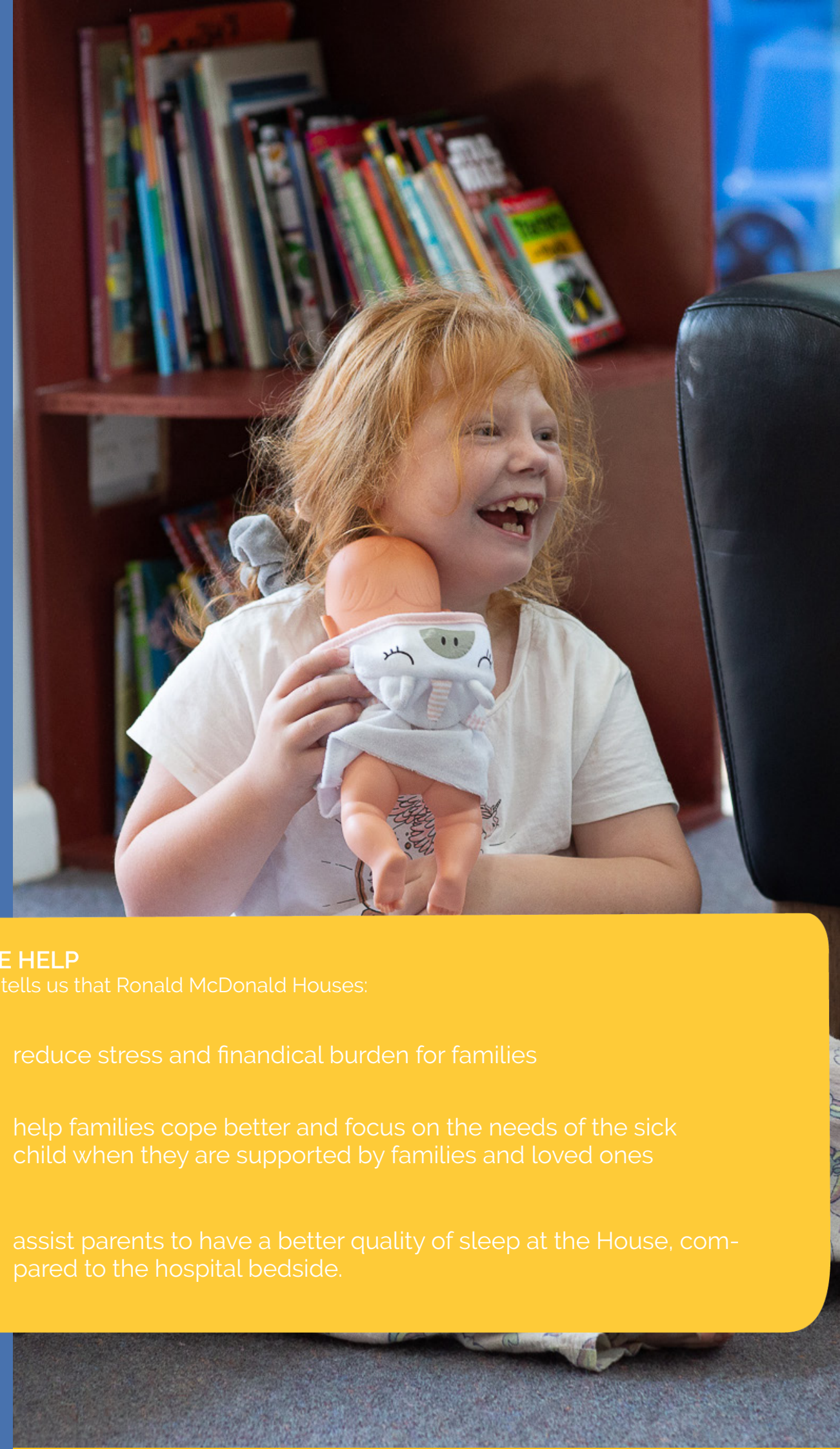
reduce stress and financial burden for families



help families cope better and focus on the needs of the sick child when they are supported by families and loved ones



assist parents to have a better quality of sleep at the House, compared to the hospital bedside.



HOW WE WORK

One of the best things you can do to brighten the lives of seriously ill children and their families who stay at the House or use our Family Rooms, is to leave a '**Legacy of Love**' in your will to Ronald McDonald House Charities Sydney.

Bequests help us plan with confidence to reach our long term goals. This means we can invest in the most effective ways to turn fear and pain into joy, laughter and hope for our sick children and their families.

Your '**Legacy of Love**' will make such a big difference to sick children and their families.

If you are thinking of helping us in this way, we would love to chat with you and see how we can make the process much simpler.

Please contact Rob Novotny, Head of Marketing and Fundraising at rob.novotny@rmhc.org.au to find out more about leaving a Legacy of Love.

All information discussed will be in the strictest of confidence.

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