

Register your support for Superhero Week 2021

For more information on how you
can get involved and to register to
start fundraising, please visit
superheroweek.com.au

Alternatively, please fill
out the details below:



Name: _____

Organisation: _____

or _____

Name of School/Pre-school: _____

Contact: _____

Title: _____

Telephone: _____

Email: _____

Address: _____

Suburb: _____

State: _____ Postcode: _____

Details of your event: _____

For any questions, please email
bronwen.simmons@health.nsw.gov.au
or call (02) 9976 8304.

Follow us on   #superheroweek

Thanks for supporting Bear Cottage

Bear Cottage is the only children's hospice in NSW.
Established in 2001, Bear Cottage provides support,
respite and end-of-life care to children with life-
limiting conditions and their families.

For the children we care for, there is no happy
ending, no miracle cure. As heart-breaking as this is,
at Bear Cottage we believe that life is for living and
we help families to make the most of every day.

Bear Cottage is a wonderfully uplifting and inspiring
place providing the very best of specialised care.
Children laugh and play here and families are
encouraged to focus on creating lasting memories
of special times together.

We believe that life, however brief, should be
enriched, enjoyed and celebrated. With your support,
Bear Cottage can continue to be a home that is full
of special moments and cherished memories.

Families don't pay to stay at Bear Cottage and
your support ensures that we are always here
to care for them.



CONTACT DETAILS

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ALL CHILDREN NEED HEROES, SOME NEED
SUPERHEROES
25 July to 31 July 2021



It's time to get your cape on and
support our courageous Bear Cottage
Superheroes and their families!

superheroweek.com.au



Bear Cottage is
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hospice in NSW.

Sydney Children's
Hospitals Foundation



Angelina's Story

Every day, without warning, people can be forced to show superhero strength they never knew they had. That's exactly what Angelina and her family did two years ago after her shock diagnosis.

Angelina is 16-years-old and lives with Lafora disease; a sadly incurable disorder that affects the whole body but mainly the brain. The very rare condition comes with what is commonly called childhood dementia. Angelina has symptoms like confusion, behavioural and speech difficulties.

Only a few years ago, before her diagnosis. Angelina was a typical, bubbly, high school student who loved hanging with her friends. But today she can no longer go to school, read, write or even hold a pen.

In such a short time, Angelina has gone from being a high-achieving student who loved drama class to being completely dependent on her family. From feeding, to bathing and dressing, she needs around-the-clock care and must be monitored constantly.

It's so tough for Angelina to adjust to the huge changes Lafora disease continues to bring. Just leaving the house takes enormous effort and care. Once-easy decisions, like what to wear, have been suddenly replaced with major struggles like trying to avoid the unpredictable bright lights in public spaces that can cause her to have seizures.

Watching Angelina deteriorate is devastating for her mum Niki and the entire family, including Angelina's older sister and three stepsiblings. For now she is still walking and talking and determined to make each moment count, for which they are thankful, but at some point, they know she will become bedridden.

Through it all though, Angelina's sparkling personality and determination shine bright. Even in the toughest moments, as they struggle to cope, Angelina's family are amazed by her superhero strength – as well as their own.

"Life is extremely challenging," says Niki. "The whole family is on high alert all day every day. But Angelina is still very ambitious and independent, and she wants to do everything herself. She is determined to fight, which is a good thing."

However, the truth is, even superheroes need support and when Angelina's family needed this the most, Bear Cottage was there - thanks to the generosity of supporters like you.

Bear Cottage is somewhere the whole family can escape to for much-needed respite. It has become their home away from home – a unique place to relax, make memories and connect with other families, all while meeting the complex needs of Angelina's life-limiting condition.

Do you have super powers? Can you help by becoming a Superhero too?

Use your super powers to help Bear Cottage continue providing respite and end-of-life care for special Superheroes.

"Angelina loves the nurses, the deep bubble bath, watching movies and the whole social engagement and interaction that take her away from the confines of home life," says Niki.

"It's like a holiday for her and she never wants to leave."

The break from intense caring responsibilities is something Niki and the family also appreciate deeply.

"The nurses help so much that I get to have a good rest from feeding, bathing and dressing her," says Niki.

"Other perks are not having to cook or clean too – so you really get to revive to keep going as daily life doesn't stop."

Bear Cottage has never been more vital for families like Angelina's. With the future so uncertain for the teenager and others like her, Angelina's mum encourages everyone to support Superhero Week this July. By doing so, you will ensure every family who needs it can know the immense relief that comes from visiting Bear Cottage.

"Bear Cottage is a place where Angelina can forget that she is sick and feel normal for just a little bit."

To get involved in Superhero Week, visit www.superheroweek.com.au

Get your cape on!

A Superhero is not complete without a costume!

At School

Each year, teachers and students invent creative and innovative ways to help raise vital funds.

- The most popular is going to school dressed as a favourite Superhero – for a gold coin donation. Some students even create their own masks and capes.
- Other students seek sponsorship to undertake specific tasks, helpful activities and good deeds in the community.

At Work

There is no better feeling than doing something to help others in need. When employers and staff combine their strength, the results can be extremely rewarding and a great way to foster team spirit and lift morale.

The best part about your organisation supporting Superhero Week is that you can tailor your fundraising activities to best suit your organisation's structure and staff. Challenge your boss to wear a Superhero costume to meetings for the day, dollar match staff fundraising efforts, travel to work in your costume or share your fundraising efforts through your company's social media channels to help us raise awareness. Visit our website for details about corporate events you can get involved with.

With Friends

Help spread the word about Bear Cottage and encourage others to show their support for Superhero Week.

- Theme your weekend activities – get sponsored to jazz up your outfit with some special Superhero accessories!!
- Stay in and hold a Superhero party – show a classic Superhero movie and charge your friends for tickets, popcorn and drinks.

