

## Register your support for Superhero Week 2020

For more information on how you  
can get involved and to register to  
start fundraising, please visit  
[superheroweek.com.au](http://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](mailto: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 kids 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**  
26 July to 1 August 2020



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

[superheroweek.com.au](http://superheroweek.com.au)



Bear Cottage is  
the only children's  
hospice in NSW.

Sydney Children's  
Hospitals Foundation



# Moustafa's Story

The word “superheroes” can sometimes be overused but when it comes to describing Moustafa and his family, you couldn't find a more perfect description.

Moustafa is 10 years old and lives with a rare disorder known as VACTERL syndrome. The complex disorder affects multiple parts of his body including his heart, vertebrae, kidneys and limbs and has meant that Moustafa is unable to walk, talk, eat or even breathe on his own or without aid – in other words, Moustafa is completely dependent on mum and dad.

Moustafa's life is dictated by his medical needs. Everything from eating, playing, sleeping and bathing right through to medication and social interactions require a relentless routine that must be overseen by his mum and dad 24/7. This is in addition to the constant medical appointments and hospital admissions. Just leaving the house requires a super human effort.

As Moustafa gets older this complex regime only becomes more complicated and the responsibility of caring for him gets bigger and bigger. But despite the devastating impact of Moustafa's condition, his incredible family take every challenge in their stride.

“Caring for Moustafa has taken a huge toll on everyone, we have had to adjust our entire life to ensure the family stays afloat” says Dad Mahmoud.

“But for everything we have to go through, we know Moustafa goes through so much more. Despite all his hardships, he is still able to smile and shows so much willpower and determination. That's what keeps us going . . . in our eyes Moustafa is a real super hero.”

Knowing that no battle should be fought alone, Moustafa's family turned to Bear Cottage last year – a place they described as “paradise on earth”.

“Upon our first stay we were blown away; the best way I can describe it is as a five-star hotel that is run by doctors and nurses,” says Mahmoud.

“Being at Bear Cottage allowed us to put a stop to our hectic 24/7 routine and truly be a family. We had the opportunity to rejuvenate, relax and focus on ourselves without compromising Moustafa's needs.”

“The best part of Bear Cottage is that it accommodates and focuses on the entire family's needs individually and also as a family and so we are all taken into consideration and are given a voice in our silent world” Moustafas parents said.

Mum Eman says, “it also gives Moustafa a way to make the most out of his childhood. The fact that he can be included in everyday activities without boundaries and limitations means everything to him and to us.”

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.

For Moustafa's siblings, Aminah (13), Zena (11), Layla (6) and Yusef (4), Bear Cottage provides them with a place where they can escape from their normal reality and enjoy just being kids too.

“Bear Cottage is a world where kids with special needs and their families can be normal, even if it is just for a while. It has given our children the opportunity to enjoy themselves and have some normal, childhood experiences without being judged. They get to meet other kids going through the same thing but most importantly, we all get to enjoying just being together as a family,” says Mahmoud.

Knowing the incredible difference Bear Cottage has made to their lives, Moustafa's family are encouraging everyone to support Superhero Week this July and help raise vital funds so Bear Cottage can continue to be there for superheroes like Moustafa when they need it most.

“Bear Cottage has given us a rope of hope – we don't know where we would be without it.”

To get involved in Superhero Week, visit [www.superheroweek.com.au](http://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 the boss to wear a Superhero costume to meetings for the day, dollar match staff fundraising efforts, travel to work in your costume to help raise publicity 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.