

Hi Supporter, Got a Minute Baby Mabel's Story



"Mabel was fully vaccinated, happy and healthy... until she wasn't"

It started off as a normal day for Carly and her Baby Mabel. Mabel's sister Ruby was at kindy and her dad John was at work, it was just Mabel and Carly spending the day together. They enjoyed their day - they played, sang, tried some different food and Mabel used her brand-new rainbow swing. *"It was a good day"*

By the night everything would change. Mabel started vomiting. *"We knew she was sick, but thought she just had a tummy bug, like we had experienced with Ruby in the past a few times."*

Early the next day when Carly fed Mabel, she vomited again and couldn't keep anything down. Thinking her baby girl needed fluids Carly took her daughter to emergency.

When the doctor saw Mabel, they gave her anti-nausea medication and started her on fluids. *"Mabel was exhausted and miserable but sat up to drink out of a little cup every 5 mins. She loved drinking out of cups, so this worked better than a bottle."*

In the afternoon, Mabel vomited again and the decision was made to put in a nasal-gastric tube to help give her fluids. John went home to look after Ruby and Carly spent the night with her baby girl. *"We thought she'd be fine in the morning."*

Throughout the night, Mabel was very unsettled, she would wake up and cry often. Mabel only settled when Carly put her hand on her. *"I moved her into the very narrow folded out chair so I could lie next to her."*

A doctor visited Mabel at 7am, Carly was concerned Mabel wouldn't breastfeed or drink anything. The doctor reassured Carly telling her "not to worry as she has had a lot of fluids overnight." *"Mabel was really unhappy and I could not settle her."*

After dropping Ruby off at kindy, John came to the hospital to be with Mabel and Carly went home to shower. Mabel fell asleep on her dad's chest, she was finally getting some rest. *"Mabel never opened her eyes again."*

When another doctor checked on Mabel, he noticed something wasn't right. He ordered a catheter and lumbar puncture. *"Mabel didn't cry"*
"I parked in emergency and came in to find my sweet girl surrounded by people in red zone. Lots of tubes, lots of antibiotics." Mabel was moved up to the paediatric ICU.

Mabel had her first MRI, the result was not good. Pneumococcal bacteria had been found in her spinal fluid and there was widespread damage to her brain. Mabel was still breathing on her own, but the doctors told Carly and John to expect "moderate to severe disability." *"We still had hope things might turn around."*

Three days later Mabel had another MRI. Things were worse, the Pneumococcal bacteria had reacted well to antibiotics but the damage already done was too extensive and there were secondary complications caused by vasculitis. *"It all happened so quickly."*

Carly and John made the heartbreaking decision to take out Mabel's breathing tube and all other tubes apart from the morphine to stop any pain. *"The pain and torture of watching our daughter continue to breathe for 15 hours before she passed away in the morning of the 22nd of September, is utterly indescribable. No parent or child should have to bear this."*

"I will be forever haunted by the time that we were in hospital, before Mabel was moved to ICU. We thought she was in the best hands and we trusted the

clinicians." It is important that clinicians know the early signs and symptoms and Meningitis Centre Australia is working hard to ensure the message gets out to hospitals and GPs.

"I wish I could fix this. I would do absolutely anything to take Mabel's place. But I can't! So raising awareness of pneumococcal disease among hospital staff, GPs and the public is something I have to do. Mabel will continue to live on, not only in our memories, but in how her story will and must help others."

When Mabel was diagnosed Carly struggled to find information about Pneumococcal Meningitis, she was never told that this was something that could happen to her baby girl. We aim to raise awareness of Meningitis, Meningococcal, Pneumococcal and other related diseases. We want every parent to know the signs, have the ability to act quickly, get their child vaccinated and understand just how much of a risk these deadly diseases are.

**We need your help to raise awareness
in every family across Australia**

[Donate Today](#)

Hi from the Chair!

As you know we have been raising awareness of Meningitis and, giving people a place to call for nearly 30 years from our Perth base.

It has been a marvellous and often traumatic experience and our network of families and professional contacts have been there with us.

We have more to do!

Meningitis remains one of the most dangerous childhood infectious diseases since polio and is still claiming and disabling the lives of many across Australia. Mainly children in early life.

Thankfully due to a lot of our awareness work and lobbying of governments the introduction of vaccines onto the national program has seen the incidence levels become much lower than the pre vaccines era of the 90s.

Unfortunately, it is still out there and as we all know every life counts! Our office continues to receive regular contacts from parents and individuals from across Australia who have been affected and their tragic stories are still too common.

The calls are often heartbreaking and the support we can offer is welcomed and comforting and provided by our experienced staff and other families who have previously been impacted.

This year we will celebrate our 30 years of advocacy and support. We have persisted through tough times and achieved some significant advances in vaccine coverage due to our determination and drive provided by the families we continue to meet.

Our services are still as sought after by families as they were at the start in 1992 and we can deliver them quicker and more personally. Today we are a lot wiser and better at what we do - after 30 years you would hope so!

Thanks again to our team and thank you for your ongoing support!
Bruce



Bruce Langoulant AM

Chairperson, Meningitis Centre Australia

In the Office
Welcome to the Team!



We've recently had 3 new team members join us! Trevor has joined as our Outreach Officer, thanks to Telethon 7. Trevor (right) will be working closely with hospitals, schools, children and families to get vital information out into the community. Natalie (left) is our Marketing and Communications Officer who has always had a passion for the Not-For-Profit sector and is excited to raise awareness for these truly devastating diseases. Leda, a Health Promotion student has joined us to complete her pract hours. Leda is currently working on creating resources to help us work more closely with Indigenous Peoples.

We have moved!

We were offered the rare opportunity to move to a larger office in the Niche, a Lotterywest support building for Non-For-Profits. Our address and phone number are the same - feel free to drop by!



1800 250 223

MENINGITIS CENTRE AUSTRALIA

Know Meningitis and Meningococcal Signs

They can Kill in 24 Hours

- High Fever
- Vomiting
- Tired/Difficulty Waking
- Pale Blotchy Skin/Rash
- Blank / Staring / Dislikes Handling
- Sensitivity to Light
- Cold Hands and Feet
- Stiff Neck/Jerky Movements
- Refusal to Eat
- Rapid Breathing/ Grunting
- High Pitched Cry, Bulging Soft Spot on Head

Symptoms may appear in any order or some may not appear at all. Do not wait for a rash, trust your instinct!

SEEK URGENT MEDICAL ATTENTION!

Do not hesitate to return to your doctor or hospital immediately if your child deteriorates.

Every Second Counts!

www.meningitis.com.au

Do you have a baby in your household?

We've launched our new baby signs and symptoms fridge magnet! Meningitis, Meningococcal and Pneumococcal are dangerous, fast-acting and can kill within 24 hours! Every parent needs to know the signs and symptoms of these deadly diseases, it could be the difference between life and death. Keep this magnet on your fridge so you know what to look for when your baby is sick. Knowing the signs and could save your baby's life!

Order your **FREE** magnet today, this could be a lifesaving move!

Send me my **FREE** magnet

In our Community

Saturday Stitchers



At the start of the year, we received a generous donation from the Saturday Stitchers. These wonderful ladies regularly contribute to charity by donating quilts, library bags, escape bags and every Christmas instead of buying each other gifts, Stitchers donates to a randomly drawn charity.

Last Christmas, Meningitis Centre Australia was selected after being nominated by Trish. Her daughter Kristen battled Meningococcal in 2018. Despite many challenges she faced Kristen is a smart and beautiful young lady who will be graduating from university next month.

MENDING Hearts

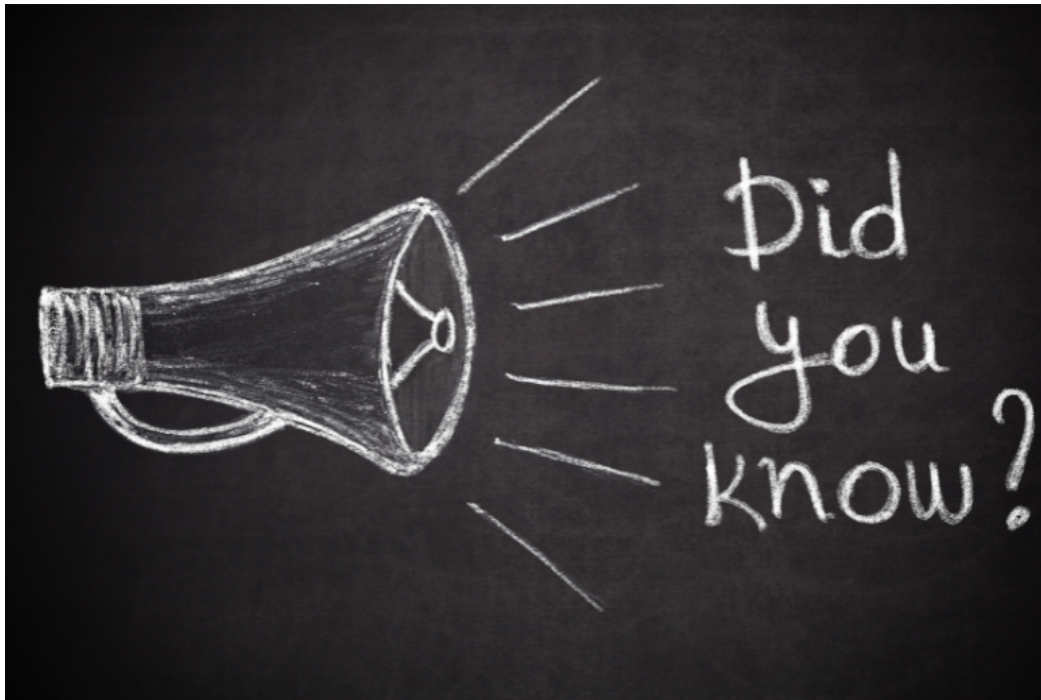


Meningitis, Meningococcal, Pneumococcal and other related diseases are absolutely devastating for the patient and their families. These dreadful diseases can take an emotional toll on a person and it can be hard to find someone who understands what you are feeling.

If you are looking for someone to talk to, we have a support group, MENDING Hearts run by a beautiful group of parents whose lives have been touched by these devastating diseases. It's a private and safe space for all who want to

share their experiences, story and feelings. Please feel free to join our support group MENDING hearts on Facebook, or call us on 1800 250 223

[Join MENDING Hearts](#)



Did you know you are able to get a FREE catch up vaccination.

Unfortunately, due to COVID-19, many vaccinations have been missed. If your teenager missed their ACWY Meningococcal vaccination in school or if you are over 70 and missed your Pneumococcal vaccination, speak to your GP today about FREE catch up vaccinations - It could save your life!

From our Board's Kitchen

Jane has been a valued member of our board for the past 7 years. She loves being part of an organisation that saves lives and makes a real difference to families. Jane's go-to summer recipe when entertaining with friends is her Eton Mess. She loves it because it's the taste of summer! Super easy to make, and everyone wants to lick their bowl.



Jane's Eton Mess:

Just mix strawberries and any other berries you have on hand, with a whipped carton of cream. You can also stir in some vanilla or plain yoghurt, or Crème Fraiche if you have some.

Crumble up meringue baskets and stir through. Serve!!

Options: You can macerate the berries in some sweet white wine or liquor beforehand, or you can swap for mango, passionfruit, peaches etc.

Find The Hidden Message

This puzzle is a word search puzzle that has a hidden message in it.

First, find all the words in the list.

Words can go in any direction and share letters as well as cross over each other.

Once you find all the words. Copy the unused letters starting in the top left corner into the blanks to reveal the hidden message.

P E S V E R B Y S R E C O N D
 N N C E O U A N T S E S E E K
 E R O U G R B G E N T V M E D
 U I A I C N Y C N E G R E M E
 M A L S T A I T T E N T I F S
 O O N B H A A N I K Z H G R I
 C U T N U U N I E I P X G S T
 O H R N J H O I R M S H C Z I
 C P B J I O R G C E M S X L G
 C U G V B A X H M C T M E W N
 A W I Z O U R E G Z A C K V I
 L K Q W M Z D B V X G V A T N
 L A C C O C O G N I N E M B E
 A I M E A C I T P E S D C Q M
 M T O C M C G C W P S G P C L

Baby	Bacteria	Brain
Emergency	Fever	Meninges
Meningitis	Meningococcal	Pneumococcal
Rash	Septicaemia	Vaccination

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