

# Registering for Superhero Week 2015

## Individual and Company Registration

For more information on how to get involved and start fundraising, visit our website:

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

## School Registration

To register your school, please fill out the details below and return by mail to:

### Bear Cottage

PO Box 2500

Manly NSW 1655

or by fax: (02) 9976 8303 or register online by visiting: [www.superheroweek.com](http://www.superheroweek.com)

Name of School: \_\_\_\_\_

Principal's Name: \_\_\_\_\_

Name of Contact: \_\_\_\_\_

Position of Contact: \_\_\_\_\_

Number of Students: \_\_\_\_\_

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.

# Superhero Dean

For families like the Parratt family ...

Being able to spend time together at Bear Cottage has been a lifeline, for the Parratt family.

Suffering from a number of life-limiting conditions, nine year old Dean requires around-the-clock care and, although he is the centre of their world, life is not always easy for this courageous family.

Mum, Sarah, says that although they feel lucky that Dean is such a happy and easy-going child, nine years of caring for him has left them exhausted and having Bear Cottage available to them for support enables them to focus on the important things, such as spending quality time together as a family and making every moment count.

Mum Sarah says, "Bear Cottage is about the whole family, which is so important to us. We can all come and do as much or as little as we like. We don't need to cook or do any house work – we can just enjoy time together without having to worry and I can relax knowing that the wonderful nurses are there to take care of Dean when needed."

For Dean's younger brother and sister, Todd and Yvette, they "love it all" and with so many fun activities to choose from it's easy to see why. They can enjoy music, art, playing with assistance dog, Frankie, making friends with other siblings or day trips to the beach – which Dad, Scott, particularly enjoys as he gets the chance to go surfing!

Dean loves listening to music and having stories read to him by the wonderful volunteers – swinging on the wheelchair swing in the beautiful garden is also definitely a highlight. Bear Cottage provides Dean with a safe and happy home away from home that he can enjoy both with his family and unaccompanied.

"On our last visit driving to Bear Cottage we told Dean where we were going, he laughed and smiled the whole way", Sarah said.

Dean and his family are true heroes and with your help, Bear Cottage can continue to support them and other families in their time of greatest need.



**Superhero Week 20-24 July 2015**

**Just like Superheroes, Bear Cottage  
is there for children and families  
who need them most**



The Sydney children's Hospitals Network  
care, advocacy, research, education

ALL CHILDREN NEED HEROES  
SOME NEED

**SUPERHEROES**

## Even Superheroes need help

At **Bear Cottage**, we come across superheroes every day – the nurses and volunteers who provide outstanding care and immeasurable comfort, the families who keep finding strength in the face of adversity and our brave patients, for whom every day is a battle against the odds.

Help lighten the load for our incredible patients and their families by becoming a superhero too. Your support will ensure that Bear Cottage is always there for families when they need us most.

It costs over \$3 million to keep Bear Cottage's doors open each year. We need your help to continue to provide support, respite and end-of-life care for our little superheroes.

For more information visit:

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

Or follow us on Facebook 

### You can be a Superhero too

#### At School

A superhero is not complete without a costume, so one of the best ways for schools to get involved is for students to come to school dressed as their favourite superhero and make a gold coin donation. Students could decorate their own superhero masks or capes and little superheroes could be sponsored for doing good deeds in the community.

#### At Work

Organise a superhero fundraiser at your work to show you care. Have fun by sponsoring your boss to wear a superhero costume for the day.

#### With Friends

Get into the superhero spirit on your Friday night out. Get sponsored to jazz up your outfit with some special superhero touches. Or stay in and hold a superhero party. You could show a classic superhero movie and charge your friends for tickets, popcorn and drinks.



### Why Support 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 illnesses 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 one of the most uplifting and inspiring places you could ever visit. Children laugh and play here and families are encouraged to focus on special times together, comforted by knowing the best care is available here too.

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.

