



ICOMBO
INTERNATIONAL COUNCIL OF
Multiple Birth Organisations

Twins NOVEMBER
16th 18th

News From Around The World September 2017

Chairperson Report



Monica Rankin

Hello, it is some time since I last wrote to you and lots of things have been happening, both within the multiple birth community and personally. We've had house renovations (and all the dust and chaos that goes with that), working full-time, twin son moved from home, several holidays, and so it goes on.

At ICOMBO, it is busy with preparations underway for the congress in November. You can read more on this later in the newsletter. I am looking forward to meeting some of you for the first time, and catching up with old friends from previous congresses. I can't believe it is almost 3 years since we last met in Budapest. Where does the time go?

Tamba released some very exciting news earlier this year. They have teamed with Dr Asma Khalil and others to produce foetal growth charts for twins. This means that twins can be compared against twin growth data while still in the womb, instead of being compared against the singleton foetus growth charts. This will provide clinicians with more accurate data on how well the twins are progressing and if medical intervention is required. Congratulations to all involved in the research, fundraising and production of this work.

Dr Susan Griffith, the ICOMBO Research Director, has been busy putting together the information she collected from our Sole Parenting survey. She will be presenting the results of this research at Congress. I hope we will be able to produce literature for sole parent families as a result of this research.

I have been asked to contribute to a Twins and Community Forum, to be held in my home town of Melbourne, Australia, this month. At the forum, I will be representing ICOMBO and all parents of twins and higher order multiples. It is a great opportunity to meet with the research community and speak about our needs, rights and desires with regard to research.

Looking forward to our time together in Madrid and hope to see your organisation represented.

Regards

Monica

In this edition:

Chairperson report.....page 1
Congress 2017.....page 2
Organisation Spotlight - MBApage 3
ICOMBO News.....page 4



CONGRESS 2017

Are you attending Congress, or is your organisation able to send a representative to the congress? It is an important meeting for ICOMBO members and we hope to see many of you in Madrid. We have a full day dedicated to our own needs, issues, concerns and celebrations of what we continue to achieve as multiple birth organisations. There are also two full days of presentations on topics ranging from medical issues in a twin pregnancy through to topics unrelated to twins, but the researchers have worked with twins in their research.

You can see the full program here <http://www.mcscientificevents.eu/twins2017/scientific-program-2/>

- ◆ Registration has been open for a while. After 31 August, the registration cost is €150.
- ◆ Registration is at https://www.eiseverywhere.com/ereg/index.php?eventid=235905&token=dbe5a898316a4e611a9c9b2c259078fdbe17ff6ace445530fc931e9cecf65a2a-MjAxNyowNiM1OTUwY2QoMDEyOGIz&crm=1&_ga=2.129183884.1071663945.1499839697-1634653351.1490782453
- ◆ You do not need to enter a discount code. On the second page, choose “ICOMBO ISTS member” and you will be charged the correct registration fee.

Once you have registered, I would love to hear from you, so that I can keep a list of everyone from ICOMBO who will be there, and we can share information etc prior to the congress.

The first day, 16 November, is a full-day workshop for ICOMBO members. The ICOMBO Board is currently working on the program, and if there is anything in particular you would like to discuss please let me know. Also, if there is a topic that you want to hear about, let me know so that I can prepare something for this session. We will be looking for various people to present on activities from their organisation that are of interest to everyone, so if you think you have something to share, please let me know.

During the congress, there will be another session of particular interest to ICOMBO members, and also an ICOMBO business meeting. There is also a session that is quite new and unique to this congress, and is Saturday afternoon :

PARALLEL SESSION 7B: STAKEHOLDER ENGAGEMENT-BUILDING BRIDGES BETWEEN RESEARCHERS AND THE TWIN COMMUNITY

The coordinators are Jennifer Harris, the ISTS President, Jeff Craig, an ISTS board member and researcher from Australia, and myself. The session will bring together researchers and the twin community (ICOMBO members) and look at how we can all work together to improve outcomes for multiples and their families. I am very excited about this, it is the first time that I am aware of, where ISTS and ICOMBO have worked together to produce a session in the main program.



Don't Miss This Session!

Did you know?



CONGRESS November 2017

Planning and Registration for Congress 2017 is well underway.

The location for this Congress is Madrid Spain.

Start planning now for a fantastic Congress and European Holiday!

ICOMBO ON FACEBOOK

ICOMBO public Facebook page:

<https://www.facebook.com/InternationalCouncilofMultipleBirthOrganisations?ref=hl>



We are gaining more interest from individuals around the world. Have you taken a look and “liked” the page? Do you have any information you would like to see posted on this page? If so, please contact Monica at chair@icombo.org

ICOMBO also has a members-only closed group on Facebook. The concept behind this group is so that members can discuss issues about their organisations with some privacy, rather than post comments and questions publically. There are up to 4 or 5 individuals from each of our member groups who are members of this ICOMBO Facebook group.

For more information, please contact Monica at chair@icombo.org



ORGANISATION SPOTLIGHT - MULTIPLE BIRTH CANADA



Celebrating over 35 years of supporting Canada's multiple-birth community...

Multiple Births Canada (formerly Parents of Multiple Births Association {POMBA} Canada) was originally formed in 1978. Federally incorporated in June of 1983 as POMBA Canada and subsequently restructured and federally incorporated as Multiple Births Canada in 2001, we remain, to this day, the only national support organization for multiple-birth families and individuals in Canada.

Multiple Births Canada's mission is to improve the quality of life for multiple birth individuals and their families in Canada. We fulfill our mission by providing support, education, research, and advocacy both nationally and internationally to individuals, families, Chapters, and organizations that have a personal or professional interest in multiple birth issues.

Over the last two years, MBC has undergone a shift in the services and supports we are offering, focusing more on strengthening our organization and providing direct support to our chapters, and member families. While MBC's past work on advocacy and enhancing our National and International presence was critical to our professional development, MBC recognizes that our chapters and families here in Canada need us to expand our reach and really highlight the unique challenges that they are facing.

Recently we have expanded our social media support by launching a Facebook Group for our existing [Loss Support Network](#), and we launched a new Support Network for [Postpartum Depression and Anxiety](#). We recognize that these situations can be extremely difficult for our members to deal with, and MBC wanted to support the multiple births community and let them know they are not alone.

MBC's 2017 National Multiple Births Awareness Day Theme was [Postpartum Emotional Support and Wellness for Multiple Births Families](#). Nationally this theme resonated with many families - we received a number of personal stories from members which we shared on our electronic magazine website [Multiple Moments](#), and we heard from families Coast to Coast who not only related to these stories, but wanted to share their own journey's. With this theme, we were also able to create three new [Fact Sheets](#), again to reach more families and provide the support they need.

Currently the MBC Board of Directors is busy planning the [2017 MBC AGM and Volunteer Retreat](#) being held in Ontario, Canada in October, 2017. This year MBC is hosting the event, and our theme is Planting Seeds to Help Chapters Bloom. We will be offering professional peer to peer training for our chapter volunteers which will help them to go back to their member families and help them through difficult situations like loss, postpartum depression, raising children with special needs, lone parenting, and more. We are very excited about how this will help our chapters and families directly, and strengthen the relationships between our chapters. MBC continues to work with chapters to provide the support and services that our families need.

MBC is also excited to be reaching more families this year, and will be launching our [First Moments Ultrasound Project](#) as well. We are hoping by marketing MBC directly to ultrasound clinics across Canada, more families will learn of MBC and access the supports and services we offer.



*Watch for **Multiples of America** to be our SPOTLIGHT in the next edition.
Hear their latest news and about the duties performed by their Executive Director Dawn Keller.*

Want your organization to be featured in an upcoming edition? Contact us at vicechair@icombo.org

ORGANISATION SPOTLIHT- MULTIPLE BIRTH CANADA

Working Daily to Support Our Members.....

Meet Theresa Sanders, MBC Office Manager



The current office structure of MBC includes the services of our Office Manager Theresa Sanders. Theresa started her national work with MBC back in 2008 when she took over the Special Needs Support Network Chair position. Theresa then moved into the Membership Coordinator volunteer position in 2010 when the structure at MBC switched from Office Manager to Executive Director.

When MBC decided to restructure again in 2015, moving back to an Office Manager, Theresa applied for the position and MBC decided she was the best candidate with her years of experience and support with MBC. Theresa supports the Board of Directors performing the day to day tasks of running MBC answering calls and emails, helping to maintain the administrative side of MBC, and supporting the communication and promotional work of MBC. She also handles the membership support including direct member inquiries, and chapter membership organization. Theresa assists the Director of Finance by handling the day to day financial needs for MBC and doing the quarterly book-keeping.

Theresa offers administrative support to the Board of Directors during monthly Board meetings, and when they meet twice a year at Interim and again for MBC's AGM/Retreats.

When not completing her part-time work for MBC, Theresa is busy supporting her husband's water-well drilling business, and raising their 14-year old b/g twins Alexander and Jessica. Jessica has significant physical and intellectual disabilities, and much of Theresa's time is put into meeting her extensive care needs. Theresa has a passion in volunteering and advocacy, found first through the multiple-births community, and she also volunteers with her school board representing the special education needs of children through Easter Seals Ontario.

**Planting seeds
to help Chapters**



BLOOM

Multiple Births Canada Annual

Volunteer Retreat & AGM

October 19th-22nd, 2017

Pinestone Resort, Haliburton, Ontario





ICOMBO Board

Have you ever thought that you could contribute to the greater good of the multiple birth community, beyond your own country? Would you like to be part of the next ICOMBO Board? If you would like more information, please contact Monica at chair@icombo.org There is lots of opportunities for people with many different skill sets!!

INTERNATIONAL MULTIPLE BIRTH AWARENESS WEEK 2018

We will be celebrating IMBAW again next year, so we need to start thinking of a theme. The celebration takes place in November, so there is plenty of time to decide on a theme and to start planning. If you have any ideas or suggestions, please send them through to Monica at chair@icombo.org We want to hear from you!

BEREAVEMENT BOOKS FOR CHILDREN

ICOMBO has partnered with The Story of books to distribute books on bereavement in multiples that are written for children. The Story of are a series of personalised books to cherish the memory of a loved one. They have written stories on the loss of a set of multiples and the loss of one twin. There is also a generic book which was the original book written. It's a fabulous resource book for day nurseries, or hospitals to use when having to work closely with children who may have lost a twin.

ICOMBO will receive a small commission on the sale of all books that are purchased through the links provided on the attached leaflet. We are asking your assistance in promoting these great books. We would appreciate if you could circulate the leaflet to all your members and promote the sale of the books through your social media channels.

Check out the flyer on the next page and support ICOMBO.



Do you have organisation or event news to share?

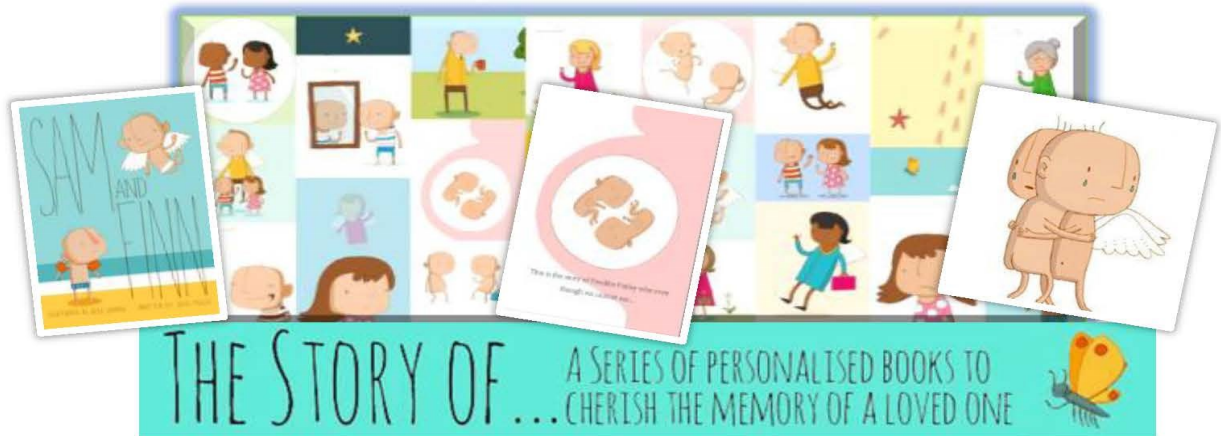
Contact us at vicechair@icombo.org

We want to hear what is happening in your organisation!

Articles are welcome for the next edition of the ICOMBO newsletter.

Deadline: January 30, 2018

PURCHASE A BOOK...SUPPORT ICOMBO



The Story of... Books

After experiencing the loss of one of her twin sons, Kate Polley wrote her first book 'Sam and Finn' to share Sam's story with her surviving twin, Finn, as well as her family and friends.

Demand for the book spread and it was published and distributed worldwide, providing hope and comfort to many other families who had also suffered the devastating loss of a twin. Through Kates' dealings with bereaved families, she had many requests for the book to be personalised with a family's own child's name.

Since then there has been a whole range of personalised child and adult loss books created, including the 'one of a twin' version that mimics the original Sam and Finn book but with the names of the twins to be personalised and multiple loss book for those families who have experienced the bereavement of both twins.

Each book provides a beautiful tool for parents to teach young children to seek the many ways love can be found and fostered, even after the life of a loved one ends. It is also a powerful and encouraging message for adults, gently reminding those who are grieving, that our loved ones can be found in the world around us, in the little moments of our everyday lives, and in the love, that remains.

If you are interested in purchasing one of our books please visit www.thestoryof-books.com to see the full range.



Feedback for The Story of...Books

I ordered "The Story of My Twin" for my little boy since his sister passed a month after being born. I love the book, we all do. I've been reading it to him since it arrived. Thank you for this keepsake of love.

I bought Sam and Finn for my twinless twin, she loves it. We then bought a personalised book for her twin it's so beautifully written and such a touching story. A truly beautiful way to remember our angel

It's an absolutely beautiful book thank you so much, my twinless twin wouldn't put it down. It's so sad that we have to go through this journey but your book really makes you see things in a different way, it is so special xx