

# Going with the flow



Northwest  
**Human Milk Bank**  
A Bank for Life

## Reflections on the first 14 years of Milk Banking in Chester 2000-2014

In 2000, Lynda Coulter, a senior neonatal nurse practitioner on the Countess of Chester's neonatal unit, proposed an initiative to open a Human Milk Bank in order to improve the care of sick and premature babies.

Following three years of fundraising, enough money was raised to set up and launch the first Human Milk Bank in the northwest in the new millennium.

During the following eleven years charitable donations have funded this service and enabled it to grow to become the largest milk bank in the UK. Over 1500 donor mothers (without whose free donation of their excess milk we would not exist) have enabled the Milk Bank to fulfil every request we have ever had for donor milk. An ever increasing number of hospitals have, and continue to come to us for donor milk and literally thousands of babies have benefited from this unique nutrition, particularly premature and sick babies.

Having outgrown its accommodation at the Countess of Chester Hospital, the Milk Bank will transfer its

operation to the new NoWFood Innovation Centre on the University of Chester's Parkgate Road campus from 1st April 2014 and will be joined by Wirral Milk Bank to form a unified milk bank service for the northwest to be called, Northwest Human Milk Bank. This operation will be hosted by the Countess of Chester Hospital and continue to operate under NHS governance and will be overseen by a Consultant Paediatrician.

While catering for our continuing expansion, these ultra-modern facilities will also offer fresh opportunities for further research into human milk in a dedicated setting devoted to furthering our understanding of nutrition and food generally.

Please visit our website, [www.chestermilkbank.org.uk](http://www.chestermilkbank.org.uk) which will be updated from 1st April to reflect the above changes and will be continually revised to keep everyone informed of our progress and further developments.

**Lynda Coulter MBE**  
**Human Milk Bank Manager**  
**Countess of Chester Hospital**

## The future for Northwest Human Milk Bank Comments from the health professionals involved

'This is an exciting time for human milk banking in the Northwest. The excellent milk banks at the Countess of Chester and Arrowe Park hospitals are amalgamating into what promises to be a truly outstanding milk bank facility - the largest in the UK. The combined service will benefit from the expertise of the highly experienced professionals from both services and will be housed in purpose built space within the new state of the art Food Innovation Centre at the University of Chester. This new location offers impressive facilities and the potential to collaborate with scientists on selected projects to add to existing research on the benefits of donated breast milk.

Sick and premature babies across the northwest and much further afield will continue to enjoy the advantages of receiving donor breast milk during the most vulnerable time of their lives. The establishment of milk banks in the northwest has been crucial in securing the availability of donor breast milk and the new combined service remains dependent on the kindness of women prepared to donate freely, this highly valuable and at times life-saving form of nutrition for newborn babies'.

**Dr. John Gibbs**  
Consultant Paediatrician  
Countess of Chester Hospital

'We are extremely pleased about the collaboration of our milk bank with that from Chester, to become the new Northwest Human Milk Bank. We are extremely positive about this new venture and sincerely wish that this will bring new opportunities and developments into these two already renowned milk banks. The support we have received from our milk banks has always been exceptional. I am sure that this new venture will continue to deliver high profile support not only to our neonatal units but also to other regional network neonatal units in the northwest and beyond.

We are excited about the potential opportunities which are going to be available in promoting active research into breast milk and thus positively influencing the future for preterm babies.

We wholeheartedly wish every success to all the staff at their new human milk bank.

**Dr Shri Babarao**  
Consultant Neonatologist  
Wirral Women and Children's Hospital



<b>Donor mothers</b>	<b>20</b>	<b>20</b>	<b>71</b>	<b>65</b>	<b>74</b>	<b>94</b>	<b>101</b>	<b>109</b>	<b>169</b>	<b>184</b>	<b>215</b>	<b>200</b>
<b>Volume pasteurised Litres</b>	<b>Nil</b>	<b>94</b>	<b>286</b>	<b>388</b>	<b>395</b>	<b>520</b>	<b>575</b>	<b>786</b>	<b>1011</b>	<b>1023</b>	<b>1140</b>	<b>1200</b>
<b>Number of hospitals supplied</b>	<b>Nil</b>	<b>5</b>	<b>6</b>	<b>9</b>	<b>10</b>	<b>22</b>	<b>17</b>	<b>29</b>	<b>29</b>	<b>25</b>	<b>34</b>	<b>36</b>
	<b>2000 - 2003</b>	<b>2003 - 2004</b>	<b>2004 - 2005</b>	<b>2005 - 2006</b>	<b>2006 - 2007</b>	<b>2007 - 2008</b>	<b>2008 - 2009</b>	<b>2009 - 2010</b>	<b>2010 - 2011</b>	<b>2011 - 2012</b>	<b>2012 - 2013</b>	<b>2013 - 2014</b>

**Snapshots of our history**

**Key moment**

**Duchess of Westminster opens the Milk Bank 27/06/03**

**Footballing for Milk Banking**

**Grand Raffle C 00701**  
In aid of COURTESY OF CHESTER HOSPITAL HUMAN MILK BANK APPEAL  
In cooperation with CHESTER HOSPITAL JUNIOR FOOTBALL TEAM  
Date: 10th November 2003 at Regency Hotel, Chester, Cheshire

**Lynda, Nurse Midwife of the year**

**Lynda zip slides into retirement**

**Angela, our ever present pasteuriser**

**International Human Milk Banking Conference**  
UKAMB  
Featuring:  
- Dr. Anne M. Shreffler, International Board of Standards  
- Dr. Robert A. Anderson, American Society of Human Lactation  
- Dr. Robert A. Anderson, American Society of Human Lactation  
- Dr. Robert A. Anderson, American Society of Human Lactation  
- Dr. Robert A. Anderson, American Society of Human Lactation

**Marathon Santa's Liverpool Santa Dash**

**Ricky's medicine**

**In memory of Oliver Newnes**

**Kimberley Clark support the HMB**

**The Newnes family**

**Family's fundraising tribute**

**The Newnes family continue to raise more money for the Milk Bank Appeal**

**Cherster Milk Bank hosts its first National Conference**

**Dragon boat racers**

**Mike the marathon man**

**Serious River Rats**

**Milk Bank Team**

**Happy River Rats**

**HMB Conference Stand**

**Mr and Mrs Newnes, (our magnificent fundraisers) sponsor the production of the Milk Bank DVD in memory of their son, Oliver.**

**Mrs Gould donated £1349 for Blast Chiller**

**Lynda zip slides into retirement**

**Northwest Human Milk Bank - A Bank for Life**

<b>Money raised</b>	<b>£46,170</b>	<b>£26,721</b>	<b>£30,134</b>	<b>£4,933</b>	<b>£212,435</b>	<b>£22,286</b>	<b>£34,596</b>	<b>£17,236</b>	<b>£21,421</b>	<b>£9,485</b>	<b>£12,200</b>	<b>£10,420</b>
---------------------	----------------	----------------	----------------	---------------	-----------------	----------------	----------------	----------------	----------------	---------------	----------------	----------------



# Continuing the flow

Across the globe thousands of sick and premature babies have improved health from the efforts of breastfeeding mothers who not only feed their own babies but who altruistically make provision for others in need.

The new Northwest Human Milk Bank at Chester University will provide opportunity for greater capacity, development and research opportunities to support the existing unequivocal medical evidence regarding its contribution to improved health. As we become more enlightened about the still many unknown qualities of this unique mammalian food we can become increasingly proactive in moving towards having available safe donor breast milk from a truly equitable national service for all.

**Lynda Coulter MBE**  
Human Milk Bank Manager  
Countess of Chester Hospital

## Northwest Human Milk Bank

NoWFOOD Centre  
University of Chester  
Parkgate Road  
Chester CHI 4BJ

Telephone: 01244 511440 / 441  
E Mail: [northwest.milkbank@nhs.net](mailto:northwest.milkbank@nhs.net)  
[www.northwesthmb.org.uk](http://www.northwesthmb.org.uk)  
[www.chestermilkbank.org.uk](http://www.chestermilkbank.org.uk)



Wirral Mothers' Milk Bank has been operating for 10 years. Opened in 2004, the service has recruited almost 900 donor mothers from Wirral, Liverpool and other parts of the region. The demand from neonatal units for pasteurised human milk has increased year on year and during 2013/14 over 500 litres of milk has been dispatched for feeding to preterm and sick babies across the northwest.

We look forward to further developments in milk banking as we merge the two established northwest milk banks to create a new regional service. Wirral milk bank staff, volunteers and donor mothers are embracing this positive transition to become part of the first regional milk bank service in England.

Annie Atkinson & Gill Brady  
Human Milk Bank staff  
Wirral Mothers' Milk Bank

