



## Meet Sheila!

Sheila is 34 weeks pregnant and is soon to be a sock-monkey-mum: the very first of her kind!

Sheila is from Australia, and she loves a good barbie on the beach. She now lives in the UK and since being pregnant has been craving mainly blueberries and macadamia nuts.

Sock monkey mums are one-of-a-kind monkeys lovingly handmade by Dr Nicola Solomon who works in Obstetrics and Gynaecology in the North West of England, and is climbing Kilimanjaro in 2016 to fundraise for the Global Health charity of the Royal College of Obstetricians & Gynaecologists (RCOG). Your donation for adopting Sheila will go to this charity (registered charity no. 213280), which works to improve the lives of women and their babies worldwide.



Sheila is lucky and thankful that she and her baby monkey will benefit from the high quality healthcare that is available in developed countries, throughout her pregnancy, during birth and afterwards, which will make this incredibly special time of her life both enjoyable and safe.

However not all women and babies are so fortunate. More than 350,000 women die annually from complications of pregnancy – 99% of which are in developing countries. In sub-Saharan Africa a women's chance of dying as a result of pregnancy is 1 in 30, and tragically most of these deaths are due to complications that are readily treated, such as infection, bleeding, blood pressure problems and delivery complications.

RCOG runs projects all over the world, with a focus on providing sustainable improvements to women's healthcare in countries that will most benefit from this. This includes sending resources and volunteer doctors to where they are most needed, and developing and running training courses for health workers so they have the skills needed to continue to provide excellent healthcare independently.



To learn more about the charity and meet some of Sheila's friends visit:

<http://sockmonkeymums.wix.com/sockmonkeymums>

To learn about the RCOG and it's global health work visit: <https://www.rcog.org.uk/en/global-network/>

If you would like to donate further, or offer sponsorship for the Kilimanjaro Trek:

<https://mydonate.bt.com/fundraisers/nicolasolomon1>