



Living here parenting

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Flower sales will help Tilly bloom



The florists at Flowers on Q – Leanne Jeffery (left) and Wendy Castellaro (right) – have created Tilly's Flowers which they sell to raise money to help Angie Wilson and her daughter Tilly, 3, who has cerebral palsy
Photo: KIT DE GUYMER

LIKE their namesake, Tilly's Flowers are gorgeous, brightly coloured and full of joy.

And every time someone buys one of Tilly's Flowers, they're helping Matilda Wilson live her life.

Tilly, like most three-year-olds, is full of personality. She's bubbly, cheeky and keen to discover the world.

But unlike her peers, Tilly's little body isn't keeping up with her mind.

This gorgeous, smiling girl with a head of curls has cerebral palsy, a disability which affects the brain and muscle function and makes simple tasks like walking, sitting and talking difficult.

Tilly's parents, Angie and Andy, believe early intervention and intensive therapy sessions will provide their gorgeous girl with the best chance of life and are focused on providing their daughter with the care she needs.

That has led them to undertake extensive fundraising to help pay for the expensive equipment and therapy sessions needed.

A river walk in Tilly's honour late last year helped with the purchase of a \$5500 mobility walker which has given Tilly the freedom to move around the house unaided.

Angie's friends and former work colleagues, Leanne Jeffery and Wendy Castellaro, were in awe of Angie and Andy's efforts and decided to help fundraise.

Cerebral palsy facts

What is cerebral palsy?

Cerebral palsy is an umbrella term encompassing a group of non-progressive, non-contagious diseases that cause physical disability in human development. Cerebral refers to the brain and palsy refers to muscle weakness. Even though someone who has CP has problems moving their muscles, this is not because there is something wrong with the muscles or nerves themselves, but because of problems in the brain itself. The child might have had an injury to the brain, or had a brain that did not develop

properly. These problems can affect the way the brain controls movement and posture and more often, have no impact on the person's level of intelligence.

Is there a cure for CP?

Although cerebral palsy cannot be cured, treatment will often improve a child's capabilities. Many children with CP go on to enjoy productive adult lives if their disabilities are managed. The earlier that treatment begins the better chance the child has to learn ways to accomplish tasks that challenge them.

Since October the pair has been selling Tilly's Flowers from the front of their Flowers on Q shop at Mermaid Waters. The flowers, beautifully packaged in tiny boxes, sell for \$2 each, but many people give much more.

The flowers have already raised \$3500 for Tilly, which will go towards the purchase of an electric wheelchair and continued therapies.

"People are great," says Leanne. "They know the proceeds are for a great cause. Often we'll find \$20 notes in the tin. We have people come in every day for a Tilly Flower – little old ladies who are on a pension buy them for their table. They know all about Tilly."

Angie says without personal

fundraising efforts like this, the family would have to join a long waiting list to access government funds for therapy and equipment.

"Fundraising means we can afford equipment that would otherwise be unaffordable," says Angie, who was forced to sell her Sorrento florist business after Tilly's diagnosis at eight months. "It means access to better equipment and more of it. It also allows us to take Tilly to four or five therapy sessions each week – there's physio, speech therapy, conductive education and occupational therapy.

"Without everyone contributing, we probably would not be able to do as much as we are. We believe in early intervention. The more we

put in, the more promising the outcomes in the future."

The costs of raising a child with CP are high. CP is the second-most expensive developmental disability to manage over the course of a person's lifetime. Tilly's CP is the result of a difficult birth and is quite severe.

She requires full-time care and assistance with feeding, walking and sitting. The Wilsons have had to make alterations to their Miami house, have had to invest thousands of dollars in a specialised car seat, stroller and a feeding chair.

An electric wheelchair they hope to buy will cost about \$10,000 and should last Tilly five to eight years.

The Wilsons are also expecting their second child in July, which will add more complexity to their lives. They hope to secure Tilly a place in kindergarten or daycare one or two days a week before the new baby arrives.

"She's a gorgeous girl with lots of charisma – she certainly lets us know when she's not happy or when she wants something," says Angie.

"She behaves just like a normal three-year-old child but her disability gets in the way."

You can buy Tilly's Flowers from Flowers on Q at the Q Supercentre at Mermaid Waters. You can also donate and read about Tilly's progress at www.matildascause.com



Dinner in 20 minutes

Time poor? Never fear. Each day we will include a fast, simple recipe guaranteed to be a hit with the kids and most importantly it will only take 20 minutes (or less) to whip it up

Veal marsala



Ingredients (serves 6)

12 x 50g thin slices veal steak
1/3 cup olive oil
1 cup marsala (see note)
300ml pouring cream

Method

Preheat oven to 150C. Season veal with salt and pepper. Heat 2 tablespoons oil in a large, non-stick, heavy-based frying pan over high heat. Sear veal in batches for 30 to 40 seconds each side, adding oil as required (do not overcook or veal will be tough). Transfer to a baking dish and cover with foil. Reheat pan over high heat. Add marsala. Using a wooden spoon, loosen any residue on base of pan. Simmer for 1 minute. Reduce heat to medium. Stir in cream. Simmer for 8 to 10 minutes or until sauce thickens slightly. Season with salt and pepper.

Pour sauce over veal. Bake for 10 minutes, covered with foil, or until warmed through.

Note: Marsala is an Italian fortified wine. You can buy it from liquor stores.

Source: www.taste.com.au
Send your recipes for Dinner in 20 minutes to editorial@goldcoast.com.au

Test if your kid's born to be a star

WAS your kid born to be an elite athlete? The marketers of home genetic tests claim the answer is in mail-order kits costing less than \$200.

Some say the results help them steer their children to appropriate sports, but doctors and ethicists say the tests put profit before science and have a much greater price tag – robbing perfectly capable youngsters of a chance to enjoy activities of their choice.

"In the 'winning is everything' sports culture, societal pressure to use these tests in children may increasingly present a challenge to unsuspecting physicians," says the Journal of the American Medical Association.

Scientists have identified genes that may determine strength, speed and other aspects of athletic performance.

But doctors argue there are likely hundreds more, plus many other traits and experiences that help determine a person's athletic ability.

Some tests screen for genes that are common even among non-athletes.