



www.harefieldhamsters.org
charity no. 1060656

HAREFIELD TRANSPLANT CLUB NEWSLETTER

Edition 24, September 2018



DATES FOR YOUR DIARY

Annual Reunion

Best Western Grosvenor Hotel
Warwick Rd
Stratford-upon-Avon
CV37 6YT
19th – 21st October 2018

Transplant Anniversary Spectacular

Northampton High School
Newport Pagnell Rd
Hardingstone, Northampton
NN4 6UU
24th November 2018

Cake Sale

Harefield Hospital
29th November 2018

Charity Comedy Evening

London Palladium
13th February 2019

New Membership Secretary Needed

After her excellent service to the Club as Membership Secretary, Patsy Foster will shortly be stepping down. Could you be the person to fill this role?

The key responsibilities are to:

- encourage new members to the Club and publicise the Club's activities within the hospital
- hold and maintain the up-to-date computer records of Club members, reporting member numbers by category regularly to the Executive Committee
- report membership numbers at the Club AGM
- provide a "read only" copy of the members database to the Newsletter Editor, Team Manager and other members of the Executive Committee as agreed by the Committee
- liaise with the hospital with regard to members who are deceased
- ensure the hospital supply of membership application forms is maintained
- in conjunction with the Treasurer, propose the yearly subscription rate for the following financial year
- inform members of the new subscription rates and invite them to renew
- send out reminders to members who have not

renewed and follow up with lapsed members (ascertaining, if possible, why they have not renewed their membership)

- liaise with the Treasurer and Team Manager to ensure that only fully paid-up members receive subsidies
- send out a congratulatory letter and pin to new members and also on 10th, 20th, 25th, 30th, and 35th anniversaries of members' transplants
- maintain adequate pin stock and report stock numbers to the Treasurer each 31st August for the annual account
- review the need for future anniversary pins and work with the Executive Committee to arrange for their design

If you are interested in becoming Membership Secretary, please contact Janka Penther (chairperson@harefieldhamsters.org).

Your club wants



My First Euros

Everyone is welcome at the European Heart and Lung Transplant Games! This isn't just token encouragement, it's 100% true. I went for the first time in June and found it one of the best post-transplant experiences I have had. The 2018 European Games were held in Lignano Sabbiadoro, Italy – a small town between Venice and the Italian–Slovenian border. I had attended two British Transplant Games beforehand (2016 in Liverpool and 2017 in Lanarkshire), but had not braved the European scene! I am so glad I did.

The European Heart and Lung Transplant Games are held every two years (the 2020 Games are to be held in Spain, near Bilbao) and are open to any heart or lung transplant patients – without the need for qualification. The only requirement is that you can get yourself there! Anyone can compete in any of the events, whether that be traditional track and field, cycling, racquet sports, swimming, or anything else. As with the British Games, competition is as serious as you want it to be, with a definite emphasis on taking part and celebrating life.



Harefield's badminton contingent: James, Jade and Douglas

The best thing about these Games wasn't the medals (although I'll give those a passing mention later!), but it was the people who made it truly special. Having competed at the British Games, I knew people from Team Harefield – but I didn't know anyone from other British hospitals.



Stretching for the finish of the 100m

By the end of the week I had played volleyball with people from Wythenshawe, shared badminton courts with new friends from Freeman and sprinted alongside a fellow CF lung transplant from Papworth.

Being part of Team GB meant meeting new people and hearing their stories and experiences. It was a constant reminder that, no matter how different we were, we were all bound together by a single shared experience. I made some great new friends in Italy, and got to see some of them again at the British Games in Birmingham.

My events were volleyball, badminton (singles and doubles), 100m, 100m relay and long jump. I came away

with 4 gold medals and a silver (for doubles badminton). I can't describe how happy that made me, as I was pretty nervous (being a little competitive).



The podium for the badminton singles – a hard-fought win!

More importantly, this was our first trip abroad with our son, Silas, who was 8-months old at the time. He had a great time in Italy, making loads of new friends and having an incredible fuss made of him by everyone (including the competitor teams!). The atmosphere was so friendly; I truly can't wait to be part of Team GB again for Spain '20. Please do contact me if you have any questions about how to get involved. I really encourage you to come along!



Celebrating track and field medals with Silas

A team of legends!!!!

Very few times in one's life does one come across a team of true legends. In my time as Harefield Transplant Team Manager – fifteen years or more since I took over from the late great Colin Easby way back in the early nineties – I can say that this year's games in Birmingham was one of the best. The team was outstanding both in the sports arena and off it, too. Over the four days of the games, I have never been so proud and had such a laugh all within such a short space of time. As per many other past games, the Harefield Team took no time in clocking up the first of many medal performances.



DAY ONE First out of the blocks was a our very own aquatic missile, Howard Waters, only this time on dry land. In the Archery: GOLD!! I believe this was Howard's first time with a bow? He made it seem so easy with a very impressive 18-point margin of victory. Over in the sport and fitness centre, Paul Rooney was battling it out at the squash, claiming a bronze medal in a very hard fight. At the same time, a small bunch of volleyball misfits did their best but somehow only won one of four games. The team of Emma Hilton, Douglas Forbes, me and three people from other hospitals had at times the game by the scruff of the neck only to slowly lose sight of the winning line (10 minutes is a long time when you're losing). Despite the result, all three of the Harefield contingent gave sterling performances and had a great time making our opposition look good!

That evening, the team assembled in Victoria Square amidst the construction site that is currently called Birmingham.



Sam Rooney leads Team Harefield in the parade

The opening ceremony was a great affair, with an attempt at a world record. With all the dignitaries seated in comfort looking splendid in all their bling, it was time for a magic moment in transplant history. Never had so many living transplantees been gathered in one place. We all had to stay put for 10 minutes (no wee or drink breaks!). It was a close call; my bladder isn't what it used to be! With the clock ticking away, we were treated to some entertainment in the form of traditional Indian

dancing. As time went on we wondered, "Are we Guinness world record holders?". The existing record was around 450 transplanted human beings. We were 723 gathered in that room – we had smashed that record by some way! Pat on the back, we were all record holders.

Next, came the best comedian I have ever seen live, ladies and gentlemen I give you Jasper Carrott. I cannot believe its 40 years ago that I saw him live in Oxford. The days of funky moped and the magic roundabout chart hits seem so long ago. I can remember having tears rolling down my face, my stomach ached and Jasper had a full head of hair! Jasper has his own experience of transplantation; his daughter, successful actress Lucy Davies, underwent a kidney transplant back in 2006.

Following a world record beating, laughter-filled opening ceremony, it was time to eat! As a mass of people exploded out of the Symphony Hall, it was chaos!

British Games report, cont'd.

We took to the streets of this mass construction site not knowing where we were going. Somehow we found a very nice Italian restaurant. Boy was it good; worth every penny. And then, as Jasper Carrott says, "Boing, time for bed said Zebbee".

Prem guided us on a quick sprint across to Birmingham New Street station. I am so glad that Prem knew where he was going. If, I was on my own, I am sure I would still be there! Even when we got back to the campus, it was still a good hike to our rooms. By time I found my bed, I was ready to hit the sack.

DAY TWO: As per the norm with the games, I woke up wanting to stay wrapped in my bed. But I'm the TM, I have to set an example, so I get up for breakfast. A slow walk down finds Shackleton Hall packed out with diners. Had my watch stopped? No, it was just everyone getting fueled for the action-packed day ahead. First up in the table tennis were Jade Carr, Lisa Innes, Ron Danville, Paul Rooney, Prem Kathirgamarajah, Sam Roonan, Andrew Willis and some bloke called Brian. The quality was astonishingly high from everyone but me; I never won a game! Better luck next year.

Thankfully some people in the Harefield team can play ping pong. I watched from one end of the hall as the "queen of come backs", Miss Jade Carr, claimed silver following her

kidney transplant last year. Ron "The Don" Danville, also a kidney transplant some years ago, picked up a bronze. Is it something in the kidneys, or is it raw talent and skill?



Jan Smithers and Ron "The Don"

Next stop for me was the bowling. Our Harefield team of enthusiastic amateurs were taking on people with their own balls and polish cloths... The professionals cleaned up, but Lisa Muscutt, Prem Kathirgamarajah and I came away vowing to "be back".



Prem showing solid form at the bowling alley

Sadly, with events this big, some things don't go to plan and two medal prospects – Lisa Innes and The Don – pulled out of the tennis. Due to very bad organisation, many competitors waited over

two hours to play their first games! Paul Rooney was the only player to have a game but, alas, did not win a medal.

Later in the afternoon, we saw Harefield's new pocket rocket, the newbie for this year's team and a transfer from GOSH, Sam Roonan, take centre stage. Sam took a very well-earned bronze in the 5km cycling time trial, clocking in at 8 min 48.8 s. A very respectable time indeed! Next stop, The Tour de France; move over Geraint Thomas!

For me, that night's event was always going to be one of the highlights of the games. Our ginger superman, fresh from his brother's wedding in Canada, was taking on the competition in the darts. Barring a major disaster, Mr Jason Gallagher could not fail to win gold. With 96 entries, including James Doherty and me, it got off to a slow start but soon enough both Jason and I were in the quarter finals. Jason, typically, dispatched his opponent in style. Treble eighteen and double top = 94; game over and good night to you. I, on the other hand, got into a nice lead and was 193 in front, down to a double 8. My challenger plodded down slow and steady, whilst I had nine darts at the winning double but could not hit it. You know what is going happen... my rival puts his first dart into double ten. There a saying in the darts world, "Points for show, doubles for the dough". Thankfully our super darting legend's travel from

British Games Report, cont'd.

Canada was worthwhile and in supreme style he sent his next two foes packing to claim yet other gold. This man was the talk of the tent that night and many had not seen such class with three tungsten missiles before. After a quick pint, the day was done for me.

DAY THREE Got up early for a hearty breakfast because Saturdays at the games are always very busy, even for a TM just watching or managing! First up: badminton. Down in the sports hall, many of the Harefield team armed with racquets took to their respective courts. A great



Andrew with his bronze medal

effort followed, resulting in: Lisa Innes, gold; Lisa Muscutt, bronze; Sam Roonan, bronze; Andrew Willis, bronze.

Both James and Doug gave it their best but I believe lost out on a bronze medal on a points count back. It was really bad luck because they played really well together.

If the badminton had not used enough of the boys' energy, it was time for a little football next. By then, the sun was high in the sky and temperatures high in the 80's. Sam, Doug, Prem and – Harefield's very own Casper Schmeichel or Gordon Banks (for us oldies!!) – James played with another young man from the Oxford Team. Boy, were they good. James was like a cat or a pro cricketer in the slips, catching almost everything. Doug could be the new midfield general or winger that the England team are looking for. Prem is well on his way to being the new Tony Adams in central defence. And Sam, with youth on his side, was just plain fast! But, even with all this talent, sometimes things don't go to plan. The closest game was their second one in which, with seconds to go of the allotted 10 minutes, Harefield had the lead 2 -1. A shot came in on target to James in goal. He turned it round but it struck the post and came back out only to hit him again on the arm or shoulder and finally come to rest in the net. The referee blew his whistle within seconds of James collecting the ball. So close!



Team Harefield battle it out under the blazing sun

The rest of the tournament saw the team showing some silky football skills. Harefield fought like lions and kept their heads held high. But, sadly, they finished battered, bruised, aching and medal-less.

Back over in the sports centre, Janka, Ron, and Howard were competing in the swimming. Spectators were also treated to a very special guest performance from Rob Longrigg. He may be awaiting a kidney transplant, but you cannot keep a good man down. We hope to see back competing in full force very soon and wish him the best of luck.

Our swim team had a very successful afternoon. Special praise goes to the dolphin man, Howard Waters, who claimed a very impressive 4 silver medals. Not far behind was Janka with three silvers and one bronze. Adding to the haul was Ron Danville, bringing home bronze.



Janka (right) collects one of her swimming medals

British Games Report, cont'd.

Later that evening, "the tough ones" took part in the 5km donor run. Douglas and Mary Forbes flashed past me with young Silas, and not far behind was James Doherty. Despite playing sport all day, James completed the run looking as fresh as a daisy! After a quick wash, it was time for the team dinner.

Now there are times as TM when you make the odd mistake and boy did I make a big one. Way back in February, I was looking for a restaurant that would cater for all our needs: number of people, choice and style of food, etc. and I found a place which was perfect, I thought. It was a little bit out of the way, but seemed worth it and the manager had confirmed back in February that it was all set. Come the day, the restaurant was in a rather less salubrious area of Birmingham (watch out for your valuables!) and we had to wait. The Harefield team was sat across different areas of the restaurant, food wasn't great but – worst of all: no alcohol. Yes, you heard me: no alcohol. All I can say is, team, I'm so sorry.

After dinner, many raced back to the University where they were throwing a disco in the student bar. A packet of crisps and a few pints later, for me it was time up and my bed was calling. Of course, a few diehard team members stayed up to see the new day in.

DAY FOUR The final day of the British Transplant Games has many highlights, from the blue ribbon event – the under-5s 25m dash – to the 100m and the 4 x 100m relays to name just a few. Like the past few days it was hot, very hot. The stadium was full of red faces and the smell of sun cream. Spectators enjoyed a reasonable amount of shade, but athletes had to battle it out in the sun and, just like the sun, the sports action was hot and impressive to watch.

The first track and field medal for Harefield came from Jade Carr in the ball throw. Looking super after her kidney transplant recovery, I knew she was going to do well and with a throw of 31.39 m she took silver. She later added another silver in the javelin with a huge throw of 20.17 meters. A great start to the day. Lisa "The Moosecat" had a brave attempt, falling short of the medals but ahead of last place.



Lisa proudly displays her technique for the ball throw

Like other years a lot of successes came from the track with both Emma Hilton and Jade doing a fine job in both the 100m and 200m. Emma won silver in the 100m in a time of 14.72s, a time so fast many would still be in their blocks when she had finished! Jade followed closely, taking bronze in a time of 16.02s. Emma continued in the same vein returning with yet more silver in the 200m. In remembrance of our dear lost friend and fellow transplant, Tim Gibson, the youthful Lisa Innes ran the 100m in his memory and valiantly finished just out of the medals.

The afternoon finished with a very highly explosive 4 x 100m relay. What can I say? 4 legends stepped up to the plate and did their hospital, family, friends, donor and themselves proud. What a blistering display of controlled and powerful running. The team made up of Douglas on first leg, second Emma, third Jade and finally James on the anchor leg. The time was clocked at 58s.



British Games Report, cont'd.

The gala dinner / celebration was a great night with good food and a lots of friends, both old and new. As per each and every games I have been to, we always finish (or nearly finish) with "You'll Never Walk Alone". I now cannot help it, I stand there and think of all the friends and loved ones that have gone before me and I think how lucky I am that one person was so unselfish and became an organ donor. They are my true legend!



Many team members and supporters at the closing dinner

I would like to thank each and every one of the Harefield Transplant Team, including all the supporters both old and young. You have made the Birmingham Transplant Games 2018, one I will remember for some time. Thank you. x

Yours,

Brian Unwin (a very proud TM of legends)

PS.

Medal Count:
3 gold
15 silver
9 bronze

Tesco Trophy points:
Harefield 48
Royal Papworth 56

Don't worry we will get it next year with even more legends!!!



Messing about at the opening ceremony in Symphony Hall



It was wonderful to have Rob Longrigg and family supporting Team Harefield

Annual General Meeting

No motions for discussion at the AGM have been submitted. The AGM Agenda is emailed / enclosed with the September newsletter.

Parking Permits for Transplant Outpatients

The hospital provides parking permits for transplant patients when attending appointments.

When renewing - or applying for the first time - please speak with the Transplant Outpatient receptionist when attending hospital appointments.

Please do not phone with questions about the permit or to request an application form.

Donations Received

Adrian Meaking, in memory of Alan Preece

Thank you for my pin - Ivor Hathaway

Thank you very much for sending me my 25 year pin which arrived on the exact day. I am delighted to receive it and will wear it with a great deal of pride.

Kind regards

Ivor

Anniversary Pins and New Members

35 YEAR PIN

Willem Bavinck

25 YEAR PIN

Mathew Barton
Ivor Hathaway

1 YEAR PIN

Susan Lord

30 YEAR PIN

Ingrid Bergman
Barbara Johnson

20 YEAR PIN

David Godwin

NEW MEMBERS

Susan and Stephen Lord

Thank you for my pin - Barbara Johnson

This morning I received a wonderful surprise in the post, my 30 year transplant pin.

It certainly doesn't feel like thirty years have passed since 'the Prof' Magdi Yacoub performed a second heart and lung transplant on me, almost a year to the day after he performed my first heart and lung transplant. I missed that first anniversary by just six days!

I cannot express my thanks adequately for the expertise and commitment to me that he and his staff gave during that period and after, when only nine months of my new life with my new organs they began to fail. It was a bitter blow to me and to him but, never defeated he was determined to repeat the transplant, this time with great success as thirty years later I am still fit and well, well at least heart and lung wise!

Although I rejected my organs and didn't quite make my first year I am so grateful to the family who so generously agreed to the donation, so even if I do not have her heart and lungs she is still very much in my thoughts as is of course my second donor and his family, his heart and lungs are strong and working beautifully and so daily he too lives on in me.

There are now many of us 'oldies' who are in our second and third decade of transplantation and that is because of the outstanding care and dedication we are given at Harefield by the wonderful surgeons and staff who look after us. Thank you.

Thank you also to all the families who gave and still give their consent for the best gift, life, for without you we would not exist.

I will wear my milestone pin with great pride. Thank you again.

Kind regards,

Barbara Johnson

Three Cheers for Outgoing Secretary Alan Lees

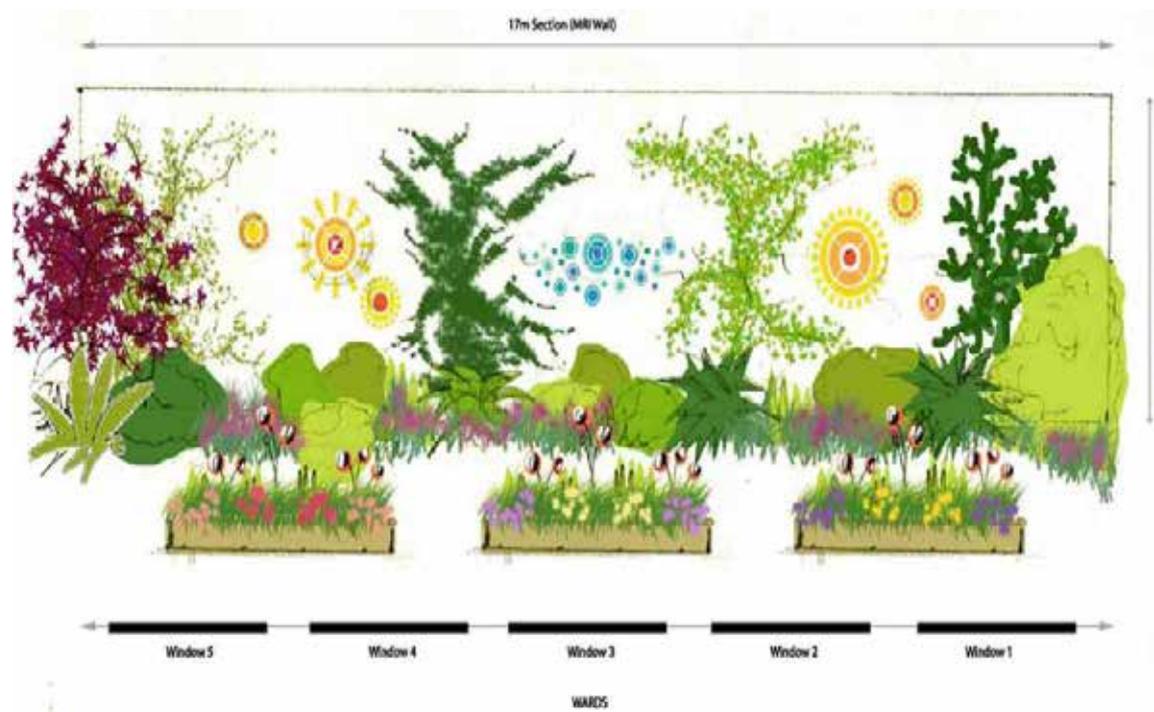
Alan has been secretary to the Committee for the past seven years. During that time, he has not only produced agendas and minutes but has proofread the newsletter; created spreadsheets for the menus at the Annual Reunion; organised nameplates, menu cards, name badges – you name it! He built a CD stand and a TV stand, which you can see when you visit clinic. He has been our IT guru, forcing us to use Dropbox and Skype (the medium by which all Committee meetings are now held). He helped update the membership database, created labels all new patients' Blue Books, and created the templates for the GOSH transition brochure. He has been our contact with the Charity Commission, sending them all relevant reports each year, and registered our Grand Draw event with Colchester Council. He has run the Hamsters stall at the fun run each year, decorating the stall with photos and printing leaflets, as well as storing and cleaning the gazebo. Alan is also a member of the Cardio-thoracic Patient Group (CTPG), attending regular meetings on our behalf.

In his spare time(!), he rebuilds cars, makes fittings for beds, runs, cycles and climbs mountains. In 2015, he was a member of The Cotopaxi Expedition team of Harefield transplants.

Alan's role as Secretary has only been one small part of his overall contribution to this Club. We shall miss his input. Wishing you all the very best in your future endeavors, Alan.

Art commission for the wall outside of ITU / Rowan

Here is the winning proposal to improve the experience of patients in Rowan Ward by transforming the view from their windows from a brick wall into a beautiful art and nature project mural.



Award winning artist, ceramicist and gardener, Emily Gardiner has created a beautiful art and nature proposal for the new section of wall located outside of Harefield Hospital's Transplant ward, Rowan Ward. Her garden project would be "leafy and have colour all year round ensuring continuity in interest."

The RBH&H arts department are currently fund raising £5,000 to complete the ceramic art project.

Donations to: <https://www.rbhcharity.org/fundraisers/bharts>

More information via: www.rbht.nhs.uk/arts



#Harefieldceramic

Club Cake and Craft Sale

WHERE Foyer at Harefield Hospital

WHEN Thursday 29th November 10am-3pm

Bakers and crafters: we need you! We are excited to invite you all to our pre Christmas Cake & Craft Sale! Whether you knit, bake, draw or are in any other way creative, bring

your wares to our Christmas Cake & Craft Sale to raise funds for our beautiful Club!

If you can't attend the sale but would like to donate any items please contact Brain Unwin on 07976 619198 or email to b_unwin@yahoo.co.uk.

Would you like to help out on the day at the stall? That would be great – just let Brian know. Thank you!



A Word from the Chair...



Dear all
I hope none of you are the kind of sun worshiper I am – for the forecast said “Summer is Over” and we are getting back to our “British temperatures” 😊

First of all I would like to say huge thank you to Mary Forbes who has taken over the role as Newsletter Editor and this is her first issue. We would love for you all to contribute to this quarterly club newsletter so please email Mary ideas and write ups to editor@harefieldhamsters.org.

Since the last issue #TeamHarefield has competed at the British Transplant Games in Birmingham under Brian’s lead and – I am rather proud to report – came back proud, happy and grateful for their second chance at life. The team also brought back some bling (3 gold, 15 silver and 9 bronze) which helped fuel confidence in everyone’s health and excitement about

how far we can push ourselves. My personal highlight was when team member Rob Longrigg, who had to miss out on last year’s Games due to kidney failure, came to support us all and brought along his wonderful family. Rob is still waiting for a kidney, but that didn’t keep him from getting in on the action and he jumped into the pool and swam the warm up with us.

Some of our #TeamHarefield athletes also joined Team Manager David Walker at the European Heart and Lung Transplant Games in Italy and had a fantastic time representing #TeamGB and competing in honour of their donors. There were quite a few newbies on the team who loved the experience and are hoping to repeat the success in Spain 2020!

On 9th September I was at Harefield Hospital supporting our club members at the annual FUN RUN.

I would also like to invite you all to our annual club reunion 19th – 21st October in Stratford-upon-Avon. Join us at the AGM on Saturday at 10am to discuss what’s been happening, where this club is heading and how you can help. And don’t forget the fancy dress party on Friday night is PIRATE THEMED this year! I am looking forward to seeing you there! All the info and booking forms are on our website:

www.harefieldhamsters.org.

To celebrate Natasha’s 17th heart and lung anniversary she has organised a fantastic fundraising event for the club, with music and entertainment. Tickets available from Graham Rogers.

So a few exciting weeks ahead – get involved, it’s great fun!

Janka

A Date for your Diary

Comedy charity evening — Wednesday 13th February 2018

A star-studded gala evening of entertainment at the London Palladium



Photo by
Mrs Ellacott

Ticket prices: £35 - £150

Information on the comedians appearing and the booking information to follow.

All proceeds will go to the **Harefield Transplant Appeal** and the **“Back in the driving seat” Cystic Fibrosis Appeal**

Natasha's Transplant Anniversary Spectacular



Natasha Rogers
invites you to her
17th "Heart & Lungs"



Transplant Anniversary "SPECTACULAR"



Featuring
**Peterborough Citadel
Band (Andrew Blyth) & Songsters (Sue Blyth)**

Special guest compere
Steve Hewlett (ventriloquist)
(finalist on "Britain's Got Talent" 2013)



Saturday 24th Nov 2018 ~ 7.30pm
Northampton High School
Newport Pagnell Rd. Hardingstone,
Northampton. NN4 6UU

Tickets ~ £10.00

Available from (SAE) :-

**Graham Rogers, 14, Leafields, Wakes Meadow,
Northampton. NN3 9UY
Cheques payable to 'Harefield Hospital Transplant Club'**

Proceeds to
Harefield Hospital Transplant Club (Hamsters) Reg Charity No 1060656



On June 26th Natasha celebrated her 17th anniversary of her "Heart & Lungs" transplant. To mark this occasion, Natasha successfully took on a 10,000 steps+ per day challenge for the whole of June. As a family and our way of showing our appreciation to Harefield Hospital we are arranging a "17th TRANSPLANT ANNIVERSARY SPECTACULAR" to support the ongoing work of the Harefield Hospital Transplant Club, giving much-appreciated support to both mature and new transplantees as well as advice for those waiting patiently on the list.

Harefield Transplant Club Committee Members' Details 2017-2018

CHAIRMAN Janka Penther



I am 36 years old, have Cystic Fibrosis and received a double lung transplant at Harefield in April 2013. I joined the club in 2015 and became a committee member after my first AGM in Witney (2015). I was appointed Chairperson at the AGM in Bournemouth (2016). I was also Team Manager for the Harefield Team at the British Transplant Games in Scotland 2017.

chairperson@harefieldhamsters.org

TREASURER David Walker



I have been a member and supporter of the club for 30 years. My son Alex is the transplant (heart) patient. I have been on the committee a long time. I became treasurer 4 years ago.

01895 6737770 / 07737 462731
walkerdavid525@gmail.com

VICE CHAIRMAN Alex Walker



I had my heart transplant 30 years ago and I have been a member of the club since day 1. I have been a member of the committee for many years, including as Chairman in 2016-17. I have competed in the British Transplant Games ever since my transplant.

01795 590130

MEMBERSHIP SECRETARY Patsy Foster



I have been a member and supporter of the club for 10 years. My husband Mick had his heart transplant 23 years ago. I became the membership secretary last year.

SECRETARY Alan Lees



I joined the club shortly after my heart transplant in 1997. I have served on the committee since 2011.

secretary@harefieldhamsters.org

COMMITTEE MEMBER Rob Longrigg



I have been a member and supporter of the club since 2005. I had a double lung transplant in October 2003 due to CF. I joined the committee at the AGM in 2015.

NEWSLETTER EDITOR Mary Forbes



I joined the club in 2015 with my husband, Douglas Forbes, 2 years after this lung transplant. I am a keen supporter of Team Harefield at the British Transplant Games and have newly taken on the role of Newsletter Editor.

editor@harefieldhamsters.org

COMMITTEE MEMBER
Karen Taylor



I have been a member and supporter of the club for 30 years. My husband Paul had a heart transplant in 1987. I have been the Newsletter Editor for 5 years.

TEAM MANAGER
Brian Unwin



I have been a club member for many years and have held many committee positions over the last ten years or more, including 3 years as Chairman. Since my heart transplant in 1988, I have been selected to represent Great Britain and Northern Ireland in 3 world transplant games.

COMMITTEE MEMBER
James Doherty



I have been a member for around 2 years now. I had a double lung transplant in September 2013. I have been on the committee since the AGM in Oxford in 2017.

COMMITTEE MEMBER
Paul Rooney



I had my heart transplant 20 years ago at Harefield. I have been an associate member of the club for many years but have held a full adult membership for 4 years and joined the committee after the 2015 AGM in Witney. I'm a regular attendee of the British Transplant Games and have a long-running association with Harefield Children's and Adults.

COMMITTEE MEMBER
Douglas Forbes



I had a double lung transplant in August 2013, as a result of Cystic Fibrosis. I have been a member of the club's committee since the 2016 AGM, enjoying fundraising and sporting activity (including British and Euro Transplant Games). One of my post-transplant highlights has been a skydive in 2016.

Reminder that the Committee meeting minutes are freely available.

Email, phone or write to:

The Secretary
Welchwood House
45 Parsons Heath
Colchester, Essex
CO4 3HX
alan.lees@btinternet.com
01206 870795

Royal Brompton and Harefield website: www.rbht.nhs.uk/about/news-events