



[www.harefieldhamsters.org](http://www.harefieldhamsters.org)  
charity no. 1060656

# HAREFIELD TRANSPLANT CLUB NEWSLETTER

Edition 25, December 2018



## DATES FOR YOUR DIARY

**100 Hearts  
Charity Comedy Evening**  
London Palladium  
13<sup>th</sup> February 2019

**Karting Race**  
Buckmore Park Circuit, Kent  
8<sup>th</sup> June 2019

## Harefield Fun Run message

• Thank you all for attending our 37<sup>th</sup> Fun Run & Family Day on  
• Sunday September 9<sup>th</sup>. I hope you all enjoyed the day and thank  
• you for being a part of this huge event. I am pleased to say the  
• event was a huge success and we have managed to raise over  
• **£33,000** so far and this is yet to rise as the sponsorship money  
• comes in over the next few months.

• Your support and attendance is greatly appreciated.

• Please take a look at this for more –

• <https://www.rbhcharity.org/news/37th-harefield-fun-run>

• We hope you enjoyed it, too, and look forward to seeing you all  
• next year again.

• Kind Regards,

• *Sallinder Rai*

Community & Events Fundraising Manager  
Harefield Hospital

## Join Us

If you like the work of the Club and want to get more involved, please join us officially by becoming a member. Both transplants and their friends/family are very welcome to join the club.

Membership forms are available from the Club website:

<http://harefieldhamsters.org/join/>

## Cake Day success

The cake & craft sale on Thursday 29<sup>th</sup> November at Harefield Hospital was a great success thanks to many bakers and a smiling team of sellers, including Brian Unwin, Suzanne March, Mary & Emma Hilton, Natasha Rogers, James & Gail Doherty and Alan Lees. The event raised a fantastic **£386.00** for the Club!



*They baked, they came, they raised money!*

## Natasha Rogers steps up for Harefield

Earlier this year I decided to do a 10,000+ steps a day challenge for the whole of June. This was to coincide with my 17<sup>th</sup> heart & lungs transplant anniversary & the British Transplant Games, where I represented Harefield Transplant Club.

In April I set up a JustGiving page and was amazed by the sponsorship I had. I wore a badge when I was out to raise awareness of my challenge and of Harefield, too. On the 1<sup>st</sup> of June I started my steps (I did 17,056 steps that day). My lowest day was 10,783 steps (but at least it was over 10,000) and my highest was 18,063 steps.

During the time of my steps challenge, I normally went out in the morning before the weather got too warm, and was just grateful we didn't have any rain!

All in all, I raised **£577** for Harefield with my 10,000+ steps a day challenge.

*Natasha*



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## 100 Hearts - a Night of Comedy

London Palladium  
Wednesday 13 February 2019

*A few tickets are still available*

The glittering line-up, hosted by Clive Anderson, includes Rob Brydon, Dara O'Briain, Harry Enfield, Angus Deayton, Omid Djalili, Nina Conti, and Rachel Parris.



All proceeds raised will go towards the Harefield Transplant Appeal ([www.rbhcharity.org/Appeal/transplant-appeal](http://www.rbhcharity.org/Appeal/transplant-appeal)) and the Cystic Fibrosis 'Back in the Driving Seat' Appeal ([www.rbhcharity.org/Appeal/cfappeal](http://www.rbhcharity.org/Appeal/cfappeal)).

## Annual Reunion Weekend

This year, we all got together in Stratford-upon-Avon at the Best Western Grosvenor Hotel for our Club Reunion and AGM weekend.

On the Friday night as per tradition, we donned our fancy dress with the theme of 'pirates'. This seemed to go down well with the crowd, as there were some fantastic outfits! Newbie Steve Lord outdid everyone and snatched the prize for the best fancy dress pirate (a bottle of rum, of course, which I understand he shared with his wife Susan). Later that evening, I made my debut as quiz master and the DJ got everyone on their feet for a late night boogie.

On Saturday morning, after a delicious breakfast, we had our Annual General Meeting. It was heartening how well-attended the meeting was – a testament to the dedication of our members. The minutes are available upon request from the committee.

Afterwards, everyone did their own thing – resting up ready for the gala dinner or doing some sight-seeing in the town. While the committee prepared the room for the celebrations, everyone got their glad rags on and met for drinks at the bar before enjoying a lovely dinner.

Janka, our Chairperson, started the evening with a moment of silence for our donors and absent friends – we



seemed to have lost a lot of them this year. After some of us celebrated transplant milestones (with the most delicious cake made by Kate Walker, wife of our Vice Chair Alex), Janka gave out the awards for 2018 and thanked The Rogers, the Dohertys, Henry & Margaret Smith, Bob Cherry and Andrew Willis for their incredible support of the Club.

Alex Walker, Paul Rooney and I sold tickets for the annual raffle, which raised a total of £262. The Grand Draw raised a fantastic £705.

The evening continued with our song 'You'll Never Walk Alone', which was emotional as always. Afterwards the DJ got everyone dancing with the best 80s tunes.

It was great to see everyone there and hope to see you all again next year in Bournemouth at the Riviera Hotel.

Thank you to the Club committee for organising this event and a huge THANK YOU to Karen & Paul Taylor who have volunteered to take on the 'Annual Reunion 2019'. We hope to see you all there!

*James Doherty*



## Hamsters Annual Award Winners

Each year at our Annual Dinner your Committee present various cups and trophies.

The names of the winners are recorded in the Club's hall of fame to be found in Transplant Outpatients.

### Best Newcomer

The cup for the Best Newcomer is awarded to the outstanding Harefield transplant who achieves the best result in their very first attendance at the British Transplant Games. This year's award goes to Sam Roonan. It was his first British Games in the adult team, having transferred from GOSH. He came away with a few medals and has now been selected for the badminton team at next year's World Transplant Games.



### Special Award

The Club's Special Award is presented to a person whom the committee feel has epitomised the true spirit of the Club during the past year. The committee look further than just sporting

achievements. Other factors that are considered include personal profile, commitment to the Club and its members, fund raising, boosting the Club's external profile, and the individual giving of themselves selflessly for the benefit of others. This year's winner is Premraj Kathirgamarajah for his incredible commitment to the Club, visiting Harefield Hospital and talking to patients about the Club and the British Transplant Games. His positive attitude has helped patients through their darker days and motivates others to take part in the Games. He is also always the first to offer help when it comes to events like the Fun Run.



### Pinfield Prize

The Pinfield Prize is awarded to someone who has worked hard this past year to improve the profile of Harefield Hospital, transplantation and donor awareness. The prize goes to Natasha Rogers for her 10,000+ steps challenge, where she showed great determination and spirit.



### Tim Gibson Memorial Award

The winner of this award is the team member (athlete or supporter) of Team Harefield at the British Transplant Games who receives the most votes from all team members as the most inspirational participant. This year's winner is Jade Carr, for a fantastic comeback after a long time of illness due to waiting for a kidney transplant. Earlier this year, Jade competed very successfully at the European Transplant Games, exactly a year after receiving a kidney, and came away with lots of medals at the British Games. She has now been selected for the athletics and badminton teams for next year's World Transplant Games. Jade truly shows us the importance of never giving up.



## Donor Family Network Thanksgiving Service

I was honoured to be invited to the Donor Family Network (DFN) thanksgiving service this year. The service is an annual event for recipients, donor families and professionals who are involved in organ donation. The aim is to share experiences, allowing for reflection, recognition and remembrance. The service was held at the beautiful National Memorial Arboretum in Staffordshire.

We set off early from Lincoln in order to see the Arboretum before the service. The journey consisted mainly of car games, with the occasional question from my daughter Freya about donor families and the butterfly memorial we were going to see. The 'Gift of Life' is a national memorial to donor families and transplant recipients, conceived, funded and commissioned by the DFN.



*Rob and Mel Longrigg*

We looked around the Arboretum before heading to the memorial. Luckily there was a playground right nearby for Freya and Christopher, my son. It was the perfect place to be able to have a few moments to myself, but also with the family, to give thanks to my donor and their family for that amazing gift all those years ago (15 and counting).



*Using those gifted lungs*

The service itself was beautifully poignant, with donor families sharing stories of lost loved ones and the solace that organ donation has given them. I felt very humbled to share my experiences of organ donation and transplantation. The nerves seemed to disappear as I started talking. It felt as if I was talking to my donor, someone who I simultaneously have never met but know very well. I felt immensely proud that Mel, Freya and Christopher could come along to the service with me. Without transplant, I would not be the man I am today or have my beautiful family. It was nice to hear the kids chirping up whilst I was talking; Mel told me afterwards they were saying, 'that's Daddy talking up there'. A very proud dad moment for me.

It was lovely to see old friends from the DFN – Nigel & Sue Burton and David Nix – and our very own Paul and Karen Taylor. I respect Paul very much; he has had his heart 30+ years and a kidney for 4 years (sorry if I got the dates wrong, Paul!!!). I am waiting for a kidney, so it was good to share experiences – one of the things I love about our club. Paul and Karen also helped to entertain Freya and Christopher whilst I was talking.

It was a privilege to talk to donor families, finding out about loved ones and their journeys to become members of the DFN. I also met other transplant recipients and compared 'war stories'.

It was a very emotional day for all that attended. I feel a very close connection to the DFN and its members. It was an honour and privilege to speak at such a beautiful event that really did give thanks for the Gift of Life.



*Christopher and Freya*

If you ever get the opportunity, pay a visit to the memorial at the National Arboretum. It gave me the chance to put life into perspective, remembering my donor, reflecting on my life as it is and making dreams for the future.

*Rob Longrigg*



*Group of Harefield Tough Mudders*

## New Transplant: Caroline Rutherford

*Caroline is 5 months post heart transplant and a new member of the Club. She shares her story with us.*

We all have our individual stories, often sharing snippets of them in clinic. I have been so appreciative of being able to talk to others in a similar situation during my two years at Harefield as I never had the opportunity to speak to another heart patient in 10 years of living with my diagnosis.

I am 32 and had a heart transplant 5 months ago. I found out I had dilated cardiomyopathy when I was 20, halfway through my time at Loughborough University studying Maths and Sports Science. This was the first time a transplant was mentioned, but I was very lucky and reacted well to my medication so I kept my heart for a bit longer. However, I was only allowed to do light exercise, which took a long time to accept as my passion is sports. Before my diagnosis, I was privileged to have competed for my country in flatwater kayaking at the 2004 Junior World Marathon Championships in Norway.

Over the next 10 years, I became a maths teacher, did lots of travelling and had a fantastic two years living in Qatar. Unfortunately, my heart then decided to no longer play game. After an extremely difficult few months, I eventually arrived at the

wonderful Harefield Hospital. I straightaway felt more relaxed, as everyone made me feel like they genuinely cared about helping me. I had never felt this more in any other hospital that I had been to. It got to the point where I was on ECMO and on the super urgent list. I really felt like life was ebbing away and was genuinely terrified I was dying. I even made all these deals with a god I do not believe in. In the end, I had an LVAD fitted as I could not wait for a heart any longer. Whilst I definitely did not want to die, I remember thinking that one way or another my pain would stop (I always try to find a positive in everything!). Luckily, I reacted really well to the LVAD, made it to a wedding in Barcelona 7 months later, and started a new teaching position (part-time) at a fantastic school.

I went back on the routine list in August 2017 and had the biggest shock a month later when I got a call about a heart. This didn't go ahead and I had 4 other calls, including one when I ended up just outside the theatre. For anyone that is yet to go on the list or receive a call, I would say that it does get easier with each false alarm, but it is always a rollercoaster of emotions. Try to have something to look forward to the next day or at the weekend to help. Two and half weeks after moving into my new flat and, incredibly, after less than a year on the routine list, I got 'the call'. I ended up driving myself to the

hospital as it all happened very quickly.

After lots of bleeding and some kidney issues, about 6 weeks later I was discharged to start my new life. The LVAD and transplant experiences, both physical and mental, were very different. After the LVAD, I was just relieved to be alive in any condition, but I also knew it was a temporary lifestyle. I went into the transplant pretty 'healthy', living a fairly normal life due to the wonderful LVAD, so whilst I was incredibly thankful to have woken up, I was, and still am, scared about the complications and know that this is my life now. As time goes on this worry will be something I learn to manage. I give myself realistic short-term goals and a few longer-term ones (all going well). I have started doing parkrun (I currently walk most of the 5km route) with my family, which I love as I am part of something I enjoy again.

Being a 'newbie' I am still learning what is OK to do and what is a bit too risky, especially as I live just outside lovely clean London and Christmas gatherings will be beginning soon (infection risk). Life is for living and not just existing. I intend to honour not only my donor and his/her family, but also everyone that has, and continues to, put so much effort into helping me by doing my utmost to live the most fantastic life that I can.

*Caroline Rutherford*

## Karting Event: Summer 2019

We'd like to get a Harefield transplant team together for a 3-hour race at the Buckmore Park karting circuit, in Kent, on Saturday 8<sup>th</sup> June 2019. The estimated price is £95 per person, based on a team of 3. If enough people are interested it may be possible to have separate lung & heart teams.

To find your local karting track to practice:

[www.uk-go-karting.com](http://www.uk-go-karting.com)

Email [alan.lees@btinternet.com](mailto:alan.lees@btinternet.com) for more information or if interested.



*Prem Kathirgamarajah at last year's race*

## 10-year pin: Steven Haigh

Thank you for sending me my 10-year badge, which I received on Monday when I returned from Harefield after my 12-month MOT.

Today is my 10th Anniversary and I will wear this badge with pride. My wife and I will spend the day reflecting on the significance and consequence of my transplant.

Also may I thank you and the team for running the Hamsters Club.

## 20-year pin: John Beaumont

I received my twenty-year pin. Thank you very much for sending it. Twenty years have flown by – where would we be without the donors? I was able to play my part in that I had a double lung and heart tx and was able to donate my heart to a very nice fellow who in the early days I would see in clinic. I am glad Harefield did not have to move to Paddington. Although it would have been much closer for me, it would have lost something.

## World Transplant Games 2019

One of the major events in the Transplant Sport calendar is the World Transplant Games. Held every two years in a different city around the world, they bring together competitors from around the globe to celebrate what can be achieved through transplantation. For some recipients, being selected to represent their country is the focus of the months and years of training they put into their chosen sports.

Next year's Games will be an extra special event for Team GB & NI athletes: a home Games! The UK can be incredibly proud to be hosting in Newcastle from 17<sup>th</sup> -24<sup>th</sup> August.

Harefield athletes have been working incredibly hard and we are happy to announce that some have been selected to represent Team GB & NI alongside over 200 British and Irish athletes. Well done, we are so very proud of you all!!



Congratulations to:

- **Jade Carr** (table tennis, badminton)
- **Emma Hilton** (athletics, volleyball)
- **Lisa Innes** (badminton)
- **Janka Penther** (swimming)
- **Jason Gallagher** (darts)
- **Doug Forbes** (badminton, volleyball)
- **Sam Roonan** (badminton)
- **Jo Peard** (basketball)
- **Howard Waters** (swimming)
- **Prem Kathirgamarajah** (badminton)

## Christmas goodie bags for patients



Our 'Christmas elf' Victoria Tremlett has once again been incredible, creating little treat bags for our in-patients. Having had a life-saving double lung transplant at Harefield Hospital due to Cystic Fibrosis, she knows only too well how tough it can be when you are stuck in hospital. Especially during the festive season, with everyone else

getting together with loved ones and enjoying seasonal events, it's no fun being stuck on the ward.

On Monday 26<sup>th</sup> November, Victoria visited Harefield with her Christmas goodie bags, putting a smile on so many patients' faces.

Merry Christmas to you all!!

## Tracey Baker and Mandy Hipkin retiring

As chairperson of this Club I would like to say a HUGE 'thank you' to Tracey Baker (Transplant & Divisional Support Manager) and Mandy Hipkin (Practice Educator, Transplant Unit). Both wonderful ladies have been working at Harefield Hospital for many years and will be retiring at the end of 2018. They have been an essential part of the Club, always being incredibly supportive. They have often been the vital link between our hospital and the Club, tirelessly promoting the Hamsters to other staff as well as patients. Thank you both so much for everything you have done for us patients and the transplant Club.

*Janka*



*Mandy Hipkin and Mel Longrigg*



*Tracey Baker and our Chairperson, Janka*

## Rogers family fundraiser in spectacular style

Well, what a night we had on Sat 25<sup>th</sup> November in celebration of Natasha's 17<sup>th</sup> 'Heart & Lungs' transplant anniversary.



*The band delivering a rousing performance*

The evening was billed as a SPECTACULAR and we were not disappointed. Our musical guests were the Peterborough Salvation Army Band & Songsters (gospel choir), under their highly-respected leaders Andrew & Sue Blyth. Andrew is an accomplished brass & choral composer and Sue is one of the leading soprano soloists in the country. Both are very much in demand, having been in the USA during the summer to lead a music camp in Utah. It had taken 6 years' planning a suitable date for when they could both support our fundraising efforts. The wait was well worth it!



*The choir, lead by Sue Blyth*

Our guest compere was Steve Hewlett, who rose to fame on the 2013 ITV *Britain's Got Talent*, where he finished 4<sup>th</sup>.

Steve has some connection with Harefield Hospital as he helped Nicola Langlands (heart & lungs) when she started her charity 'Look Beyond The Heart' before she sadly passed away in December 2013. We met Steve during his fundraising efforts for Nicola and since his success on ITV he has been in great demand all over the world. We were so pleased when this date was available for Steve to compere for us.



*Steve Hewlett got the audience laughing, and didn't let them stop!*

With Steve on stage, it was continual laughter right to the end. His skill and artistry as both a ventriloquist & comedian was plain to see and he even involved bandmaster Andrew Blyth, as well as other people in the audience. They all took it in good spirit which added greatly to the fun of the evening.



*The ventriloquism of Steve Hewlett*

the music and comedy would not have gone amiss at a top London theatre.

Towards the end of the evening, the importance of organ donation was highlighted. Prayers were offered for Natasha's donor family and all those on waiting lists, that they too would soon get the organs they need.

So, a great night was had by all and a total of **£1367** was raised for Harefield Transplant Club, which will help them continue their great work at the hospital giving advice to transplant recipients as well as help them purchase valuable medical equipment to be used in transplant operations.

The evening was a great success and we would like to thank everybody who came along to offer their support.

*Graham, Ann & Natasha Rogers*



*The family that fundraises together, stays together*

It was so good to see the audience having such a good laugh, knowing it was for a great cause. The quality of

## Christmas Quiz

Try these questions to get you into the Christmas spirit!

1. In the carol 'Away in a Manger' what was the little Lord Jesus asleep on?
  - A. The Bed
  - B. The Hay
  - C. The Crib
2. At Christmas, it is customary to kiss beneath a sprig of which plant?
  - A. Crocus
  - B. Holly
  - C. Mistletoe
3. How many sides does a snowflake have?
  - A. 4
  - B. 6
  - C. 8
4. In 'The 12 Days of Christmas', what did my true love give on the 5<sup>th</sup> day?
  - A. Gold Rings
  - B. Pipers piping
  - C. Turtle Doves
5. Who helps Santa make toys?
  - A. Elves
  - B. Goblins
  - C. Hobbits
6. What was Joseph's job?
  - A. Butcher
  - B. Farmer
  - C. Carpenter
7. Who invented the Christmas cracker?
  - A. George Cracker
  - B. Tom Smith
  - C. John Bell
8. When is the Feast of St. Nicholas?
  - A. 1<sup>st</sup> December
  - B. 4<sup>th</sup> December
  - C. 6<sup>th</sup> December
9. What type of tree was the partridge in?
  - A. Fir tree
  - B. Pear tree
  - C. Birch tree
10. How many candles are there in a traditional Advent wreath?
  - A. Three
  - B. Four
  - C. Five
11. In *How the Grinch Stole Christmas*, what was two sizes too small?
  - A. His bag
  - B. His brain
  - C. His heart
12. Who is supposed to open the first Christmas gift?
  - A. The youngest child
  - B. The eldest child
  - C. The tallest child
13. Who was a ghost in the book *A Christmas Carol*?
  - A. Jacob Harley
  - B. Jacob Marley
  - C. Jacob Farley
14. What is traditionally hidden in the Christmas pudding?
  - A. A watch
  - B. A coin
  - C. A tooth
15. Who banned Christmas in England between 1647 and 1660?
  - A. Charles Dickens
  - B. William The Conqueror
  - C. Oliver Cromwell
16. What liqueur goes into making a 'snowball' cocktail?
  - A. Advocaat
  - B. Creme de menthe
  - C. Cointreau
17. What is the popular name for sausages wrapped in bacon?
  - A. Snuggly pork
  - B. Pigs in blankets
  - C. Farmer's fingers
18. Which of these is NOT one of Santa's reindeer?
  - A. Prancer
  - B. Dancer
  - C. Dixon
19. Which country first sent Christmas cards?
  - A. France
  - B. USA
  - C. UK
20. Which is a famous Christmas ballet?
  - A. The Nutcracker
  - B. Swan Lake
  - C. Sleeping Beauty





## A word from the Chair...



Dear all,

It's December, so now we can officially get stuck in making Christmas decorations, baking special treats, decorating the tree and singing festive songs to our hearts' content. Everyone has a different relationship with this time of year – a lot of it probably depends on the circumstances we find ourselves in.

For me, this is a time to be thankful and thoughtful. I imagine my donor family is getting ready for the festive season again, but for the 6<sup>th</sup> year now there is someone missing. I imagine what it would be like when, instead of me, she would be opening the doors of her advent calendar every day – maybe with her children who wouldn't be able to contain their excitement... But that's not what life had in store for her. I am the one opening the doors. I am the one living and breathing with her lungs.

So to celebrate her gift of life and my 6<sup>th</sup> Christmas with those new healthy lungs, I thought I would splash out a bit. You know, treat myself.

I know it's not becoming to speak of money but we're all friends here so I'll tell you – I have spent exactly **£6236.62** last month.

Now you may think I went on a shopping spree, indulging in festive foods, luxurious spa breaks or even expensive perfumes (a bit of a waste of money considering I lost most of my sense of smell years ago). But no, you're all wrong. I spent it all on... medication! Or at least I would have, if it weren't for the NHS. Out of curiosity, I added up the cost of my everyday medication for a month (November) plus a 14-day round of IV antibiotics, plus 7 days in hospital with pneumonia. This number doesn't include the IV paraphernalia like syringes, needles, gloves, etc., but it's Christmas, so I threw those in for free.

The numerous smiles and reassuring comments from the nurses, the countless small talks with the reception staff that just take your mind off things, the chats with the psychologist who just 'pops her head in', the encouraging comments from the physios who remind you that there 'is a life after this nasty infection', the huge amount of positive messages from fellow Club members, patients and friends... all of those are priceless and just as important.

Suffering two bouts of pneumonia in as many months after enjoying 5 healthy years of being admission-free has grounded me somewhat. To be honest, it scared the living daylights out of me, especially when the drugs didn't work at first and then made me very ill. But it also taught me a thing or two, like to ask for help. To not fall apart. To look at things from a different angle. To prioritise. To step out of my comfort zone.

But mainly it taught me to be thankful. To you guys. To my friends and family. To my donor and her family. To the NHS. To our hospital and its fantastic staff. To those early days transplant pioneers.

Thank you all so much - merry Christmas.

*Janka*



## Tribute to Jill Edwards

*On November 3<sup>rd</sup>, we lost one of one of our long-standing Hamsters, Jill Edwards. In this issue, we remember Jill by including some of your memories of her.*

It was with a very sad heart that I found about "my Jillikins". Having known Jill for all of her transplant life, I know that the world has lost one very special person. Jill always had a wonderful smile and always had a kind word even if things weren't going too well for her.

One of my fondest memories of Jill is 2001, when she got her first call up to represent Great Britain & NI at the World Transplant Games in Kobe, Japan. Standing outside next to a very colourful modern waterfall near our hotel, she said, 'This is fantastic and all thanks to my donor. I will always be grateful'. Jill attended many British Transplant Games and European Games (her first was in Lausanne, Switzerland in 1996). I know that, over the course of her games history, Jill has won many trophies and medals. But one highlight for me as Team Manager was when Jill won 4 golds. Yes, **four**. Another special attribute of Jill is she always had time for any of the newbies



on the team and had many transplant friends from other hospitals, especially Papworth.

We have lost a wonderful person in Jill, and the Harefield Transplant Team has lost one of our superstars, but she now brightens up heaven.

With a part missing from my life,

*Brian Unwin* (Harefield Team Manager)

Such sad news. Jill was always a great support and was very kind. We will miss her greatly x

*Chris Hannah*

Very sad news. Miss you so much already Jilly, my very special friend.

*Ann Woodbridge*

RIP Jill, condolences to Peter and the family. Fond memories of Jill & Ann Woodbridge taking me under their wings at my first TX games - Loughborough 2005. You will be greatly missed x

*Rob Longrigg*

So sorry to hear this news. Jill was a beautiful lady. Love to Peter and family xx

*Julie Hulls*

Incredibly sad news. Fond memories of Jill at the Games in the past.

*Stacey Lever*

Really sad to hear of Jill's passing. When I first went to Harefield for an induction day (do they still have these?), it was Jill who gave me a talk about the transplant games and sparked my interest in them. She was a really lovely lady, and Ann and my thoughts are with Peter and family x

*Howard Waters*

I'm so sorry to hear this. It's so sad; Jill was always such a lovely and kind lady. RIP Jill, thoughts are with her family.

*Paul Rooney*

Lots of good memories of Jill at the Europeans, particularly. Sad news x

*Maggie Cowman*

## Tribute to Jill Edwards

I have fond memories of Jill who always wore a smile.

A committed participant in the Harefield Transplant Club she ran the Club as chair for two years in 2011 and 2012. It was a pleasure to work with her during that time and to enjoy her company at many Annual Reunion weekends and Club events.

Jill competed in British, European and World Games at swimming and badminton. The most memorable occasion I recall was during the European Heart and Lung Transplant Games, when we travelled to Sandesfjord, Norway in 2000.

On board our flight from Stanstead, were many of the GB Team from Harefield including Jill and Peter. As it was a very short flight, we knew we would not be getting a meal. Before travelling, we had agreed that we would all bring snacks.

Jill started to rummage in her bag and brought out a box of Pringles, so did everyone else and so did I. It was expected that we would be sharing our snacks with each other, but in this case, we all had the same. It then became a standing joke throughout the Games whenever anyone mentioned food they were offered a Pringle.

The following year I presented Jill with a carefully wrapped and disguised prize: a box of Pringles. It reminded us both of the fun we had during our trip to Norway.

*David Walker*

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So shocked to hear that lovely Jill has passed away. I have wonderful memories of our many times at the European Games and of us being roommates at one of them. God bless you, Jill, and your family.

*Lorraine Seager*

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We remember Jill mainly as being Secretary for several years, and she and Peter did come down to our Ball. I remember she was very good at swimming.

*Henry Smith*

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I met Jill for the first time at my first European Heart and Lung Transplant Games in Vantaa in summer 2016. I had only joined the Club the year before and was very new to the Games. Being a fellow swimmer, Jill straight away took me under her wing and with her calm nature I soon got control of my nerves, swam my best times, came back with some medals and had a terrific time.

When I took on the role of chair for this Club it was again Jill's support which saw me through some 'stormy times' and her reassurance that my new (and sometimes naive) approach was a good thing and that I was doing the right thing challenging some of the old and outdated ways. I will always be grateful for Jill's support, her door was always open and she definitely took life with a sense of humour. She was an inspiration.

*Janka Penther*



## Harefield Transplant Club Committee Members' Details 2017-2018

### CHAIRMAN Janka Penther



I am 35 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](mailto: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](mailto: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

### COMMITTEE MEMBER Maggie Williamson



I am a new committee member, having been appointed at the 2018 AGM. I had my lung transplant 4 years ago, in the USA, and am now loving life in the UK.

### COMMITTEE MEMBER Alan Lees



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

### MEMBERSHIP SECRETARY 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](mailto: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.

[editor@harefieldhamsters.org](mailto:editor@harefieldhamsters.org)

**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 Trnasplant Games and have a long-running association with Harefield Children's and Adults.

**SECRETARY**  
**Douglas Forbes**



I had a double lung transplant in August 2013, as a result of CF, and have been a member of the Club for a year. I am a relatively new member of the committee, appointed at the 2016 AGM in Bournemouth.

[secretary@harefieldhamsters.org](mailto:secretary@harefieldhamsters.org)

**COMMITTEE MEMBER**  
**Paul Taylor**



I have been a member and supporter of the Club for 30 years since I had my heart transplant. I have been on the committee for a number of years and have previously held the position of Membership Secretary.

Reminder that the Committee meeting minutes are freely available.

Email, phone or write to:

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Cheltenham  
GL53 7PJ  
01242 462 226

Royal Brompton and Harefield website: [www.rbht.nhs.uk/about/news-events](http://www.rbht.nhs.uk/about/news-events)