HAREFIELD TRANSPLANT CLUB NEWSLETTER

Edition 37 December 2023

www.harefieldhamsters.org
charity no. 1060656

DATES FOR YOUR DIARY

December 2023

7th – Christmas Jumper Day

14th – Harefield Carols by Candlelight at 7:00 - St Mary's Church, Church Hill, Harefield,

March 2024

4th – **8th** – World Transplant Winter Games

May 2024

12th – International nurses day

June 2024

14th – World blood donor day

July 2024

1st – **7th** – National Transplant Week (encourage people to register as organ donors)

21st – **28th** – European Transplant Games, Lisbon

August 2024

1st – **4th** – British Transplant Games, Nottingham

September 2024

29th – World Heart Day

October 2024

23rd – National lung health day

November 2024

9th – Harefield annual transplant memorial service – St. Paul's Roman Catholic Church, Harefield.

A Word from the

Here we are, my first piece as chair of this fantastic club. I will start by saying I'm incredibly grateful to Janka Penthwell for her fantastic work in this role over the past 6 years, and she has handed over the reigns with the club in a great state. I'm also very grateful to the committee and the AGM, for allowing me to take on this role – I understand it is a huge responsibility, and I look forward to doing my absolute best for all the patients and supporters we have at Harefield.

I think it's very important that we as a committee communicate as well as possible, both with other organisations and also the patients at Harefield. I spoke recently with Robbie Burns, the chair of the national Cardiothoracic Transplant Advisory Group, about how we can improve the patient experience, and one thing he was really passionate about was finding out what patients 'on the ground' are saying about transplant treatment, so this is something I really want to promote. What do you think could be improved in your care? So as a committee we want to know how we can help, so please let me know any and all ideas, whether related to fundraising, inpatient or outpatient care, or social activities. I can be found at chairperson@harefieldhamsters.org and I'd love to hear from you.

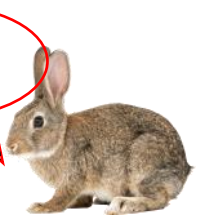
We're also looking for ways in which we as a committee can effectively provide support for the Harefield patients community. I know a lot of people were very upset that we haven't been able to maintain the board of survivors in the outpatient's clinic, I loved looking at it myself. Rest assured this is something we are looking at; I'd love to get this back up and running in whatever form we can. I'm also in the process of re-writing our patients handbook, which if you haven't seen it before is a combination of inspiring patient's stories and useful advice based on the sort of questions that frequently come up in our Facebook group – I look forward to making this an important resource, and will be collaborating with the heart and lungs team to make sure all advice in there is as good as it can be.

Another goal is to help the teams at Harefield communicate with the patient group as a whole. One important part of this is webinars, of which several have been planned to go ahead in the next 12 months or so. There has already been one aimed at pre-transplant patients, and the upcoming webinars will focus on long-term effects of anti-rejection medication, rejection itself, women's health, and mental health/ wellbeing. I'll be providing a patient's voice as we prepare these webinars, and also advertising them when they happen so that as many patients as possible can benefit.

On a personal note, we're now coming up to my 7th Christmas since my double-lung transplant. It all seems a very long time ago now, and it's a constant challenge not to take any of this for granted. I'm so grateful to my donor for everything that I've been able to do since that day, and I'll be lighting a candle at Christmas for him.

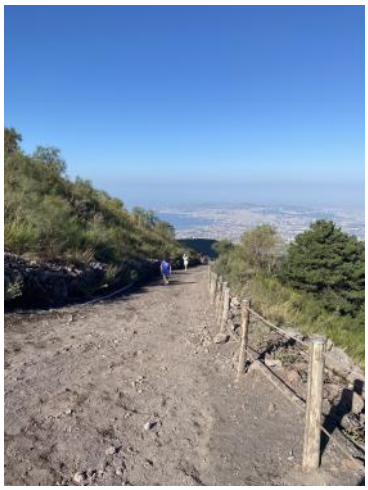
It's been a fantastic year for me - I was able to go to the World Transplant Games in Perth this year, which was the opportunity of a lifetime, and I hope there will be many more such experiences to come. With my Team Manager hat on (rather than Chairperson) I'd highly recommend anyone who enjoys sport to get involved in the British Transplant Games, it's a fantastic way to meet other transplant recipients and celebrate the gift of life, and there are no entry requirements, you just have to have a go!

I hope you all have an amazing Christmas and holiday season, whether you celebrate Christmas or not, and wish you all a Happy New Year too!



3 years on.....

Then (2020) and now (2023)



Keep on moving..... And you'll get there in the end :-)

'Mind set' are the words that link these two pictures.

Just as I was determined to walk the whole length of Rowan Ward corridor 3 years ago, I was determined to climb Mount Vesuvius on my visit to the area at the end of September this year.

My coach party was dropped off at a set place and left to make the rest of the ascent in our own time. We were advised that it would take about 40 minutes.

To put this into context, although I have new lungs that work! My FEV1 is still only 1.50 on a good day! As a result of this I still struggle with slopes and stairs! However I was determined that I wanted to get to the top and I did.

I achieved my goal by setting myself small targets, 10/15/20 posts at a time and then rest and enjoy the view. I lived in the moment and enjoyed the journey.

The journey to the top took me an hour but the feeling of achievement was immense. The nurses encouraged me to walk the corridor but my inner determination and wanting to prove to myself and others what I'm capable of, got me to the summit.

It may have taken me an hour to reach the top but I did it and the views and the feeling were worth every step in 80 degrees heat:-)

Prior to transplant, I would have struggled to walk 2 poles at a time, let alone 15 and then another 15.

When I reached the summit, I thought about the gift my donor had given me and did a silent prayer and thank you.

Lynne Ogden :-)

Looking down into a crater at the top of Mount Vesuvius.

Harefield Transplant Club Celebration Weekend

By Tracey Baker

At long last, we managed to meet as a group and celebrate on the weekend of 22nd September.

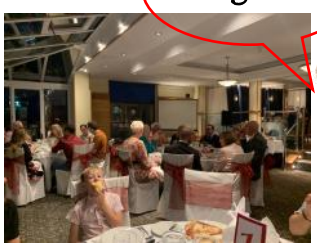
Being the first after the long Covid lockdowns and limitations we opted for a well-known venue of The Riviera Hotel in Bournemouth. The hotel staff were excellent at accommodating our various needs and the weekend was a success.

Some people arrived on the Thursday and settled in and enjoyed the Dorset hospitality. A good many of us arrived on the Friday and got ready for the yellow themed fancy dress dinner and quiz night. We managed to subtly spread the yellow theme around the hotel, including the pool. There was a marvellous variety of yellow hazard tabards (some with bespoke messages on the back) and range of fabulous yellow outfits from a variety of fashion eras and

James, microphone in hand rose to the occasion as quiz-master with a well-constructed variety of topics, with a great mix of topical, easy and challenging questions. This allowed each table to get to know each other and explore talents. Later on the disco was slightly overshadowed by people excited to see each other after such a long 3 year break but as the night went on, people took to the floor a boogied away.

The Saturday saw the AGM, which had a good attendance, after a late night and hearty breakfast (always a good one at The Riviera). A good range of topics was covered in the AGM from the constitution to the best options to the most modern marketing approaches to increase the HTC.

The AGM was followed by a fun filled, sunny afternoon activities of shopping, beach walks, sight-seeing, ice-cream eating, drinking and Zombie walks!!!!!



The evening brought our Gala Dinner event with a Ruby theme, to commemorate the 40th anniversary of the club. Table decorations on both nights were

crafted by Dawn. There was a celebration cake and group photos, of course. The raffle was hosted by James who was assisted by the talented young Longriggs.

Mary Hilton was presented with a large bouquet of flowers in recognition of all her support for the club and transplant games.

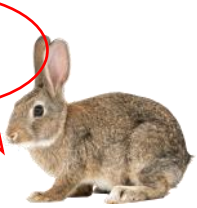
The annual awards followed (separate report in the Newsletter)

One of our talented members, Philip Broadley, donated an amazing drawing of his own, of a hare. A bidding war took place with our new Chairperson, Peter Knox, making the winning bid of 120 pounds.

The evening continued with more dancing, drinking, gymnastics! and socialising into the small hours…...

Sunday morning brought the goodbyes and hugs with a promise to do it all again next year. (Date and venue TBC)

Looking forward to seeing more of you next year xx



Lung Transplant story

"A Journey of Resilience: Seven Months Post Double Lung Transplant" by Anthony Dawson

My name is Anthony Dawson, and at 57 years old, I've embarked on a remarkable journey of resilience and transformation in the seven months following my double lung transplant, coupled with unexpected strokes. This incredible journey began on March 14 this year, when I underwent the life-changing transplant surgery, and just over a month later, on April 24, I was discharged from the hospital.

Life had thrown me a curveball, but I was determined to make the most of my second chance. Four months later, I made the courageous decision to return to my passion—teaching science, specifically chemistry—on a full-time basis, albeit on a phased return schedule.

But I wasn't content with just getting back to my regular routine. In July, I decided to volunteer at the British Transplant Games, a decision that would prove to be life-changing. During my four days there, I met outstanding individuals and formed friendships that I know will last a lifetime. My participation in the donor run was a highlight, as I not only took part but also proudly received a medal. That medal now hangs in my living room as a daily reminder of my accomplishments and the support I've received.

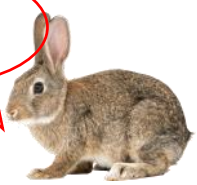
As my health continued to improve, I decided to push my boundaries further. I joined our local athletics club, the Reading Roadrunners, and after three free trials, I became a full member. Learning to run has been a journey in itself, but the thrill of being part of this group has been invigorating.

My progress continued with my participation in three park runs. Although I encountered a small hiccup in my first attempt when I forgot to take the token, I've since achieved personal bests of 50 minutes and 40 seconds and 53 minutes in the 5km race/walk. Additionally, I've become an active member of the local gym, a recommendation made by Vicky, the doctor at Harefield Hospital.

Looking ahead, I have my sights set on participating in the Transplant Sport Racquets event on Sunday, November 5. I'm considering competing in badminton or table tennis, and I view these games as an opportunity to challenge and encourage my residual stroke condition and slowly correct my eyesight. I am determined to prove that I'm not a victim but a survivor. My deepest gratitude goes out to my donor and their loved ones. I hope that as I continue to progress, I can make them proud. I'm a new individual embracing new opportunities and thoroughly enjoying life. All of these remarkable achievements have been made possible by the generosity of my donor and their selfless loved ones, as well as the unwavering support of the NHS medical staff, including administrators and ambulance drivers. Seven months later, I am well-supported by the stroke division, neuro occupational health, physiotherapists, and physiologists.

This journey is a testament to the strength of the human spirit, and I'm living proof that with determination and the gift of life, one can overcome significant challenges and embark on a new, fulfilling chapter filled with gratitude and resilience.

The picture above is our first park run and the last in front is my best mate Lucille who visited me everyday at Harefield (since all of my family was in Cape Town) and the lady at the back is my youngest sister Judy, who recently arrived from South Africa.



Transplant Sport Racquets, 2023

A Truly Inspiring Experience, by Anthony Dawson.

I wanted to share my incredible experience at the Nottingham Transplant Sport Racquets event that took place on November 5th. It was a day filled with inspiration, camaraderie, and the celebration of life. One common thread connected all of us: the profound gratitude we felt towards our organ donors and their selfless loved ones. We wouldn't have been there, participating in the event, if it weren't for these heroes who gave us a second chance at life. I wanted to express my gratitude to all my supporters in South Africa and the UK, for being a part of this journey with me. Your encouragement and belief in me meant the world and it made the event even more special.

Thank you for being a part of this memorable day and for your unwavering support. It's moments like these that remind us of the beauty and resilience of the human spirit.

Anthony in action at the Nottingham Transplant Sport Racquets event.

Car Share idea, by Kevin Harry

I have noticed most people live quite a distance from Harefield, perhaps patients could informally car share, sharing a lift from your own area, or on route to Harefield. This would help the inpatients especially to see their families more and get them on the road to recovery quicker. As for Covid and any other issues, I have read most patients don't wear masks in public, but I would advise them to wear one in the confined space of the car and for all occupants of the car to do a Covid test before.

15 years on, by Clare Lauwerys

I recently reached the 15 year post lung transplant landmark. I've been incredibly lucky when you consider the statistics and I've done my best and used my extra time well.

The picture (on the right) is from a Co-op event where they were celebrating the grants awarded to community groups. I was there representing North Essex Astronomical Society. We are using the money in a project to make astronomy more accessible for people who find it difficult to look through a telescope.

BW
Clare

Success stories

HAREFIELD TRANSPLANT CLUB

Harefield sent a team of 4 among over 250 British athletes to the World Transplant Games in Perth, Australia, in April 2023, competing in swimming, tennis, squash, badminton and table tennis. They all won medals; 7 golds, 4 silvers and 2 bronzes. (and 4 world records—Caroline!) These are their stories:

Caroline Rutherford (swimming)

Until the age of 20 I seemed to be pretty healthy. I loved being active, in particular doing swimming and kayaking. I then became unwell and found out I had idiopathic dilated cardiomyopathy and an ICD was implanted. No sport, or walking fast for me anymore. Then at 30 I had an LVAD inserted and 18 months later a wonderful heart transplant. 5 years later I am extremely proud to say that I have competed at 2 British transplant games, 1 European games and most recently the world transplant games where I swam faster than I ever thought possible after a transplant. The best things about taking part are the friendships that are made and experiences shared with those that have been through similar to get to there.

Peter Knox (tennis and squash)

I had a double-lung transplant due to Cystic Fibrosis in June 2017. It wasn't the smoothest ride early on—I had a serious infection soon after which took a couple of years to clear, but got there in the end! I'd been to British and European Transplant Games before, but this was my first Worlds, and first time I'd been to Australia—what a country! I've played tennis and squash all my life, except for a few years either side of the transplant due to health, and sport has always been part of my routine to keep healthy. I managed gold medals in both squash and tennis singles, and a silver in tennis men's doubles—can't wait for next time! I'm also the team manager for Harefield at British Transplant Games—come and join us!

Amanda Chalmers (tennis and table tennis)

I was born with CF. I caught a bad infection travelling, which led to me needing a double lung transplant in September 2012 aged 24. I recovered well, and went on to compete in several British Transplant Games and the World Transplant Games in Malaga in 2017, playing tennis. My health unfortunately went downhill again, and after a move to Switzerland I received a second double lung transplant in July 2019, as well as a kidney transplant a year after that and Islets of Langerhans transplants. After a much harder recovery, I played in the European Games for Switzerland last year and returned to team GB for the World Games in Perth this year, winning a silver in Tennis Ladies singles! It's been a whirlwind 10 years in terms of my health, but I am so grateful to be able to do something I love and to compete once again!

John Allen (squash and badminton)

After my heart transplant in April 2018, I quickly returned to regular exercise. I began cycling after a few weeks and was soon able to return to the squash court, 13 years after a doctor said I should "never set foot on a squash court again". I was able to enter the 2022 British Transplant Games, winning a Silver medal. This led to selection onto Team GB at the World Transplant Games in Perth in April 2023 where I won the Gold - an emotional moment! To travel with my wife Sara and the rest of Team GB, meeting friends in the global Transplant Community, was a truly unforgettable experience. The next one can't come quickly enough! My life has been completely turned around by the skill of the teams at Harefield, my donor and donor family, and also my family; I will never be able to thank them enough.

As a club, we are very proud of our successful athletes.

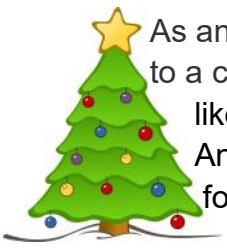
But also remember, as a club we are proud of those who take part or try new things.

Membership 2023

Thank you all for your continued support of the club over the past 12 months. Without your membership and things that you do to raise money for the club we would not exist. We currently have 214 members, consisting of those waiting for transplant, those that have received a transplant or friends and family of those that have had a transplant. If you are reading this and your partner/husband/wife are not members we would encourage them to join. Any questions about membership, please get in contact.

All membership runs from 1 January to 31 December. When your membership is due to expire, you will be sent an auto renewal to join from our online membership dataset – MemberMojo. Alternatively, you receive a reminder in the post from me. We encourage members to ay their subscriptions via BACS where possible, as this saves the club money. We are still happy to accept cheque payments and paper forms for those that are not confident online or do not use the internet.

Anniversary pins



As another year draws to a close, I always like to look back And consider the fortunate position I am in, as Membership secretary of our fantastic club.
I have the privilege of issuing landmark transplant anniversary pins and, let's be honest every year after transplant is a year to be celebrated and grateful for the extra time that our donors and their families have given us.

The tradition of issuing pins for significant transplant anniversaries has existed in the long before I became a member of the committee. And I am honoured to be able to continue to send these to those that have reached certain milestones.

We currently issue anniversary pins for 5, 10, 15, 20, 25, 30, 35 years, for both heart and lung as well as heart and lung transplants. Those within our transplant community who are living for so long after transplant is a testament to the excellent care we are receive at Harefield, but also the determination and strength of the individuals.

Of course, none of this would be possible without the selfless gift made by our donors and their families, us being alive and living our best life is the best way that we can say thank you to them.

So far this year 31 members have celebrated very special landmark anniversaries:

Heart	Lungs	Heart & Lungs
5 years – 6	5 years – 6	25 years - 1
10 years – 1	10 years – 5	30 years - 1
25 years – 3	15 years – 2	35 years -1
30 years – 3	20 years - 1	
35 years – 1		

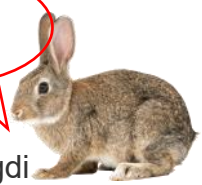
Wishing you all continued good health over the festive season and beyond.

Watch out for a package coming your way if you have a landmark anniversary coming up.

Rob x

Special anniversary cake for members (Rob, Lisa, James, Doug) who were at the AGM weekend in Bournemouth

(September 2023)



Lisa Innes heart and lungs transplant reaching 30 years.

I pinch myself everyday knowing that I've reached the amazing milestone of 30 years. Suffering from the deliberating disease Cystic Fibrosis, my goal growing up was to reach 30 years of age. Now aged 55, I feel so extremely lucky and I've accomplished so much more than I could of dreamed of and this was all made possible by receiving the wonderful gift of life from my donor and their very brave family for allowing it to happen, every medical team member that played their part in saving my life, and lastly to my family and friends for supporting me during my journey. Saying thank you doesn't feel enough.

I am forever grateful and I live my life not only for me, but for my appreciation to all those mentioned. People often ask me what is my secret in surviving so long, my answer to that is I don't know, I try to keep busy just getting on with life, I don't drink alcohol, I try to eat healthily but mostly I live for the day and stay positive.

In addition,I would like to say thank you to the club for my 30 years pin and badge, I wore it for the first time on Monday 30 October to HAREFIELD with the utmost pride.

If only I could of bumped into Sir Magdi Yacoub to show him what he had achieved in me.

I am now a nanny to the most adorable little boys Lucas and Jude (who definitely keep me on my toes). Happy Christmas everyone Love Lisa xx

Living the dream

Rob Longrigg: *Aged 50, and 20 years since lung transplant!*

2023 has been a fantastic year for me. I celebrated my 50th birthday and the 20th anniversary of my lung transplant.

I have always faced challenges in my life, not more so than over the past couple of years, but I am delighted to say that I am still here living the dream. Thanks to the miracles of modern medicine the love and support of, my family and friends and my donors that have enabled me to

I am so fortunate to be where I am today, loving wife and children, a job I love and strong friendships. In my dark times I would always have a motto to spur me on such as the quote that Rocky said to his son:

"You, me, or nobody is going to hit as hard as life. But it ain't about how hard you hit, it's about how hard you can get hit and keep moving forward; how much you can take and keep moving forward, that how winning is done. "

To still be here is winning and that is what I feel every morning that I wake up. My motto since transplant Has been "living the dream" because that is honestly how I feel, I love my life and the people in it.

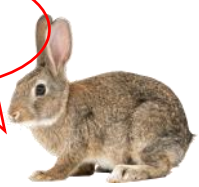
For my 50th birthday in April, I was very surprised to have my very own music festival – Robfest. This was organised by Mel the kids and our friends. I felt so loved to be surrounded by all of the important people in my life to celebrate this milestone birthday for someone with CF. My parents were told in 1973, I would be lucky to survive to my 5th birthday.

I wouldn't have had my 50th birthday celebrations without the selfless gift of another and the generosity of their family. 30 October 2023 marked 20 years of my lung transplant a day every year that I feel humbled and grateful for, for all that gift has given me over the years. Along with the exceptional care of Martin Carby and the team at Harefield who have seem me through a few bumps in the road, I spent the day with my family, I was treated to breakfast by Freya and enjoyed a lovely family meal later on in the day. Each day is a blessing and I try and live it the best I can to honour my donor.

Thank you to all those in the club both new and old that have become friends we all share a very special bond.

I am looking forward to what life brings next. *My anniversary breakfast with Freya.*

Rob x



Royal Brompton & Harefield Hospitals Charity—the 40th Harefield Fun Run

This event was held on Sunday September 10th 2023 and was open to anyone who wanted to participate in a 4 mile run, jog or walk around the beautiful countryside surrounding Harefield. There was a shorter route for those who wanted it. All who finished the run were rewarded with a celebratory medal.
After the run there was an afternoon of food music and stalls including our own!

The committee, who were there, on that very hot Sunday, really enjoyed meeting and catching up with members old and new.

The funds that were raised from this event will be used to support the ground breaking for heart and Lung patients at Harefield hospital.

The guest of honour for the Fun Run was Professor Sir Magdi Yacoub, who helped to set up the original fun run 40 years ago.

The event was a huge success raising over 50,000 for the hospital.

Save the date for next year's Fun Run – Sunday 8th September!

Harefield Transplant Club Bake and Craft Sale November 27th 2023

The Queen of bake sales, Mary Hilton was at the helm for this event. She was accompanied by her husband Steve and Doug, Lynne and Paula from the Harefield Transplant Club Committee.

The beginning, but after the Christmas cake was sold!

The Christmas cake was sold as soon as the stall opened at 10:00 for 25 pound and a steady stream of traffic for the cakes, Christmas Tree decorations, Reindeer Dust and ceramic hearts followed….

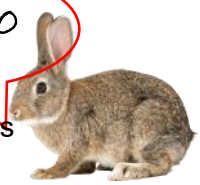
Mary's Banana breads were very popular and by 2:15 nearly all the cakes were sold out.

The new card reader was a real success and in card sales, cash and donations we raised **over 750 pound** for our fabulous club.

'Thank you to everyone who baked, donated and spread the word about this event, we couldn't do this without you.' (Janka Penther)

Paula's Chocolate reindeers were as delicious as they looked, yum, yum.

Thank you to Ayse at Sugar Vibes Only for her generous cake donations.



Christmas Quiz

1. Where did the Christmas tree originate from?
2. What is the highest-grossing Christmas film of all time?
3. Where do Christmas gonks come from?
4. In what film would you hear the greeting 'Merry Christmas, ya filthy animal'?
5. Before turkey, what was the traditional Christmas Day meal in England?
6. Which artist had the most Christmas No.1 singles?
7. Who invented electric lights for the Christmas tree?
8. How much does the world's most expensive Christmas decoration cost?
9. When did John Lewis open its online Christmas shop?
10. Where is the UK's tallest Christmas tree situated?
11. Where is the oldest Christmas market in the world?
12. What is a tree with fake snow called?
13. How many gifts were given in total in 'The Twelve Days of Christmas' song?
14. What colour are mistletoe berries?
15. What is the most popular Christmas plant in the UK?
16. How tall is the record holder for the tallest-ever snowman?
17. How many Christmas puddings are sold in the UK on average?
18. Which country donates the Christmas tree in Trafalgar Square?
19. Who invented the Christmas cracker?
20. Where does the name Boxing Day come from?
21. When was Christmas first celebrated in the UK?
22. How many tips do traditional snowflakes have?
23. What is the most popular Christmas tree topper ornament?
24. According to UK traditions, when should Christmas decorations come down?
25. Who started the tradition of exchanging gifts?
26. Where does the tradition of hanging gifts on the Christmas tree come from?
27. Why do we give chocolate coins for Christmas?
28. Who wrote *A Christmas Carol*?
29. What fruit is usually placed in stockings?
30. What was the *Home Alone* decor inspired by?
31. Who bought the Christmas tree to England?
32. Who invented the Christmas wreath?
33. What is the most popular Christmas tree in the UK?
34. What was the first Christmas tree decoration?
35. When do the12 days of Christmas start?
36. In which year was the first Christmas card sent?
37. Where are the McCallisters going on holiday when they leave Kevin behind in *Home Alone*?
38. Stollen is the traditional fruit cake of which country?
39. How many real Christmas trees are sold each year in the UK?
40. What is the name for the period in-between Christmas and New Year?

(answers are on the website)

Christmas wordsearch

1. LIGHTS
2. SNOWMAN
3. BELLS
4. JOYFUL
5. FRUITCAKE
6. JESUS
7. MANGER
8. PRESENTS
9. GIVING
10. FAMILY
11. FRIENDSHIP
12. BETHLEHEM
13. CHURCH
14. SINGING
15. JINGLEBELLS
16. THANKFUL
17. NATIVITY
18. SANTA
19. RUDOLPH
20. CHIMNEY

Answers are up, down or across

Harefield Transplant Club Annual Awards Ceremony September 23rd 2023

For the first time in 4 years, our awards were able to be handed out in person at our AGM weekend in Bournemouth.

Tim Gibson trophy –

Tim was a heart transplant patient who always looked after the newbies and really got into the spirit of the games – medals are not the most important thing but to be there, have fun and celebrate life.

Awarded to the most inspirational person at the Transplant Games and the person is voted for by their teammates.

Lynne Ogden and Rob Longrigg, joint winners of the Tim Gibson award

Best Newcomer Trophy –

Awarded to the best newcomer at that year's Transplant Games. The Best Newcomer is also given a mini cup to keep.

Dawn Bostock with all her prizes including the best Newcomer Award.

Pinfield Trophy

Ken Pinfield was one of the founders of the Harefield Transplant Club and the first chairperson.

Awarded to someone for being exceptional and truly inspirational.

Gail Jones accepting the Ken Pinfield Award on behalf of her best friend Lindsay Jarrett.

Sadly, after battling with her issues post double lung transplant 4 years ago Lindsay passed away on the 13th June this year.

For those of us who were lucky enough to have known her, you'll know why the committee nominated her for this award.

Beautiful on the inside as well as on the outside. Gone but never forgotten xx

Hamster Special Award

Awarded to someone who has gone above and beyond for the Transplant Club.

Doug Forbes, accepting the Hamster Special Award for Janka Pentha for her years as the chairperson of our club and for her continued support.

A few more pictures from the Bournemouth weekend

The raffle!!!

The Gang!!!

Cheers to celebrating life

Activity page

An alternative to an advent calendar– Or a challenge for January

MIN19088-31-days-Mindfulness-Challenge-A4_5.pdf (manchestermind.org)

31 days of mindfulness calendar

1 Pre-breakfast pause	2 Smell the coffee!	3 Tune into what's around you	4 The power of touch	5 Have a mindful snack	6 Take a breather	7 Practice gratitude	8 Bring some active listening into your next conversation
9 A minute of mindful breathing	10 Put the phone away	11 Walk a new route today	12 Smell the roses	13 Breathing space meditation	14 Don't do anything at all!	15 Taking in the good	16 Use your senses to ground yourself
17 Do a body scan meditation	18 Develop your curiosity	19 Walking meditation	20 Celebrate success!	21 Mindful music	22 Connect	23 Mindful eating	24 Breath meditation
25 Change your posture	26 Be kind to yourself	27 Stretch the body	28 Connect with nature	29 Give the phone the boot	30 Body check in	31 Choose your favourite mindful moment from the month!	

Mindfulness colouring, take time out during this busy time to relax!

Make-a-Word

HOW MANY WORDS CAN YOU MAKE FROM:

Christmas

_____

_____

_____

_____

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If you would like to contribute to February's 'love special' Newsletter please send your piece to - editor@harefieldhamsters.org

Harefield Transplant Committee 2023/2024

New Chairperson – Peter Knox

I had a double lung transplant in 2017 due to Cystic Fibrosis, and first started hearing about the Club through the British Transplant Games, which I first attended in 2019, and later became our Team Manager in 2022, then became Chairperson the following year. I'm passionate about finding ways for us to help all Harefield transplant patients on their journey, and looking into what we can do to improve your experiences. I'm also still our Team Manager – if you have an interest in sport and want to get involved competing with other Transplant patients at any ability level, come along to Nottingham 2024!

Treasurer

Caroline Rutherford

I'd had an LVAD for about 18 months when I received my last call for a heart in June 2018. I joined the committee after the 2019 Harefield reunion as I wanted to contribute, when possible, to the fantastic club.
I love sport and am a keen member of the BTG team.

Vice Chairperson

Janka Pentha

I was born with 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 Harefield at the British Transplant Games in Scotland 2017 and 2020 in Coventry.

I have stepped down from Chairperson to Vice chair due to work commitments but I am still very much involved in the club.

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 since 2015. I joined the committee at the Bournemouth AGM (2016) and took on the role of Secretary in 2018.

Membership secretary

Rob Longrigg

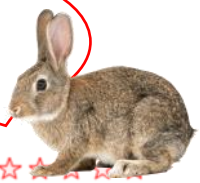
I have been a member and supporter of the club since 2005. I had a double lung transplant in October 2003 due to CF. I joined the committee at the AGM in 2015.

Committee Member

Dawn Bostock

I joined the Committee after the AGM in 2021, having had my double lung transplant (due to CF) in 2008.

I want to help the Club reach out to more people, in particular those who are isolated and lonely.



Harefield Transplant Committee 2023/2024

Newsletter editor

Lynne Ogden

I'm Lynne, a 55 year old, recently retired Primary School teacher.

I had a double lung transplant in August 2020, during Covid!!!

My route to transplant was not your usual route!!!

I have always been passionate about Sport and very fit and active but in Spring 2016, I developed Rheumatoid Arthritis and Sjorgrens Syndrome. These 2 resulted in Obliterative Bronchilitus and a destruction of my lungs!!! At the time of transplant, my lung function was only 19%!!

3 years on, I'm still on my transplant journey, there have been many lows but also many highs and I will be forever grateful for my donor family.

My aims as a newly appointed Committee member and Editor of the Newsletter are to be able to help where I can and to promote the 'joy' of attending the Transplant Games.
xx

Committee Member

Ana Browne

Hi everyone, my name is Ana Browne. I had my double lung transplant 3 years ago due to having Cystic Fibrosis.
I have recently joined the Harefield Transplant Club committee because I want to raise awareness of this group to others who may benefit from being in this strong transplant community like I have.

I attended my 1st Annual Transplant Celebration weekend in September this year and met so many lovely like-minded people who understood my transplant journey. It was lovely to put names to faces finally in a safe friendly environment. Everyone is so kind and caring and it's so reassuring to speak with others about transplant experiences and having that feeling of not being alone.

I've been a member with the HTC for 2 years now and I wish I'd become a member sooner, especially that first year after my transplant when I found everything rather scary and needed to speak with others who had gone through the same as me. Harefield Transplant Club are passionate about helping all transplant patients and their families. They are there to support you throughout the whole transplant journey.
If you haven't become a member of the Harefield Transplant Club already, please join you won't regret it. Hopefully I will see you around in clinic, come and speak to me if you see me.

Committee Member

Tracey Baker

I worked at Harefield from 1998 to my early retirement in 2018, and have been an active member of the Club for many years. I joined the Committee in 2020.

Committee Member

Paula Cogan

Hi, I am Paula, I received a double lung transplant at great Ormond Street Hospital in 2009, due to Cystic Fibrosis. I chose to move to Harefield hospital for my care when I became an adult. Having been a member of the club for a couple of years, I decided to join the committee because I've seen the fantastic work that the club does for patients like me and wanted to make my own contribution too.

Committee Member

Clive Donaghue

I had a heart transplant in 1984 and joined the Committee in November 2022.

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

Harefield Transplant Club www.harefieldhamsters.org **@HarefieldTxClub**