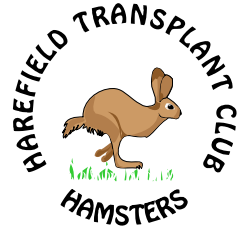




# Merry Christmas Harefield Hamsters



## DIARY DATES 2008

### March 7th

Henry Smiths Charity  
Ball – Dorset

Contact Henry 01308 868313  
henry.smith3@virgin.net

### March 26 - 31

6th Winter World Transplant  
Games - Rovaniemi Finland

Contact Lynn Holt  
lholt@home.3b.co.uk

### April 5th

Racquets Tournament -  
Bracknell – Hosted by  
St Helier Hospital

Contact Team Manager  
team.harefield@tiscali.co.uk

### June 21st – 25th

12th European Heart /Lung  
Transplant Games –  
Vichy France

Contact David Walker  
d2s.walker@virgin.net

### August 7th – 10th

31st British Transplant  
Games – Sheffield

Contact Team Manager  
team.harefield@tiscali.co.uk

### October 10th / 12th

26th Annual Dinner -  
Bournemouth Rivera Hotel.

Contact vice chairman  
Tel 01604 408285

### August 22nd – 30th 2009

17th World Transplant Games  
Gold Coast. Australia

Contact Lynne Holt  
lholt@home.3b.co.uk

### June 30th – July 4th 2010

13th European Heart/Lung  
Transplant Games – Vexpo  
Sweden

Contact David Walker  
d2s.walker@virgin.net



Dear Hamsters,

Well, what a busy few months it's been arranging the 25<sup>th</sup> AGM weekend in Derby. Many thanks for all those who approached me on the final day and through e-mail later who said thank you to both me and the organising sub-committee. It makes all the hard work worth it when the appreciation is so genuine.

If I can share a little secret with you much of the organisation was made easier simply because the hotel was so superb. I'm sure that all those who attended enjoyed themselves and will agree with me that the service was five star.

Following the voting forms being collected and counted a total of 91 were returned to me from a total of 288 sent. Not a great return to be honest bearing in mind that these votes determine as to who runs *your* club. Please next year, let's have some more back Hamsters!

The past year of being secretary and newsletter editor has flown by, I have learnt a great deal and I hope to carry on meeting the high standards of Jill and to meet everyone's expectations.

All that remains for me to do as the year draws to a close is to wish you all a very merry Christmas and a happy and healthy new year!

Editor - Lisa Innes Heart Lung Transplant 26.10.93

## WE NEED YOUR HELP

*Cut down the cost of printing and postage. All you need to do is receive your colour version of newsletter via email. If you can help please contact Lisa Innes at lisajane5@msn.com*

## LETTERS

### RED WINE DRINKER

This is one of my 'woe is me' stories. I have been invited to have dinner with friends at their home, as they had friends, with their three and a half year old daughter on holiday with them from Rome, the 'Eternal City'. The little girl was sleeping on a 'put-you-up' bed, which folded together, including the mattress, measured 3x3 feet square and some 18 inches thick. During dinner, after a couple of glasses of delicious Italian red wine, knowing that her husband was busy with his business, I volunteered to help his wife store the bed away, after the departure of their Roman friends. Agreed.

On the appointed morning, I arrived, feeling as fit as any Harefield heart athlete. Taking me upstairs, my friend said, "it goes in there, pointing to small white door, leading to the under eaves storage space. "No problem" I replied, full of confidence and manhood, wherever that was at that precise moment. She opened the door and all I saw was a very large black hole. She said, "You will need this" and handed me a portable lamp, which was not too bright, but caused sinister shadows in that uninviting place. The bed had already been packed up, so it was just a matter of putting 'to bed', what a pun. I examined the interior; I could not stand upright, because of the sloping roof, coming off the wall of the bedroom. The area was also full of what I call 'junk', but other people call, items what may be required later and never are, so space was very restricted, to a very narrow avenue leading to the extreme end of the under eaves. With some trepidation, I inwardly murmured, the heart transplant games are harder than this challenge. To add to my problems were two rafters, six inches off the floor and two feet apart, across my route. As a result, I would have to lift the bed walking backwards, in a confined space. It was hot work; I felt a trickle of perspiration running down my face, fear or exertion. The soft light was not much use. I was making excellent progress, over the first and second rafter, I was just about there. Suddenly my back touched the wall, I had arrived. Splendid. Ah, how do I now get out? I was in a crouching position throughout, and suddenly realized, I could not get out, because the bed blocked my passage. It was too heavy to push backwards. I was trapped. My friend, slightly impatient, asked, "What are you doing in there"? I said, "I'm trapped.

I had no space to move at all. Then I noticed in the glow of the feeble light, a very large, long, white plastic box, about three feet high to my left, for storing blankets. It was my means of escape. Decisions, decisions, which way to go, head first or feet first. I was so cramped that I could not lift my feet or legs. Shall we have another 'woe is me' here? I had no choice, so I stretched out my arms over the box, followed by my head, then bending over laying on the lid. I was squeezed against the sloping roof and box. I wriggled and twisted, shaking like a Turkish belly dance, not that I had any tassels on the nipples, because they were being squashed on the lid of the box. Cheers. Very slowly and I mean slowly, I managed to draw one leg up and then the other in this extremely confined space, pushed against something and moved forward. I was now thinking, at my age, should I think about becoming a 'contortionist'. Finally I came off the top of the box like a cork flying from a bottle of champagne. I had managed to escape from that dark cavern of the under eaves. It is a good job that I am not 'claustrophobic' and I did not need 'counseling' after such an ordeal. However, I was reward, no, not the O.B.E., but a nice mug of coffee with a slice of Biscotti. Sadly it was too early for a wee glass of red wine. The moral of this story is, be careful and think before you volunteer for anything.

**Dear Red Wine Drinker** - A lovely lady named Audrey Morgan would dearly love to know WHO YOU ARE. In loving memory of her late husband Edward could you please contact her at Krislyn, 7 Pencefnarda Road, Gorseinon, Swansea. SA4 4FY Tel: 01792 892164

*Keep this newsletter with you and when you're bored in clinic show the person next to you just what Harefield Hamsters is all about. Remember we need more members*

JAMES BAXTER – Heart Lung Transplant 02.01.2001

Hello all. It's been a while since I wrote in the newsletter but I thought that it was high time to say hello to everyone again and just say a few quick thank you's to some people and embarrass a few others.

First thank you must go to Lisa who has been doing a fantastic job. I say this as without any favoritism and taking off my 'Lisa mate hat' for a minute, I'm finding it increasingly difficult to criticise anything that she has done for the club in the past year. Her steep learning curve has pushed her in new directions and she has risen to the challenge fantastically and the culmination of this for me was the recent AGM weekend. Behind the scenes I now know what time and effort is involved in getting one of these weekends off the ground, a fact that makes the achievements of Chris and Steve Syer all the more remarkable from their past years efforts. However, I would like to say thank you to Lisa in front of everyone here as it were, for her tireless efforts and commitment in being the main player in getting the weekend to such a high standard. I'm now very nearly a seasoned pro as far as the Hamsters is concerned and while I'll always be chasing in the footsteps of the older members such as Steve and Carl, (and honoured if I last as long too), I now feel experienced enough to say that Derby 2007 was one of the best ever.

Right, now we've got the groveling out of the way, as we come to the end of the year it seems an ideal time to wish everyone a Happy Christmas and look forward to a new year which will hopefully be full of activities which I will again be happy to arrange if there is some interest shown. Watch the newsletter for more details!

There has been a preference on previous AGM weekends to try and arrange a hotel by the sea, fresh air and a good walk after the morning meeting always goes down well and hopefully will again next year. However the hotel this year was exceptional and what we lost in scenery was made up for in venue quality and a decent town centre to stroll around. There were of course some traditional points to the weekend and some new ones too. To keep AGM weekend tradition alive Howard swapped his room as usual, (but only once this year so proof once again that hotel must have been good). Also the releasing of the balloons seems to have been a popular new feature to celebrate 'absent friends'. Credit for the idea must go to Jacqueline despite me letting them go, I felt like I should be selling them at the fair.

One event that really should be in everyone's diary is Henry Smith's Ball. This is a fantastic event which I had the privilege of attending a couple of years ago and although I must admit to being the last person to audition for Strictly Come Dancing, I really enjoyed the atmosphere and company. Proceeds from this event are shared between The Hamsters and Dorset Air Ambulance and I can't ask you all enough to come along next year and show your support.

So once again, have a great Christmas and a happy new year

HENRY SMITH – Heart Transplant 04.03.1991

Just thought I'd write and say what a wonderful reunion weekend we all had, it was one of the best. The Hotel was very good and the food that we had was excellent for all meals, please can we go back another year.

The Disco on Friday was very good, if only they would turn the volume down it would be much better, the music on Saturday night was extremely good and we all thought the best ever for a reunion weekend.

Our reunions are such a marvelous time as you catch up with so many friends and the atmosphere is so great, many thanks to the Committee for such a lovely weekend.

We enjoyed a few days in the Peak District before the weekend and also meet some friends from Derby who joined us for the Gala Dinner on Saturday.

JOHN McCAFFERTY – Heart Transplant 20.10.1982

Would you, through the columns of our Newsletter, be kind enough to extend my grateful thanks and appreciation and also that of Ann, my wife, for everything that was done by the Chairman and Committee, including those in the background, which made my 25<sup>th</sup> Transplant Anniversary, one to be fondly remembered? I would also like to thank those responsible for that wonderful birthday cake, my birthday cards and personal gifts and, above all, the presentation of my 25 year heart pin. Thank you all!

This being the first full year of the new Committee and their first AGM etc, it was always going to be a very hard act to follow in the steps of Ken Pinfield and Steve Syer and their supporting casts, who done the Club and its members proud during their reign. However, I can honestly say, that those responsible for organising the 2007 Anniversary weekend, should be applauded for all their efforts. The Hotel was excellent both in accommodation and on food. The decoration of the room as with other years was excellent and came up to the high standards which we have all come to expect of the Hamsters. I must also add that although I am not a great one for disco music, I fully appreciated that great live two piece band on the Saturday evening. They were truly excellent in the varied range of dance music they played, which generated much dancing on the floor – me excluded. Well done to all!

Once again, it was great to have met up with so many Club transplant members and their families and also to be given the opportunity to meet with some of the newer members of the Club. I was totally thrilled to have my oldest transplant friend, Joe Burnside (now 27 years post transplant) and his lovely wife Mary together with family, present at the 25<sup>th</sup> Celebrations. Thank you, Joe for making the effort. It was really great to see you there, and may you soldier on for years to come.

Finally, all that remains for me is to say is a big thank you to everyone, for such a wonderful weekend and a special thank you to the Committee for all that they are doing in the pursuit of the Hamsters which we hope, will grow in strength, so that we can look forward to many more excellent gatherings as we did on this occasion.

*“Do you have an article you wish to include in future newsletters”?  
If so please send it to your editor Lisa Innes.  
Address: 18 Abigail Crescent Walderslade Chatham Kent ME5 9DZ  
or Email: lisajane5@msn.com*

## ADVERTISEMENTS



### HOLIDAY HOME IN DELIGHTFUL DORSET

For a quiet and relaxing holiday in lovely surroundings why not visit Dorset? Margaret and Henry Smith have a holiday home there. This just might suit you perfectly. The accommodation is spacious, self-catering, mobility grade 1, open all year round 4-6 – sorry no pets.

The Smith family, are Hamster members and over the years have given us a lot of financial support by way of their Annual Charity Ball. For further details contact: Mr. and Mrs. Smith  
Tel: 01308 868313 Email: henrysmith3@virgin.net or [www.conway-cottage.co.uk](http://www.conway-cottage.co.uk)



## CHARITY BALL

### HENRY'S DOUBLE TRANSPLANT ANNIVERSARY

FRIDAY 7th MARCH 2008  
8PM- 2AM

FRESHWATER HOLIDAY CENTRE  
BURTON BRADSTOCK, BRIDPORT

NON-STOP DANCING TO  
THE GEN GAP  
& J K DUO

TWO COURSE SUPPER

TICKETS £19 by 15<sup>TH</sup> February

Available from Henry (01308) 868313

HAREFIELD TRANSPLANT CLUB,  
THE DORSET AIR AMBULANCE,  
DORSET RENAL UNIT & OTHERS

## WORLD TRANSPLANT GAMES THAILAND

HOWARD WATERS Heart Transplant 26.02.1998

Turning to Bangkok and what went on. I hope that you will be both amazed and proud that our Harefield representatives, Peter Allinson, Matthew Barton, Gill Edwards, Mick Foster, Alex Walker and I won a combined total of 19 Gold Medals, 5 Silver Medals and 2 Bronze Medals. I know that some of us broke World Records but I do not have a complete list of these

To put that into perspective the overall UK team medal total was:

	Gold	Silver	Bronze	Total
Adults	100	75	52	227
Juniors	30	19	17	66
Total	130	94	69	293

This means Harefield won nearly 15% of the gold's, nearly 7% of the silvers and 3% of the Bronzes: and that from just under 5% of the UK Team!

Individually the results were as follows:

COMPETITOR	MEDAL	EVENT
Peter Allinson	Gold	50m butterfly
Senior		100m Freestyle
		200m freestyle
		50m Freestyle
		Medley Relay
		Freestyle Relay
	Silver	50m Breaststroke
Jill Edwards	Silver	Badminton Singles
Super veteran		Badminton Doubles
	Bronze	Table Tennis
Mick Foster	Gold	Tennis Singles
Super Veteran		200m
		400m
		800m
	Silver	Tennis Doubles
		Long Jump
Alex Walker	Gold	4x400m Relay
Super Senior	Silver	Long Jump
Howard Waters	Gold	100m Breaststroke
Super Veteran		100m Freestyle
		50m Backstroke
		50m Freestyle
		50m Backstroke
Matthew Barton	Gold	100m Backstroke
Junior		50m Backstroke
		50m Breaststroke
		50m Freestyle
		200m Freestyle
		Freestyle Relay

The Team stayed in the Bangkok Palace Hotel which sounds much grander than it was, but it was a very comfortable hotel in a not very salubrious area of Bangkok. The traffic in the city make the M25 in the rush hour look like wide open spaces, and the air quality outside was not wonderful. The food in the hotel was good, although towards the end of our stay we were all longing for some western food. In fact the swimming team had a dinner at the Hard Rock Cafe after our swimming was over and it was wonderful to sink one's teeth into a juicy steak and chips!

It was very hot, about 35C but what made it so uncomfortable was the humidity which was averaging about 90%. August is in the middle of the rainy season in Thailand and when it rained it did so with a vengeance. Street awash and some fairly unpleasant smells to boot.

The Games were opened by the King's 84 year old sister who was a fashionably 90 minutes late. All the competitors had been asked to go down into the arena where the opening ceremony was held (fortunately indoors and air conditioned) and we waited and waited for Her Royal Highness to arrive. Just before she did the most enormous tropical rainstorm started and the noise on the roof was incredible. Once proceedings started there were the usual speeches and then the competitors all trooped back to the stands so we could enjoy the floorshow which was full off Thai dancing and ribbon waving etc.

Before the Games actually started most of the team went on a dinner cruise up and down the Praya River, the main river through Bangkok, and it was fascinating to see some of the major sights lit up. We were entertained by a band and some lovely Thai ladies, most of whom were in fact ladies, but not all!!! A large number of the team had suits, dresses, shirts and other attire made up by the tailors and the Gala Dinner was one of the smartest that I can remember. Thai Massages were cheap and great fun and many had more than one whilst there.

The Thais are extremely friendly and willing to please and the organisation was good given the problems with getting from A to B. The next World Games in 2009 are to be held on the Gold Coast of Australia, close to Brisbane. I, for one, am really looking forward to going there if selected.

A final note, the UK Team topped the Medal Table and it was wonderful to beat the USA and Australia out of sight!!

*“If you can think of anywhere you would like to visit” Please send your ideas to James Baxter.  
Address: 223 Main Road Sundridge Kent*

## 10 YEAR PIN

COLIN KAYE - .....Transplant 23<sup>rd</sup> July 1997

We have just returned from Dubai after an extended period (far too hot!) to find the 10 year pin awaiting me. Thank you so much. It seems such a short time since leaving St Georges Tooting newly equipped. Thank you too to the Hamsters and all the staff at Harefield hospital for taking us transplantees under their wing and looking after us so well. Magnificent Gay, my wife, and I am so glad that Harefield flourishes. Paddington would have been a real 2<sup>nd</sup> best.

GORDON STAINES - .....Transplant 28<sup>th</sup> August 1997

Thank you for the ten year pin, sorry for the delay in answering, but I had to return to my second home Harefield Hospital E-Ward, I spent 10 days being pumped out of fluids, I lost one and a half stone and I feel much better. It doesn't seem ten years ago I had my TX plant, laying there not knowing what the future held for me, but the ten years have been brilliant. I look forward to my next pin. I wish everyone all the very best.

ALAN LEES –

I now realise that I have two birthdays: my official one and the one that matters. Thank you for the 10-year pin celebrating the latter.

## 20 YEAR PIN

**PAUL TAYLOR – Heart Transplant 21<sup>st</sup> August 1987 Paul Taylor**

I would like to say a big thank you for my 20 year pin which I will look forward to wearing with pride and joining a group of Transplant that is growing, the over twenty's.

Karen Gareth and I have made many good friends over the last 20 years and sadly lost a few too, who shall never be forgotten.

I would like to say a special thank you to my wonderful wife Karen who has cared for me over the last 20 years, I have always thought the carer has the hardest job I must not forget our son Gareth (who was only 3 years old when I had my Transplant) who inspired me to set myself realistic goals, e.g. starting infant school, senior school, leaving school passing his driving test and so on, now we cannot wait for him to leave home (only joking).

We are all looking forward to meeting old friends and hopefully meeting some new ones at the annual dinner in Derby in October.

Best wishes to everybody.



### Where have the last 20 years gone??

On 18<sup>th</sup> August Alan Preece and Paul Taylor celebrated a very happy 20<sup>th</sup> transplant birthday. The 18<sup>th</sup> was Alan's actual heart transplant anniversary. Paul's heart anniversary was the 21<sup>st</sup> August.



### And the donor came too!!

The party was particularly special for Paul as he was joined by his donor. Mark Dolby received a heart, lungs and liver on 21<sup>st</sup> August 1987 and gave Paul his heart in one of the very first Domino operations. They have remained in touch over the years although they have not met very often. Mark has since had a kidney transplant.



### 7 transplant patients joined in the celebration!!

The other transplant patients attending the birthday celebrations included John McCafferty who is 24 years post Tx and Steve Syer (23 years post Tx). Altogether the group that met on the 18<sup>th</sup> share a staggering 187 extra years between them. That is the total of the number of years they are post transplant.

### Cutting the cake at the AGM weekend!!

Paul, Mark & Alan celebrating their 20<sup>th</sup> Transplant Anniversary, at our 25<sup>th</sup> AGM weekend in Derby. To make it an even bigger celebration Mark Dolby Won the Dallas trip and he will be accompanied by Paul.



*Do you have any input you wish to see added to Harefield Hamsters website? If so please send it to Bob Cherry 75 Slipshatch Road, Ryegate, Surrey RH2 8HA. or email bob.cherry@tesco.net*

## TEAM MANAGERS REPORT - AGM

Hi everyone, hope you are keeping well. My report for this newsletter not only includes dates for your diaries but also the results for the winners of our trophies.



### JUNIOR TROPHY

The Junior trophy is awarded to transplant patients of 17 and under to encourage and acknowledge their sporting achievements. This year's winner not only came home with 5 gold medals from the British Transplant Games in Table Tennis, Badminton, 100metres, Long Jump and Ball Throw but also won a further 5 gold medals at the World Transplant Games in Bangkok! I think you will agree this is a most tremendous effort. Congratulations go to Jade Carr!



### BEST NEWCOMER

The Best Newcomer Award is presented to the person who has achieved great success at their very first games. This year's winner walked (or should I say 'ran') away with a silver medal in the mini marathon and a bronze in the badminton. Not bad for a lung transplantee of three years! Congratulations go to Chloe Piper



### BEST FEMALE SWIMMER

The Best Female Swimmer Award is presented to you, you've guessed it, the best female swimmer. This year, congratulations go to our winner, Julie Kirby!

### BEST HEART TRANSPLANT TROPHY

The Best Heart Transplant Trophy is usually presented at the British Transplant Games to the best overall heart transplantee. However, this year it was incorrectly presented due to a TSUK system error. I can reveal that the actual winner of this award is from our very own Harefield Team. Congratulations go to Mick Foster!

### PINFIELD PRIZE

The Ken Pinfield Tankard is presented to the 'best tryer' at the games, someone who tries extremely hard but is unlikely to bring home a medal. The committee this year felt that this year's participants in the games did not match the criteria for this award, and so it will not be presented this year.

### WORLD TRANSPLANT GAMES

Another well done goes to the representatives from the Harefield Team who managed to bring a fantastic 29 medals home with them (and that was just the Harefield Team!)

The results are again on the wall for you to look at.

*"If you would like to be team player or supporter in the upcoming transplant events, please contact your team manager Natalie Baxter"*

FORTHCOMING SPORTING EVENTS

- Racquet Sports Event 5th April 2008 Esporta Royal Berkshire Racquets and Health club, Bracknell  
For the very first time, this will incorporate not only badminton, but also Tennis and Squash! Having already attended a badminton event organised by the St Helier transplant team before, I can definitely recommend this one!
- European Heart & Lung Transplant Games  
These will be held in Vichy, France 21st-26th June 2008
- British Transplant Games  
Sheffield, 7<sup>th</sup>-10<sup>th</sup> August 2008

Please remember to check the Hamsters website www.harefieldhamsters.org for further news, updates and photos from the games.

That leaves me to say a huge thank you, I've really enjoyed my first full year as Team Manager and look forward to the next one. Thank you also for voting me onto the committee, have a very happy and healthy Christmas and New Year.

25<sup>th</sup> ANNIVERSARY AGM



Chris & Steve hi-ho silver.



Fancy dress winners. Bob & Jan Cherry. Gosh there tasty.



Tylene and Kathy from Dallas Joined in the silver celebration.



Lone star state-ment from Tylene.



Prof. Hodson with transplanted CF's.



John McCafferty in need of a fire extinguisher.



Doreen & Margaret receiving Gifts from Carl & Lewis.



Ann Walker wins the Hamsters Special Award.



Fantastic Midland hotel staff.

*Please note: If there is any change in members details please inform the club as the hospital does not disclose any patient information.*

**Committee Details**

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**COMMITTEE MEMBER**

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**COMMITTEE MEMBER**

PAM BALDOCK  
Tel 01844 351060

*If anyone would like to give a donation to Harefield Transplant Club (HTC) please send it to Peter Allinson 6 Meadway, Staines, Middlesex TW18 2PP*

# Harefield Transplant Club (The Hamsters)

## MEMBERSHIP APPLICATION FORM

If you would like to join the Harefield Transplant Club (Hamsters) and receive Newsletters and any other information regarding our forthcoming activities Please complete the following form and return to –

HENRY SMITH  
 Conway House  
 Bettiscombe  
 Bridport  
 Dorset. DT6 5NT  
 Tel: 01308 868313 Email: henrysmith3@virgin.net

Name.....

Name of Spouse/Relative/Friend.....

Address.....

.....

Telephone Number.....

Email address.....

Please tick the box if you would like to receive your newsletters in colour via Email.

Date of Transplant..... HOSPITAL .....

Date of Birth.....

Subscriptions: -	Transplant Member	Spouse / Relative/ Friend	Combined
Under 18	£4.00	£4.00	£8.00
Annually	£7.00	£4.00	£11.00
5 Year Rate	£30.00	£20.00	£50.00
10 Year Rate	£60.00	£30.00	£90.00
Life membership	£100.00	£40.00	£140.00

Please fill in boxes below. Cheque made payable to Harefield Transplant Club (HTC).

Subscription	Transplant member	Spouse/Relative/Friend	Combined	Donation (optional)	Total

If you would like to become a member and cannot afford the subscription, please tick this box and return this form to the above address. (This will remain confidential).

**PLEASE NOTE THIS FORM IS FOR NEW MEMBERS ONLY**