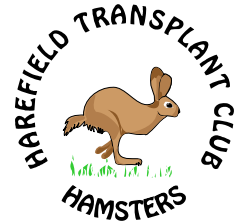




Happy Easter Harefield Hamsters



DIARY DATES 2008

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 Lisa Innes
secretary@harefieldhamsters.org.*

2009

August 22nd – 30th 2009

17th World Transplant Games
Gold Coast. Australia
*Contact Lynne Holt
lholt@home.3b.co.uk*

2010

June 30th – July 4th 2010

13th European Heart/Lung
Transplant Games – Vexpo
Sweden
*Contact David Walker
d2s.walker@virgin.net*

Dear Hamsters, well what can I say what a busy few months it has been attending happy occasions!



Melany Leek & Robert Longrigg's Wedding

On 19th January, our very own hamsters Mel (ex transplant co-ordinator) and Rob (double lung transplant) tied the knot! A fantastic party followed a very special day and those of us there danced until the early hours. Congratulations to the newly weds, who enjoyed a honeymoon in Australia



James Baxter and Peter Allinson meet Blue Peter's Konnie Huq

On 29th January James and Peter appeared on ITV's London Talking. This is a debate show and one of the debates on that night was regarding Gordon Brown's proposed opt out organ donor scheme. The pair faced a celebrity panel including Konnie Huq, Vanessa Feltz and Nick Ferrari. James told his story of how one organ donor had saved two lives as Peter had received James' heart. This was greatly received by the panel and although the opt out scheme did not appear to appeal to some of them; they were certainly blown away by James' and Peter's story! Let's hope some of the viewers decided to join the organ donor register as a result



Roger Bell's 20th Heart Transplant Anniversary party

On 9th February Roger held a special 20th transplant anniversary party for his friends and family. It was a very special night and was enjoyed by all who attended. It was also lovely to see the parents of Roger's donor present, Roger thanked them in his speech, along with his wonderful wife Pam and I don't think there was a dry eye in the house! Thanks Roger for a very memorable night and congratulations on your 20th anniversary!!!

Lisa Innes

LETTERS

THE RED WINE DRINKER

After my Orkney holiday, I felt as fit as a 'fiddle' having done plenty of leisurely walking along beaches and cliff tops and countryside in general. I felt fit enough to tackle some of my domestic jobs that had been building up over the previous months. The main one being the flat roof of the 'annex'. It sounds 'posh' as Joanna Lumley would say, but it just a store room attached to the bungalow. I noticed before going on holiday that the edging at three corners of the roof had deteriorated, the felt being past its 'sell-by-date', letting the rain trickle onto the fascia board, which had rotted away. No, I did not express my usual 'woe is me', this was more serious, so I thought 'oh, bum', what can be done? I approached a couple of local builders, who both quoted sums of £5000 to repair the damage, saying "we don't know what we are going to find"? I went up on the roof, brushed back all the granite chippings, underneath the felt looked good. I stripped the felt from the corners, replaced the wooden fascia, replaced everything there with new felt, covered the whole edging with soft lead 'flashing' painted the whole roof with black bitumastic paint and replaced the swept up chippings. It looked just 'grand it had taken me nine days, much of the time sitting on my 'bum' to do the work, cost of materials, £135.00.

I was really 'fire up' now. So I painted all the window frames and continued painting the 'damp course' with the bitumastic paint and finished by painting the tiles on the front porch, with red, gloss tile paint.

Summer was fading, autumn was on the horizon so I attacked the untidy garden and another week went by. Since December gales of 2006, there has been a hole in the old lady's fence, and my garden. Her grown up sons it turned out, were too busy to replace one post and one panel. By now, and after a couple of wee glasses of red wine during this period, I was inspired with energy and inspiration. I went round to see her, "can I repair your fence for you"? She was delighted. She told me that a local man wanted to charge her £500 to do this. A trip to the garden centre, one post and one panel. "Yes, we will deliver". In the meantime, I hacked out the rotten foot of the post, being encased in concrete. The materials were delivered I painted the bottom of the post with 'bitumastic', placed it into the hole, drilled six holes into the panel, fitted it into position, hammered in the six nails. Finished. It had taken forty minutes. I went to see the old lady with the bill, £27. She gave me £50, which I reluctantly accepted, telling her that the labour was free. Finally, are you still awake? Another job, 'ivy', a green living monster, which was destroying one of my wooden fences. I saw my neighbour, because it was his plant, "can I get rid of your 'ivy' for you, because it's pushing the fence over"?

He replied, "Yes please, I just hate the stuff, but have not the time to sort it out". So armed with secateurs, saw, long handled powerful cutters, I attacked the 'monster', some branches as thick as my wrist. This took three days to remove every vestige of this creeping menace. Two days later he came round to see me and presented me with two bottles of delicious French wine. What could I say, but "thank you Christopher".

After all this exercise I think that perhaps I should enter the heart transplant games, at least to attain a 'tin medal' for aggression and persistence.

UPDATE OF THAILAND –Lynne Carr

I was reading Howard Water's report on the World Transplant Games Thailand 2007 results, with regards to Harefields participation and the medals that they had won and noticed that he had missed out Jade's medal winnings of 4 Gold (Badminton singles, Table Tennis singles, Long Jump and Adult Women's 4 x 100m Relay) and 2 Silver (100m and Ball Throw) from the Medal Listing, as part of the Junior team section. So that would therefore make the final Harefield tally at 23 Gold Medals, 7 Silver Medals and 2 Bronze Medals.

"Do you have an article you wish to include in future newsletters"?

*If so please send it to Lisa Innes 18 Abigail Crescent Walderslade Chatham Kent ME5 9DZ
or Email to me at: secretary@harefieldhamsters.org*

MOSHE GIVONI - Heart and Lungs 25th October 1989

Dear Hamsters after 3 years of absent it is good to be back in the UK. Here is a short update and wishes for a great new year.

We spent one year in Finland, where Daniel (now 3) was born, a great year and a kind of (half) vacation for me which I could dedicate to learning the parenthood business. Then we spent two wonderful years in Amsterdam, where I was working in one of the universities as post-doctoral researcher. We actually lived in the neighbouring city Amstelveen just on the border with Amsterdam and quickly got used to the Dutch style of moving around on two wheels. 10 minutes by bike and I was at work – quick, cheap and healthy. When the research in Amsterdam ended we found ourselves back in the UK in the bike friendly city of Oxford. When we left London, back in 2004, it was only the two of us (and one baby in the hold) and we returned the three of us (and another baby in the hold – expected in the summer). I continue to do (transport) research, now as a research fellow at the Transport Studies Unit which is part of the Oxford University Centre for the Environment. It seems we will stay here for a while but you can never be sure what new opportunities will arise. So far, we only arrived at the end of October; we find Oxford to be really beautiful and exciting place to live in. We already can appreciate the potential of this place in the summer with all the nature, green and water around.

I'm also back under Harefield supervision, but since it is too far from Oxford (by public transport or bike) I will do most of the follow-up locally, the down side of course is smaller chances to see you, but I hope we will find plenty of other opportunities for this. In terms of the Harefield team, it will be great to join back but you shouldn't count on me anymore when it comes to swimming (certainly not with respect to other sport). With family and work both full time I find myself much less often in the pool than I would like or used to.

Finally, we would like wish you all great holidays and a wonderful and healthy 2008.

See you soon, Moshe, Helena & Daniel

AUDREY MORGAN

Thank you so much for making it possible for me to have the pleasure of hearing from the Red Wine Drinker. I received your newsletter on the morning of 11th December and because of your write-up of my request to know something about the Red Wine Drinker, that very afternoon I received a call. My grandson was visiting me that day and he answered the call and said "there's a gentleman on the line but he didn't give his name" Moments before the call I had given my grandson the newsletter to read and he was more than interested when he saw Edward's name and mine written there, so I told him about the Red Wine Drinker and all the stories he had written. Can you imagine his surprise when he heard who had been speaking to me?

When I answered the telephone the caller said "Hello is that Audrey? I am the Red Wine Drinker" I was so surprised I almost dropped the telephone. He sounded a very genuine, kind and sympathetic gentleman who said he was sorry to hear of the loss of my beloved Edward and we spoke of him as though he was still here with us. We also spoke of our families and friends at home and at hare field and the usual question came up by me – "how long have you had your transplant" because I may never know his identity I asked if I could call him R.W. and this is how I will refer to him from now on.

On 17th December I received a Christmas card and a very nice letter from R.W. which reads as if had been written straight from the heart, urging me to take courage and strength from his words, to carry on after my great loss, I will always be grateful to him for his sentiments. When I looked at the post- mark on the envelope for a clue as to where the letter had been posted, even the Post Office stamp was blurred – R.W. must have had a word with the staff at the Mailing Office.

Lisa, I would like to thank you and the committee for all the hard work and dedication bringing so much pleasure to us with your newsletter – my best wishes for a healthy and Happy New Year. Long may you continue to do so and to the very gallant Red Wine Drinker, I send my very best wishes for a healthy and Happy New Year. Long may you remain anonymous and thank you bringing a little joy to a previously very sad lady. God bless you all.

VISIT TO AUSTRALIA – NOVEMBER 2007 - Julian Barley HTX 19 June 1987

'Go and enjoy yourself' was the response from the Manager of the Sydney Harbour Bridge walks after being told I had a heart transplant 20 years ago.

Briefing including breath test, metal detection, divesting all loose articles including watches but not spectacles, donning a special suit plus earphones, a tie around the waist and cap plus watching a video took about an hour. In the interest of group dynamics we had to introduce ourselves, say where we were from etc. Parties of twelve people or so plus guide set off from the briefing centre on the south side of the bridge structure at thirty minutes intervals. Throughout the day and evening. The waist tie is attached to a running wire along the walkways and ladders! It would stop one falling off the bridge but not down the ladders as there is no friction mechanism!

The initial walk continues through the approach structures below the road, railway and pedestrian walkway above. Eventually ascending via several stairways to the bottom of the bridge arch itself. Initially quite steep the slope eased as we approached the top which is four hundred and forty feet above the water level in the harbour. There are 280,000 cars over the bridge every day plus trains. The noise is quite loud! The view was incredible!

A photograph (free) was taken by the guide of the group which consisted of two men - the other man being a large American, the rest including my wife being ladies! Individual photographs were taken with the Opera House in the background of families for eventual purchase.

All the time we were given many facts about the Bridge including type of steel used, the number of rivets (5 million) how far we were walking (1 mile) and the number of steps (1500). The guide was quite fussy when I told her I had worked for the successor steel company to Dorman Long of Middlesbrough who built the Bridge fifty years ago and supplied most of the steelwork.

At the top we crossed over to the other arch and descended down the parallel arch to the starting point. Unlike the approach most of the descent from the base of the arch to road level is via a series of steel ladders. Only one person at a time was allowed on each ladder! It did seem quite hairy but we were assured that no one had fallen to date.

Returning to normal clothing from our lockers after a wash and choosing a selection of photographs took half an hour or so and the total experience had taken the forecast three and a half hours!

Quite an experience but I am pleased that we did it towards the end of our four weeks in Australia. The whole trip included a BA flight into Hong Kong where we stayed for two days, followed by a flight with Qantas to Perth (7 days), a flight of three hours to Adelaide (2 days) and a drive of 700 miles over four days down the great Ocean Road through Mount Gambier, Port Fairy, Apollo Bay and Ballarat to Melbourne (2 days). Then a flight to Sydney (5 days) and eventually homeward bound via Singapore (2 days).



I am the one with the cap on at the back of the group and my wife is immediately in front of me with her arm over the rail.

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

MEMEBRSHIP SECRETARY HENRY SMITH

As your New Membership Secretary I thought you would like to know who he is. I'm Henry Smith Transplant Patient of Seventeen Years having had a Heart & Kidney at Harefield on 4th March 1991, that's when the current was turned back on and life started again.

I'm just getting renewal subscriptions coming in, many thanks to all who Gift aid their fees it helps the Club's funds enormously. This January I sent out 155 renewals mostly for annual membership, this costs the club a considerable amount in postage which is going to increase in April for each item sent by 3p to 27p for 2nd Class.

May I ask you all to consider paying by Standing Order as this would help your club in great savings on postage and printing, all of which are increasing? This does not mean you cannot pay annually and you can cancel a standing order at any time by contacting your Bank.

Your Committee do all they can to keep running costs down, so please consider if you could help a little by paying your Subscription by Standing Order and perhaps a Gift aid Form.

Please let me know if you have any changes to address or circumstances as the Hospital do not give us any patient information.



Margaret & I chatting to Princess Ann at the Official Opening of the Poole Dialysis Centre on Thursday 7th February. We were invited as guests as I was Chairman of Dorset Kidney Fund for eight years until June 2004. We still support the Dorset Renal Unit as they are one of the beneficiaries from our Annual Charity Ball along with the Hamsters and others.

THANKYOU

ANN WALKER (nee Percival)

Thank you one and all, I cannot express how surprised I was to receive the Special Award at the Dinner last year but perhaps the fact that it has taken me so long to say thank you shows the degree of shock!! I feel very privileged to have been part of such an amazing programme from the beginning.

I can still remember the anaesthetist who asked me on 31st January 1980 to 'just pop down and see this young man with heart transplant' as if it were not our very first! 'You can do anything you like as long as you do not touch him' was Magdi's instruction. That didn't last long!

So many memories of the early days, the patients, the families, barrier nursing, showering between treatments and walks round the Nurses' home with patient, carer and I all masked and gowned. Many battles were to follow not least to get certain unnamed patients back on their feet!!

But I had no idea how much fun was to come, being danced off my feet at the Annual Dinner, watching people do amazing things that they would never have done before, applauding at each small but great achievement. It has been a fascinating 28 years and I look forward to the years to come. Thank you all for the memories and for the Special Award.

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

10 YEAR PIN

JOHN GRAHAM – Transplanted 12th December 1997

I would like to thank the committee for my ten year pin. I have been looking forward to receiving my pin since the day of my transplant. I would also like to take this opportunity to thank all the staff at Harefield. They have treated me with kindness and professionalism since I first attended in 1979. Once again thanks for the pin.

IVOR EVANS – Transplanted 4th November 1997

I would like to thank all concerned with my 10 year pin. Firstly to my donors family, in such trying circumstances to give life to a stranger. Secondly, everyone at Harefield for their professionalism and friendliness, encouragement and bullying when required. Lastly my brother Owen and his wife Margaret who have unfaithfully supported and in so many ways have given me these 10 years. So in simple gratitude from the bottom of my two hearts **thank you**.

MALCOLM TANNER Transplanted 26th December 1997

While clearing my “desk” I came across your letter referring to the award of my 10 year pin for which I qualified on the 26th December 2007. Please accept my belated thanks. As a “survivor” of St. Georges from the period when they ran into trouble I feel fortunate to have fell amongst friends at Harefield hospital and look forward to many more years of being in their care. I should just like to say that though some of the facilities as St. Georges left a lot to be desired for the staff I came into contact with I have nothing but praise. In a macabre sort of way I often look back with fondness to my time on the ward there and the camaraderie: like being members of a special club which I suppose we are. Best wishes to everyone and thank you again.

RICHARD HOOD Transplanted Heart 10th December 1997

I was delighted to receive my 10 year silver pin, apologies for my belated thank you to fellow hamsters and club committee. Not wishing to sound like ‘a winner’s speech at the Oscars’, but I must pen my appreciation to Sir Magdi, The Royal Brompton consultants and team, everyone of the team who has looked after me at Harefield these past ten years, my wife Ann and of course my Donor and family. Transplant 10/12/97 aged 49 years, my Donor was 39 years. My new heart is doing well, I now have to work on the rest of my body to keep up with it. Wishing everyone all the best, and keep taking the tablets!!

20 YEAR PIN

CHRIS HANNAH – Transplanted 14th February 1987

Many thanks for the great December newsletter. I am very happy to get these on line in the future, save on the postage. I am much remiss in not thanking my fellow Hamsters for my 20 year pin which I received in Feb 2007! This does not deflect from my deep gratitude for all the help and support I received from you guys, particularly in the early years when all the wonderful friendship and encouragement made such a difference. My love and best wishes to everyone.

DESIREE ERIKSSON-HILLS - Transplanted 22nd November 1987

This morning I received my 20 year pin and was so excited. My family arranged a party and invited all family and friends who had been with me and my parents throughout these past 20 years. It’s been a busy week celebrating my anniversary (or as I have come to call it my 2nd birthday) as 20 years is really something. I had my heart transplant at St. Georges in tooting in 1987 by John Pepper and when I was told I would be moving to Harefield I took this news badly. **How wrong could I have been?** Harefield have been fantastic and have taken good care of me. The staff are the best, everyone is so friendly and it turned out to be the best move I could have asked for. I now thank Harefield who have taken over my care and how terribly grateful I am for my new heart all those years ago. A positive mind is the key with the help of good friends and family around you.

ADVERTISEMENT



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

DALLAS DRAW TICKET

One of the nicest traditions of the Hamsters is the annual Dallas Draw, a raffle that is held every year to coincide with the AGM weekend. Our friends in Dallas Texas, The Dallas New Hearts and Lungs, hold a similar draw for this ‘exchange’ if you will. This allows members from both clubs to enjoy the different sights, sounds and cultures of transplants from either side of the Atlantic.

This year, to allow more people to enter and have a chance of traveling FREE to the land of J.R. Ewing, wide open plains and the ten gallon hat, it has been decided that we will start to offer the tickets early. This will allow a greater membership to participate as there is now a longer purchase period and also, if it was something that you were never able to afford before, allows you more time to get the money together for what could prove to be a life changing and unique opportunity.

For only £5.00 if you would like to enter, (transplanted members only please), cut out the below ticket and return with a cheque made payable to Harefield Transplant Club (HTC) to:

Lisa Innes 18 Abigail Crescent, Walderslade, Chatham, Kent. ME5 9DZ

Name.....

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

Address.....

.....

Telephone Number.....

Email address.....

USEFUL INFORMATION

Service Improvement and User Involvement at RBH&H NHS Trust

The Modernisation Board of the Trust, chaired by Patrick Mitchell, Director of Operations has, with Richard Goodman as Director of Modernisation, a very wide agenda covering a number of topics. These are:

1. Hospital @ Night

- Looking at how to reduce Junior Doctors Hours from August 2009
- Designing a night time service which is safe and effective

2. 18 Week Wait

By March 2008, there will be a maximum waiting time for non-emergency consultant-led treatment of 18 weeks from referral to first treatment, (e.g. angioplasty, coronary artery bypass graft) with the majority of patients being treated much more quickly. For the first time this includes all the stages that lead up to treatment, including outpatient consultations, diagnostic tests and procedures. This project is designed to help the Trust comply with requirements.

3. Theatre Utilisation Project and 4. Catheter Lab Utilisation

To ensure the most efficient use of all operating theatres and catheter labs.

5. European Working Time Directive - (non medical)

To ensure that all staff comply with the European Directive not to work too many hours.

6. Privacy and Dignity

To make sure that all patients are treated appropriately in all areas of the Trust.

7. Valve Surgery length of stay

To measure efficient and appropriate use of patient and staff time and resources in carrying out heart valve surgery.

8. Process Improvement Programme

A number of short term projects run at any one time involving staff at all levels across the organisation. Small teams use a logical stepped process to map out existing practice, identify activities that contribute no value and set targets to improve staff and patient satisfaction. Examples of previous projects include: Transport at Harefield, Hospital Discharge, Transplant patient discharge, Immunology treatment - hospital or home?

Where could you fit in?

There are future process improvement projects in which it could be helpful to have patient /user involvement to ensure that we can take all views into consideration. A number of patient surveys are likely to be taking place throughout the Trust. Please take part. Are there questions you would like to be asked? Please contact Rachel Matthews (r.matthews@rbht.nhs.uk) or Ann Percival (a.percival@rbht.nhs.uk) if you would like to help and they will put you in touch with the appropriate person.

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

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

British Heart & Lung Transplant Association (BHLTA)

12th European Heart and Lung Transplant Games – Vichy – France – 21st-26th June 2008.

CALLING ALL RB&H HEART AND HEART/LUNG TRANSPLANTS!

Why not take a trip this summer to Vichy, France. A fantastic opportunity awaits you as this is the venue for this year's European Transplant Games. You don't need to be world class just fit enough to be able to enjoy some fun. By careful planning the majority of the sporting events take place in the morning which will give everyone the opportunity of participating in the social events which have been arranged for the afternoon.

I sincerely hope that you will be able to attend these Games. Those of you who have been before will know what a good time is in store. For those of you who will be attending for the first time let me assure you that you will have a very enjoyable time. You will have the opportunity to meet fellow transplantees from upwards of 17 European countries.

A very wide and interesting sports and social programme has been arranged which all adds up to a good value for money experience for yourselves and any supporters who may wish to travel with you. Though the Games are competitive, they are also very friendly.

Vichy is a compact town situated on one side of the Allier River with a 120 hectare Omnisports Centre on the other side. This means that all facilities, hotels, social and sporting venues are within easy walking distance.

For more information and invitation forms please contact:
David Walker on 020-8845-4113 or d2s.walker@virgin.net .

Transplant Games – Financial Help

If you wish to attend any of the Transplant Games you can apply for help with the cost.

Did you know that you're Local Council and your County Council have special funds available for people in their area especially for sport.

The application process is very simple and requires the completion of a very straight forward form. In some cases the forms needs to be countersigned by the Team Manager, but not always.

A number of transplants already use this route to help them with the costs of going to the Games. Why don't you try?

If you need any help please contact: David Walker on 020 8845 4113

Hamsters Collecting Tins

Would anyone who has already got one of the Hamsters collecting tins, please contact Peter Allison, our Treasurer and let him know. I do hope it is full up!

If anyone would like a collecting tin to put in their local Newsagents, or Hairdressers or Corner shop or Pub please contact Peter and he will be able to arrange for one to be provided.

Remember - All monies raised through your efforts help to support your Club in its various activities and help us to support the hospital.

Sponsorship

Do any of you work? Have you thought of asking your company to make a donation to the Hamsters? They could charge any donation against tax! Are they prepared to match a donation made by you? There is a special government scheme that applies if they do.

What about relatives and friends who work – could they approach their company for a donation?

If they are not sure how to go about it we can help with a letter, literature maybe even a transplant to go to see the company to make a pitch for money.

What's in it for the company you ask?

Well, any company that did provide a donation would be able to claim publicity. They could have their name printed in our Newsletter, they could have their name on our website they could even have the company logo printed on the Hamsters Team sports shirt and tracksuit.

If you would like more information, please contact David Walker on 020 8845 4113

AMUSEMENT

RAY MARTIN – Transplanted 6th December 1989

- A patient in the Serious Trauma Ward at a large hospital was in traction, and in plaster almost everywhere. A broken leg, arms, four ribs and his jaw plus head injuries. So the man struggled to talk legibly and a Junior Doctor misheard him and thought he asked, “Have my testicles gone black yet?”
Puzzled by this strange query, the doctor asked him to confirm what he’d just said, “hang on.” He then raised the bed-sheets up and found that the man was still attired in his surgical-gown, so he lifted the hem and examined the man’s accoutrements and soon announced to the invalid, “well they both look perfectly fine to me old chap.”
The invalid then hissed as loudly as he could, through a wired-jaw and clenched teeth, “No, no, no. I said have my test results come back yet.”
- LIFE IS UNCERTAIN, SO EAT YOUR PUDDING FIRST.
- Never drive faster than your angel’s can fly.

TEAM MANAGERS REPORT – Feb 2008

Hi everyone, hope you are keeping well. I have just come back from the Team Manager’s meeting for this year’s British Games in Sheffield. What amazing sports facilities! The athletics will be held at the Don Valley Stadium which is the second largest stadium in the UK to Wembley, the swimming to be held at Ponds Forge which is where the GB Olympic team train and the table tennis and snooker among others will be held at the English Institute of Sport (again, where many GB Olympic athletes train). This is definitely the year to try out the games if it’s your first time, we had 3 new team members last year, let’s try and double it this year! (Already I have 3 new people who have contacted me, so it’s a great start)!!

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! The closing date for this is very soon but I am sure if you really want to attend we can accommodate you. All forms are on the hamster’s website for downloading.

Children’s Sports hall 4th-6th May 2008 Birmingham

As the title suggests, this one is for the kids! All children, whether transplant, sibling or the child of an adult recipient can take part. Again, further details and forms are on the website.

British Transplant Games

Sheffield, 7th-10th August 2008. I should be receiving the final games pack in the next few weeks so watch this space! To cut down on costs I will only be sending out to those who request it (and last year’s team members of course) so if you would like to attend, please contact me.

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

Thanks and I hope to see lots of new faces in Sheffield!

“Come on fellow hamsters, come along to Sheffield this year as a competitor or a supporter, you will be made to feel truly welcome and I can guarantee you will enjoy every minute.”

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We are extremely grateful to Qinesis Marketing for printing this newsletter

www.qinesis.com tel: 0845 873 9274

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.....

Subscription	Transplant	Spouse	Combined	Associate
Under 18	£4.00	n/a	n/a	£4.00
Annually	£8.00	£5.00	£13.00	£6.00
5 year rate	£37.50	£27.50	£65.00	n/a
10 year rate	£75.00	£55.00	£130.00	n/a
Life membership	£150.00	£100.00	£250.00	n/a

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).

Membership runs from January to January of each year.
 Please note this form is for new members only.