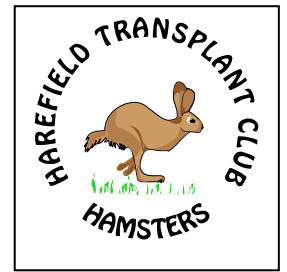


# Harefield Hamsters



## DIARY DATES 2007

### October 19-20

25<sup>th</sup> Annual Dinner –  
Derby  
*Contact Secretary*

### November 10th

Volleyball tournament –  
Bristol  
*Contact Team Manager*

## DIARY DATES 2008

### March 26 - 31

6th Winter World Transplant  
Games - Rovaniemi Finland  
*Contact Lynn Holt*  
[lholt@home.3b.co.uk](mailto:lholt@home.3b.co.uk)

### April 5<sup>th</sup>

Badminton Tournament -  
Bracknell – Hosted by  
St Helier Hospital  
*Contact Team Manager*

### June 21<sup>st</sup> – 25<sup>th</sup>

12<sup>th</sup> European Heart /Lung  
Transplant Games –  
Vichy France  
*Contact David Walker*

### August 7<sup>th</sup> – 10<sup>th</sup>

31<sup>st</sup> British Transplant  
Games – Sheffield  
*Contact Team Manager*

### October 10<sup>th</sup> 12<sup>th</sup>

26<sup>th</sup> Annual Dinner -  
Bournemouth Rivera Hotel.  
*Contact vice chairman*

## DIARY DATES 2010

### June 30<sup>th</sup> – July 4<sup>th</sup>

13<sup>th</sup> European Heart/Lung  
Transplant Games – Vexpo  
Sweden *Contact David Walker*

Dear Hamsters.

TREASURE HUNT - My parents, Husband and I attended the treasure hunt on July 15<sup>th</sup> firstly I would like to say that thank you to James for putting together a somewhat hard quiz that involved historic questions about Harefield, this took us along the beautiful tranquil canal where we spoke to local residents on their barges and saw the picturesque scenery that surrounds harefield and all its wildlife. We ended up in the horse and barge for a well earned lunch and few drinks. The turn out was disappointing with only eight people in total.

BRITISH TRANSPLANT GAMES - Edinburgh was FANTASTIC, what a beautiful city, we travelled up by car and stayed in a top floor apartment overlooking the castle with my parents Vic and Jean, Jocks mum Nan, my niece Nikita and the Baxter's, we rented it for a week just so we could take in all the sites. The opening ceremony was memorable walking down to princess gardens with the bagpipers leading the way and meeting Jimmy Saville (Jim I'll fix it).

Friday was badminton where my partner and I managed to win bronze and in the evening I took part in ten pin bowling (just for a bit of fun) and won another bronze, we then went to the tarts and tartan disco, 'what a night' David made me dizzy and even jock got up and danced in true Scottish tradition.

Saturday was tennis and I was amazed to win a gold medal and that evening we shared a team meal with St Helier at the back of a trendy bar that had just opened, everyone enjoyed the relaxed atmosphere and it was nice to put names to faces.

Sunday was as special as ever watching almost every competitor give it their all, I did the relay along with Alex, Mick and James G we made the final but did not manage to win a medal. The gala dinner was somewhat different with a modern/rock band everyone let there hair down and celebrated the closure of the 30<sup>th</sup> British Transplant Games.

It was also lovely to meet new members James Griffin, Justine Laymond and Chloe Piper, who was accompanied by her grandmother. They all did extremely well and I hope they all enjoyed their first games and will be coming to Sheffield next year and also Derby in October.

I would also like to say a HUGE thank you to our new team manager Natalie she did a wonderful job and I am very proud of her, it's a shame we didn't win back the Tesco cup but 'hey' watch out for 2008.

Also Congratulations all fellow hamster contestants, you were all going for gold and did your best, finally I would like to THANK all supporters Mandy, David, family and friends we truly do have a loyal team HAREFIELD.

Editor - Lisa Innes Heart Lung Transplant 26.10.93

*If you wish to cut down the cost of postage and receive your newsletters by email please contact Lisa Innes at [lisajane5@msn.com](mailto:lisajane5@msn.com)*

## REQUEST

### TRIP TO DALLAS

Would you like to win a trip to Dallas (usually the middle of march) and be the American guests for there 2008 annual dinner, this wonderful trip offers you flights, accommodation, days out with members of New Hearts and Lungs (usually your requests of where you would like to visit are met), a meeting with the committee, tour of there fabulous hospital and finally the annual dinner. If you are a transplant patient and a member of the Harefield Transplant club and you are interested in entering this years draw please send a cheque payable to HTC to your secretary Lisa Innes (contact details at the back of this newsletter) for £5.00. These tickets will also be sold at the AGM in Derby.

## LETTERS

### TREASURE HUNT – Pam Baldock

Where were you all?

A warm, dry Sunday with the prospect of a lovely country ramble, in good company, with the option of investigating various watering holes ‘en route’! Well, wherever you were, you missed a very enjoyable afternoon.

James (Baxter) had thought up some brilliant clues in “ole English” to encourage us on our way. Only eight turned up - James & Natalie, Lisa – with jock & her mum & dad, Mandy Hipkin and myself.

Mandy didn’t feel up to walking so met us for lunch at the halfway point, - Lisa’s mum is recovering from a nasty broken arm so was dutifully carrying out her exercises at suitable moments (her physio should be impressed.) and her dad was recovering from surgery – but I hope they enjoyed the walk.

We started with the clue

“Where a monarch shakes his thirst, is near is where your clue lies first.

Caught in a cage a hare you’ll see, and on its post a clue there’ll be!”

This took us from park hare towards the “coy carp” before trekking off to walk through a rural lane before crossing the canal. Lots of thought provoking clues to solve on the way. The walk along the canal was delightful; - fluffy ducklings, pretty flowers, houses with waterside gardens to die for, swans & cygnets, houseboats, peacocks, the occasional cyclists – and the peacefulness of the countryside. Who would believe all this was so close to Harefield (despite for thirty years I had never walked this stretch of the canal).

The ‘Horse & Barge was a welcome break – excellent food – too much for most of us - & we enjoyed Mandy’s company.

Sadly, James hard work rather came to a lame end here, as Mandy, Natalie and m+d (sorry, mum & dad – I didn’t catch your names) went off to Mandy’s for coffee, & the lads & I opted carry on walking. Rather, than walking up Harefield hill, on the planned route, I suggested we return along the canal as it is quieter – not realizing that James had more clues on the hill – sorry James – but we did see a heron.

It was extremely humid by now with lowering black clouds threatening so, with two long-legged fellas – walk back up park lane at a spanking rate left me somewhat out of breathe – the men probably thought this was “a good thing” as I was too breathless to talk!

The hospital provided a convenient “comfort stop” before we split up, & just before the rain came down.

So, I thank you, James for a lovely afternoon – and to the other hamsters – if you want your social secretary to arrange more entertainment – we should all be prepared to support him.

*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*

## RED WINE DRINKER

Dear readers I have returned from my three weeks holiday on Orkney, the ancient land of Vikings. It was a most enjoyable time, shared by a number friends, who came to stay with me on different occasions at the accommodation I had rented, the premises having three large bedrooms with six beds. No it was not a castle, but a 17<sup>th</sup> century house, which had in the past had two flats attached for guests when they arrived to stay with the laird of Skaill and Breckness. I occupied the top flat, with views over Skaill Bay and the surrounding countryside, full of cattle and sheep, with few bulls thrown in for good measure. What did I do, well; I relaxed, away from the 'bedlam' of our modern world. I visited Orkney friends, who I have got to know over the years, and showed my friends the historical sites and other places of interest, like the Italian Chapel on Lambholm, a tiny island on the east side of the main island, called 'Mainland'. Some of Orkney people have taken this as their 'surname', when their ancestors moved about the many islands, 72 in fact, for work and the like, and would be called 'John from Mainland' and such, later ending up with 'John Mainland'.

I escaped the terrible weather which you all had, having had one day with rain from time to time and two days of mist, produced by the moisture laden low clouds, which hung to the land, and without wind, would not go away. In the main the weather was mild, sunny, cloudy, windy, but overall without persistent rain. An odd shower may occur, but these are generally over within an hour and sunshine returns.

One fine day, with one of my friends, we decided to visit the home for some 50 years of the late 'Queen 'mum', Queen Elizabeth, Mey Castle, Caithness, mainland Scotland, just an hour across the Pentland Firth from Orkney. We drove from Skaill House to St. Margaret's Hope, hope means 'bay' in Old Norse, and caught the roll-on-off ferry, which took an hour, leaving at midday. Within a very short time we arrived at the castle, opened to the public by Prince Charles a few years ago. This was our second visit because last year we were told that a new reception building was to be opened for the castle. It was really grand, providing all the required facilities for the public, including light meals in super surroundings. Any-body having a holiday in that part of Scotland, I can recommend to put the castle on your places to visit. You will not be disappointed.

Having had an afternoon snack at the new reception castle centre, we drove eastwards towards the most north easterly point of Great Britain and Scotland, John O'Groats, but half an hour or less away. This most famous spot, who many know, from the walks etc fro John O'Groats to Lands End and the like. It may surprise you all to know that apart from a few buildings, like tourist shops, one claiming to be the 'last house in Britain' and a white hotel, there is nothing there, a couple of cafes, or dining places, if you prefer. And that's it. Don't hold your breath too long, otherwise you will wonder what all the excitement is all about. I cannot say the place is beautiful, because it is too commercial and 'eats' tourists by big 'gulps'. It is however, in a splendid position, on high headland, overlooking the North Sea to the east and across the Pentland Firth to the islands of Orkney to the north, which can be seen. This I consider beautiful, especially with a lovely clear day, blue sky, soft wooly clouds, gliding gently and silently over the blue sea, it may be of interest to readers, that 'John O'Groats' is a corruption of 'Jan de Groot' a Dutchman, who settled in that place in the middle 1500's. He began the first ferry service from there, Caithness, to Burwick, South Ronaldsay, Orkney, the closest island. It is said that he also charged passengers a 'groat' for their journey, 4pence. He had six sons who were always fighting over who was the senior, so he built a building with seven entrances, one for himself and his six sons, the structure being 'septilateral'. Now that is interesting.

On Orkney, I was able to shop at the 'mini-supermarket' and purchase a red bottle of wine or so. But this evening, having achieved the above, I am settling down to a bottle of 'Castellama' 2004, rich, full bodied red wine, tasting the cherry and plum. What can I say, but 'Grazie tanti'.

*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*

## JUSTINE LAYMOND – Double Lung Transplant 9<sup>th</sup> July 2006

Only one year into my new life with fabulous lungs, I decided to seek what opportunities were out there, only to be confronted by the Baxter, that being James Baxter. James approached me whilst in hospital and tried to get my consent on signing the Hamsters Form. In my eyes, I'd already signed my life away to my lung transplant and other procedures prior to that, but the prospect of something more exciting, how could I say no?

Participating in activities/sports that interest me/meeting new people and lots of social events....hmmm....I was like...Yes please!!!! To be honest, I had no idea what to expect, but relished on the idea of being able to fly for the first time after transplant and taking part in the Transplant Games. A mixture of emotions filled me, especially being so new to the Games/and into my transplant. I actually travelled on my own and wondered how I would "fit in", but, I met so many friendly people across the UK and seemed to chat forever. I also made some great bonds with new people.

The Games were simply fantastic - not just to watch, but, to see how people have progressed with their lives/health and doing something fun and yet benefiting their well being too. I entered into the 100m sprint and 100m relay, and 3k walk. A few people know that I ended up crying prior to my first event the 100m relay, as I couldn't believe that this time almost a year ago I nearly never made it. And yet, here I was about to run like Forest Gump (well attempt to) and try and win a medal for the Hamsters team. I felt so proud to be there and came 4th in the sprint. The Games have motivated me to keep up with the exercise and try and achieve GOLD - and I have clocked my competition.....so know what level I need to get too. The element that amazed me the most was the choice of sports one could choose whether you are a fitness fanatic or prefer more enjoyable sports such as golf, darts, archery and so on. There is such a huge selection - so if you are or have been thinking about joining the Hamsters, I can promise you, you will be able to find something to join in with.

Besides from that, have I mentioned the fantastic social side of it, I mean FANTASTIC!!! I never thought I'd be a tarty tartan type trouble-some lass (hee hee), guess there is photographic evidence of me (gulp). All in all - I could sing the Hamsters praises endlessly, but think due to editing that I may be cut off anyways at some point (hee hee). So, thank you all for a wonderful time, and I can't wait until the Games next year - and other events throughout the year too. And I hope to see new faces next year to share on the fun, oodles of laughter and sporting activities.



Edinburgh British games Gala dinner



Chloe, Rob, David Justine & Mel (tartan tarts)

*“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*

## 10 YEAR PIN

### JAMES TOTTLE - Heart Transplant 27 March 1997

Firstly I would belatedly like to thank the Harefield for my 10 year pin. I received a transplant on 27th March 2007 just after my 27th Birthday. I now have two reasons to celebrate in March! I have managed to keep reasonably fit by swimming. I did used to play football but have had to give up because I don't want to damage my knee again.

I contacted Lisa and James recently as I have been on Local Radio to talk about my life as a transplant and the music and book I have written and drawn called Space Cadet 56. It is about a mental patient who thinks he is an astronaut. I am hoping to get it published. The book has music and an animation for more information check out my website. [www.sc56.org.uk](http://www.sc56.org.uk). I did submit a selection of screen shots from Space Cadet 56 and it got two second prizes which was great! I now have a myspace account which is [www.myspace.com/scadet56](http://www.myspace.com/scadet56)

I have recently written/recorded a comical rock/pop song called "Blonde and Gifted" which supports the campaign that Blonde girls should be available on the national health. One of the best lines is "You're the right prescription for my blonde addiction".

I did discuss with one radio station the idea of making it some sort of charity song. I have little experience on raising money for charity and how you would go about this. I did think if the song were available as a download a certain percentage could go to the Harefield or BHF. If anyone can offer me help or advice please drop us a line on [james.tottle56@googlemail.com](mailto:james.tottle56@googlemail.com).

## 20 YEAR PIN

WHEN Alex Walker arrives in Edinburgh at the end of the July to compete in the British Transplant Games he will already have set a record. At 20 years post - transplant - he celebrated the twentieth anniversary on 26 April 2007 - Alex will be the longest surviving heart transplant patient taking part.

Alex will likely hold the same record at the World Transplant Games in August, where he will represent the UK for the eighth time.



### LES ROWLEY – 19<sup>th</sup> July 1987

THANK YOU to the hamsters committee for my 20 year heart pin. I have been very lucky, the transplant got me back to work for 12 years and enabled me to attend the birthday party for my granddaughter when she was eighteen and then twenty-one, - WONDERFUL! To see my grandson with the student of the year award at Bournemouth University last year. A truly great day for our family. I am so lucky and all down to some wonderful family, who made it possible with the gift of life, and of course to everyone, from the great Magdi Yacoub, Doctor Mitchell and all the truly splendid people at Harefield Hospital.



## CONGRATULATIONS

*Robert Longrigg and Melany Leek on your engagement.  
Also welcome Ronnie Longrigg (the dog) to the  
happy's couple new home.*

## USEFUL INFORMATION

### LONDON CONGESTION CHARGE –Lisa Innes

Individuals or institutions that have a Blue Badge can qualify for a 100 per cent exemption from the congestion charge when you register and pay a £10 fee with Transport for London (TfL)

You may register up to two vehicles and you do not need to own a vehicle or drive a vehicle to register for the discount. An application form is available from [www.cclondon.com/downloads/DisabledPeople.pdf](http://www.cclondon.com/downloads/DisabledPeople.pdf).

Or Telephone: 0845 900 1234

### INSURANCE - Paul Taylor

After many telephone call's to different Insurance companies and either getting turned down or be given a price which was expensive, we where informed about a company who only deal with people who have got a pre-existing medical condition, they only cover people traveling to Europe at the moment and the cost for me being a recipient Heart Transplant patient was £44.50 for 17 day cover they require relevant information i.e. illness, date of Transplant, medication and your GP is aware of your holiday. The company is:

M I A Online Ltd, P.O Box 2109, Rayleigh. SS6 9WH. Tel: 01268 782745

E-mail [enquiries@miaonline.co.uk](mailto:enquiries@miaonline.co.uk) or Website [www.miaonline.co.uk](http://www.miaonline.co.uk)

### HOUSE FIRES – WARNING!!!

A house burnt down, nothing left but ashes. They have good insurance so the house will be replaced and most of the contents. That is the good news.

However, they were sick when they found out the cause of the fire. The insurance investigator sifted through the ashes for several hours. He had the cause of the fire traced to the master bathroom. He asked her sister-in-law what she had plugged in the bathroom. She listed the normal things....curling iron, blow dryer. He kept saying to her, "No, this would be something that would disintegrate at high temperatures".

Then her sister-in-law remembered she had a Plug-In, in the bathroom.

The investigator had one of those "Aha" moments. He said that was the cause of the fire. He said he has seen more house fires started with the plug-in type room fresheners than anything else. He said the plastic they are made from is THIN. He also said that in every case there was nothing left to prove that it even existed. When the investigator looked in the wall plug, the two prongs left from the plug-in were still in there. Her sister-in-law had one of the plug-ins that had a small night light built in it. She said she had noticed that the light would dim and then finally go out. She would walk in to the bathroom a few hours later, and the light would be back on again. The investigator said that the unit was getting too hot, and would dim and go out rather than just blow the light bulb. Once it cooled down it would come back on. That is a warning sign. The investigator said he personally wouldn't have any type of plug in fragrance device anywhere in his house. He has seen too many places that have been burned down due to them.

## 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 01308 868313 or [www.conway-bungalow.co.uk](http://www.conway-bungalow.co.uk)



## NEWS

**HEART HOSPITAL JUSTIFIES PROUD REPUTATION – Harefield Gazette**  
SUPPORTERS are always calling it the world's best heart centre but now Harefield Hospital has the proof to back up these claims.

Figures recently released show surgeons working for the Royal Brompton and Harefield NHS Trust (RBHT) performed nearly double the number of operations of any other hospital last year, and had one of the best survival rates.

The information has been provided by the independent medical watchdog The Healthcare Commission, which was set up by the Department of Health to monitor hospital performance. The data was collected over a three-year period to March 2006, and showed during that time RBHT doctors carried out 6,482 operations of all types involving cardiac work, and had a survival rate of 95.6 per cent.

In contrast, all but one of the 38 other centres in the country which submitted figures performed less than half this number, with the exception being the Cardio-Thoracic Centre, in Liverpool, which did 5,054.

The figures for 2005/06 alone make equally impressive reading and show RBHT handling 1,974 operations, compared to its nearest rival Barts and The London Hospital, which did 1,665.

Of the 1,974 operations, 1,055 were heart bypasses and a further 205 were the more specialised aortic valve replacements.

The news has caused much pride among the 11 surgeons performing heart operations on behalf of RBHT, and won congratulations from campaigners who have fought to ensure the hospital avoided closure and replacement with a health campus in Paddington.

Dr Mario Petrou, who has spent five years as the hospital's consultant cardiac and transplant surgeon, said on behalf of his colleagues: "Of course we are all delighted to have achieved such great results so consistently, but this is very much a team effort.

"We simply could not do without the excellent work provided by everyone from the nurses to the anaesthesia department, and also the recovery team in intensive care, everyone has a vital part to play.

"This is a particularly pleasing outcome in view of the fact many patients have a higher risk factor nowadays due to being much older and suffering other health problems as well.

"There are many changes in technology too, but although they make our work easier we can never afford to rest on our laurels, as machines are there to help us, not make us think they can do it all for us.

"Figures like these are useful as they let patients and non-patients know of the incredible work going on behind the scenes of the hospital which otherwise they would not hear about."

Mr Petrou's own figures include 796 operations of all type in three years and a survival rate of 98.4 per cent, while his record for heart bypasses is even better, with 595 operations and a 99.5 per cent survival.

He added: "This is very pleasing, but best of all is getting to meet the patients after they have recovered and see how much their quality of life has improved."

Heart of Harefield campaign chairwoman, Jean Brett, who has fought to keep the hospital open, said of the results: "They are excellent and all the more remarkable due to RBHT having carried the albatross of Paddington for five years from 2000."

*"If you can think of anywhere you would like to visit" Please send your ideas to James Baxter.  
Address: 45 Founes Drive, Chafford Hundred, Essex. RM16 6DT*

***Please note:***

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

### THANK YOU PROFESSOR – Jack Holden

Jack Holden fulfilled a long held ambition in May, when he met the Surgeon who saved his life – Professor Sir Magdi Yacoub.

12 year old Jack was born with transposition of the great vessels, a Condition in which the two main vessels in the heart are the wrong way round. Surgery performed by Professor Sir Magdi when Jack was just two days old corrected the life threatening condition.

Jack, his parents, his grandmother, and his sister spent some time chatting with Sir Magdi and handed him a thank you card.



### PUBLISHED IN EVENING TELEGRAPH 11<sup>th</sup> JULY 2007 – Lewis Sander GIVING SOMEONE THE ULTIMATE GIFT OF LIFE.

Lewis said: “I was first diagnosed with heart trouble at 14 with a heart murmur. It was kept pretty much in check until in 1988 I got cardiomyopathy and I needed to have a heart transplant”.

He was put on a waiting list and told he would probably have to wait for about two years for a new heart. Then in October 1990, he got a call, while he was playing a game of bowls in Wellington with his brother-in-law, to say his new heart had arrived at Harefield Hospital in Middlesex.

He said “The doctor called and said “I have got a heart, do you want it?”

My brother-in-law said I turned white. I told the doctor I was playing bowls and she told me off as I wasn’t meant to do anything like that!”

Lewis was told to wait for another phone call about when he could go into hospital and returned to his game until he got the call at 3pm. Later that night he was given a new heart.

Lewis said: “I woke up 12 hours later after the operation and I felt fine. It was strange as you think it might take some time to adjust, but I just felt better.

“When I went to sleep, my new heart felt like it wouldn’t slow down. It was pumping like mad. I called the nurse in and I said it felt like it was going to come out of my chest, but said it was because it was newer heart – it had come from a 26 year-old man who died in a road accident.”

Two weeks later Lewis was discharged from hospital and carried on with his life until eight months later when he had a bad rejection.

He said: “I felt like I was dying, it was awful.” The doctors said I was fine and I was given a massive dose of steroids and kept me in hospital for 11 days.

“After that I was fine until after nine years, my kidneys started to pack up. The side effects of the medication I was on damaged my kidneys, so I was told I would need to have another transplant and in the mean time I was put on dialysis.”

Lewis was put on the transplant waiting list in August 2002 and at 11.45pm in August 2004; he got a call to say a possible match had been found. The second operation was also a success for him. He said: “It was fantastic to come off dialysis as what you ate and drank was so restricted. I could only drink 500ml of water a day, I couldn’t eat things like celery or strawberries and I had to cook potatoes twice to make sure all the potassium was off them.

“So after my second transplant it was really strange to be told I had to drink three litres of water a day. “I thoroughly enjoy life now, there are no restrictions on what I can and can’t do.”

This week is National Transplant week and Lewis hopes to raise awareness about the fact that transplants do work. He said: “The biggest problem I find is that people don’t talk to each other. If someone has a donor card but doesn’t talk to their family about it before they die, a doctor won’t take any organs without the family’s consent. “And this is where it is shaky ground because the families don’t always know what the person would have wanted.”



*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 MANAGER'S REPORT

Well done to the Harefield Team! The British Transplant Games this year was a great success – our team of 15 athletes came back home with a staggering:

- 14 gold medals
- 9 silver medals
- 7 bronze medals

A total of 30 medals – which I am sure you will agree, is a tremendous effort, well done! A great time was had by all, the Edinburgh games being one of the best organised I have ever been to.

Below are the results for our team:

Peter Allinson – 50m Breaststroke (Silver), 50m butterfly (Gold), 50m freestyle (Gold)

James Baxter – Badminton (Silver), Squash (Silver)

Jill Edwards – Badminton – (Gold), Table Tennis (Gold)

James Griffin – 100m track (Silver)

Lisa Innes – Badminton (Bronze), Ten Pin Bowling (Bronze), Tennis (Gold)

Julie Kirby – 50m Backstroke (Silver), Squash (Bronze)

Chloe Piper – Mini Marathon (Silver), Badminton (Bronze)

Alex Walker – High Jump (Silver), Long Jump (Gold), 400m Track (Bronze), 800m track (Gold)

Howard Waters – 50m Breaststroke (Gold), 100m Breaststroke (Gold), 50m Freestyle (Gold)

Brian Witham – High Jump (Silver)

Colin Clements – 100m Track (Silver), 400m Track (Bronze)

Mick Foster – Long Jump (Bronze), 200m Track (Gold), 400m Track (Gold), 800m Track (Gold), Tennis (Gold)

Trophies – Some of our team members also won trophies for their exceptional sporting achievements. These are as follows:

Heart Transplant Trophy – Best Heart Transplantee – Mick Foster

NKF Trophy – Victor Ludorum (Swimming) Male Senior – Peter Allinson (Shared with Ran Pulik from St Helier Team)

Royal Ulster Constabulary Trophy – Victor Ludorum (Swimming) Male Super Veteran – Howard Waters

Tony Calvert Memorial Trophy – Victor Ludorum (Dry) Male Super Veteran – Mick Foster

Some of these trophies have been kindly lent to us, next time you are in for a check up, take a look at them in the out patients display cabinet.

This year we didn't manage to bring the Tesco Cup back home but I can tell you it was VERY close! (In fact, just 2 points in it). It is now on loan to Papworth for another year – maybe next year we will bring it back to Harefield.

It wasn't all just sports and hard work – we also had special entertainment nights which were very good fun!

Thursday night was the official opening ceremony led by a pipe band dressed in traditional Scottish attire. The Teams walked from the Royal Mile in Edinburgh, through Princes Street and ended at the Castle Gardens which was a spectacular sight. Sir Jimmy Saville made an appearance as did Nicola Sturgeon (Cabinet Secretary for Health and Wellbeing). The audience was treated to Scottish Dancing and modern hip hop which was great fun to watch.

Friday night played host to the Tarts and Tartan party – I think the name speaks for itself!! It was very good fun, a chance for everyone to let their hair down, socialise with the team and also have a go at the Scottish Ceilidh dancing (which was quite difficult but entertaining to say the least) – well, you try dancing and being swung round when wearing high heels!! After, there was a disco with some great cheesy music which got everyone up on the dance floor.

Saturday night was a team night – I managed to get a private area in a lovely bar/restaurant called ‘Element’ in Rose Street, Edinburgh. We also invited the St Helier team to become honorary hamsters for the night – a great time was had by all and it was a great way to get to catch up with friends and make new ones.

Sunday night was of course the Gala dinner. This was held at the Edinburgh International Convention Centre, a very smart venue indeed! The meal was lovely and had a Scottish Theme – haggis was the entrée dish which was very tasty. After the meal and trophies were awarded, a Glam Rock band entertained the audience for the night. They came highly recommended, having played once already at the last Volleyball Tournament.

I thoroughly enjoyed my first year as Team Manager. A huge thanks go to the team for making it a very special games, and thank you for the crystal heart necklace which I was presented with at the Gala Dinner – It meant a lot to me and I have come back home with lots of good memories. A special mention goes to our newest team members James Griffin, Justine Laymond and Chloe Piper, they really enjoyed themselves and I look forward to seeing them and the rest of the team at next year’s games which are to be held in Sheffield.

Please check the Hamsters website [www.harefieldhamsters.co.uk](http://www.harefieldhamsters.co.uk) for further news on the games – including individual times for events and also some photos from the Games and social events. Here are a few pictures from the British Transplant Games in Edinburgh this year:



Two of our new members Justine & Chloe in the opening Parade



Your new team manager (me) and ex team manager (David).



Mick (& Patsy) – Winner of the Victor Ludorum (Dry) Male Super Veteran & Best Heart Transplantee!



Jamie, Chloe, Jill and Lisa – all medal winners in the badminton!



One of our relay teams! (Colin, Rob, Justine & Jamie)



Howard – Winner of the Victor Ludorum (Swimming) Male Super Veteran



**HAREFIELD TRANSPLANT CLUB (HAMSTERS)**

**25<sup>th</sup> ANNUAL DINNER 19<sup>th</sup> & 20<sup>th</sup> October 2007**

**Best Western Midland Hotel, Midland Road, Derby, DE1 2SQ. 01332 345894**



**All attendees are to be 16 or over unless you are a transplant patient.**

The cost of the weekend will be **£115.00** per person (double, twin bedded and single rooms, no single room supplement) attending. The price includes Dinner/disco with novelties on Friday night, full English breakfast on Saturday, Dinner/dance with table wine on Saturday night and full English breakfast on Sunday.

Silver Themed Fancy Dress Friday Night

AGM Saturday AM

Gala Dinner, Saturday Night (black tie is optional)

For more Info, please contact Lisa Innes (Secretary) on **01634 66827**

**CHAIRMAN**  
**CARL WHITTAKER**  
 13 Capel Crescent, Stanmore,  
 Middlesex. HA7 4WN  
 Mob 07881 551181

**VICE CHAIRMAN**  
**LEWIS SANDER**  
 28 Wheatfield Road, Abington,  
 Northampton. NN3 2NE  
 Tel 01604 408285  
 Mob 07835 951091

**SECRETARY AND EDITOR**  
**LISA INNES**  
 18 Abigail Crescent, Walderslade  
 Chatham, Kent. ME5 9DZ  
 Tel 01634 668274  
 Mob 07788192545  
 Email [lisajane5@msn.com](mailto:lisajane5@msn.com)

**TREASURER**  
**PETER ALLINSON**  
 6 Meadway, Staines, Middlesex  
 TW18 2PP  
 Mob 07976 297922  
 Email [pmallinson@hotmail.com](mailto:pmallinson@hotmail.com)

**MEMBERSHIP SECRETARY**  
**ANN WOODBRIDGE**  
 5 Raisins Field Close, Ecton Brook,  
 Northampton. NN3 5LA  
 Tel 01604 510995  
 Email [a.woodbridge@ntlworld.com](mailto:a.woodbridge@ntlworld.com)

**SOCIAL SECRETARY**  
**JAMES BAXTER**  
 Mob 07770 886006  
 Email [jbaxter635@tiscali.co.uk](mailto:jbaxter635@tiscali.co.uk)

**COMMITTEE CO-OPTED COMMITTEE MEMBER**  
**PAM BALDOCK**  
 7 Greenwood Meadows, Chinnor,  
 Oxon. OX39 4JQ  
 Tel 01844 351060

**TEAM MANAGER CO-OPTED COMMITTEE MEMBER**  
**NATALIE BAXTER**  
 45 Founes Drive, Chafford Hundred,  
 Essex. RM16 6DT  
 Tel 01375 480343  
 Mob 07932 791756  
 Email [team.harefield@tiscali.co.uk](mailto:team.harefield@tiscali.co.uk)

**WEBSITE CO-OPTED COMMITTEE MEMBER**  
**BOB CHERRY**  
 75 Slipshatch Road, Ryegate, Surrey  
 RH2 8HA  
 Tel 01737 242763  
 Mob 07733 326545  
 Email [bob.cherry@tesco.net](mailto:bob.cherry@tesco.net)

**COMMITTEE MEMBER**  
**DAVID WALKER**  
 525 Victoria Road, Ruislip,  
 Middlesex. HA4 0HA  
 Tel 02088 454113  
 Email [d2s.walker@virgin.net](mailto:d2s.walker@virgin.net)

**COMMITTEE MEMBER**  
**STEVE SYER**  
 42 Hurcombe Way,  
 Brockworth, Gloucester  
 GL3 4QR  
 Tel 01452 555892  
 Email [steve1984@blueyonder.co.uk](mailto:steve1984@blueyonder.co.uk)

**COMMITTEE MEMBER**  
**JILL EDWARDS**  
 6 Wychwood Close, Carterton,  
 Oxon. OX18 1DL  
 Tel 01993 842231  
 Email [jill.peter26@btinternet.com](mailto:jill.peter26@btinternet.com)

**COMMITTEE MEMBER**  
**MANDY HIPKIN**  
 55a Hornhill Road, Maplecross,  
 Rickmansworth, Herts  
 WD3 9TE

**COMMITTEE MEMBER**  
**JAN CHERRY**  
 75 Slipshatch Road, Ryegate,  
 Surrey. RH2 8HA  
 Tel 01737 242763  
 Mob 07788 907119  
 Email [jan.cherry@tesco.net](mailto:jan.cherry@tesco.net)

**COMMITTEE MEMBER**  
**ROB LONGRIGG**  
 11 Armstrong Road, Farsley,  
 Leeds. LS28 5BZ  
 Tel 01133 790837  
 Mob 07904 226180  
[roblongrigg@hotmail.co.uk](mailto:roblongrigg@hotmail.co.uk)

# 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 - **Ann Woodbridge, Membership Secretary,**

5, Raisins Field Close,  
Ecton Brook,  
Northampton, NN3 5LA.  
01604 510995

Name.....

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

Address.....

.....

Telephone Number.....

Email address.....

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**