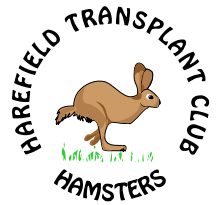


Harefield Transplant Club



We are extremely grateful to Precision Printing Company Ltd for printing this newsletter.
www.precisiononline.co.uk
Tel: 0845 606 4001

DIARY DATES

2009

October 23rd / 24th
27th Annual Dinner -
The Midland Hotel, Derby.
Contact Lisa Innes
secretary@harefieldhamsters.org

November 21st
Volleyball competition -
Loughborough
Contact Natalie Baxter
team.harefield@tiscali.co.uk

2010

January 17th / 22nd
World Winter Transplant Games -
Sainte Foy Tarentaise, France

June 30th / July 4th
13th European Heart/Lung
Transplant Games -
Vaxjo, Sweden.
Contact David Walker
walker_david8@sky.com

August 19th / 22nd
British Transplant Games - Bath
Contact Natalie Baxter
team.harefield@tiscali.co.uk

October 22nd / 23rd
28th Annual Dinner -
Bournemouth Riviera Hotel.
Contact Lisa Innes
secretary@harefieldhamsters.org

Dear Hamsters,

I'm sure you will all wish to join me in thanking Dr Kang for all his support in printing the Newsletters over the past two years free of charge.

Dr Kang has had to withdraw from printing the Newsletter due to personal circumstances.

Thankfully Natalie has managed through a friend to acquire printing for the Newsletter on a short term basis. However if any member knows or has links to any printing facilities which could help the Club in the future please contact the committee.

The British Transplant Games was a great success and a full report is inside this newsletter. It was lovely to meet up with old and new team members and I hope to see you all again next year in Bath.

Our AGM weekend break is fast approaching and I would like to inform those attending that the booking confirmation will be sent to you by post or email at the beginning of October. This should allow me enough time to go through all the forms once I have returned from Australia on 12th September.

I can tell you a little bit about the weekend, it is a Halloween theme on the Friday night, so come on you witches and goblins let's put a spell on for a fun packed weekend.

Entertainment for Saturday night is N Compass (the duo who were at Derby in 2007) followed by award presentations and a raffle. The Club welcome donations for the raffle as this generates a good fund raising opportunity for the Club.

Karen Taylor has kindly offered to arrange a walk around Derby for the Saturday afternoon for those who do not want to go shopping.

There is still time to send in your booking form that was enclosed in the June Newsletter or you can print a new one off from the website. Failing that, you can contact me once I am back from OZ.

Also Enclosed in this Newsletter is a map and directions of how to get to the Midland Hotel in Derby.

I wish you all well and hope to see you in Derby.
Love Lisa

*"Do you have an article you wish to include in a future newsletter?"
If so please send it to: Lisa Innes 18 Abigail Crescent Walderslade
Chatham Kent ME5 9DZ or Email to me at:*

The Big Squeeze –



Where your 'VICE' Chairman has a little word!

Hello everyone and welcome to this edition of the Club's Newsletter and what I hope to be a new and regular spot here. I hope this finds you all well and enjoying what we can once again grudgingly describe as summer. As most of you know, I'm not the most shy and retiring type and I felt that in that vein, this column should be no lesser representation of me, myself and I. Therefore please buckle up, take a deep breath and with any luck there should be some laughs, some tears, some truths and maybe even a little light micky-taking but all with the single purpose of making you the members, think about stuff in all our lives.

Sitting here writing this at the behest of our wonderful Secretary, (I have to say that, she does a mean roast) I sit with legs still aching nearly two weeks after coming home from the British Games swollen with pride and pain! Pride because we were such a fantastic team – more later, and pain as my legs haven't worked so hard for a good few years and let's say that I had a little motivation.

Motivation is a strange phenomenon. It can take many forms, from the negative of pain or fear, to the positives of pleasure and love. The mixture of emotions that make up an individual's motivation is an intoxicating cocktail and one from which I was happy to drink at this year's Transplant Games (in addition to the usual beverages). Let me walk, or more accurately run, through my motivation as I'm sure many will recognise the intoxicating mixture.

Firstly fear; fear of failure, fear of ridicule, fear of letting myself down, my team, my wife, my friends, my hospital, my club! Secondly love; love of the sport, love of your family, your friends. Love of the chase, the thrill, the excitement, the moment! Thirdly there's the pain. The physical pain, the emotional pain, the pain of losing, the pain of defeat and the pain of other's defeat. Last but not least and my strongest, is the wanting. Wanting to win, to achieve, to excel, to exceed expectations. Wanting to surprise, wanting the reward, wanting it so badly that you strain and make everything you have count in the last, slow, agonisingly slow seconds that you have to make a difference, when the world is yours and you know that you are something more than you've ever been before and can achieve something amazing. You want it and you have to get it! (Imagine Natalie in Jimmy Choos during a sale and you have an idea)!

That Ladies and Gentleman, is motivation. An invisible force. A powerful one too, my legs are still telling me that, (thank you Emma, Mick and Tim), and one that can be damn useful too as any transplant reading this letter is testament to.

Did we or did we not all wake up from that operation and think, right, let's not arse about. We're awake, we're alive, good effort, now how can I get better and get on with it? What were we? I think you'll find it was motivated.

And so it is with that thought and cross section of people in mind, that I bring this first column to a close with this. From a pool of the most motivated people that I can ever imagine to ever have the privilege of knowing on this earth, why is it that no one can be motivated enough to either help our club or to find new members? The continued loss of members or volunteers to replace ageing or tired blood on the committee will eventually lead to only one conclusion and I'm sure that that must be motivation enough!

LETTERS

THE RED WINE DRINKER

Having had a most wonderful holiday in Rome, my general life was excellent. No problems or worries. Then September arrived. It was raining, heavily. I was sitting in my comfortable chair looking through the 'French' windows at the very wet garden. I then become aware of water cascading over the roof guttering, falling onto the patio. Woe is me, what is happening? The more it rained the more overflowed, I was now worried. My gutter must be obstructed by debris, fallen from my next door neighbours trees. What to do? Well at that moment not a lot.

The next day, a glorious sunny day arrived. Full of enthusiasm, I was out in the garden early, up the ladder and clearing out the gutter of all kinds of leaves and the like. I then realized that the rain was not, running away into the down pipe. Oh, dear. The problem was not blocked guttering; it was an obstruction in the down pipe. It was full of water.

I decided to find the end of this 'down pipe' which was somewhere away from the bungalow in a 'soak-away'. I would then poke up a 'pipe-rod' and clear the obstruction. Easier said than done. Determined, I began to dig, where I thought the end of the pipe would be, some 12 feet from the building. I dug a trench one foot wide, and continued digging into the soil, one foot, two feet, three feet, where the hell was this pipe. I thought I must change my course. It may be over there. Off I went again, another trench, digging ever deeper. I should have contacted the B.B.C. Programme 'Time Watch', with the presenter Tony Robinson, who would have dug up my entire garden for me. After a few days, this particular part of the garden looked like the 'battlefield' at Mons, during the First World War. It was full of trenches. Then, at last I found what I was looking for. I was delighted; there it was three feet under the ground, the end of the pipe. I dug a larger hole around this site, the heaps of earth I was taking out of the ground looking like the Egyptian Pyramids. I was a very happy bunny

My neighbour lent me his 'pipe-rod', which I pushed up this pipe, the end having a twisted grip, which you turned into the obstruction and then drew backwards to clear the obstruction. Nothing happened. Whatever it was it would not move. Oh, bum. I am in deep trouble.

I then went back to the actual down-pipe from the roof, and had to dig out the patio surrounding its entry into the ground. I found the 'u' bend, full of debris and weed, one foot long. I extracted this. But still had a problem, because the water I poured into this section, passed through alright, but the two dried leaves I had also put into the flow, did not arrive at the other end. I had to dig deeper, taking out the obstruction, a growing root from one of my neighbour's trees, which had invaded the pipe through broken connection. I was confident now. I cut off the root. It was three feet long. No wonder nothing could pass through this drain pipe. I was elated, full of joy, and after two weeks, because I do rest between enterprises, I needed a relaxation.

Having then built a proper 'soak-away', a box built of tiles, with a lid, the end of the drain pipe being clear of earth or the like. I filled in all the trenches, replaced the 'U' bend, covered the patio and replaced the down drainpipe from the roof. Whew, I am now ready for the Harefield Heart Transplant Games, being so fit and able. Before I close, shall we have a little sip of 'Castelli Romani' from south east of Rome, which is a good young wine, red of course. 'Cheers'.

Dearest RW,
Harefield team would love you to join the games.
See you next year maybe!

WENDY & PHILIP DAVIES - Margaret and Henrys Dorset Cottage.



At last years Hamsters' AGM we were lucky to have won the top raffle prize of a week at Margaret and Henry's cottage. So at the end of March off we went to Dorset.

On arrival we were given a first class welcome following which we moved into the cottage. It is very spacious and had everything which you need for a pleasant relaxing holiday. The view from the lounge window was fantastic, rolling fields so peaceful that only the song of wild birds break the silence. There was even an occasional wild deer passing by.

We were joined a few days later by Paul and Karen Taylor who enjoyed the stay as much as we did.

From the cottage there is plenty to do and see with country walks and the coast only a short drive away. The weather was excellent so we were out and about every day and were fortunate to visit Margaret and Albert Nicholson for lunch at their lovely home.

We recommend this cottage as ideal holiday location details of which are regularly included in our news letters.

We are fortunate to have won this super prize and to have so many Hamster club friends. We will be sure and buy more raffle tickets to try and win another week at this idyllic location, but will return, one day, even if we don't win.

A big thank you to Margaret and Henry for a great holiday and for offering your cottage as a raffle prize.

PAUL & KAREN TAYLOR

We had a fantastic time and the weather was brilliant. For anyone interested in going I would really recommend it .The cottage is in a peaceful and tranquil setting, Henry and Margaret welcomed us into their home.

Above is a picture of us all on the patio of the cottage overlooking the fields and Wendy has written a small piece to go with it.

PALS – Eve Cartwright

What a lovely surprise I had when I opened my post in Harefield today. Thank you very much for the kind donation to PALS. My initial thoughts are that we could make our office more accessible by having a 'stable' door to the PALS office. I will talk to the team so we have a democratic decision. It is very heartening not only to be appreciated but also to help patients. Again, many thanks to the Hamsters.

JULIAN BARLEY HTX 19 June 1987

Every year in June our local church arranges a Parish coach outing involving 45 - 50 people. Last year we visited the WW1 Battlefields in France, the TOC H house in Poperinghe and the city of Bruges. The previous year to northern France and the Somme



This year our destination was York but staying two nights in Sheffield. Our regular coach driver - Roger - had been a physics teacher at one of our local comprehensive schools but took up driving as an interest even before retirement!

My wife and I originate from Lincolnshire so our various destinations were fairly familiar.

After an early start and a comfort stop for coffee we arrived at Coventry for a quick visit to the cathedral. Still very impressive situated as it is beside the bombed out ruins of the original building.

Then on eastwards across country to, Sherwood Forest visitor centre, Robin Hood and all that. Photo of Friar Tuck and Little John above!

Back to the Rutland Hotel in Sheffield for a meal and a night's rest before travelling the next day to Bishopthorpe Palace on the outskirts of York the home of Archbishop Semant. A very impressive building developed in three distinct phases by previous owners before its present use. After lunch we were left to our own devices - most of the ladies looking around the shops and Minster. A few of the men walked to the well known Railway Museum to see Mallard which holds the World speed record for a steam train and other railway memorabilia.

On the final day travelling south towards Fleet we called in for a few hours at Chatsworth House in Derbyshire. Many of us had visited previously but there is so much to see so worth a repeat visit.

A happy three days.

HAREFIELD TRACKSUIT

All Harefield transplant athletes that competed in the British Transplant Games in Coventry looked very smart in our new tracksuit design.

Anyone interested in purchasing a Harefield tracksuit for £35 Please contact our Team Manager Natalie Baxter:

Tel 01959 564374

Mob 07932 791756

Email: team.harefield@tiscali.co.uk



25 YEAR PIN

PHYL TIERNEY

I am afraid I don't send in many News Letters, but on this occasion I want you all to share our happiness and thankfulness. My husband Eddie received a new heart on March 22nd - 23rd 1984. Our thoughts were with the family of Eddie's donor, and we will be eternally grateful to them.

We celebrated 'Big style' a dinner dance attended by all our families and friends, Doctors and the nurses, who looked after Eddie prior to him going to Harefield. We also joined in the 25th anniversary of the Glan Clwyd Branch of the B.H.F consisting of all the nurses who looked after Eddie. All in all we raised over a £1,000 for the British Heart Foundation. Our children, who were 19 & 14 years old, now have families of their own. We have four grandchildren ranging 15 years old down to 15 months old. Eddie has lived to see his children in their careers and settled with families. None of this would have been possible without Sir Magdi and his team, the nursing staff of both Harefield and Glan Clwyd hospital. We are all truly thankful, as the same goes 'everyday is a bonus!'

20 YEAR PIN

BERT PEAPER Transplanted on 15th June 1989

I was very proud to receive my 20 year pin. Many thanks to all the staff at Harefield I have had twenty years of excellent health. Thank you and all the committee.

MIKE DOYLE Transplanted 6th April 1989

Thank you for my 20 year pin. Great to get this far and I hope there will be many more. My Best Wishes and thanks to the Committee, not only for remembering my date but for all the good work they do.

DAVID RYAN Transplanted on 16th April 1989

Thank you for your letter enclosing my 20 year pin. My transplant was carried out at St Georges hospital and I am extremely grateful for the excellent care I continue to receive from the doctors, nurses and all the staff at Harefield. I will always be thankful for the generosity of my donor and family for the gift of a heart which saved my life. I send you all my very best wishes.

10 YEAR PIN

Please note that the club has been experiencing problems obtaining the 10 year pin, However please be assured no-one has been forgotten and will receive one soon.

THANK YOU FOR YOUR KIND DONATIONS

HENRY SMITH BALL	£ 700
MR JOHN HUNT	£ 10
ANDREW MITCHELL	£ 100
BRIAN WITHAM	£ 112
DAVID GREY	£ 20
NICK HUNT	£5,000

USEFUL INFORMATION

ROBERT KING 18/03/1998

Thank you your article about Manor Insurance Carol and I have managed to purchase a worldwide cover. They are the only company to insure us in ten years.

GERALD SPENCE 11/10/1996

Rita and I read your useful information article with great interest. I have spoken to Manor Insurance and although you get quite a good quote from them unfortunately the cover they give you does not cover transplanted. You still need medical cover which you get from City Bond, who incidentally gives you a much cheaper quote than Manor. I feel this should be pointed out to members. We wouldn't travel anywhere without my being covered for my transplants. Good luck in Australia to all who will be taking part.

NEWSLETTER PRINTING AND POSTING COSTS

I would like to inform the Club of how much printing and posting approximately costs for each newsletter issue:

250 black and white	£125
50 coloured	£100

We have around 300 members with 60 receiving the newsletter via email. This has helped the Club cut down costs immensely and thank you to all those who have applied. However, if there are any members who would like to receive the newsletter via email or have recently changed their email account without informing the club please email Lisa Innes at lisajane5@msn.com this helps the club save money. You can also view the newsletter on our website www.harefieldhamsters.org

HENRIETTA JOY

Director of Communications public affairs NHS blood and transplant.

Transplants save and transform lives every day in the UK, with over 3,500 being carried out last year. While this is the highest annual number to date, more than 10,000 people currently need a transplant in this country, of whom 1,000 - 3 a day - will die every year waiting for an organ.

The Wall of Life is an interactive campaign to promote organ donation which enables people to demonstrate their support at www.walloflife.org.uk by joining the NHS Organ Donor Register (ODR) and then loading a photo and message on to the site. Launched as part of the UK-wide campaign to promote public awareness of and support for organ donation, the site aims to reach a broad online community and harness the potential of social networking to spread the message.

I am writing to ask you to show your support for organ donation by adding your photo and message to the Wall of Life. Instructions as to how to join the ODR and upload your photo and message on the Wall of Life are given on the site.

The Wall of Life is also intended as a celebration of the 16 million people who have already shown their commitment to organ donation by signing up to the ODR. The site shows two year-old Louisa McGregor-Smith whose life was saved by a heart transplant in 2007 when she was only five months old. People uploading their photos help to create the online mosaic of Louisa and build the Wall of Life.

We need at least 60,000 images to build the Wall of Life, so hope that people joining the Wall of Life will forward the link to their families and friends and display a personalised widget on their social profiles and websites to spread the campaign online

ADVERTISEMENT

harefield hospital

Fun Run 2009

in support of the MRI Scanner Appeal



Sunday 6th September

9.30 am to 4 pm

Run starts at 11.30 am All Welcome

Adults £7.50 Children £3.50

To enter on the day Adults £10 Children £5
Includes - T-shirt, Medal and Goodie Bag

3½ Mile or 1 Mile Course

Application and Sponsorship forms available
from the fundraising office on 01895 828820
or visit our website www.fundraising.rbht.nhs.uk

Royal Brompton & Harefield Hospital Charitable Fund Registered Charity Number 1053584

**Raffle and
Auction by
Mike Parry
from TalkSPORT**

**Team
Tug of War**

**Vintage Car
and Military
Vehicle Display**

**Fancy Dress
Competition**

**Perry
Parsons
Big Band
(Jazz)**

**Children's
Races
and
Face Painting**

**Arts
and
Crafts**

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

Please note this draw is for transplant members only.

Name.....

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

Address.....

.....

Telephone Number.....

Email address.....

It was brought to our attention that the Social Secretary job description was not included in the last newsletter. Please find this below:

SOCIAL SECRETARY JOB DESCRIPTION

To organise the Annual Dinner Weekend including:

- finding a suitable hotel
- negotiating prices
- arranging and allocating rooms
- agreeing the menus
- organising entertainment for both nights
- preparing table plans
- agreeing with the Chairman the order of proceedings for the Gala Dinner

To gather member's views on the activities they are interested in attending and to provide various social activities throughout the year

To encourage members to participate in events

To organise members to participate in fund raising events

To assist the Team Manager at Sporting events to provide a range of social activities

TEAM MANAGER

British Transplant Games 2009

I am writing this on my return of what has to be one of the best Transplant Games ever (and certainly my best so far as Team Manager). The sun was shining in Coventry for our team of 17 athletes and 37 supporters who definitely excelled themselves as everyone who competed this year came home with at least one medal! What a tremendous effort!

Results are as follows:

Name	Surname	Event	Result
Martin	Bailitis	Squash	Silver
		100m Track	Bronze
		50m Breaststroke	Bronze
James	Baxter	Badminton Doubles	Gold
		Cricket Ball Throw	Silver
		4x100m team relay	Silver
		Archery	Bronze
		Long Jump	Bronze
Colin	Clements	Cricket Ball Throw	Bronze
		Discus	Bronze
Ron	Danville	100m Freestyle	Bronze
Jill	Edwards	Table Tennis Singles	Gold
Mick	Foster	100m Track	Gold
		200m Track	Gold
		400m Track	Gold
		800m Track	Gold
		4x100m team relay	Silver
Tim	Gibson	800m Track	Gold
		1500m Track	Gold
		4x100m team relay	Silver
		Cycling 10k	Bronze
		400m Track	Bronze
Emma	Hilton	200m Track	Gold
		50m Freestyle	Silver
		100m Track	Silver
		Volleyball	Silver
		4x100m team relay	Silver
Lisa	Innes	Tennis Singles	Gold
		High Jump	Gold
		Badminton Doubles	Silver
		Archery	Bronze

Name	Surname	Event	Result
Julie	Kirby	Cycling 5k	Silver
		Squash	Silver
		50m Backstroke	Bronze
		50m Freestyle	Bronze
		Mini Marathon 3k	Bronze
Justine	Laymond	Badminton Doubles	Silver
		100m Track	Bronze
		200m Track	Bronze
Jonathan	Lepper	800m Track	Bronze
Robert	Longrigg	100m Breaststroke	Gold
		Cycling 10k	Silver
		100m Freestyle	Bronze
		Shotput	Bronze
Alex	Walker	800m Track	Gold
		Long Jump	Silver
		400m Track	Silver
		4x100m team relay	Silver
		Mini Marathon 5k	Silver
		Ten Pin Bowling	Bronze
Paul	Walker	Badminton Doubles	Bronze
Howard	Waters	50m Backstroke	Gold
		50m Breaststroke	Gold
		100m Breaststroke	Silver
Brian	Witham	50m Freestyle	Silver
		High Jump	Silver
		Shotput	Bronze

A special welcome and well done go to Martin Bailitis and Paul Walker as it was their first Transplant Games.

I must also mention the 4 x 100m relay final which I'm sure you will agree if you were watching was quite spectacular! James Baxter (who also ran in our Cystic Fibrosis team relay – all lung /heart lung athletes) came on as a sub in the final due to Alex Walker's achilles injury. The whole team was cheering and screaming so much and what a result! SILVER in the relay, being pipped to the post by Belfast. Fantastic!



Our 4 x 100m relay silver medalists (left-right Emma Hilton, Tim Gibson, Mick Foster and James Baxter)



Our CF relay team (left-right Lisa Innes, Jonathan Lepper, Robert Longrigg and James Baxter all wearing medals gained from individual track and field events)



Some of our fabulous team members
Not only did we excel in the medal tables with a fabulous haul of 57 medals, we also did exceptionally well on trophy night at the Gala dinner.

The Victor Ludorum Wet Super Vet Trophy was awarded to Howard Waters – well done Howard!



Howard Waters with his trophy

However, it doesn't end there!

Everyone waited with baited breath to see which hospital would take home the prestigious 'Tesco Cup' – awarded to the best heart hospital. Well I can tell you when the winner was announced there was a lot of celebrating as it was **Harefield!**

The Cup is back, after a four year 'holiday' with Papworth hospital. I cannot tell you how proud I was to accept the trophy on behalf of the team. It was the best feeling in the world!

Harefield Adults Team and supporters with the Tesco Cup



Harefield children's team also did very well – winning the best children's team trophy. Jade Carr won the best child trophy. Well done Jade!

Well done to you all, I am so proud to be your Team Manager! I am very much looking forward to next year's games, which will be held in Bath from 19th-22nd August 2010. Everyone is welcome, if you haven't attended the games before, we'd love to see you there! **Ogi, Ogi, Ogi !!!**

VOLLEYBALL COMPETITION

Loughborough on 21st November 2009. Loughborough Leisure Centre with the Gala dinner being at the Quality Hotel, Loughborough. Booking information will be advertised on the website.

GOOD LUCK

To all competitors who will be taking part in the world transplant games in Australia on

22nd- 30th August. Matthew Barton
Jade Carr
Mick Foster
Emma Hilton

Lisa Innes
Alex Walker
Howard Waters

Map and directions to Midland Hotel Derby.



Midland Hotel

Midland Road, Derby, Derbyshire, DE1 2SQ

Tel: 01332 345894 Fax: 01332 293522

Email: sales@midland-derby.co.uk Website: www.midland-derby.co.uk

Public Transport

By Rail

Derby Midland Station (opposite the Midland Hotel).
London to Derby - 1 hr 50 mins, Birmingham to Derby - 50 mins.
Leeds to Derby - 1 hr 45 mins, Manchester to Derby - 2 hrs.
For further information on train operators and times please phone the National Rail Enquiries on 0845 748 4950.

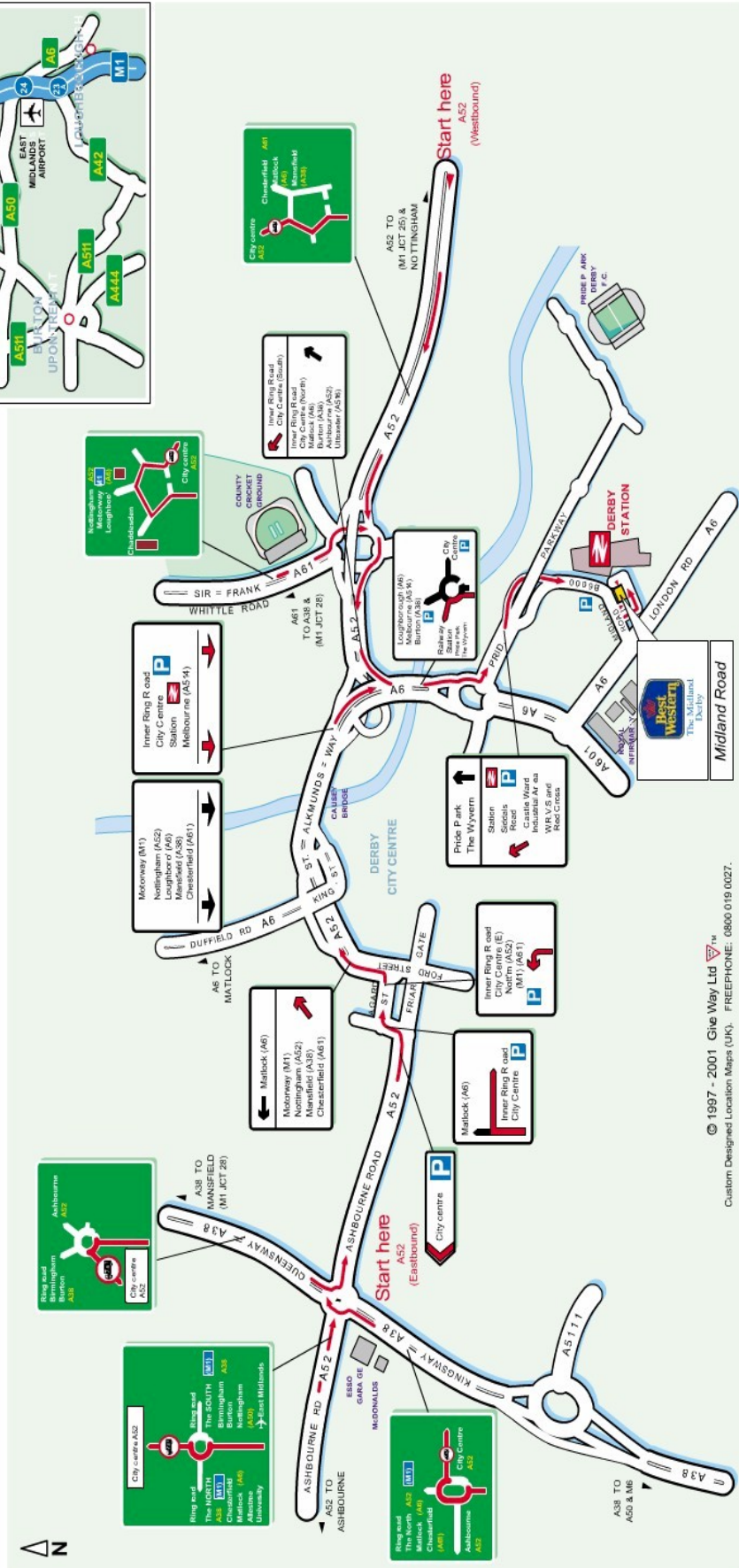
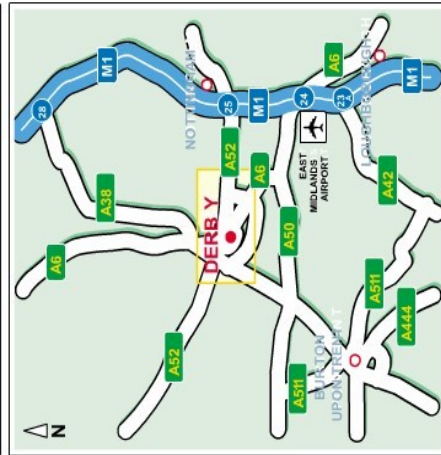


By Air

East Midlands Airport - 20 mins by taxi.
Birmingham Airport - 50 mins by taxi.
Manchester Airport - 90 mins by taxi.
London Heathrow - 2 hrs 30 mins by taxi.



Locator Map



© 1997 - 2001 One Way Ltd
Custom Designed Location Maps (UK). FREEPHONE: 0800 019 0027.

AMUSEMENT

Chuckle corner

A man checked into a hotel in a remote part of Australia and found a computer in his room. He decided to e-mail his wife to say he had arrived. Without realising it he used the wrong address, and pressed send.

Meanwhile in London, a widow had just returned from her husband's funeral. The widow decided to check her e-mails expecting messages of condolences from friends unable to go to the funeral. After reading the first message she fainted, her son rushed into the room, found his mother on the floor, and read the e-mail on the screen which read:

Hello my darling wife. I know you are surprised to hear from me, but they have computers here now and you are allowed to send messages to your loved ones. I've just checked in. I see that everything has been for your arrival next week. Looking forward to seeing you then. Hope journey is as uneventful as mine was.

Your loving husband

Ps It is damn hot here!

LOVELY PIECE FROM KAREN TAYLOR

The unknown donor

Someone has gone, but left behind
A bequest of love for a fellow mankind,
Who knew what death was not the end
But in the passage of time their wish to send

A thoughtful donor, a family in sorrow
Given our son a chance for tomorrow
The loved ones left bereaved in grief
But proud of the truth, death is no thief
So now 2 people, who will never meet
Share a miracle bond that life and death meet
For one the end, but caring depart
For the other a gift a chance to restart

And for those who strife, with no thought of self
To keep us alive, then restore to health
They act out prayers and dispel our fears
Our heartfelt thanks, through heart strong tears

For the life of a son no price is to huge
But this supreme gift no money can buy
Someday I'll find some way to honour
This requiem wish of the unknown donor

ANON

CONSTITUTION

Thank you to all members who have sent in suggestions regarding the constitution changes, your contributions have been taken on board. Please find attached to this Newsletter another revised copy together with a separate list of the proposed changes.

Harefield Transplant Club Committee for 2009/10

The following persons have been nominated to stand for election to the Executive Committee for 2009/10. As there has only been one person nominated for each position they are Elected Unopposed.

CHAIRPERSON	LEWIS SANDER
VICE CHAIRPERSON	JAMES BAXTER
SECRETARY	LISA INNES
TREASURER	PETER ALLINSON
MEMBERSHIP SECRETARY	PAUL TAYLOR
SOCIAL SECRETARY	No nominations received

Similarly, we have only received nominations for 4 members (out of a possible 6 vacancies) to stand for election to the Executive Committee for 2009/10, and therefore they are also Elected Unopposed

<u>COMMITTEE</u>	
BOB CHERRY	Web Master
NATALIE BAXTER	Team Manager
PAM BALDOCK	

As there remain 2 further vacancies for committee members the Executive Committee would like to hear from anyone who would be interested in helping to run your Club. Please contact any of the above for information about what may be involved.

PLEASE NOTE:

Due to the Data Protection Act, Harefield hospital does not disclose any patient information to the Club. In order to maintain correct member information, members and their families are asked to inform the Membership Secretary of any changes to personal information. This may help to prevent the embarrassing situations where Newsletters and pins are sent to members who have moved or passed away.

HAREFIELD TRANSPLANT CLUB (HAMSTERS)

MINUTES OF THE ANNUAL GENERAL MEETING 20 OCTOBER 2008 AT THE RIVIERA HOTEL, BOURNEMOUTH

Meeting started at: 10.05am

APOLOGIES FOR ABSENCE – Margaret & Albert Nicholson.
Chris & Steve Syer, Alex Walker.

MINUTES OF 2007 MEETING AND MATTERS ARISING – The previous years minutes were passed as a true record and agreed by Howard Waters and Pam Baldock. There were no matters arising.

CHAIRMAN'S REPORT – Lewis Sander welcomed all members.

- Has been acting as Chairman since Carl's death and is looking forward, if elected as Chairman to help take the Club forward.
- Lewis requested members to contact him direct with any queries.
- He has attended three meetings to do with Donors consent – the new Opt Out proposals.
- He explained that we are a new committee, mistakes may be made but, we will do our best to try to run the Club as best we can.

SECRETARY'S REPORT – Lisa Innes

- There had been five meetings over the year, with good attendance.
- Thanked:
 1. Everyone on the committee this year, for working as a team to bring the Club forward.
 2. Henry Smith as Membership Secretary and donation of £1250.00 at his ball. Informed everyone that next year's Spring Ball is on Friday 6th March 2009.
 3. David Walker, Margaret and Henry Smith, and Richard and Jacqueline Turner for taking care of our American Guests Rose and Tami.
 4. Members who supported us at the Harefield jog; £105 was raised for the club.
- Lisa helped to organise the Bournemouth weekend and requested that any ideas for improvements for next year be discussed with her.

Next years' AGM is at the Midland Hotel in Derby on 24th October 2009.

TREASURER'S REPORT – Peter Allinson

- Thanked Roger and Pam for their help with the Accounts and registering the Gift Aid, and member's for their Donations.
- Peter went through the accounts item by item, and everything balanced.
- He explained:
 1. Why the club has two accounts; a General account and a Sports Account.
 2. That the raffle money from the 2007 weekend was used to pay the band.
 3. The committee has approved a change from Nat West to HSBC bank. Peter will investigate their higher interest accounts.

- Ann Woodbridge enquired about Gift Aid. Peter said he is sorting out this year's, last years were done by Pam Bell, and he has been in contact with HMRC but, has not had anything back to date.
- David gave Peter a donation from Andrew Mitchell, who was unable to join us this weekend.

MEMBERSHIP SECRETARYS REPORT – Henry Smith

- The numbers are as follows: 243 transplants, 6 honorary, 170 associate = 419 member's in total.
- Discussions centred on promoting the Club. It was agreed that more advertising of the Club is needed within the hospital.

NEWSLETTER- Lisa Innes reported:

- Has enjoyed editing the Newsletter and thanked all those members who had sent in their stories and encouraged more members to do so.
- 52 members are receiving the Newsletter by email.
- Lisa apologised for the delays in the distribution of the newsletter, explaining the printers are taking longer to print than anticipated.
- She thanked Dr Kang and Qinesis Marketing for printing our Newsletter and to Paul and Karen Taylor for sending them out to our members.
- Jill remarked how nice the newsletter is.
- John McCafferty would like to see important information on the front page. He felt that the notice of Carl's death was lost on page 4 and as he had been such an important member of the Club it should have had greater prominence.

TEAM MANAGERS REPORT - Natalie Baxter reported:

- On the success at the British Transplant Games held in Sheffield. There was a team of 15 transplant athletes (with 4 new team members this year) winning 33 medals. It was very annoying to be only five points away from winning back the Tesco cup for the best Heart Team at the Games.
- Natalie thanked everyone who has taken part and said she has enjoyed her second year as Team Manager and looks forward to next year.
- Forthcoming sporting events included:
 - Volleyball Tournament – 8th November, Liverpool
 - Badminton Tournament – Date and venue to be confirmed, usually in April.
 - British Transplant Games, Coventry - 30th July-2nd Aug 2009.
 - World Transplant Games, Gold Coast, Australia - 22nd-30th August.Anyone interested in any of the above events should contact Natalie.

MOTIONS FOR DISCUSSION

1. Rule 5.1.4. The president of the Charity shall normally be the Senior Cardiac Consultant at Harefield Hospital Trust and will not have voting rights.
Replace 'Cardiac' with 'Transplant' and 'Harefield Hospital trust' with 'Royal Brompton & Harefield Hospital Trust'.
2. Rule 7.2.1. (New Clause)
All co-opted members shall have the same voting rights as elected members.
3. Rule 7.1.2. Not less than 3 and not more than 9 members (6 of whom must be transplant patients) elected at the Annual General Meeting who shall hold office from the conclusion of that meeting.

Henry proposed that we pass by A, B and C and go to D, seconded by Jill.

4. Such, that the number 6 is changed to 3.

5. Five and ten year membership packages are abolished in favour of yearly subscription only and that the option of an annual Direct Debit is set up for the Payment of said subscription.
6. The possibility of the Direct Debit for membership subscription, carry with it a benefit in reduction of fees for all those who sign.

The majority of members were opposed to the above amendments (John McCafferty, Phil Davies, Colin Clements and Steve Syer). As the notice to members informing them of the proposed Motions and Proposals was not sent in line with the Constitution timings the meeting agreed to reject all the issues raised.

The Chairman proposed that a special sub-committee be set-up to consider revisions to the Constitution. Any proposals for changes to the Rules would be circulated to the membership for their comments. He assured the meeting that any notice of change to be discussed at next year's AGM would be sent out so as to comply with the current Rules.

ANY OTHER BUSINESS

John McCafferty - Offered to help the committee with any revisions to the Constitution but he did not wish to become a committee member.

Henry Smith - Reminded everyone his next Spring Charity Ball is Friday 6th March 2009, all are welcome!

VOTE OF THANKS TO OUTGOING COMMITTEE – Lewis Sander gave a vote of thanks to the outgoing committee and welcomed the new committee who were elected unopposed:

Chairman	Lewis Sander	
Vice Chairman	James Baxter	
Secretary	Lisa Innes	
Treasurer	Peter Allinson	
Membership Secretary	Paul Taylor	
Committee	Brian Letchford -	Transplant Member
	Natalie Baxter –	Team Manager
	Pam Baldock	
	David Walker	

A specially made transplant anniversary cake was presented to Brian Letchford- 20 years and Howard Waters and Bob King – 10 years

Meeting ended 11.35am

David Walker asked for volunteers to watch a special DVD called 'Transplant' and asked members to give him feedback by filling out a questionnaire. The DVD was produced by Rbh Arts.

2008/09 COMMITTEE



CHAIRMAN

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**MEMBERSHIP
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COMMITTEE MEMBER

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THE CLUB ALSO HAVE A WEB MASTER: BOB CHERRY

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If any transplant would like to help run the club in the future, please let the committee know. We would love to receive your input. To do this, put yourself forward for election to any of the above positions later in the year!!!!

Please contact any of the above committee for details.

**Closing date for entries to December Newsletter:
4th November 2009**