

To All Club Members

I feel I need to write a few words over the comments made in the December news letter.

I know many of you are upset over things that were said, had I seen a copy prior to it being published, I would not have allowed some of the comments to be published.

I know many members are considering their situation about rejoining this year, I would urge you to join, as while I am Chairman, I will (with the help of some committee members) try to run the club as the majority of the club members would like it be run.

I hope you will support me as much as possible, it is a great club, and hopefully it will remain so.

Many Thanks
Lewis Saunder
Chairman



Merry Christmas Hamsters



We are extremely grateful to Precision Printing Company Ltd for printing this newsletter.
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DIARY DATES

2010

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

June 30th / July 4th
13th European Heart/Lung Transplant Games
 Vaxjo, Sweden.

August 19th / 22nd
British Transplant Games
 Bath

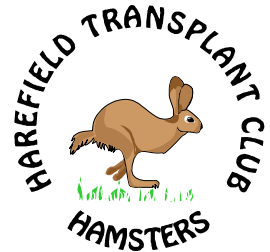
October 22nd / 23rd
28th Annual Dinner
 Rivera Hotel Bournemouth

2011

June 18th - 25th
18th World Transplant Games
 Goteborg, Sweden



Dear Hamsters,



Firstly may I take this opportunity in thanking everyone who has been involved in the amendments to the Constitution issue 4. I have been secretary now for three years and along with the current committee have been trying to push the club forward and ensure that its future is secure for the younger generation to take over in a few years time. This involved changing the constitution to allow a few more non-transplant members, who are willing to give up their spare time, to join the committee and help the club progress further. However at this year's AGM, much to the committee's frustration, we were outvoted from achieving this.

The sad fact is that whilst the committee was trying to improve our club, its efforts were being undermined. One example of this was when our Treasurer requested a copy of the current constitution from an ex-committee member in order to use it as a foundation when rewriting a new proposed version, the ex-committee member replied saying that they no longer have a copy. The most disturbing thing about this is that at this year's AGM, that member produced an original copy and proceeded to criticise the proposed changes. Thus once again preventing the club from moving forward.

It is for this reason, as I can see no way to make any further difference; I am no longer willing to be our club's secretary. I have given this much thought and although I have focused all my efforts as well as working part time, I'm afraid that it seems that this wasn't enough.

I was happy to continue with editing the newsletter but I understand from our Chairman that a replacement secretary and newsletter editor has been found.

I care about our club deeply; I am therefore happy to remain on the committee.

Finally I wish you all a Merry Christmas as well as a happy, prosperous and healthy New Year.

Lisa Innes

ATTENTION ALL MEMBERS

Your membership renewal is now due. Please fill in the form attached to the back of this newsletter and send it to your Membership Secretary Paul Taylor by 28th February 2010.

Please note: Newsletters will only be sent to fully paid up members.

AD-‘VICE’! -OR - HOW NOT TO CUT YOUR NOSE OFF TO SPITE YOUR FACE

James Baxter – Vice Chairman



Hello Hamsters! Well before I get into the title above, can I wish all members, a very happy Christmas and a fantastic New Year. I'm very conscious that there are many members who read these letters who are either not involved in the sporting side of the club or do not get involved with the social aspects such as the AGM reunion weekend. Well for all those people who have never met me then a very special hello and please, for the New Year can I be a little cheeky? Can you add another new year's resolution to what no doubt, if you're like me,

is a fairly lengthy list already? Come and join in, meet other members and have some fun! I'm sure that there are a multitude of reasons why some of you have never come along before which is a shame but also understandable. In current times where cost, money and time are all things we have all become acutely aware of, it would seem that an organisation that needs all the support it can get from its members needs to pull together all the more.

Pulling together is something which strangely however, some of us have seemed to have forgotten how to do. Some disturbing figures for you:

We have over 300 members but only **27** transplants attended the AGM reunion weekend! Sorry, but even in times of economic doom and gloom that's a pretty poor turnout.

Our club, your club, raises thousands of pounds each year. But there is a vastly disproportionate amount of members who don't contribute a thing, either financially or otherwise to the club, than there are members who give.

We sent a team of only 17 to the British Transplant Games this year yet we were crowned the best Heart Hospital in Britain! That's like the Isle of Mann winning the World Cup! We could at least make it like England winning the World Cup, from the pool of potential talent we could win best transplant hospital; we do have over 300 members remember.

Oh, did I forget to mention that you are also looked after in one of the best hospitals in the world for post transplant care and transplant research.

Members, Hamsters. To paraphrase Lord Kitchener, your club needs you! Now more than ever! You are part of something truly great and without exception none of you would be here if it weren't for Harefield and The Royal Brompton.

Now that last statement is what I'd really like to focus on. We are here as a club to what? Socialise? Give something back maybe? Promote to the world how good we and organ transplantation can be? How good life feels? I'm sure there are many more reasons both valid and varied but what we are not here to do, I'm fairly sure, is to fight and lie to each other. To bitch and back bite. To resent and lie.

I'm afraid that these are strong words, (I did promise that I would say my mind when I write this column) but unfortunately the club, as you have no doubt read on the front of

this newsletter, has just suffered a terrible blow, the loss of its current secretary, Lisa. Over the last three years she has worked her fingers to the bone for this club. Furthermore, if that were not bad enough, our current treasurer Peter Allison, has also handed in his notice largely in part to the continued criticism received during his term for a difficult job done in his most valuable spare time for which he also works stupidly hard. You'd be both mad, idiotic, or both to say that the newsletter you are reading now and the organisation and standard of the AGM weekends have not been exceptional during their tenure.

The committee has tried to guide the club by dragging it into the 21st century by preparing it for the next generation. We are NOT the youngsters! We are 'younger' admittedly but can we get this in perspective? The future of the club is the generation below us. The ones that even we call the youngsters! The up and coming children who live and breathe e-mails and texts. They are the future and rule changes within the constitution need to adapt to new times, technology, attitudes and society. There have been a great number of obstacles placed in the committee's way. I'm sorry to say that many of them were fabricated and that we have always, as a committee taken the moral high ground and just fought on.

However, I now have the sorry duty to be in the position to inform you that other key members of the committee are also considering their positions, not because the committee meeting didn't go the way we planned. This was a blow admittedly but chairman country-wide don't sulk and hand in their resignations just because they don't get their way in a board meeting. Instead, we are deciding whether to resign or not in protest as we are in possession of proof that on numerous occasions, when we have asked for information or help from the 'old' committee, information was withheld, denied or just never sent.

No new committee can work with that lack of co-operation. But here I am, about to ask the impossible. If you think you can help us, although due to the short sightedness of the voting at the AGM I'm afraid that you'll really have to be a transplant to fill any position that now needs to be filled, please get in touch with the Chairman, outgoing Secretary or myself.

So there you have it. How certain people can't take advice or perhaps more accurately, how in their view, the needs of the few, outweigh the needs of the many.

Finally, to end on a positive note for the festive season and to echo the sentiment of a wise friend at the AGM, that whatever your opinion on how the club is run, you enter the meeting room as a friend and you leave the room as a friend. A nice sentiment to carry into Christmas I feel.

Handshakes to the chaps, hugs and kisses to the ladies and have a glass of wine with me on Christmas day for all our friends and all our absent friends. Merry Christmas.

*Relevant or useful information for Harefield Transplant Club's website can be sent to our club's webmaster: Bob Cherry 75 Slipshatch Road, Reigate, Surrey RH2 8HA
Emai: bob.cherry@tesco.net*

DAVID WALKER



Dear Friends,

It was great to see so many transplants, family, and friends enjoying themselves at the reunion weekend in Derby. I am sure we would all love to see even more member's attending as they are bound to enjoy the festivities and it's a shame they don't come.

For those stalwart members who attended the AGM they surely need a vote of thanks. Sitting through hours of discussion, agonising over how many transplants and how many non-transplants should form the committee and helping to make the right changes to the Club's constitution.

As a result of the complicated proposals and counter proposals what we have ended up with is as follows:

- We start with 'the committee shall not be less than 3 and nor more than 12'.
- Of these 4 shall be Honorary Officers namely: Chairman, Vice-Chairman, Treasurer and Secretary, all of whom must be transplants.
- This leaves a further 8 members to be elected, of whom 6 must be transplants, leaving only 2 positions for non-transplants (i.e. relatives and friends).

However, we live in the real world and not every person who receives a transplant wants to become a committee member. They don't have the inclination, or may feel they are not 'expert' enough or maybe just don't have the time as they are busy working. Whatever the reason sometimes there is a person within their family, their spouse, son, daughter, brother, sister, mum or dad who may be willing to offer their services and give up the hours it takes to be a committee member. It was a pity that this group were looked upon with such disdain by a vocal minority of those at the AGM.

I think it is inconceivable that a non-transplant would wish any harm to come to the Club, on the contrary I think they are so proud of the Club that they are equally likely to ensure that the Club is run correctly and properly

Since the most obvious sentiment expressed by everyone present was that they wanted the Club to continue and thrive, perhaps allowing a greater number of non-transplants to serve on the committee would not be such a bad idea after all.

Harefield Transplant Club Committee say's

"David Walker has been a member of the club for the many years and has been a valued and much loved member who's contribution to the Hamsters will be hugely missed. His involvement started with the heart transplant of his son Alex in 1987 and since then he rose to prominence as the our Team Manager for The British Transplant Games where he built the Harefield team up to be a competitive and highly motivated team. Lately David's attention has moved onto wider fields and he now holds an important position within the BHLTA where he still looks out for the UK's and Harefield's interests.

On behalf of all the members of the Harefield Transplant Club, the committee would like to extend their thanks to David for his unerring support and dedication to the club and hope that his membership, if not his place on the committee, will last for many more years"

NATALIE BAXTER - Harefield Team Manager and Committee member



There's no report from me for this newsletter but I would like to take this opportunity to say how disappointed I am with the outcome of the AGM meeting last month. Your committee is here for you and all we want is to do the best for the club and move it forward. Unfortunately, it seems that certain individuals do not want this and I feel very worried for the clubs future.

I myself as you know am not a transplant patient but this does not stop me from giving up what little spare time I have (I work full time and extremely long hours), voluntarily, to the club as a committee member in addition to also being your Team Manager.

In the last three years, I have raised over £13,000 sponsorship which has helped 48 transplant patients compete in the British Transplant Games, this has included ten new team members who have joined the club as a result.

It is now my friend, Paul Mason, who has very kindly offered to print this very newsletter, free of charge. Another friend, Matthew Hawksworth, provided all the balloons and table confetti for this years AGM free of charge.

I have been voted onto the committee for the forthcoming year but as a result of the AGM, I may not be so lucky the following year as only two non transplants will be able to come onto the committee.

At present, there are three non transplants on the committee. Bob Cherry, your webmaster, Pam Baldock and myself. There was also one more person who was willing to come onto the committee but due to the limit of non transplants is not allowed. This I find very sad. I worry that with the new rules put in place next year you WILL lose valuable members, help and support all because certain individuals want to keep the majority of the committee as transplant patients. The sad fact is that many people who want to help the committee are non transplants and it saddens me that this has become so political. Surely it should not be about who is a transplant and who isn't, it should just be about helping the club.

I CAN NOT and WILL NOT step down as your Team Manager, due to the most overwhelming support from our fantastic team and the fact that I simply love doing this job. It is not about whether I am a transplant patient or not. That is irrelevant. I am here, along with the other committee members as we believe in this club.

Don't forget, you are here due to the amazing surgeons at Harefield and Brompton and your donors. Please remember this when your committee asks for your support in the future.

DEAR DOCTOR

Have a medical problem and would like some professional advice? Send your question anonymously to the club secretary who will liaise with a member of the Harefield medical team and then post the reply in the newsletter. Remember, no problem too small and by airing your concerns you are helping to give guidance to fellow members on a wide range of medical issues.

THE 4th PLINTH BY CLARE LAUWERYS



I still don't know what possessed me to enter the draw to for Anthony Gormley's One & Other Project. I mean, standing on the 4th plinth in Trafalgar Square for an hour - WHY?

I had been vaguely aware of the project but it was only on the first day, when it was hijacked by Fathers for Justice before the first Plinther had their turn that I really took notice. What a great opportunity to tell the world about LAM and how transplants save lives. It was easy to enter - just an online form a fill in that just asked for my name, age and where I lived. The project didn't select on what you planned to do on the plinth but instead randomly selected people so the nation was fairly represented in terms of gender and area of the country people lived in. That was in July and once I had clicked the send button I thought nothing of it.

So you can imagine my surprise when I was ploughing through a HUGE backlog of emails in September that I saw an email saying I had won a place. Was this a hoax? No. the link in the email was to the real site. And then I looked at the time and date - 11pm to midnight on 11 October. THE FINAL HOUR OF MY BIRTHDAY. Fate is a curious thing - I spent the final hour of my 38th birthday in Harefield hospital and now here was the chance to tell the world how my life had been changed thanks to the kindness of the family of my donor.

I phoned my husband, hardly able to string a coherent sentence together. When he told the people he was with what I had "won", their first questions was "Is she going to strip?!"

So how was I going to make the best use of my moment in the spot light? It was time to do some research. Proceedings from the plinth were broadcast live on the internet 24/7 so I sat and watch other plinthers and slowly I came up with a plan. The rules of the plinth meant that only one person could be up there at a time but I didn't want to be completely alone. Now while I could quite happily talk about myself for an hour, I want to show the watching world other people who had been lucky enough to receive a transplant. So I contacted a variety of transplant groups and asked people to send me photos with brief biographical details. I wanted to put real stories into people's heads when I talked about the power of transplants. I think unless you've been personally touched by transplant it can be quite a tricky concept to get your head round (shouldn't be, but that's the way it seems to be). Thank you to everyone who sent me a photo - I hope you got to see yourself!

I now needed a costume - something visually stunning. My husband Ian, who is a clever chap, looked online and found the organ tunic I'm sporting in the photo.

Now what else could I do? No birthday is complete without a party and no party is complete with out party bags, banners and signs. A few phone calls and emails later and I was all sorted.

The day itself

We had decided to spend the whole weekend in London and on the Saturday Ian surprised me with a trip to Tiffany's and took us to see Grease (my eight year old now so wants to be on the stage!)

The day started with a photo shoot in Green Park for an article that is going to be in the Daily Mail. We then went down to Trafalgar Square to have another look at the plinth (we'd been down the day before) and then I tried to stop myself from thinking about what lay ahead as it was becoming scarier and SCARIER.



Finally it was time to go the plinth hut. Once I was there, my nerves went. I think it was because I was with other people who were going up. I filled in a stack of forms, posed for photos, and recorded an interview. Then it was my time to board the cherry-picker and go to the plinth.

The first five minutes on the plinth were pretty nervous. I was trying to stick down a banner and the wind had other ideas but the encouraging shouts from the audience helped me to get it almost straight. Then I started my "show" - party bags were thrown out to those who sang happy birthday to me, my children and sister stuck donor register stickers on the audience, I held up the signs the Donor Register people had supplied me with and I spoke to the audience about the people whose photos I was displaying.

As well as the photos of the donor recipients, I had photo of my friend Melissa Arnold who died last year while on the waiting list and a photo of Jessica Wales who is 20, has Cystic Fibrosis and has been waiting almost 4 years for a transplant. Melissa, who like me had LAM, was pictured with her husband and her baby son Miles and it was only because I had mentally practiced so many times what I wanted to say about Melissa that I got the words out without crying. Even I as I type this I have tears rolling down my face.

I had a huge surprise when Louise and Tony turned up - the bright lights shining on me made it difficult for me to see Louise when she called out my name but once I knew who it was I was delighted to another Lammie and transplantee in the square.

For party games we played "Can you say Lymphangioliomyomatosis?" and the TX number game (patent pending!) where I asked the audience to guess how many donors and transplants there had been since April and how many people were still on the transplant list. The numbers really shocked people. There has been a lot of publicity about how many more people have signed up to the donor register and I think that the public think that everything is ok now. I had a really good conversation about how one person can save so many lives but how so few organs become available and are suitable for transplant.

Then, before I knew it, my time was up and it was time to go. I now know where my daughter gets her desire to perform from and if I was given the chance to do it again I would leap at the opportunity.

I want to say thanks to the following people:

- My husband Ian
- My two children, Tansy and Xavier
- My sister Mel
- Simon Banister for printing the banners T-shirts and key rings (www.printpressonline.com)
- UK Transplant for the signs
- Everyone at the One&Other project
- Everyone who sent me a photo
- My donor and their family

You can watch my time on the plinth at www.oneandother.co.uk/participants/Clare_L
I'm also collecting for LAM Action at www.justgiving.com/clareontheplinth

Harefield Transplant Club Committee say's
"Well done Clare for promoting Donor awareness".

RED WINE DRINKER.

This year I decided to attend the 'Fun Run 2009' at Harefield, I looked at my white 'T' shirt with its 'red heart' emblem, a little tight and it seemed the waist of my white shorts had shrunk over the years. My 'joggers' were worn out. I hesitated. Then our 'newsletter' arrived and I read that the Harefield team would love me to join the games next year. My 'heart' trembled at the thought. Gardening alright, jogging again, my 'heart' is still trembling. Thank you all so much for your kind invitation. However, it inspired to go to the 'fun run', only arriving like one of the public.

I arrived at 11am with many others and on reaching the main complex could hear 'jazz' music, so I made for there. I found a group of 15 musicians, sitting under a white canopy opposite the main entrance to the hospital, their backs to the staff and visitors' dining room. Some of these windows were open, and the runners were being registered and handed cards with their numbers on. The band was the 'Star Dust Big Band' and as they played their jazz, people kept arriving.

I then wandered off towards the line of tented stalls, set up in the large green area where the 'helicopter pad' is. They were selling and displaying all kinds of things, including many books. Further over to the west was a children's fair ground, the large rubber slide attracting many toddlers. Should I try! Next in the corner were 8 British and American military vehicles. Painted in sage green, one covered with camouflages net, which were attracting attention. These were followed, opposite the line of tents in the distance, with two rows of gleaming, 27 classic vintage cars, and 2 motor cycles. Passing these in the far corner was the 'radio station', sending out announcements and music over the loud speakers.

At 11.30am the runners set off from the 'starting and finishing line', to cover the 3^{1/2} or 1 mile course, running or walking, their numbers pinned on their shirts. What a fine bunch they looked, all ages, all sizes, both sexes, off they all went like true 'Harefield Hares'. By then the grounds were beginning to fill rapidly. After some time the runners began appearing, and I spoke to one panting, red faced boy, who told me it had taken him 35 minutes to complete the course. Wonderful. They kept on arriving, panting and puffing, shirts wet from perspiration, faces flushed from running. I saw some of the youngsters, seeing the finishing line, suddenly burst into a spurt of speed, which would have put a gazelle to shame. I saw and later spoke to three young lassies, who had dressed as a colourful 'butterfly', another black and yellow 'bee' and the third a red and black spotted 'ladybird', all with wings on their backs, so they just 'flew' along. They were all related.

After their run, the participants made their way back to the dining room windows, to receive their medals, a dull goldfish circle, closing a male and female in a classical pose, attached to a red, white and blue ribbon, which they huge about their necks, to be worn with pride. There were many wearing them.

By now it was 12.30am, so went to the burger tent and ordered a 'cheese burger', with onion and ketchup. As it was grilled, I suppose one would not have upset Magdi. Whilst sitting on the grass eating my tender morsel, close to the 'helicopter' pad, 7 people appeared carrying long drums, wearing black shirts with the words on the back, 'Loud and Proud'. One was a boy of their drums with curved drum sticks, producing a deep throbbing rhythm, which affected some of those watching who began to dance about.

All donations to Harefield Transplant Club should be sent to our clubs treasurer Peter Allinson. 6 Meadway, Staines, Middlesex TW18 2PP

Shortly after this a large group of mostly girls, a few boys, began to perform dance routines, their music coming from the 'radio station' over the amplifiers. Between short intervals they changed their dresses in quick succession, for another dance. The entertainers were members of the 'No Business like Show Business', from Eastcote and Hillingdon, not far away from Harefield. They received a huge applause when they finished.

The 'tug-of-war' was next, highly amusing, with people falling about. Later the 'raffle and auction' took place, conducted by Mike Parry. I had bought five tickets, but I had no luck. This event was certainly very well supported, raising funds for Harefield Hospital.

I mingled with a great many people, wearing my trusty hat, asking questions about the proceedings and the like and making notes at the time. I wonder how many of them wondered who I was. They had no reason to think that they were speaking with the 'Red Wine Drinker'.

I returned home, still full of the day's excitement and just had to celebrate all the wonderful runners with their medals. So I opened a bottle of Sicilian wine, Grottarossa', a red sturdy and smooth wine, and just incase I suddenly got the urge to go out 'jogging' this would also calm me down. "Salute" as they say in Italy, "Health".

KEN PINFIELD PRIZE 'Help us find it'.

There has been some confusion as to the whereabouts of the Ken Pinfield Prize and who is eligible to win it. A member has taken the time to look back through past newsletters over the years and found the following was stated:

February 1996

'The Pinfield Prize was originally presented to Ken in recognition that for his efforts he was unlikely to win a medal at the Games no matter how hard he tried. Since then the concept behind the award has broadened. It is now given to someone who in the ordinary way of things would not be a medal winner but who nonetheless has contributed to the club in a special way.'

December 2001

'The Pinfield Prize was originally presented to a competitor in recognition of the amount of effort put in but was unlikely to ever bring home a medal from the Transplant Games. This year your committee was unable to find anyone whop met this criteria and so no award was made.

List of winners over the years:

1993 Henny Termeulen	1994 Terry Rees	1995 Ann Percival
1996 Dereck Redman	1997 Keith Stevens	1998 Tony Hore
1999 Tony Hore	2000 Gerald Spence	2004 Mike Doyle

Please note the prize was not presented in the absent years.

As you can see Mike Doyle was the last member to have been presented this prize, but somehow the Ken Pinfield Prize which is a Tankard has gone missing. Mike has had a thorough search for it and does not know where it has gone. If anyone knows where or when they last saw the prize after 2004 please contact us. It is important to the club that this is located so we can continue to recognise the members whose contribution merits the award.

WORLD TRANSPLANT GAMES - AUSTRALIA

The World Transplant Games took place in Australia this summer. There were over 1500 competitors and seven of these were from Harefield.

All seven enjoyed the whole experience and did extremely well in the medal table:



Mick, Jade, Howard, Lisa, Emma & Alex

Matthew Barton

Won a total of seven gold medals, five individual and two as part of the men's 4 x 50m freestyle and 4 x 50m medley relay teams. His individual victories came in the super junior (15-17 year old) 50m Butterfly, 50m Freestyle, 50m Backstroke, 50m Breastroke, and 100m Backstroke. Matthew achieved world record times in the 50m Butterfly and 50m Breastroke as well as playing a part in the world records achieved by both the relay teams. His four junior world records from Bangkok in 2007 remained unbeaten and now holds a total of six individual world records and two as part of the men's relay teams.

Jade Carr

Won two gold medals for Table tennis and Badminton Singles and a silver medal for Long Jump. Jade also took part in both the Ball Throw and 100metre Sprint and she came 4th place in both of these events.

Mick Foster

Achieved two Gold medals for 400 metres and 800 metres on the athletics track and three silver medals for 200 metres Track, Tennis and long jump.

Emma Hilton

Won three gold medals for 200m sprint, 4x50m freestyle and 4x100m sprint. Emma also won a silver medal for 100m sprint and a bronze medal for 50m freestyle

Lisa Innes

I took part in Badminton, where I was delighted to win a gold medal, and Tennis, unfortunately no medal here but I hold my head high having played the best game of my life.

Alex Walker

At his 7th World Transplant Games he was very pleased to come home with a Gold medal from the 4x400 metres men's event, Alex also qualified for the individual 400metres and 800metres finishing in 4th place in the 400metres but unfortunately had to pull out of the 800metres due to a re-occurring Achilles tendon injury

Howard Waters

Had a very good Games and won three gold medals and two silver medals in the five swimming events in which he competed in.

Harefield Team is extremely grateful to Nick Hunt for his kind donation and continued support.

We hope that we have made him proud.



Alex, Mick, Emma, Lisa & Jade.

EUROPEAN TRANSPLANT GAMES

Invitation to take part in the “friendly” games organised on behalf of the European Heart & Lung Transplant Federation (EHLTF) in Sweden.

- Who: All Heart and Lung transplants from the UK
- What: European Transplant Games
– Volleyball, Cycling, Tennis, Badminton, Table Tennis, Swimming, Athletics, Petanque.
- Why: to promote organ donation
- When: Wednesday 30th June to Sunday 4th July 2010.
- Where: Vaxjo, Sweden
- Cost: Approximately £500 per participant for 5-days full board at a 4* hotel including all meals, evening entertainments and travel to venues in and around Vaxjo.
- Travel: Each participant is responsible for their own travel arrangements.
The simplest route is to fly from Stanstead to Copenhagen and then catch a direct train to Vaxjo.
- Cost of flight: approx £65 return
- Car Park: approx £30 for 5 days
- Cost of Train: approx £42 return (trains are every 2 hours).
- Journey time: Flight approx 1 hour, Train just over 2 hours.

All those who are interested in going or wish more information about this fantastic event should contact, David Walker, GB Team Manager at walker_david8@sky.com or mobile 07737 462731

WHY NOT GIVE IT A GO? – Lisa Innes

I have been attending the European Transplant Games since 2002, this has allowed me to visit many countries including Austria, Ireland, Italy and France.

It is always a wonderful experience meeting transplant recipients and their supporters. The European Games provide a great opportunity to do just this as well as rack up your air miles! As a transplantee I take great pride in promoting donor awareness and showing the fantastic achievements of transplantation. I also take pride in representing the Great Britain and Northern Ireland team, a pride which I hope to share with many of you.

By attending the games I have been exposed to different sceneries, cultures and foods and have met many new people all with their own truly inspirational stories to tell. It is great to meet fellow transplantees of different nationalities as although we are often divided by language, we all living examples of the life-giving transplant work which is conducted all over the world.

I encourage you all to join us in Sweden next year to compete in the games; you don't have to be an athlete to join in! When I attended my first Transplant Games in Austria, I hadn't even picked up a badminton racquet but soon became hooked on the sport. I now thoroughly enjoy playing and regularly win medals. At the games you can compete in 5 events, not all are physically demanding, they may include snooker, ten-pin bowling and archery as well as the traditional athletic events.

The games are dedicated to heart and lung transplants and due to this we are a small and close-knit team. This meaning that we are fully supportive of each other and you will leave the games having made new friends. I recommend you contact our Team Manager David Walker for more information, he can provide you with the events list; take a look at the list and give anything you even remotely fancy a go!

ADVERTISEMENT



CHARITY BALL

HENRY'S DOUBLE TRANSPLANT ANNIVERSARY

**FRIDAY 5th MARCH 2010
8PM- 2AM**

**FRESHWATER HOLIDAY CENTRE
BURTON BRADSTOCK, BRIDPORT**

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

TWO COURSE SUPPER

TICKETS £21 by 15TH February

Available from Henry (01308) 868313

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

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

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



Derek Stockwell

Many thanks for the tracksuit I purchased. I think the Thank you also to Harefield Hospital along with my Donor and Donor Family, who saved my life in 1996 and I will always be very grateful.

I am very proud of Harefield Hospital and its staff for everything they have done for me and all other transplant patients over the years, long may their wonderful hard work continue.

tracksu

AMUSEMENT

WHAT NATIONALITY AM I? - Jill Edwards – Heart transplant 18 years



Goodbye to my 'England', so long my old friend,
Your days are numbered, being brought to an end.
To be Scottish or Irish or Welsh, that's fine,
But don't say you're 'English' that's way out of line.
The French and The Germans may call themselves such
So may Norwegians the Swedes and the Dutch.
You can say you are Russian or maybe a Dane
But don't say you're English ever again.
At Broadcasting House the word is taboo,
In Brussels it's scrapped, in Parliament too.
Even schools are affected, staff do as they're told
They must not teach children about England of old.
Writers like Shakespeare, Milton and Shaw,
The pupils don't learn about them anymore.
How about Agincourt, Hastings, Arnhem or Mons?
When England lost hosts of her very brave sons.
We are not Europeans, how can we be?
Europe is miles, way over the sea.
We're the English from England, let's be proud
Stand up and be counted – shout it out loud!
Let's tell our government and Brussels too
We're proud of our heritage, the red white and blue.
Fly the flag of St George, or The Union Jack
Let the world know –
WE WANT OUR ENGLAND BACK!!!!

REUNION WEEKEND IN DERBY

What can I say apart from thank you to everyone who came to our 27th Reunion weekend, it was lovely to see you all and I must comment on the fabulous fancy dress costumes, most of you made a wonderful effort and it is well and truly appreciated; we had witches, Draculas, a pumpkin, ghost, devils, a Dr Death and many more. Congratulations to Natalie Baxter for winning the fancy dress 'you made a pretty little witch'. Victor Lord must also have a mention for being the 'King' of the dance floor.

At the balloon release this year all 27 transplant recipients, Mr Asghar Khaghani and donors stood with our Vice Chairman James as he read out a touching speech whilst releasing the balloons.

Congratulations to:

- Jill Edwards who after the 19th attempt won the Dallas draw. The club wishes you a very enjoyable time.
- Julie Kirby, who won Best Female Swimmer award.
- Jade Carr who won Best Junior Cup.
- Julie Hall who won the Special award. This was presented to Julie for all her efforts (as well as others) in promoting our club on E ward and in transplant outpatients.

Thank you to:

- Paul and Karen Taylor for supplying and arranging the superb Halloween table decorations. The sweets were naughty but very nice. Plus taking the time to organise and arrange their historic tour around Derby.
- Matthew Hawksworth (Natalie's friend), who kindly donated the gold and red foiled balloons and table confetti. I am sure you all agree the room looked lovely.
- Paul and Caroline Goldspink, for hosting our 'wonderful American guests' Bobby and Jean Cook this year. They travelled down from Derby to Poole in Dorset to spend the remainder of their time visiting the local area and exploring London.
- Our special guests:

Ashar & Lindsay Khaghani



Robert & Patti Bell



Harefield Transplant Club would like to express our pride and gratitude to Mr Asghar Khaghani and his wife Lindsay and also to Mr Robert Bell and his wife Patti for attending the reunion weekend in Derby. It is always nice for patients to see staff outside of the hospital environment and I would hope it is the same for you, seeing the rewards and results of all your hard work and dedication come to fruition.

Everyone had a lovely time meeting new and old friends. The entertainment N-Compass did us proud once again ensuring everyone was on the dance floor at midnight for 'You'll Never Walk Alone' as the reunion of 2009 came to a close.



Henry & Margaret Smith with Dr. Cham & Jazz Kang.



Dr Death & his nice witch David & Ann Walker



Harefield Staff Julie Hall & Tracey Baker



Is that the fairy godmother? Jean Shilleto & Charlee.



Looking for a Dentist! Fenella Needham



Family Characteristics. NONE Gareth, Karen & Paul Taylor.



Lindsey Flewker, Diane Broad, Matt and Nichola Hawksworth, Natalie Baxter & Alex Harvey with our American guests Bobby and Jean Cook.



Diane broad & Lisa Innes



Jean Flaherty & Doreen Pinfield



Carol & Bob King



Rob & Mel Longrigg
Dracula is hungry.



Happy wedding Anniversary
Lesley & David Dunford



Julie Hall wins Special Award
from chairman Lewis Sander



Transplant celebrations of 2009
Julie Kirby 10, Clive Donaghue 25
on the day & Steve Syer 25



Jade Carr wins
Best Junior Trophy



Julie Kirby wins Best Female
Swimmer from Team Manager

Feedback

CHRISSIE GORDON

Can you just say a huge thank you to all the committee members for a wonderful weekend? Mark Dolby and I realise that it must be a nightmare trying to keep everyone happy but we just wanted to say we appreciate the work you all put in! Kindest regards.

HENRY SMITH

Just thought we would send an email to say a Big Thank You to you for a lovely weekend in Derby, we all enjoyed our two days and would like to thank you for all your hard work that you put in, it was really appreciated.

A Big Thank You to Karen for taking so much trouble to find the history that went with the Walk, that around 14 members took part in around Derby on Saturday afternoon, it was most enjoyable.

We were pleased to give our week's holiday to the Club and were pleased to hear that Mr & Mrs Carr won it; we look forward to hear from them in due course and would be happy for them to have the week around the Ball. We look forward to see you and other members on 5th March at the Ball which will be my 19th Anniversary.

JULIE HALL

Thank you to everyone for giving me the Special Award, I was so surprised and thrilled. There are some great names on the cup and it's a real honour to have my name added to these. I will place it back in the cabinet in clinic for everyone to see once I have had it engraved. May I take this opportunity to thank you and the organising committee for a great weekend yet again; you all do a wonderful job.

REQUIREMENTS FOR FUTURE REUNION WEEKENDS.

We are searching for future hotels to host the Harefield Transplant Club Reunion Weekend, and many members have requested the requirements.

We require:

Guests	Approx 130
Full Package	Two night's accommodation, two three course dinners, and two breakfasts.
AGM Room	To hold approx 50 people - Complimentary.
Rooms (2009 example)	33 double 13 twin 7 single with no single supplement.
Weekend Cost	Between £100 - £115 preferably.
One night Cost	Between £50 - £57.50 preferably.
Dinner only	£25

10 YEAR PIN

WILLIAM CROCKER - Transplanted on 31st March 1999.

Thank you for my pin, and yes I will wear it with pride am keeping really well, and my wife and I are just getting ready to go on a cruise in the Mediterranean .I would also like to have our hamsters newsletter by email, any thing we can do to save the club some money. Best wishes to you all. William & Lynda

TOM SALES - Transplanted on 11th April 1999

What a wonderful surprise when Tom opened up the mail to find a 10 year pin. It made his day and he was quite emotional. Due to financial constraints and his sciatica condition, have not been able to get around participating in any of the Hamsters Club activities so we were overjoyed at being remembered.

We have an amazing story to tell and hopefully we will be able to get down to sending his story around his heart transplant together with his photo. Thank you from the bottom of our heart's for this magnificent pin and especially for remembering him. He now wears it with pride and on that note, thank you once again for the brilliant magazine that we get from the Hamsters. Please pass on our thanks to everybody involved in making his day. Kind regards Tom and Donna.

DENIS CURTIN – Transplanted on 7th March 1999

Just a thank you to you and the committee for my 10year pin. My family and I are looking forward to many more years. A would also like to say a big thank you to all the doctor and nurses at Harefield and John Radcliffe hospital. Best wishes

JUNE PALMER – Transplanted on 14th February 1999

I had a single lung transplant on 14th Feb 1999. As we all know every day is a bonus thanks to the 1st class care we receive at Harefield.

Without the wonderful gift from my donor I wouldn't have seen my grandchildren and now great grandchildren grow. I hope I'm around to send another email in another 10 yrs time. Thank you all once again Harefield and Thank you for my 10yr pin.

BRIAN SAWYER – Transplanted on 19th October 1999

Thank you for sending me my 10 year pin which I will wear with great pride. I would very much like to thank the donor who ever it might be and their family. Also many thanks to the surgeons, doctors and nurses at the Brompton for their love and care where the transplant took place, also the after care which I am getting at Harefield. My love also goes to my wife, children and friends who gave me so much support in bringing me through it. Thank you.

ERNEST POTTLE – Transplanted on 5th April 1999

I am delighted to receive my 10 year pin. I will wear it with pride. I am extremely grateful to my donor and family for giving me a second chance in life.

LYNN MASLIN – Transplanted Heart on 31st January 1999

Thank you for my 10 year pin. When I received my new heart on 31st January 1999, it was the best Christmas present I had ever or would ever receive. Thanks to the care I was given by the medical staff at Harefield Hospital I have been able to celebrate 10 more Christmases and hopefully celebrate many, many more. Thank you and best wishes.

20 YEAR PIN

JOHN DAVIES – Transplanted on 6th July 1989

I would like to give my thanks for my 20 year pin. I have been lucky to have had twenty good years since my transplant on 6 July 1989. I am eternally grateful to the donor's family and all the doctors, nurses and staff at Harefield.

Also thanks to everyone who has worked on producing the newsletters over the years, keeping us all updated. Kind regards.

ANDREW HIBBS Transplanted on 23rd April 1989

Many thanks for my 20 year pin, which as you say will be worn with pride. This gives me an opportunity now to express my gratitude to my close family and to all the wonderful staff at Harefield who look after me so well.

MALCOM BISHOP- Transplanted on 28th October 1989

Please accept my sincere thanks for my 20 year pin in which I have received. Mary (my wife) and I spent a fabulous weekend at Sandbay enjoying our favourite music country and western. My health is not so good at the moment; I'm finding things a bit of strain because I now rely on Dialysis three times a week at Cardiff. However, as a true Harefield patient I will plod on. I would also like to say thank you to all the hamsters and wish them a very Happy Christmas and Healthy New Year.

25 YEAR PIN

CLIVE DONAGHUE – Heart Transplant 24th October 1984

As my 25th anniversary approached, I started to think about how to celebrate. I thought I'd take a quick look at the Hamster's website, and a lovely coincidence became apparent - the exact date of my 25th anniversary was also to be the date of the "formal" night of the club's annual meeting and dinner. Immediately I knew this was where I had to be! A couple of emails later and I was a member of the club again for the first time in 24 years and Nicola and I were booked for the dinner.

We thoroughly enjoyed the evening which was both fun and poignant. It was fabulous to meet up again with a few people from my distant past and of course to meet many of you for the first time. It was a fantastic surprise to be given my 25 year pin by Lewis at the dinner and to share in receiving the lovely cake with my fellow anniversary celebrates! Thanks to everyone who helped to make it a great evening and absolutely the only place to be for my 25th – see you all next year!

**Closing date for entries to March newsletter:
3rd February 2010**

2010 COMMITTEE



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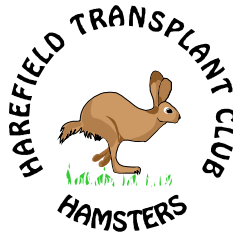


COMMITTEE MEMBER

PAM BALDOCK
7 Greenwood Meadows,
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Tel 01844 351060

Would you like to give something back to Harefield?
Can you spare a few hours every two months?
If the answer is yes then why not put yourself forward for election
to any of the above positions!!!!

You can contact any of the above committee for details.



Harefield Transplant Club (the Hamsters) MEMBERSHIP APPLICATION

If you would like to join please complete the following form and return to: Paul Taylor, Membership Secretary, 267 Stenson Road, Sunnyhill, Derby DE23 1HG. Email: paul.taylor279@btinternet.com
Tel: 01332 760279

Name.....Date of Birth.....

Address.....

.....Post Code.....

Transplant (type).....Place.....Date.....

Spouse/Partner.....Relationship.....

Children's names/ages.....

Email.....Tel No.....

Newsletters will be sent to your Email address

Membership subscriptions run from 1st January to 31st December of each year. Once you become a member a renewal notice will be sent each year to remind you that your subscription is due. If you have not paid by 20th February a second reminder will be sent to you. Failure to pay by 31st March will result in the withdrawal of future Newsletters and you will not be eligible for any subsidies the Club may provide.

I authorize the Hamsters to use the information I have provided within the committee

Subscription	Transplant	Associate	Family (2 adults and 1 or more children)	Tick	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) <input type="checkbox"/>
Under 18	-----	-----	£20.00		
Annually	£9.00	£6.00	£15.00		
5 year rate	£45.00	£30.00	£75.00		
10 year rate	£90.00	£60.00	£150.00		

Please indicate if you are a new member or an Existing member who is renewing

If you are a tax payer please tick to qualify for Gift Aid

If you would also like to make a donation, at this time, please send us a separate cheque.

Please make your cheque payable to Harefield Transplant Club (HTC)

Harefield Transplant Club aims to provide for the relief of persons and their family and carers who have had or are hoping to have an organ transplant through the provision of counseling and recreational and sporting activities, in order to rehabilitate those persons and improve their condition of life. We are funded through annual membership fees, charitable donations and fund raising projects. Events are scheduled throughout the year and consist of; our AGM weekend, British Transplant Games, various sports tournaments and informal gatherings. In addition, our Club regularly publishes a member's Newsletter.

Note: Harefield hospital does not disclose any patient information. If you know of any changes in contact details please inform Paul Taylor.