



New Start
The Wythenshawe Hospital Transplant Fund

News Start

The Wythenshawe Hospital Transplant Fund Newsletter

2018

A word from the Chairman

It was lovely to meet so many of you at the Cathedral in April and to see many of the Staff both past and present marking such a momentous occasion.

The year has been a very busy one on the unit. As you can see by the list alongside, we have supported the Unit in many different ways financially. Our largest purchase of 2017 was the purchase of 6 more kits for use with the Organ Care System at a cost of **£162,500**. Many of you may have seen in the press that we carried out our first transplant using a DCD heart in May.

As most of you know we said goodbye to Professor Yonan who has worked so tirelessly over the years in getting Wythenshawe Transplant Unit the national recognition it deserves. We also said goodbye to one of our Trustees, Michael Seal, who has been involved with the Charity for nearly 30 Years. I would like to wish them both a Happy Retirement. *(You might be interested in the articles on page 2).*

Thank you to all of you who have supported us in any way from buying a raffle ticket to running an event for us such as runs, race nights and even head shaves. It is much appreciated by all at the unit. If you have any ideas for fundraising in 2018 please don't hesitate to contact the Office.

Finally may I wish you all a healthy 2018.

Richard Dyson Chairman of the Trustees



Charity Funded Projects 2017

30th Anniversary Celebrations

Support of 7 Athletes competing in the World Transplant Games

Research Support for 3 Students and 1 full time member of staff

New mattresses for the Bungalows to comply with Infection Control

Refurbishment of the Heating in 2 Bungalows

Recliner Chair for use of relatives on Jim Quick Ward

Continued support of the Organ Care System

Purchase of TV's for the CCTCU cubicles

Purchase of a Play station and Stand

Support of the Transplant Games and Volleyball Team

Purchase of a specialist chair for the use of the Physios to help get patients into a "sitting" position more easily

Data Protection

Accompanying this Newsletter are forms to bring the Charity up to date with the new GDPR (General Data Protection Register) law that comes into force in May 2018. Please return them ASAP in the enclosed envelope or email it back to the Charity so we can still keep in touch with you.

30th Year Celebrations

2017 saw the unit celebrate 30 Years of Transplantation at Wythenshawe Hospital. In April over 200 people attended a Service of Thanks Giving at Manchester Cathedral followed by Afternoon Tea to celebrate. It was lovely to see so many of our recipients there and enjoying life to the full. Many thanks to the Holmes Chapel Singers and Youth Singers who reduced many to tears with their rendition of Hallelujah. Thanks also to Kate Lesueur, the Hospital Chaplin who led the Service.



Follow us on



Facebook and



Twitter or www.newstartcharity.org



Goodbye to the Prof

I just wanted to say a few words about a very special man who helped to save my life! Professor Nizar Yonan joined the Heart and Lung transplant programme at Wythenshawe Hospital in Manchester in late 1990 as a Registrar in charge of recipient after care.

In January 1991 he assisted on his first heart transplant operation which happened to save my life! He stitched me up amongst other things! He supervised my post-transplant recovery with such care and dedication that it seemed he had no other life outside of looking after me and his other patients. He put up with my 23 year old disobedience and constant harassing to be allowed to go home with his typical grace and good humour.

Nizar then progressed through hard work and determination to become a Consultant Cardiothoracic Surgeon performing heart bypass and valve operations and started to do his own heart/lung transplant procedures. I still saw him regularly at my clinic checkups and he always had a smile and time for me. I was delighted to find out he had become Director of Transplantation and over the years he drove the programme forward with his constant energy and enthusiasm! His efforts and his research and his skill gained him a professorship.

During his 27 years of dedication and hard work at Wythenshawe he has spent many hours devoted to publicising the need for people to carry donor cards and creating awareness about transplantation. He has been a Trustee of New Start Charity helping to raise funds for much needed equipment and research. I have seen him many times on local TV promoting the work at Wythenshawe and talking about organ donation. He is an inspiration and will be greatly missed now he has retired from his role at Wythenshawe after saving hundreds of lives over the years such as mine.

Neil MacDonald Heart Recipient 1991



My Old Friend

Jim Quick had a new heart operation in 1987 and was so delighted to get his life back that he resolved to support the heart surgeons team who were in the early stages of developing transplant surgery at Wythenshawe.

Jim Quick had a new heart operation in 1987 and was so delighted to get his life back that he resolved to support the heart surgeons team who were in the early stages of developing transplant surgery at Wythenshawe. The NHS had agreed at that time to fund only 15 heart operations (they paid for more later) and Jim set off to raise money to pay the cost for additional ones. The appeal he set up in 1986 was incorporated into a Charity in 1994 and he invited me with a group of business men from Manchester to become a Trustee. The Trust was formed, also, to aid the development of heart and lung transplantation at the hospital.

We were already impressed by the team of highly professional surgeons and the research which accompanied their work and in order to support them the Charity has raised over 10 million during the last 30 Years. The biggest projects for which we have raised money were the MRI Scanner and four Bungalows to house heart recipients as they leave hospital but not quite ready to go home. Families can join patients while they recover.

Many research projects were funded during my time as a trustee as well as urgent requests for equipment which can make life comfortable for patients or pieces of modern and new technology. Some were discussed in detail, some declined and many agreed. I have heard presentations on subjects as varied as the use of VAD devices, the development of DCD technique for recovering hearts for implant and a new build project to double the size of the Jim Quick Ward.

It has been a fascinating time as a trustee and I am pleased to have been part of the support of the centre of excellence which Wythenshawe's heart unit has become, I have learned a lot in 20 odd years and enjoyed the experience. I now wish the Charity continued success as I retire.

Michael Seal

Transplant Café Dates

All take place In The Transplant Seminar Room



LUNG & HEART

WEDNESDAY	24TH JANUARY 2018	10AM - 12AM
THURSDAY	15TH FEBRUARY 2018	10AM - 12AM
TUESDAY	27TH MARCH 2018	10AM - 12AM
WEDNESDAY	25TH APRIL 2018	10AM - 12AM
THURSDAY	24TH MAY 2018	10AM - 12AM
WEDNESDAY	27TH JUNE 2018	10AM - 12AM

LVAD

FRIDAY	26TH JANUARY 2018	10AM - 12AM
FRIDAY	23TH FEBRUARY 2018	1PM - 3PM
WEDNESDAY	28TH MARCH 2018	10AM - 12AM
FRIDAY	20TH APRIL 2018	1PM - 3PM
WEDNESDAY	16TH MAY 2018	10AM - 12AM
FRIDAY	29TH JUNE 2018	10AM - 12AM

Enquiries to: Dr Katy Silverman, Clinical Psychologist 0161 291 2200. All patients and their families are very welcome to the above sessions.

Transplant Support Group



Details of forthcoming Support Group meetings to be held in the Transplant Seminar Room at the Transplant Centre between 10.15AM and 12.15PM on the following dates:

FRIDAY	12TH JANUARY 2018	10.15AM - 12.15PM
FRIDAY	9TH FEBRUARY 2018	10.15AM - 12.15PM
FRIDAY	9TH MARCH 2018	10.15AM - 12.15PM
FRIDAY	13TH APRIL 2018	10.15AM - 12.15PM

Please feel free to contact Bev or Laura on 0161 291 2695 nearer the time if you would like to confirm the intended speaker. Please be aware, however, that on occasions the speaker may be changed at the last minute.



After the horrific event in May that affected the whole of the Manchester Community and one which our Hospital played a vital role in the care of some of the victims, we thought it only right that we honoured the victims with a poem written by Heart Recipient Phil Deveroux:

Manchester Tears

*Manchester tears capture the nation and the people all unite
All colours of the spectrum stand together against the darkness and fight
The negativity that has arisen will hopefully be defeated by the power of the light
As pure as the people who are committed to this journey please hold on tight*

*Forever imprinted in my heart are the ones who have gone
How can we find peace when it is so easy to purchase a gun?
I bear my soul to you and hope to understand
The people who are so wonderful and grand*

*Shocked by the tragedy and scared by the events that hit my amazing city
I wish I could have saved the day but that's a pity
In a time of crisis Manchester always pulls together in the rain or snow
no matter what weather*

*And shows the wonder of its people
One for all and everybody's equal
So spare a thought to take out a second of your time
And remember the lost and the tears from eyes a crying*

*The gates up above which are filled with love
A symbol a Status as pure as a dove
Bounding together forever fingers crossed do you get what I is saying bruv
As humble as the bee that is the figure head of the city*

*Together we can establish a peace group a people's committee
Love peace and unity I hope spreads like the branches of a tree
And the tears dry up so you all can see
Together we will shine like the brightest star*

*With my will and energy hopefully our prayers will go far
As vibrant as the rainbow of Manchester culture a class of its own
Heart beats and wisdom lead you like a compass leading you home
Never forget this magical city with amazing people*

*Be careful of the negative and stand clear of the deceitful
And if you ever need a hand together we will keep on
The path to success now it's time to rest
Thanks for being by my side it was the best*



St Ann's Square

Team Transplant

After the festivities of the last couple of weeks, many of us will now be thinking of how to get fit in 2018. How do you fancy joining Team Transplant in the Manchester 10k or half marathon and raising some dosh for New Start?

The race is taking place on Sunday 20th May in Manchester City Centre and attracts over 30,000 runners/joggers of all levels of fitness and abilities and is now one of the most famous 10k races in the world. If you would like to join the Team please enter on the race website...

<http://www.greatrun.org/great-manchester-run>

The cost is £38 (we don't purchase Charity places as the cost is higher than to the individual). Once you have your place please contact the office and let us know. We will then send you out a race pack and details of how to set up an online donation page.

For more information please contact the Office 0161 945 2166.



Team Wythenshawe

By Paul Ashberry - Double Lung Transplant 2011

The British Transplant Games took place at the end of July in North Lanarkshire in Scotland. It was my fourth time attending. Wythenshawe took a team of 18 up this year.



Team Wythenshawe

Russ Hazeldine,
John Crook and
Pete Nichols



Some newbies to the cause, some erm... shall we say, more on the veteran side. Plus, Lynda and Jayne - the brilliant team managers and rounder uppers of their lost flock when we needed to meet at a particular place at a particular time – along with a great team of supporters, drivers, and minders of our bags and coats while we were off doing events.

My main events are squash and track athletics (sprinting in particular, as I get a bit bored running longer than 30 seconds – unfortunately my level of fitness at the time meant there was a fair chance the sprinting events could take longer than that). I threw in volleyball as a little experiment, not a sport I'm familiar with, but one I thoroughly enjoyed taking part in. That's part of the appeal of the transplant games, getting the chance to try things you might not otherwise do. As well as enjoying the whole spectacle of the event, meet loads of new people, and be inspired by the efforts of others. It's a wonderful event that has personally helped me a lot in my post-transplant life (6 years – double lung transplant).

I mentioned about my level of fitness at that time - I've found that my life was transformed fitness-wise by the transplant, leading me to achieve things I never thought possible, but there have been hiccups along the way.

This year's games coincided with one of them. But the point is, this isn't an issue in attending. It is primarily designed to help improve fitness by encouraging participation in sport, but the fitness levels of attendees are often variable. Although it's rewarding to come away with a few medals, just being a part of the experience and the encouragement it can give you to improve is worthwhile on its own.

I got a lift up to Scotland off Ken Mackie, one of the Wythenshawe team members, who was originally from Motherwell, where our hotel was. Knew it like the back of his hand he did, apparently. So we travelled up the old fashioned way the evening before the events were due to start; no sat-nav, like explorers of old trusting our instincts would just get us there. It was a refreshing blast from the past, like we were living in 1995 or something.

Approaching the outskirts of Motherwell late at night, after driving round countless roundabouts, and with a look of perplexed confusion on his face, Ken finally admitted he didn't have a clue where he was.

Safely returning to 2017, he turned the Sat-Nav on and we were surely on our way to the hotel now. But the GPS or whatever the technical system is called that somehow

seems to always know where everyone is, in this case didn't know where we were.

Apparently we were in the land that Sat-Nav's couldn't find. Totally off the grid in a maze of roundabouts and industrial estates. Did Google even know we were here? It was turning into an episode of Bear Grylls.

We navigated the old-school way after this and found the first dog walker or drunk out walking at that time of the night, and stopped to get directions. Half expecting them to ask us why we were even asking, did we not have a phone or something? Instead they seemed sympathetic and helpful, and Ken's slightly faded local dialect managed to acquire enough information to get us to the hotel in time for last orders. Many others in the team had had similar problems. The whole area was halfway through being completely rebuilt. And from the look of the regeneration so far, it seemed it had been decided that whatever had been there beforehand, it now needed to be replaced, for some unknown reason, by dozens and dozens of roundabouts.

I've mentioned these travelling woes, not just to warn people that if you're travelling to the outskirts of Motherwell don't rely on modern technology to find your way,



but because getting lost became a theme the whole time we were up there. The Transplant Games is always a lot of fun, but you have to be ready for all sorts of eventualities. Lynda and Jayne were super-organised as usual, and there was a fantastic free bus service laid on for competitors, but a number of journeys to and from venues involved setting off way ahead of schedule and repeated utterances in different cars of phrases along the lines of ‘weren’t we on this roundabout 10 minutes ago?’ Luckily, no one in the team missed any of their events due to the crazy road layouts.

And in the case of Alan Schofield - our multiple medal winning middle distance runner - who I accepted a lift off one day, I’d say being unsure which direction he should be driving in is a regular occurrence regardless of whereabouts he is. Great guy, great runner, awful driver. I arrived at that particular event feeling a similar sense of relief to when I woke up after the transplant.

Turning up at our events on time, in addition to some incredible individual contributions, meant that as a team we returned with a haul of 10 gold medals, 11 silver, and 9 bronze.

My personal contribution, defying the limitations of my then fitness levels, was a bronze in squash and I was also part of a silver medal winning volleyball team.

Not only did I return to Manchester refreshed and feeling ready to set some new fitness goals, but I’d had yet another wonderful games experience competing, socialising and watching some great events.

Paul Ashberry



So the lessons to be taken from this article:

1. If you’ve had a heart or lung transplant and you’re looking to participate in sport, want to be part of a fantastic team and try out new, and often inspiring experiences, then get yourself registered for next year’s transplant games in Birmingham.
2. If you ever go to Motherwell be prepared to get lost.
3. Don’t believe Ken Mackie if he says he knows what he’s doing.
4. Never ever accept a lift from Alan Schofield.

Many thanks to **Runtime Systems UK** for their sponsorship of the Team.

The European Heart & Lung Games are taking place in Lignano (Italy) from 11th - 16th June.

The 2018 British Games are taking place in Birmingham from the 2nd - 6th August.

Further details will be sent out to all recipients over the next couple of months, but if you would like further information now please contact the Charity Office.

Transplant Volleyball Tournament

Coventry November 2017

I have to say if someone told my 17 year old heart failure self, 6 years ago I would be playing a volleyball tournament for the transplant games I would have laughed and said “yeah right” but I did!



Despite being ill because I tend to catch every bug under the sun now it was something I really wanted to push myself to do, because I wanted to finally be that girl that could do a sport. I was a little rubbish mind I’d never played volleyball in my life I kept kicking the thing ha. But as it was very daunting going to Coventry in November on my own knowing no one, the best part for me was meeting this “transplant family” everyone being so welcoming and kind.

All these inspirational people who have been through already what you have and more and the highlight for me was when the British transplant volleyball team put on their shirts with their numbers on the back, finding out how long they had survived and thrived with their gift as they were running around volleying the ball back and forth it gave me a lot of hope.

It was a brilliant weekend to celebrate what a transplant can really do in the aspect of finally being able to do some sport and I thank everyone that organises these brilliant events and of course the donor that allowed me to play in the first place. I think I managed to get a point or two! I’m now looking forward to the summer transplant games, I say bring it on!

Laura Malpass





A Big Thank You...

Thank you to everyone who has donated to the Charity over the past 12 months. No matter how small or large your contribution matters, whether it be "in memory"; from a fundraising event or a general donation. A big thank you from the unit to all, as there isn't room to mention everyone below...

Anthony & Lisa Anderson	Andrew Day	The Gabb Family	MH Stainton Ltd	Peter Rowe
Asda - Skelmersdale	Rosemary Dear	Heald Green Bridge Club	Building Contractors	Elizabeth Scott
Clare Ashton	Pat Derby	Heald Green Methodist	Pauline Mills	Dom & Aylwin Shingler
Ashton and Mossley	Derrick & Tracey	Pre-School	Tricia Moore	St Julies Catholic
Masonic Lodge	Derbyshire	Edward Heath	David Morris	High School
Stephen Aspinall	DLS Solicitors	Christine Hevey	Morecambe Parish	Robert Stevenson
Julian Baltyn	Double B Ladies Group	Gary Hitchen	Church	Amy Stirling
Barbara Barnes	Harold Dyson	David Hodgkinson	Keith Musgrave	Richard Sweeney
Paul Bielby	Margaret Edwards	Joyce Hodgkiss	Rosie Neath	Norman Swirles
Lesley Birchwood	Ian & Bet Ferrier	Chris Jennick	Bill & Carole Noble	Richard Talbot-Smith
Blackpool FC	Freedom Finance	Katana Jiu Jitsui Club	Francis O'Neill	Roger Tant
Supporters Club	Aldene Fort	Allan & Joy Jones	Moira Peters	Mrs Diane Thomas
Judith Bower	R M Fowler	Patricia Kelley	Ian Price	Peter Thornton
Austin Bradford	John & Sandra Fox	Michael Kelly	Ann-Marie Proctor	Doreen Tinkler
Graham Brushett	Gatley Co-op	Natalie Kerr	Ivy Prosser	Kevin Vickers
Cargill PLC	Thomas Grant	Christopher &	Garry Pugh	Village Stitchers
Caroles Crystals	Peter Greedus	Julie Knutton	Nahmet Rahim	Waitrose
Anne Cheetham	Christine Gunstone -	Graham Lamb	Chris Reeman	Helen & Alex Watson
Rebecca Clayton	Schofield	Samantha Lawson	Sue Rennie	Rob Weatherall
Rita Connolly	Ibrahim Gurcan	David Marginson	Danny Roberts	Graham Whittaker
Ron Daniels	Lee Mar Estates Ltd	Meltham Athletic Club	Lyn Roberts	Ronald Whittaker
Dorothy Darbyshire	Little Lever School	Dorothy McCall	Ann Marie Roberts-Jones	Mrs Dilys Wright
Hannah Davis	Michael W Halsall	Douglas Mcann	Robert Robinson	Richard Wood
Christopher Davies	Solicitors	David & Christine	Agnes Rogers	Chris Woodward
Pat Davies	Bruce Hargreaves	McGarry	Rita Rogers	
Ray Davies	Denis Harrison	Rani Mendiratta		



Jessica Dagers



Kirsten Atherton



Claire Jackson

Also a big Thank You to all our Runners this year who between them all have raised nearly **£14,000**.

Antoni Hanus – San Diego Rock and Roll Half Marathon
Clare Harrison – Manchester Half Marathon
Dylan Musgrave – Edinburgh Half Marathon
Nicky and Wayne Collins – Manchester Half marathon

Alison Clare – Manchester 10k
Vivian Holt – Various Runs
Kirsten Atherton – Great Scottish Run
Paul Painter – Chester Half Marathon

Fundraising and Donations



Nicky and Wayne



Clare Harrison



Antoni Hanus

Sarah Wilson – Chester Half Marathon

Steve and Natalie Hillman – Cardiff Half Marathon

Liz Lake – Manchester Marathon

Jessica Dagers – Manchester 10k

Jane Kraut – Chester Half Marathon

Claire Jackson – Blackpool 10k

Laura Leighfield – Manchester 10k and the Great South Run



Laura Leighfield



Dylan Musgrave



Liz Lake

The Rotary Club of Leek

Donated **£14,250** towards the Organ Care System. They raised the money by hosting a Charity Dinner and Auction. Local Catering Firm that is run by parents of Heart recipient Thomas Littlehales provided the fabulous catering.



Carol Anne Brunt

Carol Anne Brunt (sister of Heart Recipient Rob Goulding) and friends cycled the Coast to Coast and raised a fantastic **£4,200**.

The money is to be split between New Start and Blackpool Hospital, where Rob was first treated.



Alpi Uk

Local Company Alpi Uk presented a cheque for **£2,500** as we were one of their chosen Christmas Charities.

Alan Leacock

As a tribute to double lung recipient Alan Leacock who sadly passed away in 2016, his local social club The Albion in Kendal's Manager Katie Wilson and Members decided to hold various fundraising events and raised a massive **£2,250**.



Fundraising and Donations



Alan Fitzgibbon

The Family of Alan Fitzgibbon were so grateful for the new lease of life given to Alan after his Lung Transplant they all climbed up Snowdon and raised **£2,619**.



Anne-Marie Brotherston

Organised a 10k run/walk around her local area and presented us with a cheque for **£2,000**.



Susan Anderson

(Sister in Law of Heart/Lung Recipient Pauline Ginn) held a race night in Accrington and together with Pauline presented us with **£1,600**.



Sophie Fox

Sophie Fox probably took on the hardest Challenge of the Year - She ran 2k every day for 90 days culminating in the Manchester Half Marathon as her Dad recovered from his Single Lung Transplant. Her Family and Friends were very generous donating **£1,050** for her efforts.



Boothstown

Boothstown Methodist Primary School's Year 6 decided to have a fundraising day for us after their former site manager Anthony Anderson underwent a Heart Transplant and raised **£260**.

David Brydges

celebrated his 70th Birthday and very kindly asked for donations to New Start which totalled **£1,210**.

Ronnie & Julie Donahue

Did the same for their Diamond Wedding and again their very generous Friends and Family donated **£1,075**.

Andrea Walmsley

continues to support us by running Tombola Stalls in her local area and has so far raised **£1,500**.

Pamela Tomlinson

Ran a Charity Night in Lancaster and increased our funds by **£1,158**.

David Hughes

Raised **£1,000** at a Charity Night.

Susan Howard

Took on the most unusual challenge of 2017 by organising a sponsored slim and raising **£430** in the process.

NW Charity Singers

Once again presented us with cheque for **£2,000**.

Liz Gregory

Took on the massive challenge of walking the 100k Bowland Walk, sadly the Weather was against her that weekend and the walk was abandoned by the organisers for safety reasons half way through, but she through the generosity of her Friends and Family she still raised **£2,057**.

Bernie Moore

Promised his wife Tricia that should anything happen to her, he would take on the Camino Trail for both of them. Sadly Tricia passed away in 2017. To honour her wishes Bernie is taking on the 500 mile trek in May. To date he has raised **£1,200** for New Start. To follow his blog please go to <https://bmcamino.wordpress.com>



New Start

The Wythenshawe Hospital Transplant Fund

New Start Charity, The Transplant Centre, Wythenshawe Hospital, Southmoor Road, Manchester M23 9LT

For any donations or contributions to the next edition of the Newsletter please contact: **Lynda Ellis**

lyndaellis@newstartcharity.org

0161 945 2166

www.newstartcharity.org

Reg Charity No. 1049067