



# New Start

The Wythenshawe Hospital Transplant Fund

# News Start



The Wythenshawe Hospital Transplant Fund Newsletter

2021

## A word from the Chairman

The Covid-19 pandemic has had a dramatic impact on all charities over the last 12 months. Although New Start's activities have clearly been impacted, we are very fortunate that, unlike some of the larger charities, we do not rely on mass participation events that all but stopped during 2020.

Despite the restrictions you still managed to support us by taking part in virtual 10k runs, having alcohol free months, sponsored silences. Doing numerous handstands and even eating dry crackers! Thank you to all who have raised money for us over the last 12 months even in these very challenging times.

A special thank you to Charlotte Carney who organised a Charity Ball for us, which was held in the nick of time before lock-down and raised a massive £6,100 (please see photos later on in the Newsletter).

As you probably know, the refurbishment of the ground floor of the Transplant Unit is now complete. I am sure you will agree it was long overdue and it is certainly providing a better working environment for all the patients and staff.

The Charity is currently supporting the purchase of Sherpa Transport systems which are a more controlled way of transporting donated hearts rather than the older conventional way of in ice. Wythenshawe is the first in the UK to be trialling this new innovative system (see article overleaf). We are also in the process of buying a spirometer machine so our Lung Patients can be tested on the Unit rather than having a lengthy visit to Lung Function.

Moving forward let's hope that things begin to return to normal in the not too distant future and that the Transplant Games are able to take place in August.

In the meantime please stay safe and I look forward to seeing you all later in the year if circumstances allow us to hold our long overdue Party.



**Richard Dyson** Chairman of the Trustees



## Transplant Unit Refurbishment

As you probably know last Year saw the Charity fund a major £970k refurbishment of the Outpatients Department. The project was finally finished in November. The photos show the new waiting room and clinic room for those of you who haven't yet visited. The unit is now a much improved patient environment with brighter clinic rooms and a separate waiting room for biopsies.



## Face Masks

We now have "New Start" masks in stock. The cost is £5 each and they are available on our website or from the Office.



Follow us on



Facebook and



Twitter or [www.newstartcharity.org](http://www.newstartcharity.org)

# 'Virtual' Pre-Transplant Support Group

We hope you and your loved ones are keeping well in these difficult times.

Sadly we have been unable to run the Pre-Transplant Support Group in person due to COVID restrictions. We would, however, like to trial a 'virtual' group if that is of interest. The Group would run monthly between 10 and 11am on Friday morning (dates to be confirmed). We aim to keep the same format by inviting different guest speakers connected with transplant to talk and take questions/open discussion. We aim to run the group through Microsoft Teams in line with Hospital Policy.

## Transplant Support Group

Proposed dates are:

FRIDAY	12TH MARCH 2021	10AM - 11PM
FRIDAY	16TH APRIL 2021	10AM - 11PM
FRIDAY	14TH MAY 2021	10AM - 11PM
FRIDAY	18TH JUNE 2021	10AM - 11PM
FRIDAY	16TH JULY 2021	10AM - 11PM

If you are interested in attending sessions remotely, please forward your mobile number, email address, next of kin contact number and location of where you will be participating from (if different to your home address) to us at [TransplantSocialWork@mft.nhs.uk](mailto:TransplantSocialWork@mft.nhs.uk) or telephone us on Tel: 0161 291 2695. We will need your email address so we can forward you the meeting link.

Please do not hesitate to contact us if we can help in any way. We look forward to hearing from you, best wishes,  
**Beverley and Laura** Transplant Social Workers.

## Virtual Transplant Café Dates



### LUNG & HEART

TUESDAY	16TH MARCH 2021	10AM - 12AM
TUESDAY	13TH APRIL 2021	10AM - 12AM
TUESDAY	11TH MAY 2021	10AM - 12AM
TUESDAY	8TH JUNE 2021	10AM - 12AM
TUESDAY	6TH JULY 2021	10AM - 12AM
TUESDAY	3RD AUGUST 2021	10AM - 12AM

Please email Zoey or Stef if you would like to attend  
[zoey.malpus@mft.nhs.uk](mailto:zoey.malpus@mft.nhs.uk) or  
[estefania.penuelaobrien@gmmh.nhs.uk](mailto:estefania.penuelaobrien@gmmh.nhs.uk)

### LVAD

THURSDAY	18TH MARCH 2021	2.30PM - 4.30PM
THURSDAY	29TH APRIL 2021	2.30PM - 4.30PM
THURSDAY	27TH MAY 2021	2.30PM - 4.30PM
THURSDAY	24TH JUNE 2021	2.30PM - 4.30PM
THURSDAY	22ND JULY 2021	2.30PM - 4.30PM
THURSDAY	19TH AUGUST 2021	2.30PM - 4.30PM

All taking place between 2.30pm and 4.30pm via Microsoft Teams. Please email [tom.rozwaha@mft.nhs.uk](mailto:tom.rozwaha@mft.nhs.uk) for details.

## Wythenshawe Hospital

### First in UK to successfully transplant hearts using new high-tech device

To date 10 Heart Transplant patients have benefitted from an innovative new technology purchased by New Start to transport donor hearts to Wythenshawe Hospital.

Wythenshawe was the first in the UK to use a sophisticated heart transport device, which is able to maintain a stable temperature on a heart while it is being transported to its new recipient.

The traditional method of transporting hearts via ice cooler has remained relatively unchanged for 50 years and is still the approach for the majority of UK heart transplants.

One risk with this method of transport is the potential for hearts to become stiff or frozen on contact with ice in transit, which can lead to complications during transplant, however the new transport system uses increased/enhanced thermal protection which keeps the donor heart at 4-8°C.

Prof Rajamiyer Venkateswaran said "Effective organ preservation is a very important aspect of transplantation, and ensuring organs are transplanted properly can be a key component in the success of a transplant.

Continuing to lead the way in innovative cardiac care services, we are very pleased to have been the first UK hospital to have welcomed this new transport system which is able to protect the heart better than ever before, increasing the likelihood of successful transplant."

The results of using the Sherpa system are now going to be presented to the International Heart and Lung Transplant Conference in April.





# Transplant Outpatients

**2020 was a strange old year, and an anxious time for lots of our patients and staff. We have really missed seeing you and having all the noise and hustle and bustle in the waiting room and clinics.**

**Many of you won't recognise the place as you may not have been since all the work was carried out to refurbish the Department.** It was certainly 'interesting' whilst all the work was going on around us - we had a few floods and a family of pigeons in the roof! The builders were great fun though and became an extended part of the team.

It's not quite been business as usual but clinics have still been going ahead albeit with reduced numbers. Please don't ever think we won't be able to see you though, we may not routinely see you if you feel well and don't have any issues, but we absolutely still want to see you if you have a transplant related concern.

If you do attend, to reduce the amount of people in the waiting area and the department, we have been asking patients to wait outside in their cars until we are ready to see them and to come in unaccompanied wherever possible. You may also have to wait longer than normal as we have enhanced cleaning measures in place which means we have to allow 20 minutes before we can clean the clinic room in between patients.

We are no longer sending the lung recipients off to lung function department to do their lung function tests - instead the physiologists come here. However, we can only test 1 patient per hour as the test takes up to 15 minutes and then the room used has to be left for 40 mins to allow an adequate number of air changes before the room can be cleaned and set up for the next patient and there is only 1 suitable room we can use in the department that has mechanical ventilation. This obviously has an impact on the length of appointments but everyone has been understanding and patient, for which we are very grateful.

Heart biopsies have been going ahead as per the normal protocol for those transplanted within the last 6 months. After that the consultants are deciding on an individual basis the frequency of future biopsies.

We are trying to embrace the use of technology! Video monitors have been installed in the clinic rooms. The Physios have led the way so far and have been successfully delivering 'virtual' rehab. We are hoping that in the not too distant future we will be able to offer follow up via video call for those who have the relevant technology at home.



In other news, the lovely Megan welcomed baby Esther in June. Unfortunately, we've not been able to meet her yet but we look forward to the day we can. We also have some new faces - Malika and Rosie have been welcome additions to the nursing team and we have a new manager, Julia Fitzpatrick, who some of you will know from Jim Quick ward.

We said goodbye to the lovely Rosanna at the end of the year - she is embarking on a new life in Wales and I must mention that the legend that is Anna Rowan has also retired after many years of dedicated service, she is enjoying spending more time with her grandchildren and family.

We hope to see you soon. **Keep safe!!!!**

## A Make Over Alan Titchmarsh would be proud of!

During the Summer, the Staff on Jim Quick Ward decided that they needed an area for staff and patients to get some fresh air.

Attached to the ward was a very neglected and overgrown Balcony. An appeal was launched and due to some very generous donations of money and goods they were able to transform the area into a welcome outside haven.

Many thanks to Pentagon Play UK and T&S Riley for supplying plants and the seating.





## We have had an interesting year!

During the first wave of COVID-19 we were lucky to have some staff re-deployed to us from the CF team.



### The increasing numbers of COVID patients in the trust meant a "surge ICU" was created on a re-purposed orthopaedic ward.

We took over the physio care for this pop-up unit and looked after the 10-12 patients there for the duration of its' existence. We worked closely with the other staff to care for and rehabilitate the patients until they were able to move to a ward. It was a challenging time in full PPE, working with staff we had never met, in a small space with little equipment.

We helped with many other tasks too including washing, repositioning and proning patients, changing bed sheets, even cleaning the ward at times. We were lucky enough to experience some very resilient individuals who threw themselves into their rehabilitation and witnessing some simple milestones for them really boosted our spirits.

We enjoyed assisting patients to make their first video calls to their families, standing and taking their first steps, drinking their first cups of tea and getting their tracheostomies removed. There were one or two happy tears shed by us all!

Some of our team joined the ECMO support team who supported the care of COVID patients needing the highest level of support on ICU. They received extra training to support nurses with tasks such as mouth/pressure area care and taking blood samples.

This involved working long shifts on CTCCU. They also tried to help bridge a gap caused by the absence of visitors such as combing and plaiting hair, hand holding and reading to people. I am very proud of our whole team who tried so hard to humanise such a medical environment and bring small comforts to the sick when they needed it.

Thanks to the support of our families we made and distributed activity packs to those on COVID-ICU and posted knitted hearts to family who couldn't be with their loved ones.



Meanwhile, our expanded team continued to work with our transplant and LVAD recipients. We were very aware that our shielding transplant family would be missing their usual clinic appointments, their rehabilitation sessions and the world outside so we have tried to keep in touch with as many people as possible by snail mail, email and phone where possible. The biggest project we completed was setting up a new virtual rehabilitation programme for new lung transplant recipients. We named it ViCToRy! (Virtual Transplant Rehabilitation). It may seem like an easy project but it has taken a lot of reading, planning, risk assessment and fine tuning to get our first 2 patients through a pilot programme. We are now in the process of rolling Victory! out to all new lung recipients.



The latter stages of 2020 saw us busy with lots of rehabilitation and evaluating various areas of our practice, making sure we are always improving the service we offer and providing the best care for all our patients.

2021 is looking exciting for several members of our team. Ruth and Gail (senior physios) will both be taking maternity leave and we wish them all the best for the safe arrival of their bundles of joy. Gail has joined Pat (JQ ward activities coordinator) in transforming the balcony outside the ward for staff and patients to enjoy. We are grateful to the team at Pentagon Play UK and T & S Riley for donating their time and expertise to help us create a calming space for all to enjoy!

### Transplant Games

As we go to press the 2021 Games are planned to take place in Leeds from the 5th - 8th August.

The European Heart and Lung Games are planned to take place in Ostend dates to be confirmed.





**The Coronavirus pandemic and ensuing lockdown is an unprecedented and challenging time for everyone, more so for our lung transplant patients.**

At Wythenshawe Transplant Department, we have taken number of steps to alleviate and continue care of our patients safely.

We have taken steps to reduce patient flow, making it safe and Covid19 secure for our patients.

Those who are well are offered Telephone appointments alternating with face-to-face review appointments in the Transplant follow up clinic. This has enabled us to continue to see patients who need speedy and specific investigations and require urgent medical advice.

We have secured patient- Mpower, where Transplant patients can monitor their lung functions with the digital spirometer and download it to the app on the smart phone. This data is shared in real time with our transplant Team and help to monitor their lung health.

Together with other information including weight and blood pressure, we are able to carry out virtual consultation keeping our patients safe.

We are also expanding patient-Mpower app to advise medication dosage changes and record timings and give alerts for the taking of important immunosuppressive medication. This could alleviate the risk of patients missing the doses during anxious and difficult times.

Those who require a supply of immuno-suppressive medication will have deliveries by courier service to reduce contact.

We continue to move to more home monitoring of immunosuppression with patients providing pinprick blood samples for Tacrolimus and cyclosporine levels.

Our clinical psychologists, physiotherapists, social workers and dietitians continue to engage with patients offering a variety of virtual and telephone consultations with the aid of Teams meetings, Zoom, WhatsApp and telephone depending on what is easiest for our patients.

The support available includes dietary advice, breathing techniques, exercise and coping strategies.

The Transplant Psychology team have restarted the café supports groups in a virtual format using Microsoft Teams. Please contact Zoey on [zoey.malpus@mft.nhs.uk](mailto:zoey.malpus@mft.nhs.uk) if you want to join the next Transplant Café (Tuesday mornings) or Tom on [tom.rozwaha@mft.nhs.uk](mailto:tom.rozwaha@mft.nhs.uk) if you want to join the next LVAD café (Thursday afternoons). A new virtual therapy group will be starting online next month, Compassion for Breathlessness, designed to help people manage the panic of struggling to breathe. They can also offer a range of one to one psychology sessions online so please do get in touch if you wanted to speak to one of our psychology team.

The Dietitians are supporting people via telephone or seeing them if they are already attending clinic to see the Transplant or VAD doctors or nurses. We will shortly be sending out a Survey Monkey to find out what dietary services and resources you would like us to provide and how. We hope you will contribute to this. Please contact [Annmarie.nixon@mft.nhs.uk](mailto:Annmarie.nixon@mft.nhs.uk) or [Grace.cooper@mft.nhs.uk](mailto:Grace.cooper@mft.nhs.uk) if you have any dietary queries or concerns.

We are hoping that after COVID19 Vaccination our long-term plan for getting back too normal, but during this lockdown, we hope you stay safe, stay well.

**Dr Karthik Santhanakrishnan**

**Consultant Transplant/  
Respiratory Physician**

**Transplant Unit, Wythenshawe Hospital**

**Manchester University Foundation Trust**

**Secretary**

**Transplant: [Holly.Clowes@mft.nhs.uk](mailto:Holly.Clowes@mft.nhs.uk);**

**T : 01612912092**



**I am sure there will be more challenges to come in 2021, 2020 was certainly a year to remember.**

If you are looking for more information and guidance on how you can maintain or improve your fitness with your lung condition there is some great guidance from the British Lung Foundation at <https://www.blf.org.uk/support-for-you/keep-active/exercise-video>



## 2020 Raffle

**Due to your fantastic support we raised our best ever total of over £5k. A special thanks to all those that donated prizes and to everyone who bought and sold tickets making it such a huge success. All prize winners have been notified and most prizes have been collected.**



## 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 and Lisa Anderson	Nicholas Farmery	Alan Mawhinney	Walter Smith
Caroline Bailey	Jennifer Farquar	Jessica Menzies	Ramasamy Solaiappan
Samantha Barber	Ian and Bet Ferrier	David Middleton	Peter and Roberta Somerville
Adrian Barlow	Anne Fisher	Martin Molloy	Jennifer Sparrow
Rosita Barranco	Jennifer Fowler	N J Moore	Angela Stevenson
Jacob Behrens and Sons	Angela Goodyear	Margaret Morley	Richard Sweeney
Caroline Birchwood	Harry and Liz Gorse	Susie Mulholland	Gary Teare
Diane Birchwood	Stephen Goulding	Michael Murray	Joyce Thorley
Ann Bootman	Peter Greedus	Zanib Nasim	Courtney Trenbath
David Bower	Antoni Hanus	Bill and Carol Noble	Sally Vernon
Pat and Dennis Broskom	Graham Hale	North West Acrobatic Gymnastics Committee	Kevin Vickers
Andrew Broskom	Bruce Hargreaves	Gerald O'Brien	Mark Wantling
Frederick Brown	Rachel Harrison	Zeinab Ossaili	Mark Ward
Audrey Burgess	W Harrison	Shawn Peach	Eric Waring
Catherine Busby	Sonya Heera	Susan Pearson	Liz Welch
Andrea Challinor	Melissa Henderson	Philip Richardson	Kevin Wencil
Raymond & Anne Cheetham	Christine Hevey	Sarah Roberts	Kath Whelan
Lynda Cooke	Christopher Higgins	Robert Robinson	Wilko Distribution Centre
D Cooper	Vivian Holt	Lyn Rose	Tina Willey
Marie Cosgrove	Caron Hopwood	Steph Rowe	Jacqueline Williams
Michael Creed	Deborah Horrocks	Robert Ruane	Richard Wood
Lynn Davidson	Paul Houston	Amanda Shaw	Amy Young
Chris Davies	Susan Howard	Vicki Shelley	
Ian Dean - Boardman	John Hudson	Kash and Sakhbinder Singh	
Nigel and Ann Dickinson	Alan Johnson	Lauretta Smith	
Ronnie Donohue	Andrew Lee		



### Charlotte Carney

Our largest fundraising event in 2020 was a fantastic Ball organised by Heart Recipient Charlotte Carney.

The Ball took place in February in the nick of time just days before Lock Down Started. It was a fantastic event and raised a massive **£6,100** for the Charity.

### 200 Club

The 200 Club has been in operation now for nearly 5 Years and has raised over **£2,500** per annum for the Charity.

We are pleased to say it is the first time in its existence to have a full complement of 200 Members.

**Thank you to all who support it.**

### Regular Givers

In one of our mailings in 2020, we invited you to become a Regular Giver to the Charity. Thank you to all those of you who chose to support us in this way. It makes over **£5,000** per annum for our funds. If you would like to become a Regular Giver please contact the Office.



# Fundraising and Donations

## Ifton Colliery Band

At the beginning of the 1st lock down Irton Colliery Band produced a virtual performance of "Under the Sea."

They raised a massive **£2,000**.



## Stacey Handley

A big Thank You to Stacey Handley pictured here with her Dad the who is one of our LVAD recipients

She challenged herself to do 1 million steps in a month and no alcohol and raised a whopping **£1,000** for the Charity.



## Lyn Rose

Organised a lock down socially distanced sale of her hand made cards and raised **£100**.



## Phil McCann

Took on the challenge of jogging 200km in 31 days and raised **£630**.

## Derek James

Was another victim of the cancelled Manchester Run but still managed to raise **£930**.

## Jessica Dagers

Raised **£550** taking part in a parachute jump.



## The staff on Jim Quick ward

Raised **£1,054** for the Charity during Organ Donation week. They made curries, climbed trees, did handstands and even ate dried crackers.



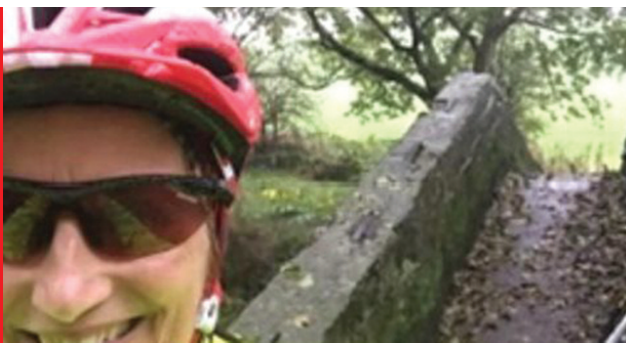




# Fundraising and Donations

## Ruth Thomas

Mother of one of our Heart Recipients, walked, ran or cycled 100 miles in 7 Days and raised over **£300**.



## Rhiannon Burdsall

Raised over **£280** for the charity by making and selling beautiful glass charms.



## Waitrose Wilmslow

Raised **£618** via their green token scheme.



## Clancy Consulting

Two of the staff were due to cycle 1500 miles from London to Cannes for charity. Unfortunately, the event was cancelled. All the 10 offices joined forces to cycle 3000km on static bikes. The Altrincham office chose New Start as their charity and raised **£430**.



## Ian Wilton

One of our LVAD recipients had planned to take place in the Great Manchester Run. Due to the Pandemic the race was unfortunately cancelled. Ian did his 10k virtually on the Middlewood Way in Cheshire raising over **£900** for New Start and the same amount for the Snowdonia Mountain Rescue Team who saved his life after his heart attack.



## 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**

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