



Josh Mcgoldrick

17 year Josh Mcgoldrick from Northern Ireland underwent his Heart Transplant in 2018.

The whole Family decided to fundraise for New Start and last year raised an amazing **£4,600**.



Michael Knowles

Took his life in his hands when he undertook a skydive raising over **£500** for us.



The Hale Family

Had a fantastic time raising over **£300** for us. They took part in the organised runs around Disneyland Paris.

Vivian Holt

Has supported us and a number of other local charities for a number of years. She takes part in many of the local races including the Manchester 10k and Manchester Run. Over the past nine years she has raised **£7,300** just for New Start. Her charity work was rewarded last year when she received a well - deserved invite to the Queens Garden Party.

Team Wythenshawe

Some of our very own Dietitians and Psychologists participated in the Manchester 10k and raised **£630**.

Lucy Alfieri

Organised a Charity Fun Day at her local pub and raised an amazing **£4,500**.

Jude Bolland

In January Jude Bolland and the Stockport Crusaders Scooter club held a Fundraising Evening in memory of Jonathon Bolland and raised a fantastic **£917**.

Anna Beck

Ran in the Manchester 10k back in May and raised a magnificent **£1,880**.

Helen Beck

Is part of the Decibelles Choir. They organised a concert for us and raised **£415**.

Janet Parker

Took part in a Zumbathon and raised **£650**.

Daniel Salisbury

Took part in a Martial Arts Fight and raised **£330**.

Asda Skelmersdale

Once again supported us with their green token scheme sending us a cheque for **£500**. They also allowed supporter Lynn Roberts and Family into the store for a bucket collection raising a further **£306**.

Lucy Southwick

and her work colleagues arranged various fundraising events and raised almost **£550**.

Jessica Williams

Took part in the Tough Mudder and made **£350**.

Mike Cornwell

Celebrated his 18th Heart Birthday by holding a party and asking for Donations for the Charity. His Friends and Family were very generous donating **£383**.



New Start

The Wythenshawe Hospital Transplant Fund

News Start

The Wythenshawe Hospital Transplant Fund Newsletter

2020

A word from the Chairman

May I wish you all a Happy and Healthy 2020!

Once again in 2019 your support has been immense. We have had runners raising money for us from as far away as San Diego and Paris and people dancing and jumping out of planes. Thank you to everyone who has raised money for us, no matter how little it is all much appreciated.

As many of you may know the £950k refurbishment of the unit has now started. This project, which has been a long time in the planning, is being completely financed by New Start. It should be completed by Summer 2020.

It was lovely to see so many of you in November at our first Christmas Party for many years. I am sure that those of you who attended would agree it was a fantastic evening. A big thank you to Ian and Mandy who entertained us so brilliantly. Next Year's Party is booked provisionally for Friday 27th November so put it in your diary.

Again our Transplant Games Team did us proud and brought back a large haul of medals. If you would like to take part in 2020 in Coventry, please pop into the Charity Office and see Lynda.

Richard Dyson Chairman of the Trustees



LVAD Cyclists

In September some of our LVAD patients celebrated Organ Donation week by cycling the route that organs donated at Salford Royal Infirmary would take to Wythenshawe Hospital. It was fantastic to see them active and enjoying life. It has now become quite a popular pastime amongst some of our LVAD patients and they have set up a cycle club for LVAD and transplant patients. If you would be interested in joining or getting more information please email thecrankscyclingclub@gmail.com

Short or long sleep associated with Pulmonary Fibrosis - By John Blaikley



Scientists have discovered that people who regularly sleep for long (≥ 11 h) or short (≤ 4 h) periods are 2-3 times more likely to have the incurable disease, pulmonary fibrosis, compared to those that sleep for 7 hours in

a day. They attribute this association to the body clock.

The study also reveals that targeting the body clock reduces fibrosis in vitro, revealing a potential target for this incurable disease that kills about 5,000 people, a year in the U.K., the same number as leukaemia.

Our internal body clocks regulate nearly every cell in the human body, driving 24-hour cycles in many processes such as sleeping, hormone secretion and metabolism.

In the lungs, the clock is mainly located in the main air carrying passages - the airways. However, the team discovered that in people with lung fibrosis, these clock oscillations extend out to the small air spaces, called alveoli. Studies in mice revealed that by altering the clock mechanism it was possible to disrupt the fibrotic process making the animals more likely to develop pulmonary fibrosis.

The researchers then showed, that pulmonary fibrosis is associated with short and long sleep duration using human data from the UK Biobank.

The link between sleep duration and lung fibrosis is similar in strength to other known risk factors for this disease.

People who report they regularly sleep 4 hours or less in a day doubled their chance of having pulmonary fibrosis while those sleeping 11 hours

or longer in a day tripled their chance of having the disease, compared to those sleeping 7 hours per day.

Smaller, but still elevated, risks were also seen in people who like to stay up late at night or those who do shift work.

Dr John Blaikley, (The University of Manchester), who led the project said: "Pulmonary fibrosis is a devastating condition which is incurable at present. Therefore, the discovery that the body clock is potentially a key player potentially opens new ways to treat or prevent the condition. More work will need to be done around studying the association between pulmonary fibrosis and sleep duration to establish both causation and reproducibility. If these results are confirmed, then sleeping for the optimal time may reduce the impact of this devastating disease."



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

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Ali Lofthouse is one of our LVAD and organ retrieval Nurses. She was recently named as Nurse of the Year for Wythenshawe, Withington, Trafford and Altrincham Hospitals. Ali is also an ambassador for the Year of the Nurse. I am sure you will all join me in congratulating Ali on this prestigious award, which is very much deserved.



Fancy a Challenge in 2020?

We are looking for recipients, LVAD patients, staff, friends and Family to join our Transplant Team in this Year's Manchester 10k on Sunday May 24th.

Fear not you don't have to run unless you want to? We are planning on a walking team completing the course which is very flat.

We already have 3 of our LVAD patients signed up but are looking to make a huge impact for the Transplant unit and Organ Donation.

If you fancy joining us please go to the Great Manchester Run website and sign up. Once you have done that let the Charity Office know. We will reimburse the entry fee for all transplant unit patients and anyone who raises over £150 for New Start.

My name is Charlotte Carney Heart Transplant Patient

After being diagnosed with restrictive cardiomyopathy I had a heart transplant February 2018. I attended the British Transplant Games in Birmingham in 2018, but I wasn't able to take part. I went to watch the track and field events on the Sunday and was blown away by the atmosphere on the day, all the people there enjoying themselves and celebrating life.

I am the furthest thing from a sporty person, but the games seemed like so much fun that I couldn't wait to sign up! I signed up for Javelin, long jump, ball throw and badminton as my 4 events. The games kicked off with the opening ceremony in Newport on Thursday 25th July and we had the closing ceremony the Sunday. I wasn't able to get down to the games until the Friday, but I

joined everyone Friday evening and my weekend kicked off with the darts and a social Friday night. I enjoyed catching up with some people that I'd met before and met lots of new people. For me, the games has always been more about meeting new transplantees, people similar to me that just want to try new things and enjoy life!

I was up bright and early Saturday to take part in the Badminton. I was paired with someone from another hospital and we played 3 games in total. We won bronze! I've definitely found a love for badminton and I'm really glad that I got to try it in a more friendly setting, and I can now go and find a local club to play with.

On Saturday night myself and my family did the 3k donor run, we ran along the river front in Newport and it's such a wonderful event to celebrate why we are all able to take part in the games, and remember our donors. The public can take part in the event and there were donor families there too, which is always very emotional. But without them,



none of us would be there. We had a team dinner and a quiz Saturday evening and it's great to have a laugh and get to know some people from the hospital, so there might be a friendly face next time you're in clinic!

Sunday is the track and field events, and it was a gorgeous day while it was raining back in Manchester! I spent the day outside moving to my different events throughout the day, it's like a giant sports day! My family were there to support me on Sunday, and we had a great day together. I won silver in the long jump and silver in javelin! As a team we won 16 Gold, 7 Silver and 6 Bronze! Although the medals are great, and we all celebrate each person winning a medal, it is definitely not the main part of the games. For a lot of people it is the opportunity to try something new, test their newly healthy bodies, and enjoying a bit of friendly competition. It is hard sometimes to forget how hard it used to be to exercise, and the games gave me the opportunity to enjoy sport again, and it didn't even feel like exercise!

I'd encourage everyone to take part in the games, it's such a wonderful event to be a part of. It's so much fun, a great opportunity to meet new people, and a great opportunity to find some new hobbies and become more active. Hopefully see some more new faces next year in Coventry!

Charlotte Carney

smile.amazon.co.uk

Use your amazon account as normal but through the following link and every time you shop Amazon make a donation to New Start or download the Amazon Smile App on your phone

<https://smile.amazon.co.uk/ch/1049067-0>

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	3RD APRIL 2020	10.15AM - 12.15PM
FRIDAY	8TH MAY 2020	10.15AM - 12.15PM
FRIDAY	12TH JUNE 2020	10.15AM - 12.15PM
FRIDAY	10TH JULY 2020	10.15AM - 12.15PM
FRIDAY	11TH SEPTEMBER 2020	10.15AM - 12.15PM
FRIDAY	9TH OCTOBER 2020	10.15AM - 12.15PM
FRIDAY	6TH NOVEMBER 2020	10.15AM - 12.15PM
FRIDAY	11TH DECEMBER 2020	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.



This Year's Games are being held in Coventry/Warwick from 30th July - 2nd August. If you fancy giving it a go or want more information please give Lynda a call - 0161 945 2166.

Transplant Café Dates

All take place In The Transplant Seminar Room



LUNG & HEART

THURSDAY	12TH MARCH 2020	11AM - 1 PM
THURSDAY	16TH JULY 2020	11AM - 1 PM

LVAD

FRIDAY	13TH MARCH 2020	11AM - 1 PM
FRIDAY	17TH JULY 2020	11AM - 1 PM

For further information please contact Dr Katy Silverman, Clinical Psychologist on 0161 291 2200. Our apologies, as the Seminar room is closed for some weeks during the unit refurbishment.



Emotional Reunion 2019

Ian, who had an LVAD implanted in December 2017, finally made it to a Reunion (23.11.2019) with the 'Ogwen Valley Mountain Rescue Organisation', who dramatically rescued him, in conjunction with a North Wales Coastguard Helicopter, in August 2017 following his 'severe heart attack' near the summit of 'Pen-Yr-Ole-Wen' (3,209ft) in the Snowdonia National Park.



A day out climbing with his son, in a familiar mountain environment, this former mountaineer and teacher of Outdoor & Adventurous Activities had what he describes as the ultimate and most challenging adventure of his life, a 'near death experience' and some considerable luck and good fortune.

Ian reported, "Such lovely, wonderful people, who like the medical teams at Glan Clwyd and Wythenshawe Hospitals, I can never thank enough for saving my life and keeping me alive - and now fully appreciate how big a rescue it logistically was (not to mention the 'smart money' being on me returning to their Base in a 'body-bag')."

The lengthy evacuation route (over 5 hours of stretcher carrying, within a total rescue time of nearly 9 hours to get to Hospital) was selected to keep me as horizontal as possible in the stretcher. Additional pressure on the heart, if I was tilted, was likely to cause immediate cardiac arrest, and they were maximising potential places where a helicopter might take an advantage of a break in the cloud. The complex weather conditions, and cloud movements, made the flying conditions perilous."

Anyhow I now have a lifetime welcome, and more importantly 'a decent brew', at the 'Ogwen Valley Mountain Rescue Team Base' (aka Oggie Base) any time I'm passing. Although maybe that is their special strategy to keep me off their hills?"



My Story Vincent Smith Double Lung Transplant



The first time I felt unwell, I was in St Anne's Square in Manchester installing cameras in a shop, I began to feel clammy with a bubbling and stickiness in my chest, it was 1993.

After a visit to my GP, I was referred to Dr Simon Hanley at North Manchester General, who diagnosed sarcoidosis an inflammatory disease that can affect any organ, for me it was lungs. I stayed under Dr Hanley's care for seven years, I wasn't an easy patient, always seeking evidence, proof medication would work. There was no cure for sarcoidosis but the disease could burn itself out after a couple of years. I went into denial not only did I have sarcoidosis but the chronic form where burnout doesn't happen. I was transferred to Wythenshawe hospital under the care of Dr Leonard.

I fell further into denial when Dr Leonard informed me, I may require a transplant at some point. I didn't speak about it and whenever anyone asked how I was doing I responded with "I'm fine", I still do.

At that point in my journey I didn't consider anyone other than myself. Eventually I began to talk, I realised my wife needed support from our children and her sisters. I was seen in clinic regularly and by September 2004 my condition had deteriorated. I was working full time just about coping with exhaustion and increased shortness of breath. Dr Leonard asked me to keep a record of my oxygen levels during the day. The results weren't great I was tested for home oxygen and admitted for transplant assessment. My denial supported the feeling the conversation I had were about another patient and not me.

An oxygen concentrator was placed in our dining room where it hummed away, pushing oxygen through tubing all over our house. A large liquid oxygen tank was placed in the garage which I used daily to fill a small tank allowing me to continue to work. I was admitted for assessment still looking very well and at the end of the first day I was dressed and saying goodbye to my wife when one of the nurses told me it was time for visitors to leave, I looked too well to have a transplant.

I was placed on the list and had one unsuccessful call. The surgeon Professor Nizar Yonan listed me for a double lung transplant and on the evening of the 20th November 2005 the phone rang and I agreed to be backup for another person. A second call confirmed I would be the recipient as fog had grounded a plane in Ireland so the organ was transferred by motorway Newcastle to Manchester. My wife rang the children and I drove to hospital. There was very little time to think about anything, there was no waiting around, MRSA screening and bloods were taken and off I went. to theatre kissing my wife, saying our goodbyes at the entrance. My family sat in the clinic waiting room as the bedrooms were being used that night. As clinic opened the morning of the 21st the transplant co-ordinator informed her that only one lung had been transplanted and I would be in ICU soon.

The surgery had been a struggle but I pulled through and returned to work. That was fifteen years ago in November.

Vincent Smith



Don't forget "Max and Kiera's law" the Organ Donation (Deemed Consent) Act comes into effect on 20th May 2020.

From the time the law changes, all adults in England will be considered as having agreed to donate their own organs when they die unless they record a decision not to donate, what's known as 'opt out', or are in one of the excluded groups.

For more information please go to <https://www.organdonation.nhs.uk/get-involved/news/>



Team Wythenshawe

By Bill Noble

In 2019 the 22nd World Transplant Games were held in Newcastle/Gateshead between the 17-24 August; the fourth time Great Britain and Northern Ireland have staged them. 7 athletes were selected to compete from Wythenshawe.



For over 35 years the World Transplant Games Federation has been staging international sporting events and promoting education around transplantation in order to promote the physical success of transplant surgery. The summer world Transplant Games, held bi-annually, represents the largest organ donor awareness event in the world.

Newcastle/Gateshead proved to be a fantastic sporting venue with an international athletics stadium, swimming pool and sports halls. The staging of the cycling road race and time trial around the quayside and bridges of the Tyne was particularly memorable and attracted a lot of spectators from the general public.

Participation in the games in the GB & NI team is by selection through performances at the British Transplant Games. Those selected from Wythenshawe, in addition to myself were; Andy McGarry, David Griffiths, Neil MacDonal, Wayne Lang, Mike Molloy, Pete Nichols and Gary Still. Although only a small part of a large team we managed to pick up 10 gold, 2 silver, 3 bronze medals and 2 world records. This was particularly pleasing as the standard of competition is now so high.



Gary Still winning Gold in the Javelin

The games, despite their highly competitive nature, proved as always to be a wonderful social gathering of transplant recipients.

The 'Geordie' welcome given to everyone from the 59 nations around the world who took part, only added to the social scene. Friendships are made that last forever and it was quite a spectacle witnessing those friendships being renewed. Personally, I to was able to meet friends from around the world I had not seen for two years and enjoy their company and conversation, particularly those who I had also met in their country whilst on holiday.

The week of the games begins with getting registered, collecting bags, identification tags and all the paraphernalia these events produce. Most of the first timers are bemused by it all, but it all soon settles down to a rhythm and the tension gives way to enjoyment. It's a bit like starting a new job or school.

The games start with an opening parade where every team is in their team kit.

Flags fly and there is a fair amount of good-natured banter between the teams. There is, of course, a serious side which should not be

overlooked, as the parade takes place through the streets of the venue, this provide everyone with the opportunity to engage with the public and explain what is going on, who we all are, and to promote organ donation. The vast increase in the number of people signing the organ donor register as a result of the games makes all the hard work to get there worthwhile. At the conclusion of the parade and the necessary thanks there is an informal meal where everyone mixes together.

The games continue for five days at the various sporting venues which can only happen with the large number of volunteers and sports adjudicators who give up their time and skills so freely. Newcastle/Gateshead really came up to the mark here with what I would describe as the most professionally run games I have attended.



Neil Macdonald and David Griffiths winning Bronze in the Volleyball

When the races have been run, the medals collected, the disappointment set aside and the stories of what might have been told it all ends. The up side is that it ends on the final night with a gala dinner where everyone has the opportunity to dress up in their finery for the awards and flag ceremony. Despite GB & NI winning the most medals the overall team winners this year were the Islamic Republic of Iran. This is because each medal won gains points for the team, and the total points are then divided by the number in the team.

As always, the Wythenshawe Team members are grateful for the support provided by the New Start Charity in attending these games. It is the trustee's wish to encourage as many transplant recipients to engage in appropriate exercise and sport, as a means of post-transplant management.

The 23rd World Transplant Games will be held in Houston, USA in the summer of 2021, so all you budding athletes out there save the date and do as most competitors do make the occasion a holiday as well. I have represented my country in World Games in Sweden, South Africa, Argentina, Spain and this year in Newcastle/Gateshead as hosts. I have every intention, subject to selection, of being in Houston USA in 2021 competitive enough to win medals even though I will be 74 years of age!

Bill Noble



Transplant Volleyball Tournaments

My name is Lyndsey McAndrew, I am 41 and in January 2018 I had a heart transplant.



Ever thought about Fundraising for the Charity but don't know how to go about it?

Please read Charlotte Carney's tips below

My top tips for fundraising

In February I am hosting a black tie event to celebrate my heart's 2nd Birthday.

I started planning it around October last year and I'm really excited for the evening now that it's nearly here! I've already raised £1,500 from ticket sales and Barclays are match funding £1,000. Although I haven't had my fundraiser yet, I have some tips to help you organise your event so you can raise as much money as possible and enjoy raising money for New Start!

Do's

- ✓ Give yourself plenty of time to plan. It depends on the scale of event but I have over 150 people coming, I booked my venue nearly a year in advance. I had sold most of my tickets 2 months prior to my fundraiser to make sure I had time to send out tickets, get raffle prizes, and get suppliers involved.
- ✓ Try and get match funding. There are a few businesses that will give employees more money for their events. Other companies will do it if you're raising money for a charity

close to their interests. This is great because it boosts your total donation by just filling out a form!

- ✓ Use social media. Get people involved, advertise your event and post regularly to get people excited about attending.
- ✓ Be super organised. Plan everything! Write down all your ideas as soon as you think of them, and always have a list of things you need to do. You'll need to chase people up for payment, for prizes etc and you need to remember who you have spoken to.
- ✓ Have a goal. Be ambitious about what you want to raise or what you want to achieve. Make it clear how much you are willing to spend out of your ticket money etc so you can.

Don'ts

- ✗ Don't get too stressed! It's easy to get stressed when you want to do a good job but make sure to enjoy the experience of meeting wonderful people, the event itself and being able to raise money for New Start!
- ✗ Don't overspend. There's no point raising £5000 through ticket sales

and then spending £5000 on things for the event. Many companies will donate things for free and provide things for free. Speak to people that have organised events before, they will know good companies to use. Things that you do have to pay for, try and get a company to sponsor it.

- ✗ Don't forget to thank people. People will remember the good feeling they get from helping a good cause. But companies especially like to get some advertisement from your event so make sure you give them a shout out and thank everyone that contributes.



Charlotte Carney - Heart Recipient

For any help with your event please contact the Charity Office



Whilst waiting on the list before I had my transplant I had been well enough to attend The British Transplant Games in Scotland. I wanted to suss it out and just generally have a nosey around to see what it was about.

I took my youngest daughter along with me who was 15 at the time. She had been really struggling with my illness and was so scared to be apart from me for fear of the worst happening. This proved to be the best thing I had ever done. She was able to see the positive side of transplant which made her less anxious and gave her hope for a brighter future.

Together we made so many friends and we now consider these people to be our extended family. We always look forward to our next event with such excitement and have an absolute ball with all involved.

6 months post transplant I stepped onto the court in Birmingham to attempt my first ever game of Volleyball! I must have been crazy but I survived and brought home a bronze medal! That was it, I had fallen in love with the games.

Since then our team have won quite a few medals and even managed to win Gold last summer bringing back the trophy to Wythenshawe. You can find it on display in the transplant clinic reception.

In November we played a Volleyball Tournament in Nottingham. There were six teams involved playing round robins but unfortunately we lost out to Team Nottingham. But hey silver is still amazing in my eyes considering the journeys each of us have taken!

My overall opinion of the games is that it has to be seen to be believed. All incredible

people from all walks of life and all different ages coming together to share such wonderful experiences.

None of this would have been possible without our donors and their families. I'm sure you will join me when I say that we can never thank them enough, but just imagine how proud they would be to see us competing in such a magical event.

One big thing that I realised is that you don't need any experience or to be at all athletic. There are many different types of events to participate in. I have also done ten pin bowling amongst other things.

They even have social events so you can have a little tippie or two. But one thing is for sure I will always be proud to be part of Team Wythenshawe!

I hope to see you soon. ✗



Christmas Party

For those of you that attended the Christmas Party, you will remember our very own Ian Boardman who entertained us with a wonderful rendition of songs.

It seems he is a man of many talents. He recently starred in a production of "Little Red Riding Hood" playing the leading lady.

Well done Ian!



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...

Alex Alfieri	The Creed Family	Janice Gray	Melham Athletic Club	Vicki Shelley
Paul Ashberry	Pat Crossley	Peter Greedus	MML Financial Associates	David Shepherd
Alan Ashworth	Nicola Daintree	Bruce Hargreaves	Bernie Moore	Eileen Simpson
The Baggaley Family	Dairy Gold Foods	Tom Hartley	Denise and Christopher Morgan	Peter Skuse
Sir Jacob Behrens and Sons	Andrew Day	Wendy Haynes	Morson International	St Oswalds Church
Graham Billsborough	Nigel and Ann Dickinson	Graham Hennessey	Stephen Mullaney	Richard Sweeney
The Bower Family	Diane Dodd	Ronald Humphreys	Helen Murray	Jane Swift
Pat Broskom	The Edge Family	George Hunt	Ray Murray	Tameside Phoenix Club
Ann-Marie Brotherston	Lilian Edmunds	Michael Hutchins	Bill and Carole Noble	Andy Taylor
Frederick Brown	Bet and Ian Ferrier	Janet Kerr	Zeinab Ossaili	Tuscan Chapter Lodge
Karen Burch	The Fitzgibbon Family	Donal Knowles	Andrew O'Sullivan	Emily Vogan
Martin Butler	Jimmy Fitzmaurice	Carly Edge	Rob Parry	David Walley
Cargill PLC	The Fowler Family	Lee Mar Estates	Gail Pitman	Jaqueline Williams
Carnarvon Lodge	Sandra Fox	Michael and Linda Lee	Michael Prisk	John Williams
Lyndsay Cheater	The Garrett Family	Chenille Mason	Jonathon Roberts	Richard Wood
Barbara and David Chesworth	Glenda Gibson	Lyndsey McAndrew	Robert Robinson	Alison Wright
Carol Conaghan	Darren Gibson	Malcolm McAndrew	David Royce	
	David Gilpin	Janet McCormack		



Robyn Mullaney and Family

Decided to organise a sponsored walk in memory of Stephen Mullaney. They raised a brilliant **£1,345**.

Lucy Marshall

Took part in the gruelling Total Warrior Race and raised **£625**.



Keith Walmsley

Presenting a cheque from Hindley Hall Golf Club from his fundraising during his Year as Captain **£681**.



Sponsored Walk Halifax

Dan Wilkinson and team arranged a walk from Todmorden to Halifax in honour of Darren Gibson and raised **£788**.



Pork Pie Plodders

Christian Hardman and Andrew Robinson (AKA the Pork Pie Plodders) took on the challenge of the York 10k Race and made **£690** for the charity in the process.



Jessica Murphy and Family

Organised various fundraising events for us over the past couple of years including raffles, and monthly draws. She has raised a massive **£3,000**.

Peaky Climbers

Sam Whittell and team (AKA the Peaky Climbers) decided to climb the Yorkshire 3 Peaks complete with their flat caps! They raised over **£700**.



Andrea Walmsley

A big shout out to Andrea Walmsley. Over the past few Years she has been out in all weathers running a tombola stall on various markets around the Wigan Area. To date she has raised a whopping **£2,879** for us.



Rachael Watson

Took on 2 challenges she competed in the Yorkshire Warrior and then climbed Snowdon and raised **£1,500**.

San Diego Half Marathon

Paul Stevenson and Antoni Hanus ran in the San Diego Half Marathon and raised over **£3,000** between them.



Royal Antediluvian Order of Buffaloes

Double Lung Recipient Liam Ashton accepting a cheque from the Royal Antediluvian Order of Buffaloes for **£921**.

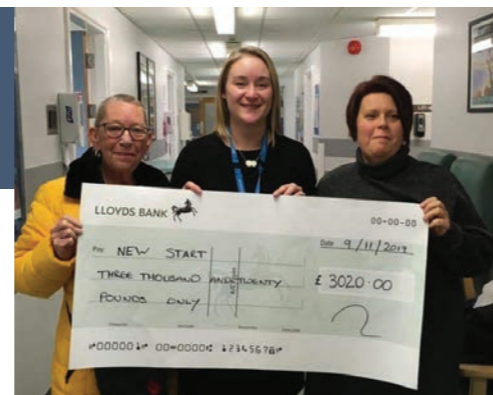


Natalie Owen

LVAD recipient Natalie Owen organised a fundraising day in a local Pub and raised a whopping **£3,020**.

Ryan Gabb

Thank you to the Miners Arms in Bymbo and LVAD patient Ryan Gabb for raising over **£1,700** for us in the Charity Darts Match.



Lauren and Kenny O'Neill

Participated in the Manchester Half Marathon and smashed their fundraising target to raise over **£900**.



Waitrose

We are very grateful to all Waitrose who have supported us in the following stores throughout 2019 via their green token scheme.

Altrincham **£381**

Cheadle **£354**

Knutsford **£155**

Please nominate us in your local supermarket (Waitrose, Asda, Tesco, John Lewis) if they participate in the green token scheme.