



New Start
The Wythenshawe Hospital Transplant Fund



News Start

The Wythenshawe Hospital Transplant Fund Newsletter

2022



A word from the Chairman

A Happy New Year to all our friends and supporters, for what will hopefully be a much better year as we slowly get back to nearer normal in 2022.

There have been several changes at the Charity, and I would like to thank the outgoing chairman Richard Dyson for everything he has done for New Start over the last 16 years. We wish Richard a richly deserved happy retirement and hope that we will still see him from time to time. I would also like to thank another long-standing Trustee, Elaine Quick, who has also decided to stand down from the Board. Elaine's contribution to New Start has been invaluable and she and Richard will be sorely missed.

Both Richard and Elaine leave an indelible mark on the unit, and we can only endeavour to maintain the positive momentum in the future.

The Christmas Party and the Transplant Games were cancelled again in 2021 and we now look forward to these being able to go ahead in 2022 after a 2-year hiatus.

The charity has continued to support the purchase of the Sherpa Transplant systems which are a more controlled way of transporting donated hearts rather than the older conventional way of doing the transfers in ice boxes. The results of their use have been encouraging so far with very positive reports coming back from the field. The spirometer that Richard mentioned in the last newsletter has now been purchased and is in operation at the hospital.

We are ever grateful to our fantastic supporters who have continued to raise funds in difficult circumstances over the last two years. We will hear more about Dave Ayre (Heart Recipient) and Friends who did a coast-to-coast cycle ride in June and raised £14,300, and Paul and Simone Brady who built a full-size Ghost Train in their Bolton garden for Halloween and raised £3,700, later in this newsletter.

In the next newsletter we will hopefully be able to bring exciting news about the Jim Quick Ward so watch this space!

Darren Cornwall Chairman of the Trustees



Celebration Tree

As you may have seen in previous mailings, or if you have visited the Unit, we now have a beautiful copper Celebration Tree in the reception area.



This is not only a fundraising initiative for the Charity but a way for everyone to show their appreciation for example their gift of life, the life of a loved one, the staff and for us to thank Fundraisers.

The plaques are £50 each for 2 years and can be engraved with your personal message (limited to a set number of characters). If you would like to purchase one, please contact the Office and we can get the ball rolling.



Follow us on



Facebook and



Twitter or www.newstartcharity.org

'Virtual' Pre-Transplant Support Group

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

We would like to invite you to our virtual transplant support group on Microsoft Teams. We meet monthly and offer the opportunity to speak with others on the transplant waiting list. Each meeting has a different professional speaker covering all aspects of transplant and after-care.

Transplant Support Group

Proposed dates are:

FRIDAY	25TH FEBRUARY 2022	10AM - 11PM
FRIDAY	25TH MARCH 2022	10AM - 11PM
FRIDAY	22ND APRIL 2022	10AM - 11PM
FRIDAY	20TH MAY 2022	10AM - 11PM
FRIDAY	24TH JUNE 2022	10AM - 11PM

If you are interested in joining, please contact Laura or Bev on Tel: 0161 291 2695 or email: TransplantSocialWork@mft.nhs.uk and we will send you the link. We would also appreciate it if you provide us with your mobile number and next of kin details.



Transplant Social Workers



Hi, we are Laura and Beverley, transplant/LVAD social workers. You may well have met us during your transplant/LVAD assessment journey. We have a very generic role and will always try and help where we can, however the support we usually offer includes:

- Support to address practical and financial issues.
- Offering emotional support to patients and families.
- Supporting with applying for benefits and grants.
- Providing supporting letters.
- Support with housing issues.
- Running the monthly pre-transplant support group.

Please feel free to contact us anytime with any concerns/issues you may have, and we will try to help the best we can. Our number is 0161 291 2695 and our emails are Laura.Roberts@mft.nhs.uk and Beverley.jones@mft.nhs.uk

Virtual Transplant Café Dates



LUNG & HEART

TUESDAY	24TH MARCH 2022	10.30AM - 12.30PM
TUESDAY	28TH APRIL 2022	10.30AM - 12.30PM
TUESDAY	26TH MAY 2022	10.30AM - 12.30PM
TUESDAY	30TH JUNE 2022	10.30AM - 12.30PM

Please email Zoey or Stef if you would like to attend zoey.malpus@mft.nhs.uk or estefania.penuelaobrien@gmmh.nhs.uk

LVAD Post Transplant Café Support Groups are as follows:

TUESDAY	1ST MARCH 2022	11AM - 1PM
TUESDAY	3RD MAY 2022	11AM - 1PM
TUESDAY	7TH JUNE 2022	11AM - 1PM
TUESDAY	5TH JULY 2022	11AM - 1PM
TUESDAY	2ND AUGUST 2022	11AM - 1PM
TUESDAY	6TH SEPTEMBER 2022	11AM - 1PM
TUESDAY	4TH OCTOBER 2022	11AM - 1PM
TUESDAY	1ST NOVEMBER 2022	11AM - 1PM
TUESDAY	6TH DECEMBER 2022	11AM - 1PM

If people are interested in joining they can send an expression of interest to estefania.penuela-obrien@mft.nhs.uk list.

UNIVERSAL HEARTS AS ONE

Let the power of love beat in sync with your soul.
Until you start to feel your heart making you safe and whole.

Take a deep breath as the drums of life begin to roll.

Feel the heat of the kind gift that has been given to you
by another wherever you stroll.

Manchester hearts all as one create the sweetest tone.

Yes they all beat together and are never alone.

Hearts that are always full of happiness
and never hard like stone.

And always remember that if you ever need any support
here at the transplant centre there is always a kind voice
at the end of the phone.

In a place that is full of love and happiness just like home.

Phil Deveroux
Heart Recipient 1997

Transplant Therapy Team 2021-22

2022 has started with Ruth (senior physiotherapist) returning from maternity leave. Welcome back Ruth!

We have waved goodbye to Sarah our therapy assistant who is now studying for a degree in physiotherapy at Salford University.

In her place we have welcomed Courtney, our new assistant who we are sure will be an asset to our team.

Nicole has dipped her toes into the world of podcasting as she was invited to speak to *"The Clinical Physio"*, a podcast aimed at educating student and newly qualified physiotherapists. Nicole has recorded 2 podcasts, one on physio after lung transplant and one after heart transplantation.

We continue to support some lung transplant recipients with virtual exercise sessions to help increase their fitness after their post-op recovery. If you have recently had a lung transplant and think this is something that you would benefit from, please let us know!

A big thank you to Henry Robinson and his supporters who have kindly donated us a shiny new exercise bike for use with our inpatients. It's already in use with some keen patients on Jim Quick ward.



Spooky Goings On in Bolton

Probably our most unusual fundraising event ever happened in the Autumn of 2021.



Probably our most unusual fundraising event ever happened in the Autumn of 2021. We were approached by Bolton Councillor Samantha Connor as 2 of her constituents, Bromley Cross Residents Paul and Simone Brady wanted to build a full-size Ghost Train in their Front Garden!

Paul and Simone were well acquainted with Bolton Council Leader David Greenhalgh who sadly passed away earlier in 2021. David had benefitted from 3 kidney transplants during his lifetime, so the couple wanted to raise money in his memory for a transplant charity and to raise awareness of Organ Donation.

The plan was to have the train ready for the week leading up to Halloween so people could visit and leave donations and also buy raffle tickets.

The work that went into the project was unbelievable and the end product as you can see was fantastic. When visiting I asked Cllr Connor what number the couple lived at? She replied *"There's a train in the Garden!"* Sure enough as you approached the Road the Train came into view. There was even a delivery of soil, so the train crash looked realistic. Adding the smoke and eerie music made it a really spooky experience.

The project raised £3,676 for the Charity

A massive thanks goes to Paul, Simone and team for all their hard work and to Cllr Samantha Connor for putting us in touch.





Trans-Pennine Cycle Ride



Coast to coast, 215 mile cycling challenge, is a tremendous success, raising £14,300

Southport to Hornsea (21st - 24th June 2021)



At 9.00am on Monday morning, 20 former Alsager College Old Boys and 6 ex Ashington Grammar School students from many years ago, assembled at a car park on Southport Seafront, in preparation for the start of a four day, 215 mile cycling challenge to Hornsea on the East coast.

There with us was Wayne Lang, a fellow transplant recipient who kindly agreed to meet with the group and set us on our way. The party, made up of over 60's, slightly under 60 and the odd young'un had generally prepared well and were keen to get going. However, team leader Ayre had taken the Geordie contingent to the wrong car park! Nevertheless, one quick phone call and all was well. After greetings were exchanged, team photos done and t-shirts/refreshments distributed, we were all set. Even the weather was pleasant, so off we went on the first leg to Altrincham.

For safety reasons, the party were split into smaller groups and set off at intervals, but the early signs were not overly encouraging when within 3 or 4 miles of riding along the coast road, several groups were seen riding in different directions! Yet soon after, all was good and we settled into a good, easy pace and despite a few calls of "we're lost", coming in over the phone, a simple reply of "tough, sort it out yourself", was deemed sufficient assistance. As different groups linked up with others, lunch was declared at the Chide of Hale pub, just before Widnes. The food was good and a rendition of "Fog on the Tyne" by our Geordie guests, mainly the multi-talented musician/broom wagon driver Mick, further lightened the mood.

It was interesting to note that when all arrived safely in Altrincham, two groups declared that they had not even seen the pub on their route!

On restart, the wind was blowing into our faces and as we pushed on through Warrington, we moved into woodland which gave us cover. Legs were beginning to feel weary but the end of stage one was in sight. The mood remained good as we approached the last few miles, though many commented on how long this last stretch seemed to go on for. Soon after, the Alsager old boys received a great boost when at a trail gate only a few miles from home, a college old girl Karen, whom we all knew well, appeared... and she had a posh camera! Several photos later and we were off again, whilst Karen headed to our hotel to meet up later. As we all ended the day's ride pretty much together, there was the welcoming sight of wife Jacki in the car park, followed by the arrival of my two favourite physios from Wythenshawe, Laura and Ruth accompanied by her gorgeous bambino, (baby Cerys), and a supply of homemade flapjacks etc.



After a well earned meal and a few refreshments, the group had a relatively early night ready for the more challenging and hilly day two from Altrincham to Pennistone.

After a hearty breakfast, we set off, but like day one, the group were delayed at the start by one member heading to Halfords for a spare tyre (having suffered a puncture on day one). Worse still, having linked up again, we were underway to the meeting point on the canal when much to our surprise, the leaders met the rest of us coming back only to announce that the canal entry point was closed and a sizeable police presence in attendance due to a body being found in the canal! Fortunately, an officer kindly directed us to an alternative access only a short ride on.

So off we went enthusiastically along the canal on what was a beautiful journey and having ridden along this particular route in training, we encountered no real geographical problems. In Didsbury, a refreshment stop was declared at a particularly impressive patisserie before passing through Stockport and beginning the ascent that is the Pennines. Having come off the canal and moving through woodlands, Clarkey became the second faller in a slow motion tumble into a bed of nettles. As you'd expect, he received a rapturous cheer and very little assistance in getting up! Not to be outdone, yours truly was next to bite the dust when trying to scrounge a tow up a stoney hill from a lecci bike rider, I lost control and folded into a heap. Frankly a dead leg was a good result... I feared worse at the time! By now, both the terrain and climbs were becoming more challenging to the less experienced members and lunch at Hadfield was most welcome. Food consumption was varied as the athletic types sought energy foods, whilst others went for cream teas, pasties, pies or even fish and chips.

Trans-Pennine Cycle Ride



As we relaxed, the sight of the not too distant hills loomed ominously. Little did we know just how challenging it would turn out for one particular group!

As we departed Hadfield in various groups, my group of five were last to set off. How none of us managed to spot a clear sign onto the cycle path, I'll never know (I know this because I have since been back to take the right route!), but miss it we did.

What followed was a most demanding few hours of climbing, navigation and sweat. After getting lost and venturing into Glossop, we were directed by a taxi driver on a course which actually led us onto SNAKE PASS, a road that seemed to double up for a racing circuit for motor bikes and fast cars!

For Greaves, by far our most experienced rider it wasn't that great a challenge, but for the other four, it was bloody tough. Needless to say, we arrived back hours after the rest, absolutely worn out! Watching the England v Czech Republic Euro match helped alleviate the aches and pains.

Day three, Pennistone to Selby saw the Geordies head off early and take the scenic, correct route. By now, the rest of us were riding together and obviously took the wrong route! Polite disagreements among group members were arising and Smithy stormed off on his own route before reappearing miles up the route, admitting he was wrong. Somehow we were back on track, arriving in Selby only a couple of hours or so later than the Geordies.

The first three days had provided many challenges but I must say it seemed to pass very quickly and had provided great camaraderie and experiences. No doubt day four, Selby to Hornsea on the East coast would provide a fitting finale. Today I decided to ride with the Geordie contingent, not only because I felt that I'd not spent enough time with them so far, but also, more importantly, they had seemed to take the right route most of the time. Surely I could be in a leading group home at last?



As we assembled outside the hotel, the weather had turned on us. The rain was getting heavier as we departed and a near 60 mile ride was looking like a real challenge in such conditions. Yet, as if we were being looked after by a sympathetic nature, within a few miles, the rain ceased and the sun made an appearance. That seemed to be the total sum of our luck though, as a wrong turn took us over rough ground, across fields and through a herd of cattle. A ten mile journey that should have taken around an hour turned into a three hour slog and sapped a lot of energy. We even had to pass bikes over fences and carry them up steps! Never has a short refreshment break in Howden, been so well earned.

On and forward in an attempt to make up for lost time, we managed to reach Settle for a very pleasant lunch break where we met up with Mick, our ever reliable broom wagon driver, who filled us in on his being called up to rescue Milo and his damaged bike and transport him to a local bike shop for running repairs. Next up was the fairly straight forward ride to Hull, under the Humber Bridge and into the city itself.

We all expected to face a challenge here as many sources had predicted difficulties navigating our way through the centre. Word came through that a couple of groups had stopped at a harbour pub for liquid refreshment ahead of us, so we ploughed on, desperate to narrow the gap. With the help of a traffic Warden, a community police officer and the odd member of the public, we weaved our way through the city centre and were back on track again, still seemingly a fair way behind the main group. This was confirmed when a call came in to say they had reached the rendezvous pub, roughly six miles from Hornsea, which would enable us all to cycle triumphantly to the finish together. We estimated we were still about an hour away from there, so we pedalled furiously in an attempt to make up time.

Then fate struck again, when Phumph suffered a puncture which proved difficult to quickly repair due to his tractor sized tyres. As a result, to try and stay on track timewise, myself and Gary continued, whilst the others set about changing that enormous tyre. Knowing that there was a welcoming party awaiting us all in Hornsea spurred Gary and I on and I swear

I was close to breaking the 70 mph speed limit on the few roads we encountered! By now, my legs had almost gone, but my riding partner gave much encouragement. Then in the distance, a rider came towards us and as he got close, we realised it was Goose, a one man search party sent out to find us. At the pub, the majority were somewhat tipsy, but nevertheless they mounted up and we were off again. To me, those final six miles seemed to take an eternity, but we got there, albeit late again.

After a brief speech, some snacks and a toast to all organ donors, as well as belting out the old College song, a number of the group plunged into the freezing cold North Sea in celebration.



On reflection, this challenge ranks as one of the best tasks I have ever undertaken. For the New Start Charity alone it was a tremendous success raising over £14,000.

Nevertheless, in terms of individual and group satisfaction, everyone in the group expressed their absolute pleasure in taking part. Even Clarkey, who by his own admission was probably the least prepared, wore a broad grin at the end before leaving his bike on the prom, claiming, "I don't need it, I'm never gonna ride a bike ever again!" He meant it and was soon off in a car to the hotel. As a side note, I managed to sell that bike for a fiver, to a passing couple and along with the many donations collected en-route, it went into the charity fund.

Finally, a big thanks to all those who contributed to the success of this event. From Milo, who not only took part, but found our T-Shirt sponsor, as well as another company that provided energy bars/drinks, through to Graham Saul, who provided me with a sponsored bike. To those who took part, a whole hearted thanks. I am proud to call you friends. To the many people who gave up hard earned cash to sponsor the cause both myself and the charity are very grateful.

In closing, continued thanks to my organ donor, who without their kindness, would have not enabled me to be around for this wonderful event.

David Ayre (Heart Recipient)



Fundraising and Donations

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...

Caroline Bailey	Christopher Fisher	Mr Arthur Noble	Mrs Lesley Teare
Rosita Barranco	Jennifer Fowler	William Noble	Tony Timson
Frank Barton	Malcolm Garrett	Mr Gerald O'Brien	Pamela Tomlinson
Sarah Beck	Pauline Ginn	Miss Zeinab Ossaili	Courtney Trenbath
Simon Bellamy	Winnifred Goodwin	John Parry	Sally Vernon
Edward Bellis	Harry and Liz Gorse	Mr Andrew Parsonage	Andrea Walmsley
Diane Birchwood	Iain Gould	Shawn Peach	Stephen Walton
Dennis Broskom	Robert Goulding	Mrs Moira Peyton	Mark Wantling
Andrew Broskom	Karen Graham	Valerie Rayner	Eric Waring
Frederick Brown	Peter Greedus	Paul Preston	Caroline Watson
David Brydges	Graham Hale	Mr Henry Robinson	Kevin Wencil
Audrey Burgess	John Handley	Robert Robinson	Paul Whelan
Jean Butler	Bruce Hargreaves	Miss Stephanie Rowe	Andy White
Simon Cadenhead	Jean - Ann Harney	Robert Ruane	Jason Whittaker
Raymond Cheetham	Dorothy Harrison	Miss Ruth Rudd	Andy Wigg
Lynda Cooke	Tom Hartley	Vicki Shelley	Jessica Williams
Marie Cosgrove	Christine Hevey	David Shepherd	Jaqueline Williams
Michael Creed	Deborah Horrocks	Fiona Sibbald	David Wilson
Pat Crossley	John Hudson	Debbie Sintern	David Wilson
Neil Davies	Lindsay Hurst	Tim Skelton	Richard Wood
Andrew Day	Aileen Jones	Mr Robert Smart	Amy Young
Dorothy Derbyshire	Susan Kelly	Darran Smith	Lee Mar Estates Ltd
Sally Dolphin	Peter Kevill	Mr Ramasamy Solaiappan	Life for a Life
Ken Dyball	Clive Knight	Mr Peter Somerville	Burscough Whist & Domino Drive
Charlotte Evans	Chelsea Lawler	Carolyn Stapleton	Friends of Chadkirk
Leila Rose Faddoul	Sion Markham	Angela Stevenson	Sir Jacob Behrens & Sons
Ian Ferrier	Andrew McDermott	Richard Sweeney	



There are several ways you could raise money for us...

- 1. Set up a regular donation** – please contact the Office and we will gladly send you the information.
- 2. Organise a Fundraising event for us.** It needn't be anything big. For ideas please contact the office. We have lots of items such as collection buckets, banners, posters, T-shirts to help make your event a success.
- 3. Join the 200 Club** – we have a few numbers available -contact the Office or have a look at the fundraising section of the website
- 4. Subscribe to Easyfundraising.org and search for New Start.** If you do your online shopping via their App we get a donation for every transaction with most retailers.
- 5. DO your Amazon shopping via the Amazon Smile App and search for Wythenshawe Hospital Transplant Fund.** Every purchase then generates some cash for us.





Paul Coventry

The team cycled from Liverpool and then took on the gruelling Yorkshire 3 Peaks all in one Weekend. Later in the year he also held a Golf Day raising over **£6000**.

The Annual Cowm Reservoir 5k Run

Run took place in August raising **£250**.



Jess, Matt, Mike & Dominique

Walked an incredible 44 miles from Radcliffe in Manchester to Blackpool in horrendous conditions and raised **£1100**.



Phil McCann

Dyed his hair blond for the Football Euro Finals and cycled a marathon a day for 31 Days and raised **£415**



Gabbie Wimpenny & Jodie Roebuck

Raised over **£4500** in memory of Gabbie's mum Valerie by taking part in a Tough Mudder in August.



Don Shingler

In March to celebrate his Daughter's 5 year Heart Anniversary Don cycled 300 miles around Norfolk and raised an amazing **£1600**





Fundraising and Donations

Anna Beck

Ran in the Great Manchester run and raised **£1,750**.



Amy Teare

Amy and Friend walked the equivalent of the English Channel (20 miles) and raised **£600**.



Cem Azakli

Took part in the Bolton Ironman raising **£400**.



Bhavini Mistry

Decided to donate her very long hair in memory of her friend Caroline Birchwood and raised an amazing **£2500**.



Caroline Watson

Took part in the Great North Run and raised **£770**.



9 year old Aidan Leary

Raised nearly **£1400** by running 3km every day for a month.



Antoni Hanus

Has supported us over the years from across the pond but this year returned to his home town of Liverpool to take part in the Marathon raising over **£900**.



Tyler Morgan

Cycled 200 Miles in his School Holidays and raised **£1,150**. Pictured with his Grandad who is a double lung recipient.



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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Reg Charity No. 1049067