



# Fundraising and Donations



## The Minnican Challenges

Keith Minnican must surely be nominated for the local Mr Universe up in Ulverston? He decided to raise money for us in a very unusual way – by undertaking a year’s challenge of doing sit-ups and press-ups every day adding one a day up to 365. He raised a fantastic £850 in the process. His nephew Rob, pictured above with his dad Kirk (who had a heart transplant in 2012) wasn’t to be outdone. He took part in the Windermere Great Swim and raised nearly **£700**.



## Kerry Jenkins

Kerry Jenkins held an art exhibition in Didsbury and raised nearly **£400** from the sale of her paintings.



## Harry Gorse

Harry Gorse runs a small holding near Frodsham. In May he decided to put his land to good use and Harry’s Countryside Celebration was born. Despite the appalling weather the day included Dog Shows, Sheep Shearing, rare breed shows and much more. It raised over **£3,000**. The date is booked for next year’s event. So put Sunday 14th May in your Diaries now.



## Andrea Walmsley

Andrea Walmsley set herself a target of raising money for the Charity from running Tombola’s and Street Collections. To date she has raised a fantastic **£1,500**. Thank you to anyone who has donated prizes or help out with the collections.



## Michelle Calvert

After her dad, Thomas sadly passed away, Michelle decided to organise a fundraising event in his Memory. She pulled together a group of friends who decided to Zipwire across a Welsh Valley and raise **£2,248** for New Start in the process.



## Jayne Kraut

Jayne Kraut ran in a local 10k and raised **£300**.

## Feeling Inspired?

If any of these stories have inspired you to undertake a fundraising event and you want some ideas then please give the Office a ring on **0161 945 2166**.

## 200 Club

Our 200 Club was launched in April and now has over 170 members. In its first year we expect it to raise about **£2,200**. We have a few numbers still remaining so if you haven’t yet joined please either download the forms from the website or contact the Office.

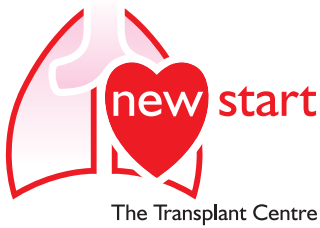
Wythenshawe Hospital Transplant Fund



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

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

[lyndaellis@newstartcharity.org](mailto:lyndaellis@newstartcharity.org)  
0161 945 2166  
[www.newstartcharity.org](http://www.newstartcharity.org)



# News Start



The Wythenshawe Hospital Transplant Fund Newsletter

2017

## A word from the Chairman

A belated Merry Christmas and Happy New Year to you all. 2016 has been a busy year for the Charity and the unit. The article by Mr Rajamiyer Venkateswaran will tell you a little about how the Organ Care System we bought last year has been successfully used and I was pleased to see that it has been reported quite extensively in both the local and national press.

Our fundraisers have been tireless in their efforts in the last year. You never to fail to amaze us at the lengths you will go to for raising money. We have had boxing matches, zipwires, cake sales, bike rides, runs, swims, countryside days, and mountain hikes to name but a few. Our youngest fundraisers, Ellie aged 10 and Lucas aged 8, deserve a special mention as they raised nearly £4,500 (split between New Start and another Charity) in a Summer of different activities. A date for your diary is the 2nd Harry's Countryside Day on Sunday 14th May 2017. For those of you who attended in 2016 it will be bigger and better this year.

2017 is the Transplant unit's 30th Anniversary. To mark this momentous occasion we have arranged a celebration at Manchester Cathedral followed by afternoon tea on Sunday 23rd April. More details are in the enclosed letter. I hope to meet many of you there.

**Richard Dyson** Chairman of the Trustees

## Farewell Jan

One of our Transplant Social Workers, Jan Withington, would like to mention that she will be doing a Bradley Wiggins and taking early retirement as from the end of March.

*"I have thoroughly enjoyed the last 7 years working as part of the Transplant team. It has been a pleasure to work with our many transplant patients, and I have much admiration for all my medical and nursing colleagues and the dedication, compassion and skill shown to patients throughout their transplant/LVAD journeys. I would especially like to thank my colleague Beverley for her massive support and also to mention Lynda and all the hard work she does with New Start Charity, providing so much benefit to patients as well.*

*The admin team have always been so supportive of me too, and work hard to keep all the clinics etc. ticking over without a hitch. They'll probably find, miraculously, after March, that neither the fax machine nor the photocopier break down anymore.*

*Goodbye and very best wishes to everybody... J"*

## Projects we have funded in 2016

TV and Stand for CTCCU	£760
Phlebotomy Chair for Outpatients	£1,900
New mattresses for the Bungalows	£900
Ultrasound Equipment	£11,500
Chart Trolleys for Jim Quick Ward	£2,000
New Brochosopes	£60,000
Portable Humidifier	£2,600
Lockable Parking Stumps for the Bungalows	£700

*Various ongoing research projects*



## New Members of Staff

The unit has welcomed two new members of staff in the past couple of months: Paul Callan has joined the team as a Cardiologist. And we welcome Jollykutty Joseph our new Staff Nurse.

Follow us on



Facebook and



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

## Update on the Organ Care System

The Transplant Unit started using organ care system (OCS) machine to transport hearts from donor hospitals from May-2016. With generous support from the New Start Charity the team purchased the machine and underwent relevant training before embarking on this new procedure. Since May we have performed 3 heart transplant procedures (2 previous VAD patients) with excellent outcome.



We presented this experience at a national meeting and we have support from NHSBT to start heart transplantation from DCD (Donation after Cardiac Death) donors. All necessary approvals have been obtained and we are hoping to start in the immediate future. This will provide an additional donor pool for potential recipients awaiting heart transplantation. Initially DCD heart transplantation will be offered to selected low risk recipients. Once we have demonstrated that Wythenshawe can do DCD heart transplantation then this will be offered to all our recipients on our waiting list.

This is an exciting development and we are grateful to New Start for supporting us.

**Mr. Venkateswaran**  
Transplant Director



Mr. Venkateswaran and the first OCS patients



## Transplant Support Group

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

THURSDAY 16th FEBRUARY 2017 10.15 – 12.15

THURSDAY 16th MARCH 2017 10.15 – 12.15

### Lunch at 'Hare & Hounds' Carvery

1 Wood Lane, Altrincham WA15 7LY.  
Telephone: 0161 980 5299

THURSDAY 20th APRIL 2017 10.15 – 12.15

THURSDAY 18th MAY 2017 10.15 – 12.15

THURSDAY 22nd JUNE 2017 10.15 – 12.15

Please feel free to contact Jan or Bev 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.

## Transplant Café Dates

All take place In The Transplant Seminar Room



FRIDAY	3RD FEBRUARY	10AM – 12PM	HEART
THURSDAY	9TH FEBRUARY	9.30AM – 11AM	LUNG
FRIDAY	10TH FEBRUARY	10AM – 12PM	LVAD
WEDNESDAY	8TH MARCH	10AM – 12PM	HEART
THURSDAY	9TH MARCH	9.30AM – 11AM	LUNG
THURSDAY	6TH APRIL	9.30AM – 11AM	LUNG
WEDNESDAY	19TH APRIL	10AM – 12PM	HEART
WEDNESDAY	26TH APRIL	10AM – 12PM	LVAD
THURSDAY	11TH MAY	9.30AM – 11AM	LUNG
WEDNESDAY	17TH MAY	10AM – 12PM	HEART
THURSDAY	8TH JUNE	9.30AM – 11AM	LUNG
FRIDAY	23RD JUNE	10AM – 12PM	HEART
FRIDAY	30TH JUNE	10AM – 12PM	LVAD

All patients and their families are very welcome to the above sessions.



## 3 Peaks, 2 Lungs by Paul Ashberry

The darkness is drawing in, I'm cold, I'm wet, I'm tired, it's windy and I can barely see five foot in front. We've already gone the wrong way once, and as it threatens to get pitch black, the head torch I'm wearing barely sheds light on my next step. At this point, my wife Zara turns to me and says:

*"We need to get off this mountain fast."*

She's talking about Snowdon, and it's the last of the 3 Peaks Challenge.

I know she's right. But in the back of my mind I think back to the dry run up Snowdon a few weeks before. I know we've passed the main landmarks of the mountain. The rest of our party, who went ahead of us and who passed us on the way back down ten minutes earlier, said we weren't far from the top. It can't be far. It's too dark for Zara to see my facial expression. But she'll know which expression it will be. That one with the icy glare like I'm not hearing what she's saying, the one that says no matter what the odds, no matter what the dangers, there's something I just need to do. It's a mentality forged from beating the odds time and time again, being told you weren't going to make it, but ploughing on regardless, and it's a feeling many other transplant patients will relate to, and a facial expression their other halves will probably recognise too.

I'd been ill in bed the week before, floored by a virus, and it was widely assumed I wouldn't be able to make the challenge. But once strong enough to get out of bed I started walking up and down the garden, and I thought to myself all I have to do is keep doing this, putting one foot in front of the other like I'm doing now, thousands and thousands of times, and it's possible.

Of course, we carried on to the summit of Snowdon, despite all forms of better judgement, and reached it isolated and frozen, knees so sore I'd need to walk back down sideways, and the lungs received nearly 5 years earlier feeling thoroughly and severely tested. I must admit we didn't hang around at the top. I just allowed myself a moment of reflection that despite having spent years living life on oxygen, struggling to breathe and barely able to walk, I'd just consecutively climbed the 3 highest peaks in Scotland, England and Wales. I had my little moment, then, after trying and failing to find a higher setting on the head torch, began the painful descent down.

When it came to getting a list of things together to be completed after my transplant 'The 3 Peaks Challenge' was one of the first which sprung to mind. I had a double lung transplant nearly 5 years ago, cystic fibrosis having damaged my first set of lungs to such an extent that climbing the stairs felt like a mountain.

I used to dream of doing things like this, dreams I came close to missing out on. The need to test myself was there not long after waking up after the transplant. I immediately thought of the new lungs as being like a muscle. And like any muscles they might waste away if not used. What better way to get the little blighters pumping than getting to the summit of Ben Nevis, Scafell Pike and Snowdon.

Training involved climbing local hills and mountains, and doing a dry run up Snowdon. When attempting it the year before a thunderstorm had hit and the winds were so high I found myself for one scary moment pushed off my feet towards the edge of the path; fortuitously a lone pole was there to be grabbed onto, and some claimed my life had been saved again. My second attempt as part of the 3 Peaks training was a dry run in the literal sense, and in perfect weather conditions it proved easier than expected, perhaps causing me to get a bit over confident.

Waterproofs and hopefully flawless satnavs at the ready we set off up to Scotland from Manchester. The climb up Ben Nevis took a while but I still had plenty left in the tank at the top (a beautiful lunar landscape that took the breath away for different reasons). Descending became a bit tricky as the steady rain through the day meant everyone in our party of ten had at least one slip. Unfortunately one member had to drop out altogether, after a particularly bad fall.

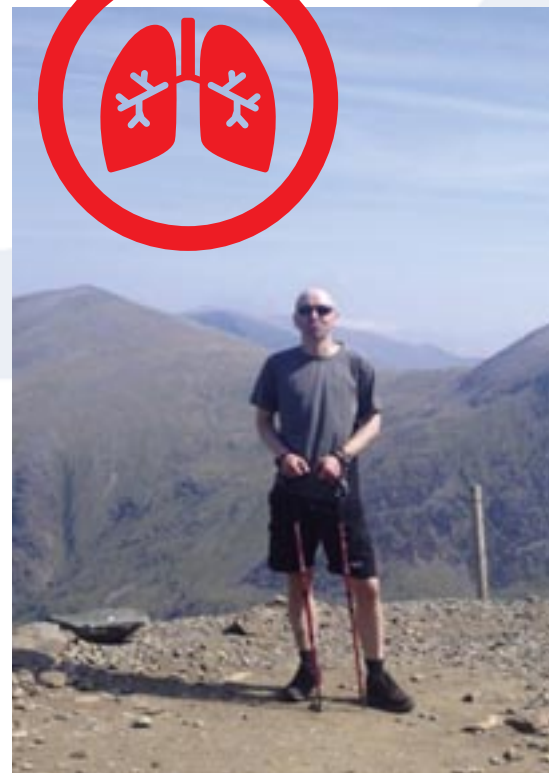
I suffered a few grazes, but I was ready for the second mountain. Conditions were good for Scafell Pike, and although I wasn't beating any speed records I reached the top ok. One of the guys asked at the summit if my knees were hurting, cause his knees were 'killing' him, and a few others were having knee problems too. I think his implication was that as we're both knocking on a bit, surely we should be suffering in the same way. 'No, mine are fine.' I replied. Fate was duly tempted though, and within a hundred yards of starting the descent my knees decided they'd had enough.

I normally enjoy coming down mountains. Although my lungs have performed well since the transplant I've come to terms with the fact

I'll always struggle a bit on exertion. Climbing down mountains gives me a chance to reflect on the significance of what I've achieved getting to the top, and a chance to catch up on people who whizzed past on the way up. On this occasion though with pain shooting up my leg every time I put a foot down, I began to get nostalgic for all those painful slogs uphill, when dragging one foot past the other, singing The Proclaimers in my head, is the only way I'm going to make it up there.

Eventually getting to the bottom of Scafell, I contort my knackered limbs into a seat in the back of the minibus for the next 6 hours – hoping this will be some ideal unorthodox recuperative treatment which will allow my knees to get up Snowdon, or more importantly, back down again.

On the journey the bus's radio announces a severe weather warning for Snowdon, and I begin to wonder to myself...why, oh why, do I do these things? I knew the answer, of course, and so too will many other transplant patients.





## My First Transplant Games, July 2016

By David Ayre – Heart Transplant Recipient, June 2015

Following my successful transplant and subsequent recuperation, both at Wythenshawe and at home, I felt fit enough to take part in the annual British Transplant Games, which were to be held in Liverpool.



Team Wythenshawe ready to party at the Gala Diner.



Gary Still running in the relay, 9 months after his heart transplant.

To be taking part around 13 months after my transplant was very pleasing. I was rather convinced that at the age of 57, my sporting days were all but over! But what is it they say? "It's never over till the ....."! Well , in this case that particular lady was Lynda Ellis, who as well as performing her day job as the New Start Charity Administrator, doubles up as the Team Manager of the Hospital's Transplant Sports Team. From the moment I opened my eyes one morning after my transplant, to find Lynda standing in the doorway of my luxury suite on Jim Quick ward, I knew I was about to be summoned to the cause. Steely eyed, she explained how quite by accident, she had noticed that I was a Physical Education teacher by trade. And that was that! Hardly off a BIVAD machine and I was being persuaded to take part in such elite sporting activities! I do have to admit, agreeing to it was a great move as it gave me that extra motivation to go about physio work and exercise in a way that otherwise I probably wouldn't have done. And besides, I have always had that competitive edge about me!

Come July, my wife Jacki and I set off for Liverpool. I had agreed to do several events, some of which I'd barely experienced in my life. Football was fine. Discus and Shot Putt, I had taught for years, so were ok, but archery, ten pin bowling and volleyball I really hadn't done much of at all. Never mind, as one of the "Newbee's" in the team, I hoped that I might get the sympathy vote, should I make a mug myself.

Archery was first up, held at Liverpool Cricket Club. Weather wise, it was a lousy day and despite being somewhat nervous on arrival, I was quickly introduced to fellow team members and both Jacki and I felt more at ease. As it was, I was grouped with a fellow Wythenshawe archer, Neil Eadie and a very friendly chap from the Portsmouth team. We got along really well and this was to epitomise the whole experience of the games – transplant and stem cell individuals celebrating not only survival, but showing the determination and joy of taking part in such competition. No doubt many were serious competitors, others were less so and some were there merely for the fun and enjoyment of meeting other like-minded individuals.

On that first evening, the opening ceremony started at the Albert Dock and paraded towards the Exhibition Centre, where the Games were officially opened by amongst others, Beth Tweddle, the Olympic Gymnast. Here, each team were presented to the audience, yet the greatest reception was saved for two of the final groups to be received, that of the living donors and the families of donors. And rightly so, as one of the fundamental aims of the games is to highlight the role of and the need for donors. It was clear to all that their arrival brought a great deal of emotion to the venue.

Held over four days at different venues around the city, the sporting events were so well organised and with transport either laid on or public bus usage for free, it was a great adventure. With each event came the confidence to mix freely with all and sundry and I must say, I particularly enjoyed the humour and banter of the Belfast team!



# Team Wythenshawe Reviews



Our victorious archers.



Team Wythenshawe with their sponsors E3P and Cotton Traders.

Our own Wythenshawe team dined out together on a few occasions, highlighted by a visit to a local Chinese restaurant where the food was not only splendid, but came in mountainous quantities! This helped all the new team members settle in well and with that came the desire to know how all our team members were doing in their various activities. Add to this the many tall stories and tales to emerge, like the Wythenshawe swimmer who got stuck in the lift and his team mate who tried to walk through the glass door! At times, I found myself in awe of the fact that so many transplant and stem cell recipients were celebrating life in such a fun and competitive way.

All in all, the Games were a great success. Wythenshawe picked up an impressive haul of gold, silver and bronze medals. I was

fortunate enough to pick up three bronzes in archery, volleyball and discus. But more, much more than this, it was an absolute pleasure to be part of this, my first Games. I hope, sincerely to be part of many more, alongside the many fantastic members of team Wythenshawe and to welcome any future "newbee's" to the show!

Finally, an enormous thanks to Lynda and her assistant Jane for doing such a great job in organising just about everything. Jacki and I had a fantastic time.

**David Ayre**

Congratulations to Bill Noble, Wayne Lang, Natasha Kavanagh, Neil MacDonald, Russ Walton and Gary Still who have been selected to represent GB at the World Games in Malaga in 2017.

A massive thank you to Cotton Traders and E3P Environmental Engineering, who kindly sponsored the team kit.

The 2017 games will take place in North Lanarkshire from the 27th -30th July. If you are interested in taking part please contact the office.



## Volleyball Norwich

Saturday 19th November 2016 saw the annual transplant volleyball tournament take place in Norwich. Six teams competed from all over the UK with competitors from as far away as Glasgow!

Saturday 19th November 2016 saw the annual transplant volleyball tournament take place in Norwich. Six teams competed from all over the UK with competitors from as far away as Glasgow!

After five very tough round robin matches Wythenshawe managed to win three of them and finished in third place in the group. This meant we had qualified for the semi final where we were narrowly beaten by Nottingham/Liverpool team.

The action was not over! We now had to play off for the bronze medal against the other losing semi finalist Papworth. When the whistle blew at the end of the timed 15 minute match we had hung on to win by one point!

The tournament was won by the hosts Addenbrooke Hospital from Cambridge who went on to organise a very enjoyable Dinner/Disco in the evening for around 80 people made up from competitors, friends and family.

*Our fantastic team was as follows:*

**David Ayre**

**Simon Harris**

**Wayne Lang**

**Neil MacDonald**

**Kash Singh**

Featuring special guest:  
**Liz Hosford**

New competitors David and Kash went away from the event saying they were inspired to start playing volleyball locally. So now it is in writing chaps!



# 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 that there isn't room to mention below...

Behrens and Sons	Mr and Mrs Hale	Sylvia Kendal	Lynn Roberts
Lesley Bell	Pam Harvey	Ben Knight	Elaine Sagar
Judith Bennett	Vivian Haynes	Jane Kraut	Marion Siemaszkiewicz
Lesley Birchwood	Edward Heath	Mary Kudrycz	The Sun Inn
Norma Brown	Christine Hevey	Graham Lamb	Sam Taylor
Captains Welfare & Charities Committee	Hebden Bridge Methodist Church	Ted Law	Diane Thomas
Eric Cheetham	Bernard Higgins	Rachel and Lawson Leefe	David Thornley
Cheshire game & Angling Fair	Jim Hirrel	Natalie Mitchell	Alan Thurlwell
Chorus Law	David Hodgkinson	Kevin Moss	Together
Crooke Methodist Church	Vivian Holt	Michael Murray	Brian Watkins
Fairfield Golf and Sailing Club	Alex Hope	Peter and Janet Nangle	Margaret Weatherall
Ian and Bet Ferrier	Stephen Hulme	Carol North	Werneth Lodge
David Foden	James Hyde	Andy O'Sullivan	Anthony Williams
Charles Gibson	Christine Inglis	John Phillips	Marilyn Williams
Walter Gill	Doreen Jolley	Jean Pollard	John Wilson
Ian Goddard	Allan and Joy Jones	Premex	Daniel Wright
Steve Goulding	Daniel Jones	Stephen Pye	Dilys Wright
Halcyon Lodge	David Jones	QED Ltd	
	Patricia Kelley	Shaz Quayum	



## Lucas and Ellie Riley

Lucas and Ellie Riley decided to fundraise for New Start after their Uncle Andy underwent a Heart Transplant in 2013. They spent their Summer Holidays hiking up Scafell, cycling, running and organising cake sales and raised an enormous **£4,400** (half went to a local Cancer Charity).

## Team Duffey

After the loss of their friend Danny. Georgia and her friends decided to fundraise for the unit in his memory.

Her Mum Lynda works in Asda and arranged for them to spend a day bag packing. In just six hours the girls raised a staggering **£550.40** and a second bag pack raised **£800**.



## Anneka Wright

Anneka Wright organised a Snowdon Trek after her Dad received a double lung transplant in April. The walk took place in August and amazingly just 4 months after his transplant her Dad, Martin, pictured in the back centre, took part raising **£1,350** in the process.





## Amy Stirling, Leo Stirling & David Fortune

Amy Stirling, Leo Stirling and David Fortune took part in the Manchester to Blackpool Bike ride in September and Amy also organised a Bake Off at work. Her employees Verastar then matched the fundraising so the total raised was a fantastic **£2,700**.

## Anna Pendlebury

Anna Pendlebury took part in the Peter Jones Challenge at her School by making and selling little bags of mini meringues. Not only did she raise **£308** she also finished 8th nationally in the challenge. Well done Anna we look forward to seeing you on Dragons Den!



## North West Charity Singers

North West Charity Singers again donated some of their hard earned cash to New Start and at their presentation night in April amongst with several other Charities presented us with a cheque for **£2,000**, This brings the total raised for New Start to nearly **£6,000**, which is fantastic. The group raise the funds by singing in local supermarkets and shopping centres. Sadly our very own member of the singers - Peter Rowe, pictured above, passed away in December but his legacy will live on in this now well established fundraising group.

If you would like more information on their activities please go to:  
[www.nwcharitysingers.org.uk](http://www.nwcharitysingers.org.uk)



## Joe Jackson

Joe Jackson once again organised a major fundraising event. In March he organised an Amateur Boxing Competition which raised an amazing **£7,000**.

To date Joes fundraising total stands at a staggering **£12k** in eighteen months.

## Emma Ginn

Emma Ginn and friends ran in the gruelling Yorkshire Warrior and raised nearly **£700**.

## Katherine Sime

Katherine Sime ran in the Manchester Marathon and raised over **£400**.

## Celia Critchley

Celia Critchley ran in the Cheshire Triathlon and raised **£405**.

## Mike Hayhurst

Mike Hayhurst raised **£800** running in the Great Manchester Run in May.

## Stephen Ollis

Stephen Ollis raised **£148** undertaking the great North Swim.

## David Ayre

David Ayre and Family plus dog took on a 50 mile Northumbrian coast walk and a Charity Football match less than a year after his Heart Transplant. They managed to raise over **£10k**, half of which went to the ECMO fund in the CTCCU.



## Ruth Thomas

Ruth Thomas ran in the Wilmslow Half Marathon complete with heart wings and raised a massive **£1,600**.



## Claire Atherton

Claire Atherton ran in the London marathon and raised an amazing **£2,200**.