

Chairman's Report

Last year the Transplant Unit carried out 50 transplants and this May carried out its first Heart and Lung Transplant in 15 years, which is fantastic news.

As you are all aware, New Start's primary purpose is to raise funds for projects to assist and improve the health and wellbeing of recipients before, during and after transplantation. In pursuing these objectives, during the last year New Start has either provided, or committed to provide, funding for two additional ECMO machines (costing £60,000), some VAD flow pumps and equipment to assist in implanting LVADS

(£26,000), replacement Electrophysiology equipment (£55,000) for use in the Biopsy suite, continuing research into the impact of changing to a Mediterranean diet (£61,000), refurbishment of the bungalows (£95,000) and contributions to the costs of recipients who participate very successfully in the various Transplant Games and Volleyball (£16,000).

We held our Annual Get Together recently at Bowdon Rugby Club and it was great to see so many of you there. It was especially nice to welcome Harry Gorse as he was only 3 and half weeks post - transplant. The raffle drawn on the day

raised a fantastic £4300. The list of winners can be found on our new website www.newstartcharity.org.

The trustees would like to say a big thank you to all who have held fundraising events over the last few months. We have had Danceathons, Ben Nevis Climbs and Ladies Nights to name but a few! If you would like to hold a fundraising event in the future please contact Lynda in the Office who will be happy to assist you.

Richard Dyson
Chairman

A Stirling Success!

Amy Stirling lost her Auntie Jean in 2014, 22 years post – transplant. In December she decided to hold a fundraising Danceathon for New Start. It was a fantastic day with 4 hours of continuous dance. Congratulations to all the participants who raised over a whopping £2500 and burnt probably the same in calories Amy then carried on fundraising for New Start by selling over £200 worth of Raffle Tickets.



Welcome to four new members of staff

- **Diane Teeling** - Care Support Worker
- **Geralita Ridings** - Staff Nurse
- **Lisa Webster** - Staff Nurse
- **Dr Kartick Santhanakrishnan** - Consultant Transplant Respiratory Physician



North West Charity Singers

Formed in March 2014 and they raised over £10,000 between then and December mainly from singing at private functions and in supermarkets. Members age range from 20 to 82. Peter Rowe one of the members had a double lung transplant in September 2013. In 2014 New Start were one of their nominated Charities and in March were presented with a cheque for £2500. The singers have also chosen us as one of their Charities for the forthcoming year.



British Transplant Games

November 2015

On November 21st 2015, Wythenshawe will be hosting the Transplant Sport UK volleyball (TSUK) tournament. The event has taken place every autumn since 1989 as a satellite event away from the British Transplant Games which are held in the summer.

If you are thinking of getting involved in transplant sport this is a terrific event to get started on. Volleyball is not one of the more commonly played sports in this country therefore the standard is not as daunting as some other events. The emphasis is on fun and having a go. It is a team sport with 6 players on court at a time of which at least one must be female. However, there are normally 2 or 3 females in most teams so it is very much a mixed event. Each team can have a squad of 8 players so there can many substitutions so nobody has to feel they have to play all day. The matches are normally timed to around 10 minutes and with 6 of you to share the effort there is no

need to worry about your fitness levels. So it is a great way to see what transplant sport is all about and gently ease your way in.

Wythenshawe has always managed to enter a team with some considerable success over the years. This year as hosts in Manchester it would be amazing to try and get 2 teams to play representing Wythenshawe. We have a few experienced players who can explain the rules and show you the basics and guide you through the day. There is the option of accommodation, dinner and disco in the evening. This is a great way to finish the day and socialise with your new team mates and opponents you have played during the day.

The purpose of TSUK events is to raise awareness of organ donation and transplantation. New Start will make sure we receive plenty of local coverage as hosts in Manchester. Whenever these events are held the people registering to become



organ donors increases in that area. Therefore, as well as having a memorable fun day (and night!) you can help to spread the word about the shortage of organ donors.

You never know it could be the start of something big! I first entered this event in 1991 having never played volleyball before. I enjoyed it so much I took it up as my main sport and it has been an honour to represent the Great Britain transplant team around the world on a number of occasions since.

Please let Lynda in the New Start office know if you would like to part in this fantastic event.

Neil MacDonald

Wythenshawe Volleyball Team

ECMO Machines

Just before Christmas we purchased 2 ECMO (extracorporeal membrane oxygenation) machines for use on the Cardio Thoracic Critical Care Unit. These machines are frequently used in helping our patients recover post-transplant.



NATIONAL
TRANSPLANT
WEEK 2015
7-13 SEP

We have secured Thursday 10th September at the Trafford Centre to promote Organ Donation and need volunteers to man the stand. We have to be present from 09.30am - 22.00pm so if you have a couple of hours free to help please let the office know.

Fundraisers Gallery

Lorna Bradbury ran in the windmill 10k in Lytham and raised over **£1000**.



Elaine Quick (one of our Trustees) was Lady Captain of Ringway Golf Club in 2014 and she made New Start her Charity for the duration. The ladies of the golf club held afternoon teas, ran 10ks and various other things to raise a magnificent **£4,728.74** which will buy some much needed equipment for the Jim Quick Ward.



Joan Holmes and Team have again taken part in the Great North Run and raised over **£600**.



Vivian Holt has had her running shoes on since 1997 and raised **£18,500**. In that time she has taken part in 10 full marathons, 26 half marathons, one fifteen mile run as well as 10, 10k runs and 11, 5k runs.



The Jackson family and dogs decided to Climb Ben Nevis for New Start and raised over **£600**.



Marie Cosgrove held car boot sales throughout 2014 and raised nearly **£240**.

The Thurwell family held a Coffee Morning at their local church and raised **£500**.



Greenbank Preparatory School proved they had a heart when they raised a record **£8435.49** for New Start. They decided to raise funds for us in their Annual Charity Week after Lyndsey Aizlewood a member of staff at the School nominated us. Her husband Mark had a Heart Transplant in 2014. Their son George is also a pupil at the School.



Pamela Tomlinson who underwent a Heart Transplant in 2014 held a Ladies Night in Lancaster recently and raised a fantastic **£1770.20**. Thank you to all the Ladies of Lancaster who made the evening a success.



In May **Cheadle Golf club** held their Captains Charity golf day. The Captain Don Milligan presented a cheque for **£1,900** to the unit.



Christian Joinson was our only runner in this year's Manchester 10k, but he manages to raise a magnificent **£450** if you fancy running in next Year's please give the office a call.



Moira Tollitt had a heart and lung transplant nearly 23 years ago. She recently presented a cheque to the staff at Wythenshawe Transplant Unit for **£1000**.



Thank you to **Werneth Masonic Lodge** for their generous donation.



Regular Giving

If you feel you would like to give to the Charity on a regular basis whether it be monthly or quarterly please contact the office and we can send you out a standing order form for you to complete.

Patient Information

Car Parking

There are new barriers as you approach the Transplant Unit. Please take a ticket and bring it into clinic. Once you are ready to leave the unit, give the ticket in at reception and they will validate it for you. You then need to put this in the exit barrier.

Clinic Times

Monday and Friday are post - heart transplant clinics

Tuesday and Thursday mornings are post lung transplant clinics. (Lung Function is open from 8.30am)

Wednesday mornings we run both heart and lung clinics

Dr Santhanakrishnan will take Wednesday Lung clinic. Dr Al-Aloul will continue on a Tuesday morning and Dr Blaikley Thursday mornings.

Routine Bloods every 6-8 weeks.

Echos, ECGs and X-Rays every 6 months. Please make sure you always have an appointment

We have Echo Slots on:

Monday: 10.00, 10.20, 10.40 and 11.00

Wednesday: 10.00, 10.40 and 11.40

Friday: 10.00 x 2, 10.40 and 11.00

If you are unable to keep your echo appointment, please let us know well in advance so the slot can be reallocated. When attending clinic please could you bring a list of your medication with you.

As always out of hours please contact the Jim Quick ward on 0161 291 2204

Patient Bloods

Patients' attending clinic for blood tests only are asked to arrive between 9.30 and 11.00. During busy times it may be necessary for patients to go to the phlebotomy clinic in the main hospital to have their bloods taken. Clinic appointments are limited to a manageable number dependant on how many Doctors are available. If you wish to see a Doctor at your visit please phone the clinic prior to your arrival as it may help avoid a long delay.

If you would like your bloods done locally please speak to the clinic staff.

Donations

As a Charity we rely on donations to be able to continue to assist in keeping our Transplant Programme at the forefront of excellence. There are too many to mention but we would like to thank everyone who has contributed in the past months whether it was by holding a fundraising event, by donation or "in memory of".

Albion Snooker club
Maureen Albert
Jean Barrow
Elsie Beard
Behrens Group
Booths Supermarkets
Branded Clearance
David and Sue Brydges
David Chaney
Colette Clutterham
Co-op HR
Harry Copeland
David Copoc
Cordant Recruitment
Lorraine Corrance
Stephen Crook
Colin Dalton
Christopher Dawson
John Dennett

Margaret Edwards
Karen Fenton
Ian and Betty Ferrier
Wayne Ficken
Michael Foster
Springfields Fuels
Jay Jay Gallery
Albert Goldevics
Peter Greedus
Ken Green
Bruce Hargreaves
Lawrence Harrop
Margaret Heaton Higham
The Hoods
Peter Howarth
David Knott
David and Christine McGarry
Chris McHugh

Thomas Milner
Hugh Nixon
Bill Noble
David Noden
Louise O'Halloran
Zeinab Ossaili
Enda Purcell
Robert Robinson
Les Ryder
Rachel Shelley
Dorothy Sinker
Eileen Smith
Richard Sweeney
John Twigg
Campbell and Carol Wallace
Stuart Webb
Alan Wood

IMPORTANT NOTICE

Please let reception know any changes in contact details.

After clinic appointments please make sure you are contactable for any changes in your medication.

New Packaging for our Postal Response Service

We are changing our postal response service (blue postal blood boxes) over to a new packaging system. In future the blood bottles will go into a little plastic package which is then placed into a plastic envelope. The postage is still 1st Class and free. The packaging is much less bulky and will fit into any Royal Mail Post box. Please phone Transplant OPD if you have any questions.

Infection Prevention



Please help us to prevent the spread of infection from person to person and place to place.

Always wash your hands with soap and water if your hands are visibly dirty and especially after using the bathroom

Alcohol gel is provided at the entrance to every department and within the departments. Please use it every time you enter or leave a department. Alcohol Rub is as effective as hand washing. However, it does not remove dirt and does not kill some of the gut bugs. That is why hand washing is so very important after using the bathroom

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

Lynda Ellis

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

email: lyndaellis@newstartcharity.org • tel: 0161 945 2166

Reg Charity No. 1049067