



National Transplant Week, 2007



The theme of this year's National Transplant Week campaign is "What are you waiting for?" and it features **Robyn Tainty**, suffering from cystic fibrosis and currently on the transplant waiting list. The first launch event is taking place at the House of Commons on 5th July, hosted by **Andrew Lansley CBE MP**, and the second launch is at **Our Dynamic Earth** in Edinburgh on 6th July as a forerunner to this year's **Transplant Games**

Sarah Ralley is leading Addenbrooke's efforts for National Transplant Week this year. The Donor Bus will be at the hospital on Monday 9 July 2007. Press and TV are expected to be there, so why not go along. On Tues 10th & Thurs 12th July - Stall and Alan Craig's picture display in the concourse. Your support is requested on all 3 days, please spread the word and let Julia Ertner know your availability. julia.ertner@addenbrookes.nhs.uk. Any other ideas please contact sarah.ralley@addenbrookes.nhs.uk.



Join others around the country on Wed 11 July for a sponsored mile challenge of your choice - whether running, swimming, walking or even crawling – just aim to finish at midday. By taking part you will help raise the profile of organ donation and the NHS Organ Donor Register.

For leaflets, sponsor forms and information, please contact Mary Twomey, Transplant Sports UK, **Tel. 01962 865030**
 Email: office@transplantsport.org.uk

AGM and Celebration Day, 7 October 2007

Following the success of last year's Celebration Day at the Cambridge Motel, Shepreth, it has been agreed to use the same venue this year. There should be less transport problems this year, as our meeting does not coincide with the Air Show at Duxford.

This year we will provide a minibus from the hospital to Shepreth for members without transport. Places will be limited, so please act quickly when you receive the booking form to reserve your place.

Many of you will be pleased to hear that the meal will include a dessert. As a result of rising costs, the ticket price will be £7.50 per person

British Transplant Games – Cambridge Team

Anyone interested in taking part please contact Becky Symonds on 01733 345774 or by email at becky_symonds@hotmail.com. When she moved house recently, some of her contact details were lost, so please call Becky again, just in case your details were on the missing list.

Good News

Sarah and Jane from ward C9 have both given birth to lovely babies. Sarah had a girl and Jane had a boy. Congratulations to them both.

Calmer therapies



The ALTA committee has agreed to continue funding the provision of complimentary therapies for patients on Ward C9 each Friday afternoon. Complimentary therapies have proven excellent for relieving stress and anxiety and promoting relaxation after major surgery

These sessions are provided free of charge, but we would ask for donations from those patients who benefit from the treatments, so that the service can be provided in the future. Donations can be handed to ALTA committee members or sent to the treasurer, Robert Thomas, North Farm House, Loughton, Essex, IG10 4JJ

Sources of help and support.

Travel Insurance

Insurance premiums can vary in accordance with age, length of trip and destination, but health can be an even bigger factor. Many transplant recipients find it hard to obtain suitable travel insurance, sometimes being turned down altogether. However, there are specialist insurers who will provide full cover, but the premiums can be very high. There are others who will provide insurance that excludes pre-existing conditions at lower rates. Some of our members have been quoted widely varying prices, from £79 to £1200 for what appears to be similar cover.

You must decide the type of insurer you want to go with, but our advice would be to shop around, and get a number of quotations before you choose your policy.



The companies listed here have provided insurance to transplant patients in the past.

Insurance Provider	Telephone
Age Concern	0845 601 2234
ASDA Travel Insurance	0845 300 7131
Club Direct Travel Insurance	0800 083 2466
Freedom Travel Insurance	0870 774 3760
Medicover	0870 735 3600
Marks & Spencer	0800 731 2424
Post Office	0800 169 9999
Saga	0800 559 3231
Tesco	0845 300 8800

Supplies of Tacrolimus

There have been reports that some patients have had difficulty in obtaining Tacrolimus over the last month or two. If your pharmacist cannot get Tacrolimus through the normal suppliers, there is a way in which an emergency supply can be obtained direct from Astellas, the UK supplier

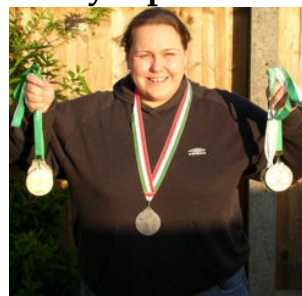


Ask the pharmacist to ring **Customer Services** on **01784 419615**, to order your capsules directly.

Dates for your diary, 2007

7 Jul 2007 – 14 July 2007	National Transplant Week 2007
9 July 2007	Donor Bus visit to Addenbrooke's
26 Jul 2007 – 29 Jul 2007	British Transplant Games, Edinburgh University
25 Aug 2007 – 3 Sep 2007	16 th World Transplant Games, Bangkok, Thailand
9 Sep 2007 – 13 Sep 2007	International Hepatitis C Symposium 2007, Glasgow Visit website at www.hcv2007.com/index.asp
7 Oct 2007	ALTA AGM & Celebration Day

Becky represents Great Britain in Bangkok



'I have now had my Liver transplant for 11 years and have competed in many British and World Transplant Games. Thanks to my donor I have been able to travel and compete in these competitions whilst also promoting organ donation and transplantation. I am privileged to have been selected to represent Great Britain at the World Transplant Games in Bangkok, Thailand in August 2007.'

Becky Symonds sends her thanks to ALTA and to all of the other sponsors who have helped her raise funds for the trip.

TOMBOLA prizes

We have booked a stall in outpatients on two Thursdays before Christmas to sell ALTA Christmas cards (including new designs), and we plan to run a tombola. We would be grateful if members could donate prizes. If you are attending the Celebration day, you could hand them over then,

Bye for now, and remember, Keep smiling

Olive Tierney

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