



50th Wedding Anniversary



When Josephine and George Sapsford (left) celebrated their golden wedding last year, they asked guests to make donations to ALTA in lieu of gifts.

An amazing £750 was raised and they specified that it should be used in the purchase of equipment for the transplant unit.

They later agreed that it should be donated to the fund to purchase a new and improved ultrasound machine for the ward.

AGM & Celebration Day, Sunday 3rd Oct 2010

Please remember to keep the day free for this year's AGM and Celebration Day. It will be held at the Frank Lee Centre again this year.

Entertainment this year will include songs from Alex Outlaw who received great reviews for her performance as Eliza in My Fair Lady with the **BISHOP'S STORTFORD MUSICAL THEATRE COMPANY SOCIETY**. "Alex Outlaw gave us quite the best Eliza that I have seen for a long time, with fire and energy and a good voice."

Ticket prices will be held at £7.50 again, and there will be concessions for those over pension age or on welfare benefits.

We will be sending out details and ticket request forms in July/August.

Committee contacts

Stephen Northrop has recently joined the committee. The current contact list is shown below.

NAME	TEL. NO.	NAME	TEL. NO.
John Tierney (Chairman)	01245 460242	Hazel Davis	01954 202330
John Crookenden (Treasurer)	01206 210599	Tony Edwards	01353 862466
Marion Edwards (Secretary)	01353 862466	Stephen Northrop	01223 248528
Angi Blease	01353 721702	Olive Tierney	01245 460242
Derek Davis	01954 202330	Linda Wright	01638 601320

Changes to Disabled Parking at Addenbrooke's

Since 1st April 2010, there have been changes to disabled parking on the hospital site.

Short-stay disabled car parking spaces

All on-road disabled car parking spaces are now short-stay spaces. These spaces are for blue-badge holders only and parking is available for a maximum of 4 hours per stay.

If you park in one of these spaces you must display the badge on the dashboard or fascia panel, where it can be clearly read through the front windscreen. The front of the badge should be face upwards, showing the wheelchair symbol. Where there is a time restriction, you need to display the blue parking disc clock to show your time of arrival.

This is to provide a frequent turn over of the on road-disabled spaces, giving more opportunity for patients who are blue-badge holders to park.

Parking is free in the short stay disabled car park spaces. There are a number of short stay disabled parking spaces close to the hospital entrances.

Long-stay disabled car parking spaces

For those parking for more than 4 hours, long-stay disabled spaces are available in the patient and visitor car parks. These spaces are for blue-badge holders only. Standard car parking charges will apply. If you are a patient, parking discounts are available. Ask at main reception for details.

Didn't he do well?



Our treasurer, John Crookenden, came third in the giant slalom and fourth in the super giant slalom at the Winter World Transplant Games in Sainte Foy, France.

John who has been skiing for 50 years, joined 300 competitors from across the globe at the games. He said: "It was fantastic to see 300 people who had been seriously ill and had recovered and were sufficiently fit to compete after their transplants."

John has now set his sights on returning next year when the games will be held in the beautiful alpine ski resort of Anzere, Switzerland from 3rd to 10th March 2012. Give him a call on 01206 210599 if you would like to take part.

Move from C9

The Transplant Unit has now relocated from C9 to the fifth floor F & G Wards. The new accommodation is more spacious than C9 and very well appointed.

The coordinators and other administrative staff are still in the offices outside C9 for the moment.

Fundraising

Thanks again to Angi Blease who has organised two craft stalls/tombolas and a name the easter bunny competition that have raised £599 for ALTA. Terry Ashley donated £121 raised from easter ducklings made by his wife. Jo Tierney donated £200 raised at her wedding.

We have also received over £6,400 in memory of members who have recently passed away, including Barry Currie, John Fisher, Anne Newby-Robson, David McMenamin and Valerie Cole. Our thoughts are with their families.

Do you qualify for benefit payments?



If you are employed and unable to work through illness, your employer can pay you **Statutory Sick Pay (SSP)** for up to 28 weeks. If you are still unable to work after this period, you may qualify for **Employment and Support Allowance**. The rate

of benefit will depend on the amount of National Insurance contributions you have paid and on the length of time you have been unable to work. You may need to take a medical test to see if you are eligible to claim.

If you are self-employed, you are entitled to the same benefits provided that you have been paying the correct level of National Insurance contributions.

If you are ill and unable to work, remember to ask your GP for a Statement of Fitness for Work For social security or Statutory Sick Pay to cover the period of your illness. If you are in hospital, ask your doctor or nurse for a certificate to cover the time that you are an in-patient.

You may qualify for **Disability Living Allowance** (if you are under 65) or for **Attendance Allowance** (if you are over 65). Ask your local Social Security office for claim forms.

You should also check if you qualify for **tax credits** from HM Revenue & Customs such as Child Tax Credit or Working Tax Credit.

You can get information on benefits from a social worker, Citizens Advice Bureau, Jobcentre Plus Office or the tax credits helpline 0845 300 3900.

Changes in the allocation of donor organs

New guidelines have been agreed by all UK Health Administrations to allow for a donated organ to be allocated preferentially to someone waiting for an organ transplant who is in a close relationship to the deceased.

Thousands of people benefit every year from an organ donated unconditionally by a complete stranger which is allocated based on clinical need, ensuring the best possible outcome for the transplant. The new guidance allows the wishes of the donor to improve the health and wellbeing of a sick patient who is known to them to be taken into account.

It is not expected that these occasions will arise very often and most organ transplants will continue to be based on unconditional donation. Super-urgent liver and heart patients will continue to take priority in the organ allocation process due to the urgency of their need and the likelihood of their death without a transplant.

The process for joining the NHS Organ Donor Register will be unchanged as a result of the guidance – any consideration of requested or preferential donation will only be given at the time of the donor's death.

Transplant Games Team

It is too late to join the Cambridge team for this year's British Transplant Games in Bath, but if you are interested in taking part next year, please contact Becky Bailey on 01354 677406 or by email at becky.bailey1978@hotmail.com.

DATE	EVENT
4-5 Jun 2010	5 Nations Transplant Golf Competition, Troon. Transplant Sport UK 01962 865030
4-11 July 2010	National Transplant Week
8-15 Aug 2010	European Transplant & Dialysis Games 2010, Dublin World Transplant Games Federation, 01962 840767
19-22 Aug 2010	British Transplant Games 2010, Bath Transplant Sport UK 01962 865030
19 Sep 2010	BUPA Great North Run 2010, Newcastle upon Tyne
3 Oct 2010	ALTA AGM and Celebration Day, Frank Lee Centre, 11.00 a.m.
3-10 March 2012	8th World Winter Transplant Games, Anzere, Switzerland World Transplant Games Federation, 01962 840767

Skin cancer protection



These Magic Beads are made from a material that changes colour when exposed to UV light. They're pearly pale when viewed indoors, but change to pastel colours when seen in the shade, and bright blue, purple, pink, orange and yellow when exposed to strong sunlight.

They can be used to help indicate the strength of the sun - so make sure you cover up when they're glowing! Each pack contains a single bracelet, made up of 26 Magic Beads, and they will change colour backwards and forwards hundreds of times. The price for this item includes free delivery throughout the UK via First Class post. Price: £3.95 Telephone 01873 830302 or 07875 577359 (you might need to leave a message), or write to: Purple Turtle, Old Railway Inn, Station Road, Gilwern, Abergavenny, NP7 0HN.

Just a quick note to say that, as we produce this newsletter, John is awaiting the results of staging tests following a diagnosis of stomach cancer. We will find out the treatment plan this week. Looks like more trips to hospital over the summer. I'll keep you informed of progress. Once again, thank you for all your kind wishes and prayers.

On the positive side, I hear that there have been 25 liver transplants at Addenbrooke's since January 2010. Good news.

Keep Smiling.

Olive Tierney