



## Overwhelming support for Charity Status.

The ballot of ALTA members to change the constitution as required by the Charity Commission has been successfully completed. 520 ballot papers were sent out in late June, and 315 votes were received by 31 July 2005. Of the votes received, 98.4% were in favour of the change. The committee are grateful for your support, and steps are under way to complete the process of obtaining Charity status.



## Make sure you wear sun screen

Please remember that Transplant patients should wear sunscreen every day, all year round. SPF 15 in Winter and SPF 25+ in Summer.

Your GP should be able to prescribe one of the following products



**Ambre Solaire** Total Screen, Sun Intolerant Skin Lotion (UVB-SPF 60)

**E45 Sun** Lotion (UVB-SPF 25)  
Sunblock (UVB-SPF 50)

**RoC Total Sunblock** Cream (UVB-SPF 25)

**SpectraBAN** Lotion (UVB-SPF 25)  
Ultra Lotion (UVB-SPF 28)

**Delph** Lotion (UVB-SPF 15, 20, 25, 30)

**Sunsense** Lotion (UVB-SPF 60)

**Uvistat** Cream (UVB-SPF 22)  
Ultrablock Cream (UVB-SPF 30)

## Latest News.....

Thirty four Liver Transplants at Addenbrooke's since April 2005. Welcome to our new readers.

## Transplant Week at Addenbrooke's



Members of ALTA and staff from C9 manned a display on the main concourse at Addenbrooke's promoting organ donation. During the week, they also promoted the Donor Card in the Rosie corridor and in the Grafton Centre in Cambridge.

Thanks to all who helped and all who signed up.

## New rose dedicated to the gift of life

A "Gift of Life Rose" has been specially grown to honour organ donors and their families as part of the 10th anniversary year of the NHS Organ Donor Register. The salmon/orange climber symbolises new life, commemorating the precious gift of organ donation, pictured behind Sally Gunnell.



Contact Bill LeGrice Roses 01603 784 466 or email [info@rosebuddies.com](mailto:info@rosebuddies.com).

## More New Books



John Sivyer has donated some signed copies of **The Crying Man**, his book of poetry, to ALTA with gratitude for his treatment at Addenbrooke's. Gritty realistic poetry that is both diverse and thought provoking. You can order it from [www.amazon.co.uk](http://www.amazon.co.uk) for £6.95. We will also have a few at the Celebration Day.

Chris Teasdale has helped produced a book since his liver transplant. **'Welcome to Britain – a celebration of real life'** is a covers travels around the country with the caravan gallery ([www.thecaravangallery.co.uk](http://www.thecaravangallery.co.uk)). Dedicated to the staff of the Department of Hepatology, Southampton General Hospital, and Addenbrooke's Hospital Transplant Unit, it will be in bookshops from October at £9.99



# ALTA Celebration Day

Frank Lee Centre, Addenbrooke's Hospital, Cambridge

9 October 2005 at 11:30 am

Be sure to complete the application for tickets that is enclosed with this Newsletter, and return it in the stamped addressed envelope by 16 September 2005, thank you.

## Sources of help and support.

Some readers have asked how to find out more about coping with their liver conditions. In this issue we cover Hepatitis C.



The Hepatitis C Trust is a recently established charity. It is the only national UK charity devoted to hepatitis C. It was set up by people with the illness who were concerned by the glaring lack of information and support available and began operating in June 2001. It now runs a range of services that provide support, information and representation for people with hepatitis C. It is also committed to raising awareness and lowering the stigma of this disease amongst the general population. The aims of the Trust are:

- § to help those with hepatitis C, primarily by providing them with both information and support
- § to raise public awareness of the disease so that the 9 out of 10 people in the UK who have it but still don't know come forward for testing
- § to campaign for a sensible and vigorous government response to this epidemic
- § to initiate research into the many areas of hepatitis C that continue to be poorly understood.

Hepatitis C telephone helpline 0870 200 1 200 Staffed by volunteers who have or have had hepatitis C. Their web site is at [www.hepcuk.info](http://www.hepcuk.info)



The NHS Hepatitis C information line 0800 451451 (textphone 0800 0850859) is open from 10am-10pm, 7 days a week. Their web site is at [www.hepc.nhs.uk](http://www.hepc.nhs.uk)

## Dates for your diary

15-28 Aug 2005

DonorBus Torch Relay from Norwich to the British Transplant Games at Loughborough

Local DonorBus visits

Tue 16<sup>th</sup> August

Wed 17<sup>th</sup> August

Thurs 18<sup>th</sup> August

Norwich ([St Peter Mancroft](#))

Peterborough ([Coach Park](#), [Cathedral Square](#))

Lincoln ([Corn Hill](#))

25-28 Aug 2005

British Transplant Games 2005, Loughborough

[www.lboro.ac.uk/service/publicity/news-releases/2005/61\\_transplant\\_games.html](http://www.lboro.ac.uk/service/publicity/news-releases/2005/61_transplant_games.html)

9 October 2005

ALTA Celebration Day and AGM

16-18 November 2005

9th International Hep C conference, Berlin

For more information visit [www.hepccentre.org.uk/INTHev.htm](http://www.hepccentre.org.uk/INTHev.htm)

## Christmas Cards

For the first time, Alta is raising funds by selling Christmas Cards. They will be on sale at the Celebration Day or you can order yours by completing the order form enclosed with this newsletter. Stocks are limited, so do not delay.

## Committee

There will be vacancies on the ALTA committee following this year's AGM. If you are interested and would like to be proposed for membership, please speak to John Williams (01371 810995) as soon as possible **before** the AGM. The committee currently meets at Addenbrooke's five times a year. Meetings are on Tuesday evenings at 18:30 and they last around two hours.

## Bye for now, and remember, Keep smiling

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