



Newsletter

Addenbrooke's Liver Transplant Association Dec 2006
Website: www.alta.org.uk



ALTA AGM and Celebration Day, October 2006



This is the 2007 group photograph at the Cambridge Motel, Shepreth. Thank you to all of you who attended this year's AGM and Celebration Day in October. The new venue proved to be very successful, and it was great to catch up with you all.

Our thanks go to Joyce Newby and Madge Alston, who retired from the committee at the AGM. Two new committee members were elected, Angi Blease and Linda Wright. Marion Edwards has taken over as ALTA Secretary. (Tel. 01353 862466)

If you would like to have a larger copy of the above photograph, please contact Vernon Place (Tel. 01638 780449).

Fund raising successes

Throughout 2006, many of you have been very busy organising events to raise funds for ALTA. The events have been many and varied, including sponsored sky dives, dances, raffles, quilting, quiz nights, tombolas and Christmas card sales. These efforts are much appreciated, as they provide funds for our work in patient support.

If you have any ideas for raising funds, please let us know.

Good News

Transplant Co-ordinator Tine Hansen gave birth to a lovely baby boy in October. Sarah and Jane from C9 are also about to go on Maternity leave – we wish them good luck and look forward to their return.

Can you help Becky Symonds



Following her excellent performance in the British Transplant Games in Bath, Becky Symonds has been selected for the UK team at the World Transplant Games in Bangkok.

She will need financial help and sponsorship to pay for her travel and accommodation costs. It is inspiring to see what Becky has achieved following her liver transplant. Please help her to represent ALTA on the World stage – Please contact Becky on 01733 345774 or by email at becky_symonds@hotmail.com if you can help.

Christmas Concert in Aid of ALTA

The Kelvedon Singers are performing a Christmas Concert in aid of ALTA at 6.30 p.m. on Sunday 10 December 2006 at St Theresa's Church, Lexden, Colchester. Please give them your support. For details, contact John Crookenden on 01206 210599



Calmer therapies



ALTA is funding a new initiative for patients on ward C9. Complimentary therapies are offered to patients each Friday afternoon. Complimentary therapies have proven excellent for relieving stress and anxiety and promoting relaxation after major surgery

Sian Dance offers patients relaxation techniques, including Reflexology, Reiki and Indian Head Massage. Feedback from the first four weeks has been very positive.

Relaxation therapies have been so well received that Sarah Randall, C9 Ward Manager, has now arranged for WRVS volunteers to do hand-massage on Friday mornings.

Sources of help and support.

Skin Cancer Risks



British Association of Dermatologists
4 Fitzroy Square
London W1T 5HQ
Tel: 0207-383-0266

Email: admin@bad.org.uk

Why am I more at risk from skin cancer?

Transplant patients are given immunosuppressant drugs to prevent organ rejection but these treatments also increase the risk of skin cancer.

How likely am I to get skin cancer?

Transplant patients are more likely to get skin cancer and the risk increases with time. Patients with any of the following are at a higher risk than others:

- Fair skin that burns easily
- Light coloured eyes: blue, grey or hazel
- Blonde or red hair
- Numerous freckles
- Outdoor work or heavy sun exposure in the past
- History of skin cancer

Patients of African, Arab, Asian, or Oriental descent are much less likely to develop skin cancer.

How can I spot signs of skin cancer?

Treatment will be much easier if your skin cancer is detected early, so check your skin for changes once a month. You can use a mirror or ask a friend or family member to help you.

Consult your GP and notify Addenbrooke's if you have any marks on your skin which are:

- Growing
- Bleeding
- Changing in appearance in any way.
- Never healing completely

Please remember that you still need to use sunscreen - even in winter. Your GP can prescribe a suitable product.

Dates for your diary, 2006

7 Dec 2006	N & N Liver Group 'Come and Meet Each Other' evening. Contact Marjorie Dingle on 01362 695624.
10 Dec 2006	Christmas Concert in aid of ALTA by the Kelvedon Singers 6.30p.m., St Theresa's Church, Lexden, Colchester
16 Jan 2007	6p.m. ALTA Committee Meeting
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



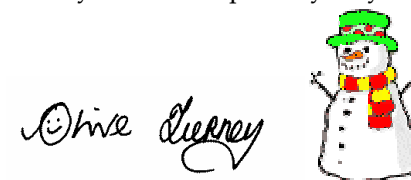
2006 Volleyball Silver Medalists

The Cambridge Transplant Games Team hosted the TSUK volleyball competition on 10th – 12th November 2006. There were 63 competitors and over 50 guests attending the tournament. I am very pleased to announce that Cambridge took the silver medal, their training and determination paid off! The ALTA competitors were Rebecca Symonds, Tony Scott, Diane Alexander and Stephen Holmes. The event ended with a gala dinner, all competitors celebrating their gift of life to the full.

The team would like to thank ALTA for providing financial support. Without your sponsorship, our team would be unable to host and take part in such events, and we would miss out on the chance of promoting organ donation.

Bye for now, and remember, Keep smiling

Have an enjoyable Christmas break, and remember that you can always contact us by telephone if you need help in any way.



Tel: 01245 460242, E-mail: olive.tierney@blueyonder.co.uk