



## YOU ARE NOT ALONE

Your love will carry you through everything. It will give you strength when the darkness is overwhelming.

You may be calmer after a while and then fall back into the abyss again. That's just the way it goes.

Guilt is going to slam into you. Its normal.

Don't be afraid to ask for professional help. Its not an admission of failure. Its reality.

Time will not heal you. Time will remind you that there is a gaping hole in your life. But things do change. They evolve.

They may not be better but they will be different. They can become more manageable. You will eventually be at peace. The path to that place is long and painful.

The significant dates will be bad as will the days leading up to them. Don't fight it. You will get through them again and again.

Only you can work through it.

When a wave of sadness comes, let it break over you and it will pass.

Look to the sunshine; let the shadows fall behind you.

We are here if you need any support.

Chairman and Trustees

x x

If you rearrange the letters in EARTH it becomes HEART.

So even if someone is no longer on EARTH with us,

we know that person will always be in our HEART!



## APOLOGY

We have realised that, when our Autumn newsletter was sent out, the postage used was incorrect. As you are aware we sent a newsletter and a craft leaflet but failed to take into account that this would incur a greater cost. If you were asked to pay extra postage we are happy to reimburse you if you get in touch. We offer our sincere apologies for this.



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## THERE ARE SPECIAL PEOPLE IN OUR LIVES

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We thank everyone who has kindly raised funds or made a donation to the Donor Family Network recently:

J Fletcher

Keith Astbury

Darren Cox

Roger Quick

A Heron

Patrick Gallagher

Pauline McDonnell

S J Hall

Helen Briggs

John Saffer

Alicia Young

Susan Evans

Jim & Linda Fallow

Janet Davies

Dursley and District Tangent Club

Sid Lamb, Scalm Park Leisure

Judy Coutinho in loving memory of her son Alex

Alick & Penny Moore in loving memory of their son David

Liam & Kath Ryle in loving memory of their daughter Bernadette

Colin Tullett in loving memory of his wife Lynda

Mrs P Holmes in loving memory of her son Russell



Mrs E Massey in loving memory of her husband Dave

Martyn Smith in loving memory of his wife Christine

Jack & Jean Amesbury who kindly raise funds each year through donations made to hang a bauble on a Christmas tree in memory of their son Dayle

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## WHO NEVER LEAVE US .... EVEN AFTER THEY'RE GONE

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### *Fundraising*

**Sally Welsby** set up a Just Giving page in memory of her dad John. Family and friends have very kindly donated and the DFN is very grateful to Sally, who says,

"My dad was 74 when he died, he had lots still to do, he always had big, over the top ideas and the most recent was about having his own plane and flying around the country to visit us kids. He was a psychiatric nurse earlier in his career and also worked in the North Sea on the oil rigs as a medic so, being in nursing, he was passionate about organ donation. He was also passionate about saving the planet and did a degree in Human Ecology aged 40 which he was very proud of. He was very musical too, loved Bob Dylan and sang and played various instruments especially the guitar all the time. His music is what he will be remembered for mostly, he never stopped singing. He was loved so much by his family, he and my mum were due to celebrate their 50<sup>th</sup> wedding anniversary on 14<sup>th</sup> November, they had 3 children and between us we gave him 6 grandchildren who are missing him terribly, as are we all.



This photo is of him working on his shed, he loved fixing things and he'd just fixed his shed roof on this day about a month before he died and he was in his element. My dad had suffered a subarachnoid haemorrhage which caused a heart attack. At the Huddersfield Royal Infirmary he donated his Liver, Kidneys, and some skin".



**Jack Pearce**, a student accountant, had "been planning a bright future and had a loving relationship with all his family", says mum Julie, who has set up a Just Giving page in his memory.

Diagnosed with a chemical imbalance in his brain after a seizure at 17, Jack had been well for some time. But his parents found him unconscious at their home on February 25<sup>th</sup> and he was rushed to Salisbury Hospital. Jack had suffered a stroke leading to cardiac arrest. Further tests revealed a clot in his neck and the family were told that Jack was not going to live and discussions began about organ donation. Jack had filled in an organ donation application form when applying for his driving licence.

Remembering her 6ft 7in son as a "gentle giant," Julie said: "At first, when I discovered he was an organ donor, I struggled to accept his decision.

Now I get a warm feeling, thinking that Jack has not really gone because there are parts of him that have given others life or are helping them to survive, and that his spirit is still with us.

A few days after he passed away, I had a delivery of little gold hearts for every organ he had donated. Two were used for life-saving operations and one for a life-changing one".

She continued: "A man in his 40s received his liver in a life-saving transplant after being on the list for several months and a lady in her 30s had a kidney, after two years on the list. A young lad in his 20s also had a kidney after being on dialysis since he was a little boy".

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## I CLOSED MY EYES AND SPOKE TO YOU

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### JANE OVERLAND

Jane's parents, Graham and Penny MacFarlane, from Newark in Nottinghamshire, miss their beloved daughter every day but are so proud of the gift of life she gave to others. Our grateful thanks go to Graham and Penny for sharing their thoughts with us.

Jane was born on 21<sup>st</sup> April 1971, a twin to Richard and sister to John, who was three years older. Jane was a popular child, bright as a button and happy at school. She was a brownie and a girl guide, learned to play the piano and the violin, danced ballet and enjoyed horse riding.

As she grew up Jane continued to excel at school and enrolled at Leeds University to study geography and management studies. Penny says, "She was always bright and all of her life she worked so hard". She graduated from university but jobs were difficult to find. Penny remembers the day that Jane got her results, when she cried "I've got a 2.1, I'm as good as the boys!". Jane worked for a time in a lab where she met Adam, who she married in 1995. Following some time spent as a legal secretary, Jane decided to pursue a career in the law and studied part time with Nottingham University, graduating with a law degree when she was 25 years old. She went on to work for Bird & Co Solicitors in Grantham, becoming a partner there, in charge of the conveyancing department. She worked extremely hard, was exceptionally good at her job and loved what she did.

Jane was happy in her work, had a good marriage and enjoyed a busy social life with friends. She loved cycling and skiing and even deep sea diving. Jane loved watching Adam and his team mates playing rugby and was the social secretary for the Rugby Club for a number of years, organising regular quizzes and an annual fund raising ball. She appeared to be completely well, with no signs of what was to come.

Penny tells us, "Very early in the morning of 3<sup>rd</sup> January 2014, there was a frantic knocking on our door. It was Adam, urging us to go to the hospital with him as Jane had collapsed at home and was on her way to Nottingham by ambulance. We all thought that maybe she had suffered a stroke".

When the family arrived at the Queens Medical Centre in Nottingham, they were taken to sit with Jane, who was in the A&E department. When asked what was wrong, they were told that Jane's condition was serious and that the doctors were trying to "bring her round". Jane subsequently had a brain scan which sadly showed that she had suffered a brain haemorrhage, caused by an aneurysm and was not going to survive.

The Specialist Nurse for Organ Donation approached the family about organ donation, explaining that Jane had already registered on the organ donation register. Graham, Penny and Adam all agreed that Jane's wishes should be honoured, saying "we didn't really have to think about it. We knew it was what she wanted".

*A beautiful photograph of Jane*



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## IN A THOUSAND SILENT WAYS

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They were all able to sit with Jane in ICU throughout the day as they waited for the retrieval to take place. Penny remembers that the SNOD was lovely but was disappointed to be asked on a number of occasions to go out to the family room as the doctors carried out tests, as she felt that this took them away from Jane when they had only a few precious hours left to spend with her.

Jane ultimately gave the gift of life to numerous people, donating her liver, lungs, kidneys and pancreas.

When asked if they had heard from any of the recipients Penny was thrilled to be able to answer "yes".

She says, "We received a letter from the gentleman who received one of Jane's kidneys after about six months, who was so grateful, telling us it had made a world of difference to his life. We also received a letter from the recipient of Jane's liver, expressing his gratitude. Sadly, the transplantation of Jane's lungs was unsuccessful but we were told that the family were grateful for the chance she was given".

In the Spring of 2019 Penny decided to write (via the donor family care service) to the recipient of Jane's pancreas and second kidney telling her a little about Jane and hoping the recipient was doing well. She was delighted when she received a letter back in July 2019, (through the donor family care service) from the recipient, Amanda, aged 40.

Penny recalls, "I was in floods of tears. Amanda sent a photo, a long letter and there was also a letter from her father. Amanda assured us that she is very careful to look after the amazing gift she received. She has also been able to get married since her transplant".

Penny and Amanda have continued to exchange letters on a regular basis ever since and both have expressed a desire to meet each other in due course, something which Penny fervently hopes will happen.

Amanda sent Penny a beautiful silver chain which she purchased on holiday in Florence, telling Penny that it was bought on a holiday she never expected to experience. Amanda has also sent Graham and Penny many photographs and even a picture she painted herself. Amanda continually tells Graham and Penny that she is so grateful for the gift she received, stressing that without her transplant she would not be alive now.

Jane's family organised a plaque in her memory to be sited on the pier at Southwold, with the words "Happy Family Holidays". Graham and Penny visit often and remember Jane with love as they share memories of family holidays spent there. Jane will always be in the hearts and thoughts of her parents, her brothers and her 3 nephews and 2 nieces.

Graham and Penny have been members of the DFN for a number of years and attended our events at the Arboretum. We look forward to seeing them in 2021.



*A family favourite picture of Jane*

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## *WE MAY NOT HAVE YOUR PHYSICAL PRESENCE*

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Despite the difficulties we have all experienced over the last twelve months, your Trustees have remained busy, attending many **zoom meetings and telephone conferences**.

**DFN Chairman Nigel** joined a zoom meeting for the Organ Donation Law Change Campaign Advisory Group. Discussions centred around the change in the law which was brought into effect on 20<sup>th</sup> May 2020. Prior to this date, a great deal of media preparation had been done, however, due to covid 19 it was not possible to have the level of attention hoped for on the launch date. Media attention to highlight the change in the law will continue as currently only 40% of the population have registered their decision on the Organ Donor Register, 38% opting in and 2% opting out. One of the issues which continues to be highlighted is that of the lower number of registrations from the BAME community. **Altaf Kazi** from the Faith Engagement Workstream spoke at the meeting, stressing the need for targeted media, with specific communication targets aiming to build specific strategies, in an attempt to ensure that the BAME community does not have a disproportionate percentage of those opting out. During the Autumn of 2020 the campaign to increase the number of people sharing their decision with loved ones forged ahead.



**Trustees Jim, Eunice and Karen** continue to sit on Hospital Trusts Organ Donation Committees and Jim, Eunice, Karen and Nigel (along with other DFN members) continue their invaluable work as Organ Donation Ambassadors.

**Trustee Jim** attended a Specialist Nurse- Organ Donation training day, helping the trainees learning the importance of approaching families about organ and tissue donation.

**Trustee Karen** has been asked to assist with the British Transplantation Society awards which entails considering a huge number of nominees for a variety of awards. It is an honour for the DFN to be asked to be on the judging panel.

**Chairman Nigel** has represented the DFN on the NHSBT Forum, for which we are a stakeholder. Meetings provide an update on a number of aspects of organ donation, most recently including the effect of covid on transplantation during 2020. During the covid crisis the skills of the SNOD's were re-used where they were needed, for example as family liaison for families losing loved ones through covid. Inevitably donation numbers reduced slightly for a while, as conditions for the donation discussion between families was made very difficult as visitors were restricted.

The DFN has been asked to support an interesting new study - The Evaluation of the Organ Donation Deemed Consent Act Project. **All of the Trustees** attended a zoom meeting in November to ascertain what involvement we could offer. The purpose of the study is to learn more about the impact the change in the law has on such things as: consent rates; number of transplants; public attitudes and the experiences of family members who are approached about organ donation. This will be done through: surveys of the public; case studies; statistical analysis and interviews with family members. It is hoped that the study will provide information about the barriers to organ donation and will inform policy makers about the impact of the new system. The project leaders particularly want to speak to families approached about organ donation since the changes in the law, including those who declined. Amongst other things, this will help to train the SNOD's. The Applicants for the project, the School of Health Sciences, Heath Hospital, Cardiff, will share the results of the project, to take place over three years, by presenting at events and conferences, together with reports to government and public. We are currently awaiting further information as to how we can assist further.

**Chairman Nigel and Trustee Karen** attended the zoom launch for the British Transplant Games 2021 due to held in Leeds from 5<sup>th</sup> to 8<sup>th</sup> August. We do hope they go ahead and that some members will join us in cheering on the athletes.

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## *BUT YOU ARE WITH US IN EVERYTHING WE DO*

### **PATCHES OF LOVE**

Many of you have, over the years, made a beautiful square for our memorial quilts. The Donor Family Quilt is a tribute to those who have given the Gift of Life through organ and tissue donation. Each square is unique and is designed by a donor family to recognise and remember their loved one as a visual display of love and living.

We are currently working on our third quilt panel and need your help!

Please consider making a quilt square in memory of your loved one.

You may use any colour or fabric but do not finish the patch with quilting or backing. The material could be a piece of fabric from a favourite garment e.g. shirt, jeans etc. Any medium can be used to create the patch including crayons, paints, threads, glitter or you can have a photograph put onto the material. You may wish to do a collage of lots of bits of treasured materials. Please feel free to include the name of your loved one and the dates of birth and death, if you wish.

Please help us to complete panel three of our quilt.

These are so well received at any event we attend, helping to raise awareness of organ and tissue donation.

If you haven't yet seen it, do try to join us at our family event, which will hopefully go ahead on 12th September 2021.

If you need inspiration, visit our website to see all of the squares which make up panels one and two.

To accompany the square please write a story of about 100 words about your loved one and your choice of design, as these are included in our Patches of Love booklets which accompany the quilts. The booklets can also be viewed on our website or copies can be requested from us.

Patches must measure 7 inches (18.5cms) square with an additional border of 2 inches (5 cms) to sew into the quilt

*Recent square received  
in memory of Sam*



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## WE MISS YOU EVERY DAY

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### SCOTT RUTHERFORD

We are honoured to share Scott and Freda's transplant story with DFN members.

On September 7<sup>th</sup> 2008, 15-year-old Scott underwent a life-saving transplant at Newcastle's Freeman Hospital. Scott, from North Shields, was born with such severe heart defects he needed his first major operation at just nine hours old.

As a little boy, Scott found himself on the operating table many more times, and by the age of 12 had come through nearly 400 surgical procedures.

He said: "I was never allowed to ride a bike or do PE. When I was 14, things were bleak. My hands and lips were permanently blue and day to day things were impossible. It got to the point where my health was so bad I couldn't brush my own teeth, I couldn't walk from the bedroom to the bathroom. It was a terrible time - I would look out of the window and think: Why was I born this way, why can't I be normal? Eventually doctors told me that a transplant was the only option or I would die. It was absolutely terrifying."



While schoolboy Scott was waiting on a transplant list, Freda and husband John's son John Junior had been told he had a brain tumour, in August 2008. Within four weeks the paint sprayer - who had been married four years - had died aged 33. At first Freda, of Sunderland, was adamant she would not give permission for his organs to be donated, saying:



"He's suffered enough".

But daughter Julie stepped in and asked: "Mum, what if someone could have given our John a new brain?" Freda replied: "I'd have begged them to save my son." She added: "John's liver, kidney and heart were all donated. It brought us comfort to know John had saved lives".



Knowing a transplant was the only option, Scott and his family were elated when doctors called less than three months after he had been placed on the transplant list to say there was a matching heart waiting for him. Before the seven-hour heart transplant operation, surgeons told him there was a chance he might not make it.

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## YOU ARE ONLY EVER A HEARTBEAT AWAY

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But Scott says, "I remember waking up after the operation and feeling instantly alive. My heartbeat was really strong, my fingertips were pink and my face was really warm. I wanted to get out of bed and run because I felt like I could do it. I felt alive for the first time. I would spend hours listening to my new heart with a stethoscope. I was eventually discharged from hospital and my life has never been the same since. The difference to my health is amazing!

Freda continues her story, "We had letters from recipients of John's liver and kidney but I said 'I'd love to hear from the lad who had his heart.' John had a big heart - so full of love. All we knew was his name was Scott and he was aged 15."

Five years later John and Freda Carter attended a memorial service for organ donors at St George's Church in Newcastle. It was then that something almost magical happened.

Scott was speaking at the service, paying tribute to donors. He spoke movingly about how his life was saved when he received a heart from someone called John. Scott says, "I often wondered about the person my heart had belonged to".

Freda continues the story, "When I sat down and turned the page on the order of service and saw Scott's name there, a strange feeling came over me. I knew he was the recipient of John's heart. It was irrational as Scott is a common name and he could have been anywhere in the country. I was completely hysterical. I couldn't breathe and I started making a massive scene. I think it must have been maternal instinct." There were nurses at the service and they listened to what Freda had to say. After checking with Freeman hospital, it was verified that Scott had indeed received John Carter's heart. Scott was approached by a nurse who told him his donor's parents, Freda and John were there and wanted to meet him.



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## *BUTTERFLIES HOVER AND FEATHERS APPEAR*

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Freda says, "Scott came up to me and opened his arms and gave me a huge hug, He said he would be eternally grateful for what we had done for him. I asked if I could feel John's heart beat and he let me. It was all I wanted."

The families formed a close relationship and still meet up for meals and anniversaries.

Freda says, "'We've lost a son but gained Scott and that is a hell of a gift. He is so thankful, loving and appreciative; John was too young to die but I get comfort from the fact he's living on in Scott."

Scott says, "Freda is wonderful. I call her my 'heart mum'. Without her, I wouldn't be here today. It's like we've always known each other. We laugh a lot, hang out and text constantly."

Actor and singer Scott has been very involved in the media and told his story innumerable times to help raise awareness of organ donation. One of many interviews in which he has been involved was on the Lorraine show when Scott and his mum Wendy spoke with John (senior) and Freda, who were also guests on the show. The interview can be viewed on You Tube as can a further

interview involving both families from when they joined the Rocky Mountaineer Train for Heroes, an amazing trip during which Scott met John's sister Julie for the first time.

Our thanks go to Scott and Freda for agreeing to share their stories.

We wish Scott all the best for good health in the future .



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## *WHENEVER LOST LOVED ONES AND ANGELS ARE NEAR*

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**Share Your Wishes** work tirelessly to raise awareness of organ and tissue donation, encouraging recipients to talk about their experiences.

We hope that these comments, made by the recipients on Share Your Wishes social media, will help to assure you just what a difference to the lives of others your loved one's made.

Have a baby

Do normal happy family things

My sister received the gift of new lungs. The list is endless of what she was able to do, see and achieve

Spread awareness on the importance of giving others a second chance

See my little boy grow up. I'm eternally thankful to another little boy who has given him another 20 years of life

My husband had a kidney transplant in 2011 –we are grateful every day to his donor and their family

See my daughters grow up and be the best mum I can for them

Press the continue button on my life – so grateful to my donor and family

Spend more time with my wonderful mum

See my son start school

Watch my sister get better and not wired up to a machine every night

I've married my partner and donor!

Watch my children grow up

Enjoy my grandchildren

Have quality time with friends

Raise awareness of organ donation

See my son come off dialysis and have a baby boy – amazing!

Go to Uni, have a career, enjoy life

Say Thank you, Thank you, Thank you

Have beautiful babies- am grateful every day

Live life to the full. Thank you

See my baby take his first steps

Watch my granddaughter thrive and grow

Walk again!



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## *ALTHOUGH ITS DIFFICULT TODAY TO SEE BEYOND THE SORROW*

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### **The Gift of Sight**

**John Davies** from Bath tells us how a partial corneal transplant helped to restore his sight.

John says, "I first noticed something was not right in the summer of 2011 when I found that whenever I was on my motorcycle or driving the car it seemed that I was looking through a dirty pane of glass, especially when heading toward the sun. Night time driving was also difficult as headlights just seemed to turn into bright halos of light".

Despite mentioning this to his optician John passed numerous eye tests but was still affected whenever he was exposed to bright lights. He was subsequently referred by his GP to the Ophthalmology department at the Royal United Hospital, Bath. But as he realised his sight was deteriorating John saw a private consultant and in November 2011 he was diagnosed with Fuchs Corneal Endothelial Dystrophy, a hereditary condition, and was advised to have six monthly eye tests and monitor any deterioration. This condition causes the collection of fluid in the outermost layer of the cornea, causing problems with sight and light sensitivity, developing over a period of time.



John continues, "By the summer of 2013 it was getting very difficult to see in bright lights and I had to give up work as a self-employed IT consultant. I was referred by the Royal United Hospital, Bath to see Mr Bruce Allen at Moorfields Hospital, London, I saw Mr Allen in Oct 2013 and he told me that I was suitable for a transplant and he would perform the latest type of surgery, called a DMEK."

DMEK involves a transplant of part of the membrane from a donor cornea. The donated tissue is kept in place with a temporary air bubble, which acts as a bandage, holding the transplant.

John says, "The wait for a transplant was not long and I was not put on the organ donor register as there is no need to match the donor and recipient though they do try to match the age group".

John had a left eye cataract operation in March 2014, followed three weeks later by the DMEK. The right eye operation was performed in September 2014 by which time they had developed the procedure so that they could do the cataract and DMEK at the same time.

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## *MAY LOOKING BACK IN MEMORY COMFORT YOU*

### *TOMORROW*

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The operation only takes a couple of hours and John was awake for both operations and was able to listen to what was happening as the world renowned surgeon was explaining the operation while being watched by a team of visiting surgeons, from South Africa for the first operation and Brazil for the second. John then had to lay flat on his back for 5 days so that the air bubble could hold the graft in place and then use anti-rejection steroid eye drops for the next year.

John says, "Both operations went very well with a quick recovery and my eyesight has been good ever since. Words cannot express how grateful I am to the surgeon and his team and to the two donors and their families who made my operations possible. If I had not had the operations I would have gone blind".

When asked what a difference his transplant has made to his life he explains that within a couple of weeks he noticed an improvement and can now work, drive, enjoy holidays and ride and restore his motor cycles.

Since undergoing his transplant John and his fiancé Loraine, Patron to the DFN, have told his story to family and friends, changing the opinion of some who had refused donation of their corneas when completing the organ donor register.

Corneal transplants are mostly anonymous with donor families rarely finding out anything about the recipients. The eye banks are invariably short of donors, not always being able to meet demand. A single donor can help up to four people in what can be very successful operations.

## **Stories of memory and thanks**

We are so grateful to the donor families and recipients who agree to share their stories with our members.

If you would like us to feature your story in a future edition please get in touch

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## THANKYOU FOR THE LOVELY MEMORIES

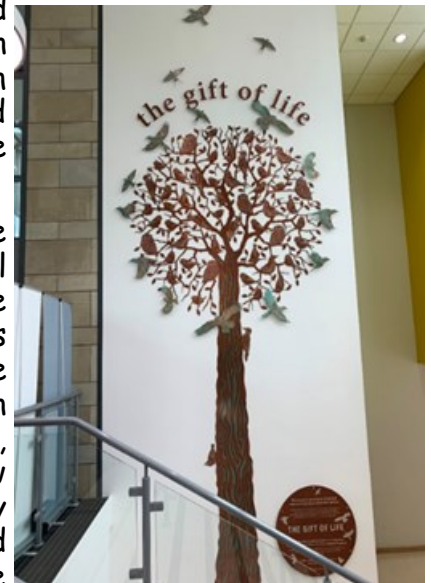
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### HERE ARE SOME MORE OF THE STUNNING MEMORIALS TO ORGAN AND TISSUE DONORS FROM AROUND THE COUNTRY

**Bradford Royal Infirmary** – A new specially commissioned 'Tree of Life' memorial has been unveiled in the main concourse, which honours those whose gifts of organ and tissue donation in death have given life to so many.



The tree, which represents the metaphor 'the Autumn of our Lives', will serve as a permanent reminder of the donor's selfless gift. The tree is depicted in its autumn state, while the birds, which have all been chosen because they are native to Yorkshire, represent organ donors and depict new life, replacing leaves that have already fallen. The tree design was created



using aged copper. The birds flying around the exterior of the tree appear in brighter coloured metal, fitted with hidden spacers for depth, symbolising those who have received a new organ and therefore can now escape from the confines of their declining health, enjoying the freedom that this now gives them.

**Salisbury District Hospital** - This Garden of Remembrance is created from gleaming copper and features a kaleidoscope of butterflies gathering into a heart shape. The lacy wing characteristics mean that the garden can be viewed around and through the sculpture, which will be a permanent memorial to organ donors. Butterflies are a powerful symbol and evoke a positive metaphor for the transplant recipient's experience.



**University Hospital, Southampton** - This wall art is a reminder of the importance of organ donation and is situated in the main entrance to the hospital. This memorial depicts gulls soaring around, representing the freedom given by the Gift of Life. All the birds are decorated in bright sky patterns, their feathers picked out in glistening aluminium so they shimmer in various lights throughout the day. Some birds form a heart shape around the Gift of Life wording, whilst others weave around a line of prose.

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## WHICH NO AMOUNT OF MONEY CAN EVER BUY

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A plaque in honour of organ donors has been unveiled by the **Harrogate Network for Organ Donation Support** in the town's Valley Gardens. The group was formed to offer support to those waiting for a transplant or following the procedure, as well as their families.

The plaque is in recognition of donors and their families for giving the "gift of life". Following the new opt-out

system the group hopes more people will be able to receive organs.

One of the group's founding members, Kerry Morrison, whose daughter Lynda received a heart transplant 25 years ago, said:

"The plaque is going to be a lovely place for donor families and recipients to come and reflect - it's somewhere really special. I think it'll become a focal point for recipients.

The support group is there to help with the shock that comes from needing a transplant. I hope the plaque will stimulate the need to talk about donation with families to learn if it is something they agree to."



A Tree of life planted at a North Yorkshire hospital is commemorating people who have lost their lives but given others a chance to live theirs to the full.

A cross-section of an English oak was "planted" at **Harrogate District Hospital**. In future, every leaf added to the display will carry the name of an organ donor.



Dandelion Clock—**James Cook University Hospital, Middlesbrough**

This glass sculpture was inspired by the dandelion's seeds that are carried by the wind to start new life, representing that when one life ends another begins. Families will be offered the opportunity to have their loved one's name or a message engraved on its colourful petals.

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**THIS POEM WAS WRITTEN BY ANGELA WALTERS IN GRATITUDE TO  
HER DONOR FAMILY**

*You wiped away your tears when your loved one passed away  
Your world must have stood still with the pain you felt that day  
Yet through the awful grief of losing one so dear  
Unselfishly you made your wish very clear  
To offer the chance of a future to someone you haven't met  
As the single most caring gesture that anyone could get  
How can one show appreciation expressed from afar  
How can one say how thankful their friends and family are  
The best way I can think of is to cherish every day  
And I'll never take for granted the chance that came my way  
Remembering my donor and the  
sacrifice they made  
And feeling so much gratitude that  
will never ever fade*

