



## Donor Family Network Trustees

Are you interested in being a Trustee for the Donor Family Network? We are looking for more Trustees to join the charity's management committee. If anybody is interested, please contact us. We do ask that you have access to e-mails and be prepared to attend committee meetings up to four times a year, assist at DFN events, help with decision making and be prepared to represent the Charity occasionally at meetings and events in relation to organ and tissue donation. We have enclosed with this newsletter further details regarding the role of a Charity Trustee.



## Be Good to Yourself

Time moves not like a river from here to there. Time moves in waves; it ebbs and flows. There is a time for everything. Grieving represents the final stage of one part of our lives and signals the start of different beginnings. There is no magic wand that will change our lives; we have to make our lives work in honour of our lost loved ones. Our journey of pain and loss teaches us so many things about life and ourselves and determines our physical, mental and spiritual wellbeing.

*Be yourself truthfully  
Accept yourself gratefully  
Value yourself joyfully  
Forgive yourself completely  
Treat yourself generously  
Balance yourself harmoniously*

*Bless yourself abundantly  
Trust yourself confidently  
Love yourself wholeheartedly  
Empower yourself confidently  
Give yourself enthusiastically  
Express yourself radiantly*

Our journey through loss is often long and hard. The Trustees of the Donor Family Network are always on hand to offer assistance and support wherever and however we can.



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It is almost time for the 2013

## British Transplant Games

TRANSPLANT  
SPORT↑

As usual the Trustees will be attending the Transplant Games, which this year are taking place in Sheffield. We would love to be joined by some of our member families. The Games are an opportunity not only to meet other donor families but recipients and their families too. Donor families also have the opportunity of presenting medals to the athletes and to see first hand the amazing benefits a transplant has given to so many individuals. If you can join us in Sheffield please let us know.

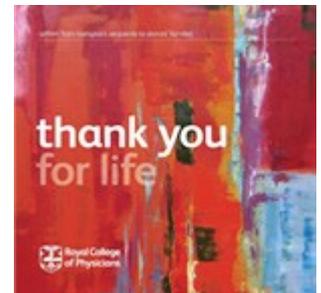
An opening ceremony will take place on Thursday 15th August 2013, during which the teams taking part and donor families parade through the City. The parade commences at Devonshire Green in the city centre and concludes at Sheffield City Hall. If you want to come along we will meet at the Devonshire Green at 6 pm. The day of athletics will be held on Sunday 18th August 2013 at Don Valley Stadium. There is no charge for attending. If you do come along, please seek us out.

(Michael, a donor family member from Chesterfield has kindly offered to provide accommodation for two people during the Games. If anyone would like to take him up on this very kind offer, please contact us for his details).

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## Thank You For Life

We are aware that sometimes donor families do not receive any correspondence from the recipients of their loved ones donation and that this can be upsetting. Having had the honour of meeting many recipients over the years, we can assure you that all recipients and their families are truly grateful for the opportunity offered to them by their donor. Many just do not know what to say and are invariably concerned about upsetting their donor's family in any way.



The Royal College of Physicians has compiled a book which contains letters and messages from recipients to their donor families, many of which are very moving. Some of the comments include:

*"I wish I had written to my donor family but I couldn't find the words"*

*"I just want to thank you from the bottom of my heart, for giving me this gift...you are in my thoughts and prayers every day..."*

*"I wake every day and thank my donor for the gift of life. It takes a very special person to be so giving and to think of others at such a critical time"*

*"...he appreciates he has a new lease of life and he is grateful and determined to honour it the best he can..."*

We will feature more comments in future newsletters.

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## Through The Lens



NHS Blood and Transplant have once again held a film competition, entitled “through the lens”. There have been numerous categories of entry, whereby entrants provide a short film to promote organ and tissue donation.

The finalists from each category can be viewed on YouTube, through a link from the NHS Blood and Transplant website. The winner of the “peoples favourite” category will be the film with the highest number of viewings by the public.

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## Tissue Donation

David and Jane Nix, DFN Trustees, recently attended a seminar to talk about their experiences of tissue donation. The event was held at the Tissue Donation Centre in Speke, Liverpool. Their 21 year old daughter, Rebecca, donated bone and tissue after she was tragically killed in car accident in America. David said: “We were greatly comforted that Rebecca was able to donate and that she transformed so many lives. We are now able to help other families of donors who have made this life-changing decision get the support they need”.



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## School Support the DFN

Dover Girls Grammar School regularly raise money for charities and recently selected the Donor Family Network to be the recipient of their fundraising efforts, through a Christmas market held at the end of 2012. A pupil at the school had been the recipient of a lung transplant and the efforts of her teachers and peers resulted in the receipt of a cheque for a marvellous £3,500, presented to the DFN by teacher Jo Arman.



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## In Loving Memory of Sarah

When Sarah Dickinson sadly died and became an organ donor her family were justifiably very proud of her. Sarah’s mum Lorraine, from Yorkshire, recently decided to arrange a fund raising evening in memory of Sarah, who would have been 40 years old in April 2013.

Lorraine, with the help of some of Sarah’s friends, organised a prize draw and Karaoke night and raised over £1,500 for the Donor Family Network. Lorraine had bravely approached local businesses and told her story over and over again, being rewarded with over 50 prizes, including meals in various local restaurants, a food hamper, hairstyling, makeover and a television.



Well done Lorraine, Sarah would have been so proud of you!



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## **Events**

TSUK Donate Life Concert - Saturday 13th July 2013 at the Sheffield City Hall at 7:30 pm-  
for tickets go to [www.donatelife.org.uk](http://www.donatelife.org.uk)

Donor Family Network Service of Thanksgiving and Remembrance - St Margaret's Church,  
Chapel Lane, Great Barr, Birmingham at 2:00 pm on Sunday 7th July 2013

This will be followed by the Donor Family Network AGM.

National Transplant Week - 8th to 14th July 2013 –if anyone is prepared to be involved in local  
media during this week please contact us.

British Transplant Games– Sheffield– 15th to 18th August 2013.

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## **Virtual Bouquets**



- \* Our continued thanks go to Simon Steward who is still raising funds for the DFN by running five half marathons.
- \* Lorraine Charnick
- \* Dover Girls High School staff and pupils

## **Organ Donation**

Since 1 April 2013

**113** people have donated organs  
**320** additional people have donated corneas  
**291** people have received the gift of sight  
**273** people have received transplants  
**7,278** people are still waiting for transplants

## **Join Us On**



and Twitter at:

[@donorfamilynetw](https://twitter.com/donorfamilynetw)

Don't forget you can help us to raise  
funds by creating a fund raising page for  
your event on

**JustGiving™**