



CONNECTIONS

Registered charity
1098781



Message from the Chairman

I would like to offer a heartfelt welcome to all of our new members. I hope that we can help you to find a measure of peace and hope for the future. Do not hesitate to contact us and talk openly about your grief to those who understand. Be kind to yourself. Do what is right for you. Most importantly do not feel alone.



All of the Trustees work hard to respond to the needs of families, offering practical and emotional support via e mail, telephone and social media and providing information if possible. What can we do for you? This is your newsletter.

If there is anything you would like to include please contact us. We would love you to let us know if there is anything we can do to help you and support you or if there are any events you would like to see arranged. The DFN is on many committees regarding transplantation but we would really like to offer more to our members and enable the charity to grow.

All key decisions are taken by the board of Trustees who are responsible for keeping adequate records, reporting to the Charity Commission and safeguarding the charity's assets.

If you know of anyone who would be interested in becoming a Friend of the DFN please do let them know about our new venture. A membership form is available on our website.

We will be supporting the Transplant Games again this year. The British Transplant Games will take place in Newport between 25th and 28th July 2019 and the World Transplant Games are coming to Newcastle/Gateshead between 17th and 24th August 2019.

You are welcome to come along and join us in supporting the teams, meeting recipients and presenting medals to the athletes.

A handwritten signature in black ink that reads "Nigel Burton".

NOTHING IS SO PRECIOUS AS THE MEMORY THAT LIVES ON



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

Patrick Gallagher

Susan Evans

Richard Jackson

Nick Goodman

David Cumpston

Lisa Hale

Rebecca Evans

Linda Able

Elinor Paul

Martin Upton

Mrs J Fletcher

Tina Martin

Linda Fallow - in lieu of sending Christmas cards

Chris & Steph Milligan - in lieu of sending Christmas cards

Janet Davis - in lieu of sending Christmas cards

Alan & Sue Klinker—in lieu of Christmas cards (Alan received a liver in 2013)

Signet Group

Hymns Ancient & Modern

Rotary Club of Halifax

Graham Moore, Westfield Health for a further generous donation

S Nash in memory of Robert McGlone

Alick & Penny Moore in memory of their son David

Bird & Co Solicitors who held an Old Band T Shirt Day

Rob Hudson in memory of his loving wife Elaine

Elaine Massey in memory of Dave on his birthday

Donations received in memory of Garret Gwynfor Hurst

Donations received in memory of Doreen North

Donation in memory of David Silkstone

West Lancashire Century Lodge - the nephew of one of their members has had a heart transplant (we are using the funds raised to give soft pashminas to donor families in ICU/ A&E to offer some comfort whilst awaiting retrieval)

Andy Savery - for raising funds for us throughout the last year whilst he held the position of Worshipful Master of the Freemason's Lodge of Impartiality No 5101



THE GATES OF MEMORY WILL NEVER CLOSE

Fundraising

Sid & Carol Lamb - for holding a Charity Day at Scarm Park Golf Club for transplant charities. This Presidents Day included an auction and golf, football and fishing competitions. The event was the 13th annual charity day organised by Sid & Carol celebrating Sid's 14th anniversary of his heart transplant.



St Annes RC Primary School, Audenshaw raised funds for us by selling cakes and holding a raffle, following a talk about donor Andrew Pownall by his father Arthur. Arthur says, "In early September, after Organ Donation Week, I was asked to speak to year 5 and 6 pupils about organ donation, at a local school where I am a Governor. I talked about my son Andrew, a former pupil, who had become a donor when his life was suddenly cut short. I explained the difficulties and the consolation of his decision from being so sad to our family being presented with a hero. A couple of grateful recipient letters were read to the children. They were so impressed as evidenced by the questions they asked".

Jenny Deacon launched the **Sweet Charity Choir** in January 2017 with the mission to raise money for multiple charities throughout the year, through the choir's love of singing and cake! Members across Dorset, Hampshire and Essex join together every month to learn bespoke arrangements (written by Jenny) and raise money for different charities (chosen by the members) whilst spreading awareness of a multitude of different causes and projects. The DFN were recently chosen as the choir's charity to support.



It's okay

It's okay to miss them
It's okay to say their name
It's okay to cry
It's okay to laugh
It's okay to breathe deeply

It's okay to smile when you think of them

It's okay to function

It's okay to have days when you can't function

It's okay to be angry

It's okay to be thankful

It's okay to love again

It's okay to remember

It's okay to be honest

It's okay to trust again

It's okay

It's okay

It's okay

THOSE WE HAVE HELD IN OUR ARMS FOR A LITTLE WHILE



Recipient **Mark Smith** recently held a Charity Ball in Harrogate, an evening of dining and entertainment to promote organ donation and raise funds for Kidney Care Uk and DFN. This black tie event started with a welcome drink on the red carpet followed by a three course dinner, live comedy, music and dancing. A live auction, raffle, photographer and other activities kept guests busy until it was time to hit the dance floor for the end of the evening disco.

Mark, aged 46 and dad of two, received a kidney and pancreas transplant in 2009. He desperately needed the transplant after 25 years of living with diabetes. He has raised funds since 2015 for the benefit of transplant charities. His fund raising efforts include climbing the Yorkshire Three Peaks and walking the length of Hadrian's Wall with his donor's mother.

When asked about meeting his donor family Mark says, "it was surreal and so emotive! You've been through something so life-saving, literally, so to meet the person that's had a hand in it is stupendous. I remember my donor's mum saying to me it was like a little bit of her son had come home. Not only had their son saved my life but they had been instrumental in bringing about another one as my children were born after my transplants".



Mark has raised an enormous amount of money for charity but says, "the fundraising is secondary to the message about organ donation".

WE HOLD IN OUR HEARTS FOR EVER



In early January 2018 a much loved runner, cyclist and all round sportsman, **Darren Andrew**, tragically passed away due to a bacterial meningitis infection.

In memory of Darren, family, close friends and fellow runners and cyclists took part in two fundraising events, one cycling from St Thomas's Square in Newport, Isle of Wight to the 18th hole of St Andrews golf course in Scotland. This ride was to celebrate the life of an honest, loyal, caring man with an amazing sense of humour. The ride passed through many places in the country that have significant links to his life.



For the second event, a team of 24 ran the Windsor Half Marathon on 30th September 2018. The team included Darren's wife Jane and three daughters Louise, Charlotte and Briony and son in law Rich. Many of the runners had never run before and took on the challenge because of Darren's love for sport. Both events were in support of the Intensive Care Unit at St Mary's where Darren was looked after during his short illness and the Donor Family Network who have provided support to the family. Louise Tapster

-Clark says, "Darren was able to donate his heart, liver and both kidneys to people who desperately needed them and his lungs and pancreas to research, so he is continuing to help other people and their families as he would have wanted to. We are very grateful as a family for the thank you letter from one of the recipients".

Louise continues, "we will continue to raise funds for both charities and raise awareness of organ donation and the amazing work done by the Donor Family Network. As a family we have found this year incredibly tough, however knowing Darren donated some of his organs has given us great pride. I am a secondary school teacher and I delivered an assembly recently to year 11's about organ donation and the importance of sharing your wishes. They were very receptive and a number have come and told me they have discussed it at home and are now registered, which is amazing!"



WE MAY NOT HAVE YOUR PHYSICAL PRESENCE

We are very grateful to author **Kathy Graham** for allowing us to share her story, using extracts taken from her book "**Life is for the living**" (which can be borrowed from the DFN library). Kathy has dedicated her book to her donor:

"Words cannot express my gratitude to the family of my donor who, when faced with such adversity, gave their consent to organ donation. I will always be eternally indebted to my donor who gave me this Gift of Life."

After being unwell for some time Kathy was admitted to Papworth Hospital for tests. She admits to being in denial about the seriousness of her illness. By Christmas 2010 she was told that she needed a double lung transplant and she began the transitional period of "living on a list". At her transplant assessment Kathy was told she in fact needed a heart and lung transplant. The Transplant Team explained the risks and complications. At this point in her book she says, "I'm struggling to understand. I'm frightened to understand". This is not surprising as the Doctors tell her, "it usually takes an average of two years to find a donor for heart and lungs and may be longer. There is a fine balance of being well enough to withstand transplant and falling too unwell". During the time Kathy waited she wrote, "I imagine what it must be like - doctors, nurses, whole teams busying about. Ambulances blue lighting organs and patients. Most of all I can't leave the thought that , amidst all this activity, is a devastated family making the biggest decision they have probably ever had to face. Everyday peoples lives being changed forever, one way or another".

In September 2013 Kathy gets the call telling her that there is a potential donor and is rushed to Papworth where she undergoes over eight hours of surgery. There then follows a long stay in ICU and an extensive drug routine to learn. She remembers thinking at this time, "I can breathe. I'm deeply conscious of every breath I take. I gather strength by the day". She thinks of her donor, "I owe my life to them. I'm unable to think of anything else. I think of it as though the person is with me now. We are joined, an unbreakable bond".

Finally she is discharged home and remembers that day, "The Transplant nurse comes to visit before we leave. We've been bracing ourselves for some news. I've asked for details about my donor. We try to stay composed as we are given snippets of information. It humbles and saddens us as we owe this person our future".

Once Kathy feels a little stronger another daunting task awaits her: "I want to thank my donor's family. Tentatively I put pen to paper and manage to express my gratitude for what they've done for my family and me. How can "thank you" ever be enough? I take the letter to my next clinic. I know there will be no obligation on the family's part to reply or even read the letter but regardless I feel better for having had an opportunity to thank them". She does in fact receive a letter back from her donor's family and says, "it was an emotional read - it's a letter I will always treasure".

BUT YOU ARE WITH US IN EVERYTHING WE DO

Since her transplant Kathy has been involved in radio and press interviews, promoting the need for organ and tissue donation and says, "I'm inspired to make the most of life, savour every minute and take every chance".

By the time of the first anniversary Kathy says, "I could walk for miles by now, my strength recovered. Suddenly I could do all those things that everyone takes for granted - simple things like showering, pushing a trolley around the supermarket and driving. I had my health back- I had been given the best gift of all- the Gift of Life".

Recently Kathy said, "Since my book, I've seen one of my daughters get married, both daughters graduate and I now have a grandson. There is never a day goes by that I don't quietly thank my donor and their family for all that they have given to me and my family. We have just celebrated my five year transplant anniversary, celebrating my life and the life of my wonderful donor. It is very bittersweet but we are so grateful and try to honour her by living life to the full and appreciating each and every day".



Kathy also has a blog which can be followed at kathryngrahamwriter.com

Emma Thirlwall, Trustee of the DFN assists with the liaison between our members and NHSBT, often being able to answer questions and find out information for us. We have asked Emma to tell us how she became involved in organ donation and she says:



"I trained as a sick children's nurse and worked on paediatric intensive care at Alder Hey Hospital for 8 years before entering the world of organ donation and transplantation some 20 years ago now. I already had a great interest in organ and tissue donation and transplantation before changing jobs as I had written my dissertation for my master's degree on the subject. I am currently Team Manager for the North West Organ Donation Service and have seen some hugely significant changes and developments in the process since my first days as a Transplant Co-ordinator back in March 1998. I first became aware of the fantastic work of the Donor Family Network in 1999 when I was looking for a support network for a donor family. The family were very grateful for the support they were given and went on to make a square for the Donor Family Quilt (Booklet One). It has been great to see how the Donor Family Network has evolved over time and to witness first-hand how donor families have been supported and encouraged to share their individual experiences with each other and a wide audience. I have a great passion and commitment for organ donation and am fortunate to be able to see the benefits that transplantation can have in saving and improving lives. My work as a nurse volunteer supporting children who have had transplants taking part in organised activity camps allows me to do just that as does my involvement with the British Transplant Games".

WE MISS YOU EVERY DAY

Order of St John Award

Many of you will already have been invited to, and may have attended, a ceremony for the Order of St John Award for Organ Donors. This award was launched in 2013 by the Order of St John and NHS Blood and Transplant. The award is open to people of all faiths and of no faith across the whole of the UK.

The award, which takes the form of a pin badge, is presented to the next-of-kin of the donor and posthumously honours the donor. Each ceremony is a chance to celebrate the enormous contribution your loved one gave to save the lives of others.



The ceremonies are held all around the country and from 2019 will be held in the Spring each year, to which the families of those whose loved ones donated during the previous year will be invited. After the ceremony you will be offered light refreshments. This will give you the opportunity to meet members of the Order of St John, NHS Blood and Transplant teams and other donor families. If you are invited to a ceremony but are unable to attend for any reason you are also welcome to request an invite for a ceremony on a future date. The award can be sent out by post if you prefer.

Families whose loved ones donated before the award was set up and who are interested in receiving the award can contact their local Organ Donation Team and will be invited to a ceremony in due course.

Presently the award is given posthumously to solid organ donors but in the future a new award is to be developed which will be given posthumously to tissue donors.

Organ donation deemed consent The Donor Family Network are involved on the Advisory Group for the Public Information Campaign on deemed consent. It is anticipated that, subject to legislative process, from April 2020, everyone in England over the age of 18 will be considered as a potential organ and tissue donor unless they have registered a decision not to donate or are within one of the groups excluded within the legislation. NHSBT are developing plans for a year long campaign prior to the implementation of the legislation. Their objectives are to achieve:

50% people opted in by 2020; 50% adults will tell their partner/ close family their wishes;

Ultimately increase consent rates to 80%

The advisory group will play a role in supporting and promoting the campaign, meeting monthly throughout the campaign phase.



YOU ARE ONLY EVER A HEARTBEAT AWAY

An Organ Donation Ambassador Programme

has been introduced by NHS Blood and Transplant and has so far been piloted in Birmingham and London, with the hope that it will be introduced nationally in due course. The Midlands now has 13 Ambassadors in place and there have been 15 applications for the London project.

This volunteer scheme has been launched to empower individuals to promote education and awareness of organ donation in their communities. Ambassadors will cover requests in their area for speakers and organ donation stands, the requests being posted on a web-based volunteer portal. Volunteers can also look within their community to create opportunities to promote organ donation through other networks. Participants will be provided with training, resources and support.

There will be a recruitment and selection process, which will involve an online application, an informal interview and clearance checks. Volunteers are to be recruited from donor family members, recipients and their family members, living donors and health professionals.

Volunteers will only be asked to participate in a small number of opportunities a year and to assist at busier periods such as the period around the British Transplant Games and Organ Donation Week.

If anyone is interested in the role as Organ Donation Ambassador, you can register your interest to stay informed about any upcoming recruitment by e-mailing Ambassadors.ODT@nhsbt.nhs.uk.

Patricia Smith, a kidney recipient four years ago, has contacted us to tell us about her experience in corresponding with Ruth, who's daughter Caroline gave the Gift of Life.

Dear Friend

Patricia says, "After my transplant and a period of recovery I thought the best and only thing I could do was to try to thank my donor family. I was told I could write a letter which would be forwarded to the family via the transplant coordinator. We corresponded like this for some time and then we both thought that it would be quicker to write to each other direct and have continued to correspond in this way. Primarily, I think this gave the family some comfort to know where one of their daughter's kidneys had gone and who to. For me there was a need to know who my donor was. Her mother told me about Caroline and what she had enjoyed doing with her life. She clearly led a full life which gave me a sense of responsibility to keep her kidney healthy. My transplant was a life saver. I can now do some gardening, go to an art and pottery group and am able to go on holiday without dialysis equipment. I regularly send all my news to my donor's family".

BUTTERFLIES HOVER AND FEATHERS APPEAR

Erin sadly lost her mum Lynne in December 2015. She was only 15 at the time and we thank her for sharing her story with us. Erin's mum had told her family of her wishes and had signed up to be an organ donor.

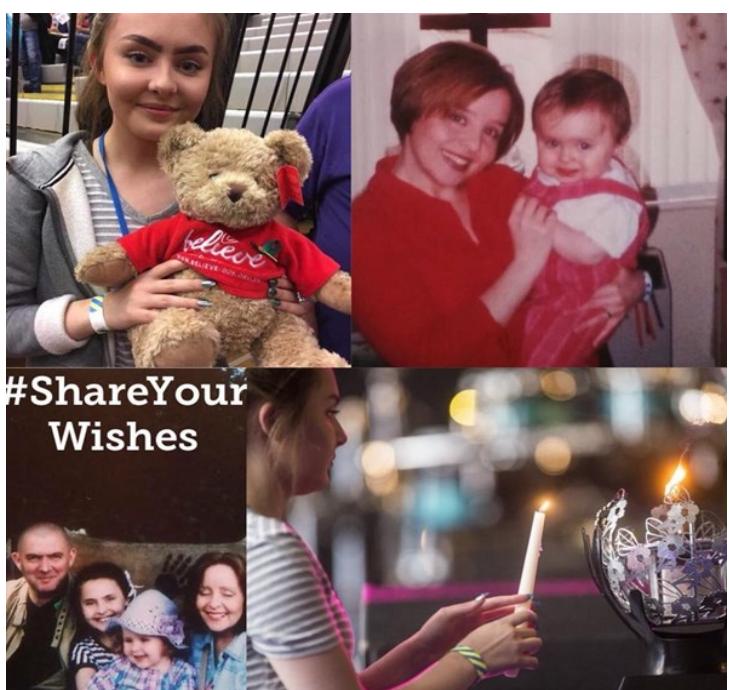
Erin says, "My mum Lynne was 44 when she passed away. She suffered complications during a routine operation following a brain haemorrhage. She was having an aneurism coiled to stop it from reoccurring. She was anxious on the day of the operation, but excited to be able to get home in time for Christmas, however she never regained consciousness after that operation. On the day mum died, my grandma agreed to organ donation, as per mum's wishes and the doctors told us that she was able to donate everything apart from her heart, as it was enlarged. We learned that 5 people benefitted in total from mums' organ donation.

My mum loved music and dancing and was known for being extremely happy and bubbly and very short - standing at only 4ft 9! I remember my mum had her heart set on being an organ donor - she actually went on a trip to Asda one day to get a loaf of bread and came back an organ donor! She also encouraged me and other family members to sign up. She loved the idea that if something happened to her, there would be a positive side to it too, she always looked on the bright side. We had a letter after about a year, from the lady who received my mum's lungs and I wrote back to her. It was really heart-warming to know how my mum had turned someone's life around and I got a lot of comfort from knowing that my mum's the reason this lady is doing so well now.

I have since sat my standard and higher exams and have been offered a place at Glasgow University to study psychology and neurology. I know my mum would be over the moon and delighted with my achievements and I know she is watching over me.

In August 2017, I was lucky enough to be asked to light the flame at the Opening Ceremony of the Transplant Games (Glasgow) on behalf of the Donor Family Network and I went on to present medals to children in the archery and obstacle events. I've seen first-hand how it can change someone's life for the better. I'm so unbelievably proud to be her daughter, knowing that my mum helped people has helped me pull through and cope with her death. She would be undeniably happy at the thought that she's potentially saved someone's life or even improved their quality of living.

Donating her organs showed what an incredible and selfless person my mum was and now she continues to live on in these other people, I'm overwhelmed and blessed every day by her act of kindness".



WHENEVER LOST LOVED ONES AND ANGELS ARE NEAR

Tom Johnson's lovely wife Wendy suffered a stroke in May 2016. Tom and Wendy were attending the annual MG Owners Car Event in St Helier. Following her death, Tom spoke at the meeting of his local MG Owners Club about his decision to consent to the donation of Wendy's organs. He says, "this picture was taken when we were on a rally—you can see how happy she was bless her".



Wendy's dear friends Chris and Pat Shurlock were with Tom and Wendy in Jersey and Chris says, "we went into St Helier with Tom and Wendy to see the Liberation Celebrations. After they had finished we decided to go in to a local cafe for coffee. Tom, Wendy and Pat sat down whilst I ordered our drinks. When we were all seated Wendy, a quietly spoken woman, complained to Tom of feeling cold, and unable to drink her coffee. We wrapped coats around her shoulders, but something in me felt her situation was serious and I asked for medical help. Wendy was taken to St Helier hospital, with Tom following. We joined them at the hospital later and were shocked to be greeted with the news that Wendy was on life support having suffered a stroke and had little hope of recovery. What could we say to Tom, we had all gone to Jersey in our MG cars for a holiday and now he was effectively alone. It was obvious that Wendy would not recover and Tom and his daughter were asked to consider organ donation. Tom made the decision to go ahead and the NHS South East Organ Donation Services went into action. In the fullness of time Tom was pleased with the decision he had made at that time of great upset and the help that Wendy's organs have given to others. This March Tom gave a presentation to our local MG Owners Club here in Cambridgeshire on the benefits of organ donation on behalf of the Donor Family Network. His hope is to give a wider understanding of the work organisations like this do at such sad times".

Patches of Love

We are currently compiling Patches of Love for our third quilt panel. Those of you who have seen the quilts will agree what a fantastic memorial they are to our loved ones. **Please help us to complete our third panel.** If you need inspiration pictures of the quilts and the words written by families to accompany the quilt squares can be found on our website. If you would like to make a square please ensure that it is 7 inches (18.5 cms) with an additional border of 2 inches (5.6 cms) to sew into the quilt. Any medium can be used. Please feel free to include the name of your loved ones. To accompany the square please write around 100 words about your quilt design. When complete, the quilt will be used to spread the message of organ and tissue donation and to remember those who gave the Gift of Life.



Over 150 families have included their loved one in our on-line **Book of Remembrance**. If you have not done so and you wish to do so, please let us have the date of donation, a few words which you would like to use and a photograph if possible. We will then arrange for your entry to be included in the Book of Remembrance. Individual family members are welcome to add separate messages. For full details and the required form see our website.



ALTHOUGH ITS DIFFICULT TODAY TO SEE BEYOND THE SORROW

Memorials

We hope that all of our members have the opportunity of seeing the Donor Family Network Gift of Life Memorial sited at the National Arboretum but we know that many other memorials to organ and tissue donors have been erected around the country and would like to share some of them with you.

The **Circle of Life** organ donor commemorative garden is located in the seafront Quincenntennial Park in Saltill, overlooking Galway Bay. It was developed by Strange Boat Foundation and was opened in May 2014. Five 2 metre tall stones surround the garden's centre and a 5ft tall stone sculptured candle symbolises the light of humanity shone through donation.



At **Birmingham and Sandwell Hospital** a sunflower memorial has been developed in honour of those who gave the Gift of Life. Its position fills a wall that faces staff and public as they walk the entire length of a long hospital corridor. The memorial promotes discussion and encourages everyone who sees it to consider registering as an organ donor.

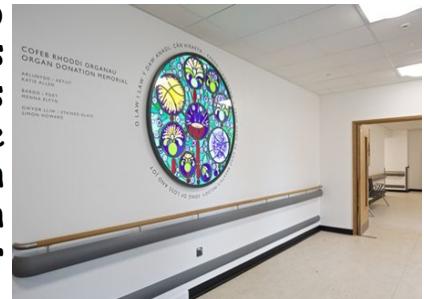
A memorial has been installed in the concourse of the **Ninewells Hospital, Dundee** in memory of those who have donated and encourages the public to take time to consider their organ donor wishes. Three windows, named "The Gift", can be found at the end of the concourse- the first window is a bare winter tree representing the bleak period when recipients are waiting for a transplant and the time when donor families make the decision to allow their loved ones organs and tissue to be used. The middle window symbolises the transplant itself or the gift of life. The golden donor figure is in a dance with the grey recipient figure gradually infusing it with pink and gold light. The third window shows a spring tree coming into leaf to signify a new future. The wind-blown leaves that turn into butterflies carry the spirit of the donors through the three panels.



The memorial is a focal point in the hospital for the families of deceased organ donors where they can remember and reflect, and for the recipients of organ transplantation to give thanks.

MAY LOOKING BACK IN MEMORY COMFORT YOU TOMORROW

The design for the memorial to honour organ and tissue donors at **Swansea Hospital** depicts the life-cycle of a dandelion. Around the glass are words in English and Welsh by poet Menna Elfyn. A representative of the Organ Donation Committee says, "The dedication of this beautiful memorial is a time to remember the amazing contribution of those who commit to saving the lives of others and also their families who agree to donation whilst trying to come to terms with the loss of their loved ones. To all transplant patients this magnificent memorial represents a wonderful tribute to donors and families, both in terms of recognition of their selfless decision to opt for organ donation and as a token of the heartfelt thanks of those ever grateful recipients who owe them so much".



Bursary results

DFN Life President David Nix MBE has made his decision regarding the first World Games Bursary to be offered by the DFN. David has chosen four athletes to share the bursary. They are all young people who have been chosen to represent Great Britain in the World Transplant Games for the first time. We believe that both the athletes and their families will benefit greatly from the DFN's assistance. We wish them all the best of luck at the Games and hope to meet them in Newcastle to follow their events and offer our support.

Donor Family Network Butterfly Logo

The butterfly is a symbol of hope. Butterflies represent spiritual rebirth, transformation and an ability to experience the wonder of life.

The forget me not was chosen because no donor will ever be forgotten. It is a flower often used for remembrance, signifying undying love.



Thank you for life

The following quotes have been taken from a book of letters from recipients to their donor families:

"Every second your gift has given us is a bonus"

"I cannot adequately express my gratitude"

"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"

"It must have been a very difficult decision to have made in what must have been a very sad time for you all. I hope that it may help to know that this act saved my life and for that I am eternally grateful"

"Your loved one is with me in every breath I take. I promise to honour you both in everything I do"

THANKYOU FOR THE LOVELY MEMORIES

Correspondence

We continue to work hard with NHS Blood & Transplant in relation to correspondence between donor and recipient families.

Donor families are able to write to the recipients of their loved one's organs if they so wish and recipients are able to write to their donor families.

All correspondence is dealt with centrally so please do not send any letters direct to the Specialist Nurse Organ Donation or to the hospital where donation took place.

All correspondence should be sent to :

Donor Records Department

NHS Blood and Transplant

14 Estuary Banks

Speke

Liverpool

L24 8RB

If you choose to write please follow these guidelines:

Provide general information only in your letter, which may include -

The first name of your loved one

The relationship with your loved one

Their interests

Something about your family (please do not include last names)

When closing your letter -

Sign your first name only

Do not put your address, phone number, e mail address or the name of the hospital

Then:

Place your letter in an unsealed envelope and on a separate piece of paper please give:

Your full name

The full name of your loved one

Date of donation

The respective families will then be contacted and asked if they would like to receive correspondence from their donor's family and if so, the letters will be forwarded.

Please do be aware if you choose to do this that a lot of recipients find it very difficult to write back so be prepared that you may not receive a reply. The process can also take a very long time.

WHICH NO AMOUNT OF MONEY CAN EVER BUY

Save the date - 8th September at 2.00 pm

Everyone welcome!!

On Sunday 8th September 2019 we will be holding a Family Ceremony of Remembrance and Thanksgiving. Donor families, recipients, family and friends are all very welcome to attend. We are making this a non-denominational event so that it can be enjoyed by all.

You will be able to listen to donor family and recipient speakers, music and poems. We will include a candle lighting ceremony and Certificates of Appreciation will be presented to donor families who would like to receive one.

Why not come along and meet with donor families and recipients and after the event share your experiences over tea and cake.



Our event will commence at 2.00 pm allowing time beforehand to wander around the grounds of the Arboretum and visit the DFN Gift of Life Memorial. We are using the beautiful new conference facility at the National Memorial Arboretum which has lots of light and space and beautiful views from the large windows. We will be asking for confirmation of numbers in due course for catering purposes. Our bi-annual AGM will be held after the event.



Sales

Did you receive one of our chunky hats with removable pom-pom for Christmas? Sales showed that they were certainly a popular Christmas gift! If you didn't get one, why not order one on-line -we have had a new delivery so they are available in navy, grey and pink.



Have a look at our sales page on our website. There are plenty of ideas and lots of things available with the DFN logo, including both adult and children clothing. All profits help the DFN to continue to support donor families and raise awareness of organ and tissue donation.





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E-mail: info@donorfamilynetwork.co.uk
www.donorfamilynetwork.co.uk

Don't forget -

Follow us on Facebook & Twitter



As the digital social media age continues and becomes the norm, we here at DFN like to be able to share news and stories with our many followers. It helps us to engage with like minded groups and people who all have the common interest of organ donation.

As popular and emotive news stories emerge, these can be shared instantly with our followers.

We engage with NHS Blood and Transplant, together with other transplant charities such as Kidney Care Uk, Believe and Share your Wishes.

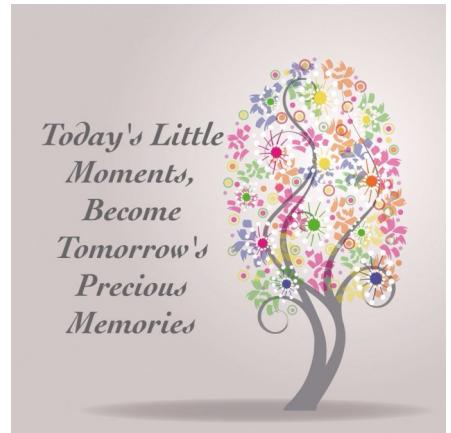
We are happy to share stories about organ donation, donor family and recipients stories, as well as any information about sponsor events and challenges you are undertaking.

Please visit our pages, like and follow us and let us know of anything that you would like to share with us.

Precious memory cake

Ingredients:

Into a loving bowl put:
12 ounces of Grieving
16 ounces of Heartache
24 ounces of Longing
And a heart full of Tears.



Method:

Mix these ingredients together with a large helping of Comfort and Healing, then stir with Faith, Hope and Prayer. When cool, decorate with Precious Memories, Surround with Love, and serve with a Comforted Heart, knowing how blessed you are to have known and loved such a wonderful person.

Written by Patricia Rose