

SUMMER  
2022



Welcome to the latest edition of the newsletter. At last Covid restrictions are being reduced and life is returning to a more normal pace.

We have had a wonderful weekend of celebrations recently and extra Bank Holidays to celebrate the Queen's Jubilee. It has been a time for communities to join together. This edition's quiz is all about royalty, good luck!

We have several events to look forward to which will allow us to meet up in person for the second time in years, the first being at last years Precious Gift Event at the National Arboretum

The British Transplant Games will be held this year in Leeds, a great opportunity to meet up with donor families, recipients and their families and friends. The dates are from Thursday July 27th, culminating with the athletics on Sunday 31st July. This is a wonderful long weekend with so much to celebrate. It's great to win but for most people it's taking part that counts, the athletes are an inspiration. They perform feats that many able bodied, non-transplanted people can achieve!! Every competitor has received an organ or tissue, without which they would not be alive. Everyone has an incredible story to tell. The Donor Families are equally proud to watch the competitors, many having received organs from their loved ones.

Donor Family members are lucky enough to hand out medals to the winners but so many people contribute that everyone is a winner in some way.

Thanks to all who support the many teams, without whom the event would not be a success. Teamwork is vital.

DONOR FAMILY NETWORK

# CONNEXIONS

Registered charity  
1098781



The  
Gift of Life  
Memorial

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## I HAVE NOT HEARD YOUR VOICE IN YEARS

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

Regular donors are :-

Patrick Gallagher  
Keith Astbury  
Darren Cox  
Pauline McDonnell  
S. Hall  
A. Heron  
J. Hall  
J. Fletcher  
R. Quick

Donations in memory of:-

Roger Mace  
Roger Henson  
Phillip Heywood

Other donations have been received from:-

Paul Waggott  
Sue Mitchener  
Fixby and Brighthouse WI  
Norland WI  
Masons-Chapter of Perseverance



ALL donations are gratefully received no matter how large or small. Thank you.

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## BUT MY HEART HAS CONVERSATIONS WITH YOU EVERYDAY

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### Fundraising through Just Giving

Rebecca Patel, whose daughter Zara would have been 21 years old this year, is fund raising to give DFN Huggas to donor families in the London area.

Abigail Whitehouse who is raising funds in memory of her boyfriend Oliver who donated in January 2022 aged 26 years.

Andy Smith who took part in the Aberdovey Bike Ride on 7th June, raising funds in memory of Tom Black.

Andrew Dorrian who is celebrating his 50th birthday and received a Kidney transplant in 2013 following the kindness of a grieving family.

Barts Health NHS Trust Organ Donation Committee (ODC), Royal London Hospital Whitechapel are asking if anyone reading this newsletter is a Donor Family Member



or Transplant Recipient who attended one of the hospitals within Barts Health NHS Trust.

This includes St Bartholomew's Hospital in the City of London, the Royal London Hospital in Whitechapel, Newham University Hospital, Plaistow and Whipps Cross University Hospital in Leytonstone.

If so, would you be willing to share your story with Saad Qureshi, the artist commissioned by the ODC, to design the new Organ Donation memorial sculpture at the Royal London Hospital?

Saad will be designing the memorial based on Donor Family and Transplant Patient experiences. This is a chance to have your story heard and contribute to what will undoubtedly be a wonderful legacy to Donors and their families from Barts Health NHS Trust.

Please contact Lisa Wilson (ODC) to share your expression of wishes:

[lisajwilson2009@hotmail.co.uk](mailto:lisajwilson2009@hotmail.co.uk)

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## GRIEF IS THE PRICE YOU PAY FOR LOVE.

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# STAGES OF GRIEF

GRIEF OCCURS WHEN SOMEONE CLOSE TO US PASSES AWAY OR WE EXPERIENCE ANY KIND OF LOSS.




**DENIAL**  
It is really hard for you to imagine that this person is really gone. You find it hard to believe that it's true.

**ANGER**  
You start to feel angry because this person is not in your life anymore. You may feel angry toward them or others.

**BARGAINING**  
You try to figure out if there's anything that you can do or change that could make this person come back.

**DEPRESSION**  
You feel really sad because you understand that this person is gone and will not come back.

**ACCEPTANCE**  
You understand that this person is gone, and you try to continue to get things back to normal the best that you can.

  
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## WHAT IS GRIEF?

Grief is a strong often overwhelming emotion for people. Everyone who is reading this newsletter has more than likely experienced the loss of a loved one.

Individual experiences of grief vary and are influenced by the nature of the loss. Grief can, and does, affect people mentally, emotionally and physically.

Mourning can last for months or years. Generally, the pain is tempered as time passes and as the bereaved adapts to life without their loved one.

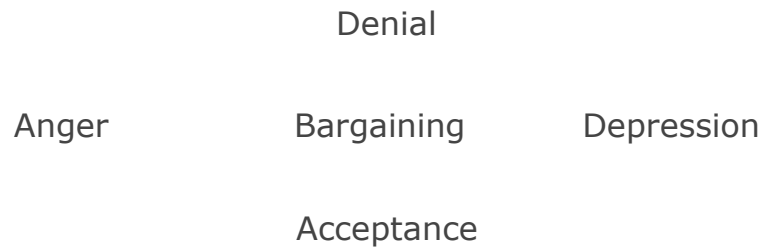
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# YOU'LL NEVER UNDERSTAND UNTIL IT HAPPENS TO YOU

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The five stages of grief are, :-



People can experience these aspects of grief at different times and they do not happen in any particular order.

Grief is never easy.

## **DENIAL**

As we process the reality of our loss, we are also trying to survive emotional pain. It can be hard to believe we have lost an important person, especially when we may have recently spoken to that person.

Symptoms of denial during the grieving process might include us:-

- believing that there's been a mistake and your loved one isn't actually gone.
- refusing to discuss your loss or acting like everything is OK.
- making excuses so you don't have to confront your feelings of loss.
- speaking about your lost loved one in the present tense.

## **ANGER**

It is common to experience anger after the loss of a loved one, it may seem more acceptable than being sad.

Anger does not require us to be vulnerable, however, it tends to be more socially acceptable than admitting that you are scared. Anger is a perfectly natural response to loss and tends to be the first thing you feel when you start to release emotions related to loss.

Anger is a perfectly natural response, and in the case of loss, it can be directed at a variety of sources. It can also manifest as blame — the feeling that someone else is at fault for your loss.

- You might feel angry with yourself for some perceived role in the loss, or even
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## *YOU MAY BE GONE FROM MY SIGHT*

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- Maybe you're mad at doctors or first responders for "letting" your loved one die, or at God for letting something so unfair and tragic happen.
- Your anger could also be less targeted, less sensible. Sometimes, you're just angry at innocent bystanders, it's not always rational.

### **BARGAINING**

When coping with loss, it isn't unusual to feel so desperate that you are willing to do almost anything to alleviate the pain. There are many ways we may try to bargain:-

- making promises to do or act a certain way in exchange for their loved one being alive again.
- I'll never get angry again if you can stop him/her from dying.
- feeling guilty, as if they could have prevented their loved one's death but didn't try hard enough, or do enough. Having the "what if" and "if only" thoughts.

When we are in pain, it's sometimes hard to accept that there's nothing we can do to change things. Bargaining is when we start to make deals with ourselves, or perhaps with God if you're religious.

### **DEPRESSION**

The depression stage represents a form of surrender. The bereaved has realized the emotional weight of their loss and knows it's final.

Depression, or an acute sadness, is when the great loss deeply affects your life. The sadness feels as if it will last forever, and you may wonder if life is worth living.

A person going through depression may experience:-

- negative thoughts about themselves and their future because of their loss.
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## *BUT YOU ARE NEVER GONE FROM MY HEART*

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- isolation, deliberately avoiding going out and meeting people.

Sadness hits people at different times, the pain can be very intense and come over in waves. It feels like it will last forever, it is the appropriate response to a great loss

It's important to understand that this depression is not a sign of mental illness.

To cope with sadness, you can also seek support from friends, family or grief support groups,

If grief is a process of healing, then depression is one of the many necessary steps along the way.

### ACCEPTANCE

Acceptance doesn't mean you're OK with your loved one being gone. It just means that you now accept the new reality of your life. Acceptance doesn't mean that grief has ended.

Acceptance means you:-

- feel less overwhelmed, and have moments of peace.
- understand that the loss is part of the new normal.
- may rejoin in social activities.

Grief comes in waves and it can feel like nothing will ever be right again. But gradually most people find that the pain eases, and it is possible to accept what has happened. We may never 'get over' the death of someone precious, but we can learn to live again, while keeping the memories of those we have lost close to us, thinking of them with love, not pain.

If you are reading this newsletter and can relate to this topic, some of you will be at the acceptance stage, others working through the process. Please know that members of the Donor Family Network can empathise and are willing to listen if you require help. Please contact the DFN via the details on the back page.

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## WE MISS YOU EVERY DAY

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### UP COMING SPECIAL EVENTS

- As mentioned on the front page the British Transplant Games are being held in Leeds starting on 27th July, closing after the dinner and dance on Sunday evening 31st July.
- David Nix is holding a special evening, a fund raising ball, at the Tally Ho hotel in Birmingham on Saturday 24th September. Many donor families and recipients will be supporting this popular event.
- The following day, Sunday 25th September is the annual Precious Gift event at the National Arboretum. Entry to the Arboretum is free and the grounds open from 10am until 5pm. There is a car parking charge.

The address is Croxall Road, Alrewas, Staffordshire. DE13 7AR. The event starts at 1.30pm but it is worthwhile arriving early, exploring and having an early lunch. There will be speakers, music, a chance to meet donor and recipient families, also tea and cakes. On sale will be items normally sold on line by the DFN.

If you wish to include your donor family member in the service please send their full name and a photograph to the address on the back page of this newsletter or attach to an email. A certificate can be presented to you if you wish.

If you wish to attend please give your names and numbers of people attending to the DFN no later than 31st August 2022. There is no limit to the number in your party.

- The European Transplant and Dialysis Games were first staged in Athens in 2000 and subsequently have been held bi-annual in 9 different European countries. This year the European Games are being held in the United Kingdom for the first time, with Oxford hosting the event. The event starts on 21st August until 28th August and comprises of a week of multi-sport competition amongst solid organ transplant recipients and kidney dialysis patients from over 25 countries across Europe.

Anyone wishing to attend needs to complete the registration form on the European Transplant and Kidney Dialysis Sport website. Please contact the DFN if you wish further information.

<https://transplantsport.org.uk/euro>

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# YOU ARE ONLY EVER A HEARTBEAT AWAY

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## ORGAN DONOR AMBASSADORS

The Organ Donation Ambassador Programme is the first national volunteer programme to promote organ donation across the UK. Through the programme, passionate donor family members, transplant recipients and their families, living kidney donors, and other supporters are recruited and trained as community champions. The Ambassadors cover speaking engagements and other events to promote organ donation throughout UK communities, sharing our key messages alongside their powerful personal testimonies.

Founded in 2018, Ambassadors are currently located on the Isle of Man and in 5 regions of England: London, Midlands, North West, Northern, and Yorkshire, with hopes to expand in the future. NHSBT Organ Donation Ambassadors are trained to share their powerful personal testimonies, as well as speak on:

- general information about organ donation, including common myths, misconceptions, facts, and statistics.
- the latest NHS Blood and Transplant campaign messaging
- basic overview of the 2020 change in law around organ donation
- calls to action such as how to join the Organ Donor Register and the importance of talking to your family about organ donation
- their own personal story and testimony as a donor family member, transplant recipient or recipient family member, living donor, or healthcare professional

Are you connected to a community group, school, or business that would welcome a talk on organ donation? You can request an Ambassador speaker by emailing [Ambassadors.ODT@nhsbt.nhs.uk](mailto:Ambassadors.ODT@nhsbt.nhs.uk) and completing a request form. Our Ambassadors can attend in-person local events, or join virtual calls from anywhere in the country.

While the programme is not currently recruiting, you can also get in touch to request being added to the mailing list announcing any future recruitment in your area. You can also help spread our messaging now by following @NHSOrganDonor on social media to share our content and download resources from [www.organdonation.nhs.uk](http://www.organdonation.nhs.uk).

Thank you to Katy Portell for this article.

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## *IT'S HARD TO FORGET SOMEONE*

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### PATCHES OF LOVE QUILTS

This is a reminder to people who have not yet made a square in memory of their loved one. Many squares have been completed but more are needed to complete a third quilt. If you would like to complete one and need inspiration please look at the pictures on the DFN website, or the example below.

The square should measure 7 inches with an extra 2 inches for a border all round, and any material can be used. Any design you like but applicable to the person's memory. Please add names and dates and accompany the square with a short message about the design.

When completed the quilt will be used to spread the message about organ and tissue donation and to remember those who gave the Gift of Life.

The completed quilts will be displayed at the Arboretum at the Precious Gift event, on September 25th. 2022.



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## WHO GAVE YOU SO MUCH TO REMEMBER

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Apologies for a mistake in the last newsletter. Corneas are only stored for 28 days, not 10 years. Sclera are stored for up to one year.

### Answers to the last newsletter quiz.

- |             |             |               |              |
|-------------|-------------|---------------|--------------|
| 1. EXERCISE | 6.ANALGESIA | 11.SCABIES    | 16.DELTOID   |
| 2. CARDIAC  | 7.AXILLA    | 12.LACRIMAL   | 17.CARBOLIC  |
| 3. ASTHMA   | 8.WHITLOW   | 13.TOURNIQUET | 18.HICCOUGH  |
| 4. STATINS  | 9.ALOPECIA  | 14.SEXTUPLETS | 19.MECONIUM  |
| 5. SCRUBS   | 10.GURNING  | 15.DEHYDRATED | 20.REGISTRAR |

### A JUBILEE QUIZ, ROYAL ANAGRAMS.

1. BE JULIE.....
  2. INTO RACCOON.....
  3. GIVEN ROSE.....
  4. HOG HOD KNIT.....
  5. CRESS PIN.....
  6. HORNET.....
  7. HOMETOWN CALM.....
  8. ACROSTIC RAY.....
  9. RESPECT.....
  10. ALLOYS EAR.....
  11. ARROGANTLY PRAYED.....
  12. CONCISES US.....
  13. CROTONS.....
  14. LAPCEA.....
  15. CINGROWN.....
  16. CHARMONY.....
  17. LOYAL RAMIFY.....
  18. ENQUE.....
  19. DARNINGS HAM.....
  20. AIDED WRONGLY.....
  21. JETSAMY.....
  22. CLEATS.....
  23. TYROLAY.....
  24. BIOTINLY.....
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Songs bring back memories; beside photos and videos nothing can transport you down memory lane more swiftly than a song.

“Memories” sung by Maroon 5 has a special meaning to many people. It was written in memory of the group’s manager Jordon Feldstein and for anyone who has experienced the loss of someone dear to them.

Please listen to the words and see if you can relate to them, and evoke happy memories.

## **A THOUGHT FROM MOTHER TERESA**

Life is an opportunity, benefit from it.

Life is beauty, admire it.

Life is bliss, taste it.

Life is a dream, realise it.

Life is a challenge, meet it.

Life is a duty, complete it.

Life is a game, play it.

Life is a promise, fulfil it.

Life is a sorrow, overcome it.

Life is a song, sing it.

Life is a struggle, accept it.

Life is a tragedy, confront it.

Life is an adventure, dare it.

Life is luck, make it.

Life is too precious, do not destroy it.

Life is life, fight for it.

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