



# Addenbrooke's Liver Transplant Association

Honorary President - Prof. Sir Roy Calne FRS

Honorary Vice President - Prof. Graeme Alexander

NEWSLETTER – AUTUMN/WINTER 2022

## ***ALTA Christmas Cards***



As advised in our summer newsletter, we made the decision, under the current economic circumstances and the increased cost of postage, not to order new stock of ALTA Christmas cards this year.

However, we do still have cards from previous years and are selling these at a reduced price. You can view the details and order the cards or donate online via the ALTA website [www.alta.org.uk](http://www.alta.org.uk). Alternatively there is the facility to print off an order form and send with a cheque to the address given on the form. If you can support us by purchasing cards again this year, thank you in advance.

Sending you, your family and friends very good wishes for the Festive Season.



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### ***ALTA Finances – an Update***

For those that were unable to attend the recent AGM we thought it might be opportune to give an update on ALTA finances.

- In the year to June 2022 the Charity's income, all donations, was £24,760
- This was greatly boosted by the collections and charity events in memory of Claire Sage, from which ALTA received over £15,400. We have set up a designated fund using this contribution as the starting point. We have received a further £2,500 in the current year from more fundraising events held in Claire's memory. Our special thanks to Claire's family, friends and colleagues for their generosity
- A significant portion of the fund has been used to support the Physiotherapy Unit at Addenbrooke's by purchasing a specialised chair used to help recovering patients in ITU, as well as part funding a trial process to enhance weekend physiotherapy services post-transplant. Improved mobility being a positive road to recovery
- There was a surplus at the end of the year. The closing cash balance was slightly in excess of £36,000
- We continue to benefit from a surplus so far this year
- We are looking to acquiring further equipment to support the teams at Addenbrookes in the current year
- Since Covid we have been restricted in our access to patients and are looking for new ways to best support transplant patients and their families and how best we can utilise the funds that we currently hold.  
*Watch this space!*

As always, we are incredibly grateful for all your donations, support and fundraising.

*Thank you.*



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AmazonSmile is a simple and automatic way for you to support Addenbrooke's Liver Transplant Association every time you shop, at no cost to you. It's the same products, same prices, same service, but Amazon donates 0.5% of the price of eligible purchase.

Either click the link on your Amazon page or go to [smile.amazon.uk](https://smile.amazon.uk) and you will be able to register ALTA as your preferred charity.



Like Amazon Smile, a way to donate to ALTA as you shop across a wider range of retailers is via 'Give as you Live'. Follow the link on our website to create the free account for ALTA to receive a percentage every time you purchase online.



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## ***Newly Appointed Trustee – Caroline White***



*“Hello, my name is Caroline White and I had my liver transplant in February 2018 due to PSC & HCC. Since then I’ve been able to return after many years of poor health to sport again, running, swimming and cycling. I have competed in the British Transplant Games, European Transplant Games and the World Transplant Games. I’m also the current World Champion in triathlon.*

*Sport is a very big part of my life and the most memorable event was taking part in the Virgin London Marathon in honour of my donor; a promise I had made many years ago when I was first diagnosed with PSC. Throughout my transplant events ALTA have supported me with a bursary, which has gone towards new equipment. So I have become a trustee for ALTA to give something back and say THANK YOU”.*

## ***Update from Liver Transplant Coordinators***

The email addresses in Addenbrooke’s are changing to [nhs.net](https://www.nhs.net). Any previous email contacts will no longer be in use from 1<sup>st</sup> December. Letters will be sent to all patients regarding this change.

New email address for the liver coordinators is:

[add-tr.livertransplant@nhs.net](mailto:add-tr.livertransplant@nhs.net)

New email address for the transplant pharmacy for medication ordering for patients who currently receive their immunosuppression medication from Addenbrooke’s is:

[cuh.transplant.pharmacy@nhs.net](mailto:cuh.transplant.pharmacy@nhs.net)

Please be aware that contact telephone numbers have not changed.



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### In Other News:

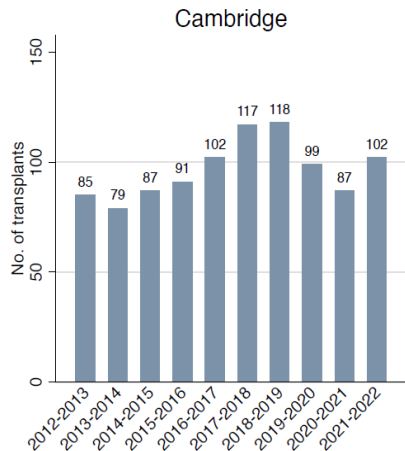
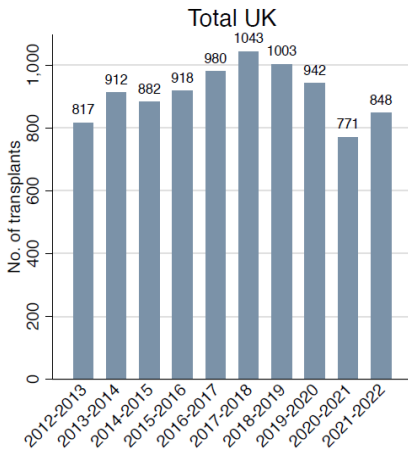


Esther Moore retired in the summer this year after more than 30 years of nursing. Most members will remember the support and dedication to patient care that Esther provided to help negotiate the transplant journey. We wish her a happy relaxing retirement.

There is a new member of the liver transplant coordinator team. ALTA extend a warm welcome to **Jane Chappell**.

The number of liver transplants at Addenbrooke's Hospital 2021-2022: 102 (see attached for graphed data)

Almost 2 thirds of these livers received some method of machine perfusion





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### ***Returning to work following transplant – Audrey Eade***

*“When I first returned to work following my liver transplant in 2004 I can remember feeling overwhelmed and crying in the toilets. Not my finest hour, but with hindsight I think I just expected too much of myself.*

*Everything had caught up with me mentally after my transplant and I'd spent a year on anti-anxiety meds. I'd felt ready to go back but it was tougher than I imagined.*

*I was returning to a high pressure, stressful job. I was putting my two year old into nursery and having a two hour round commute.*

*Things got easier to manage when my son started school though, and I was lucky enough to negotiate term time working with my employer. I would drop my son off at school and go to the office and then leave in time to pick him up. I had all the holidays off with him and it turned out to be a perfect arrangement.*

*My health declined over the next few years and in 2009 I was medically retired. Balancing life with cystic fibrosis (and the many courses of IV antibiotics) work and motherhood was just too difficult to navigate and being medically retired meant I could focus on myself, my health and my family.*

*In 2020 however, I got access to some amazing new drugs. CF modulator drugs tackle the cause rather than the symptoms of the disease. The results were instant. I stopped coughing and I stopped the need for intravenous antibiotics. It was miraculous.*

*Those pills were all the sweeter when I finally got access to them having first been told that as a liver transplant recipient I wasn't eligible for them. It was now time to think about my second return to work.*



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*I had a look at what employment was on offer around me and applied for a job with the Forestry Commission. The nerves I felt at the interview were ridiculous and although the feedback I got was pretty good it wasn't good enough to get me the job. I completely failed the Microsoft Excel exercise having gotten completely out of practise with computer software. So there's the first lesson – if you need computer skills there are plenty of free tutorials on YouTube to get you back into practice.*

*Undeterred, I applied for another job straight away. I applied to work in one of the restaurants at Center Parcs. it's not too far from where I live and I enjoy working with the public.*

*Again, I was very nervous and in the wake of Covid-19 the interview was conducted online. On my first day I had to run to the toilet to cough up a rather large amount of blood. I felt completely defeated and that I would have to hand my notice in and give it up. I thought about it when I got home though and admitted to myself that coughing up blood is something that still does happen occasionally albeit not as frequently as it did and that maybe I should just give it another go.*

*That was just over a year ago and I'm still there.*

*Going back to work was important for me. And I wanted a life outside of my own four walls. I wanted to earn a little bit of money again. I wanted to meet people and socialise and chat. I wanted to feel more like my old self. I do.*

*If you are thinking about returning to work yourself have a good think about the hours you want to do, the type of work you want to do and whether you will be physically capable.*

*I personally found that being completely upfront with my boss from the beginning was advantageous and it was reassuring to know that they would be supportive.*



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*They let me off going into the cold store to bottle up (my lungs hate it in there and I need to avoid heavy lifting). They also let me stick to bar work and don't have me running food (the trays are too heavy).*

*Also, there will be clinics to attend and perhaps further minor surgeries etc so a patient and sympathetic employer is vital.*

*If you do go back to work only to realise it's not for you there's absolutely no shame in walking away. I would recommend you try if you can. I have met lots of new people and really enjoy being back working and busy. I have ongoing clinics to attend and investigations to have and small operations to undergo but working gives me a welcome distraction from those things. Like I said, "it's good to feel more like my old self".*

***'Good Morning World, it's a Brand New Day'***

