



Have you been given the gift of life?

Do you want to help promote organ donation?

If you have answered Yes to these questions then why not join the London Barts Transplant Games Team Now!

I know what you are thinking. I am no athlete. I haven't played sport since I left school. I can't even run up the stairs at home. Who me? – you must be kidding.....But Wait!

Before you turn the page let me tell you a bit about the Transplant Games. Well – firstly you don't need to be an athlete to take part. As Transplant Sport who organise the Games say:-

'And you DON'T need to be an athlete to join in. Everyone is welcome and we firmly believe that it's the taking part that matters, particularly when we hear back from members about the difference it's made to their lives. And what better advertisement for organ donation than showing the world the LIFE SAVING difference it makes'.

'As active transplant recipients, you are the best advert for the success of donation. All our events strive to increase the numbers of registered donors and emphasise the importance of letting loved ones know about the decision to be a registered donor.'

'Transplant Sport organises activities throughout the year. Taking part, regardless of ability is what we're about'

'After each British Transplant Games, there is a significant increase in the number of registrations on the Organ Donor Register'

Getting active and staying healthy

Transplant Sport encourages members to participate in activity throughout the year. The annual highlight is the British Transplant Games which brings together hospital teams from across Great Britain and Northern Ireland to join in over 20 different sports events. Participants range from those seeking to set new world transplant records to those for whom just joining in is reward enough. Events include:-

Archery	Darts	Snooker	Swimming	Track & Field
Badminton	Fishing	Soft Cricket	Table Tennis	Volleyball
Bowls	Golf	Sports Stacking	Ten Pin Bowling	Walking
Cycling	Mini Marathon	Squash	Tennis	

So – why not find out more. Go on. It won't hurt. 😊

Get in touch with the London Barts Team Manager Conrad Ryan at conrad.ryan@dh.gsi.gov.uk or on 077924000283

You can also find out about Transplant Sport and the British Transplant Games at <http://www.britishtransplantgames.co.uk/about-the-games/>
<http://www.transplantsport.org.uk/>

Liverpool 2016 - The London Barts Team



At the Opening Ceremony From left to right, Sarah Viner, Ami Sehmbi, David Mansfield, Peter Spray,(Assistant Manager) Paul Dowdall, Marie Niven, Joan Bell and Tony Capon. Not shown, Warren Harris, Jack Booth, Jackie Fisher, Paul Vallois and Conrad Ryan Team Manager.

The 2016 London Barts Team consisted of 10 patients Joan Bell (Kidney), Ami Sehmbi (Kidney) Paul Dowdall (Kidney) Paul Vallios (Kidney) David Mansfield (Kidney) Marie Niven, (Kidney) Jackie Fisher (Kidney) Sarah Viner (Kidney) Jack Booth (Kidney) and Anthony Capon (Stem Cell), who all took part in various events, winning 14 medals in all.

Everyone who competes at the British Transplant Games is a winner, in more ways than one, but special note goes to the following medal winners:-

Joan Bell, Gold in 3km Marathon, Track 1500m, Track 400m, Track 800m and 3k Walk.

Ami Sehmbi, Gold in Squash and Tennis

Marie Niven, Silver in Archery

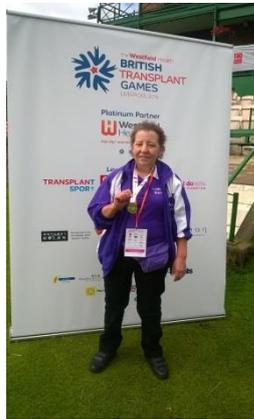
Sarah Viner, Bronze in Golf

Anthony Capon, Bronze in Cycling 10km Road Race and 5km Time Trial

Jack Booth, Silver in Badminton and 5 a

side Football and Bronze in Cycling 10km Road Race

Gallery 2016



A NEWBY'S PERSPECTIVE ON THE BRITISH TRANSPLANT GAMES - LIVERPOOL 2016



Kevin the Kidney would like to thank the London Barts team for the most amazing adventure! Little did he realise that taking part in the Westfield Health British Transplant Games would mean that you get to meet the most amazing people, have so much fun and – as a bonus – come back with a bronze medal in golf!!!

So the 2016 games hit the historic location of Liverpool. What a welcome! The parade through the Docks on Thursday evening was enlightening. How many teams? How many people? Look at all the kids! Will I recognise the team (given we had only corresponded by phone and email)? Thank goodness another new team member is standing there looking lost like me! Wonder what my team colours will be? At this point up rocked the charismatic and happy Peter Spray with the "Purple Rain" kit – apt considering the weather that morning and the fact it stood out beautifully from all other team colours (thank you so much

KPA it was fabulous kit which we were proud to wear)! Our small but ever so perfectly formed team of old kidneys on the block (OKBs) looked magic in the kit and were a joy to travel with to the exhibition centre!

The parade and ceremony culminated in the symbolic oath to the games by the Liverpool team manager followed by the lighting of the games flame of life by a transplant patient (46 years post-transplant – WOW) and Beth Tweddle the gymnast - watched by councillors, Liverpool's mayor, Transplant Sport and lots of people (about 2400) who I can't remember all the names of! It all seemed to pass in a blur – at one point in the ceremony newcomers were welcomed. Kevin, with fellow new kidneys on the block (NKBs) was asked to take a bow as the "Games Virgins". What a shock to see how few of us there were in such a large exhibition centre!

Next day, still as an official NKB, Kevin trotted off to the Lee Park Golf Course. He was ever so nervous. Those nerves melted away with the lovely welcome from all the course staff and golf participants who made it feel more like a family party than a competition.

After plenty of coffee and lots of banter Kevin the NKB set off in the rain for the 14th tee and a shotgun start – a worrying piece of golf terminology if you are relatively new to the scene. After 4 hours of golf in a wet suit, dripping clubs but with huge grins and cheeks hurting from laughter, Kevin and his fellow Oxford NKB golfer handed in soggy score cards with absolutely zero expectations. But amazingly, Oxford's NKB got a silver and Kevin the Kidney a bronze! So off to dinner with the London Barts team back in Liverpool City Centre to celebrate!

At the Closing Ceremony Gala Dinner on Sunday, our team manager told Kevin that as a team we share a common bond. That bond is so special. The gift of understanding and appreciation of how important it is to celebrate life. To take every opportunity and embrace it 100 per cent. The gift of being able to participate is not only for us but also for those who gave us this opportunity.

Kevin the Kidney had tentatively entered one event this year to find out what the score was. Now he is filled with excitement and an eagerness to embrace the 2017 games in North Lanarkshire - ping pong, swimming,

volleyball, relay races and anything else that takes his fancy (though he might avoid the squash as we know the London Barts OKB with the last 27 years of gold medals for that event – tee hee). Perhaps in time Kevin will be able to achieve as much as the team’s truly inspirational Joan, our veteran kidney on the block – you know the acronym approach by now!



Kevin the Kidney, as he will always be affectionately known, was the gift of life from a young 27 year old man who died in a motorcycle accident in September 2001. He brought health and happiness to the recipient, a chance for a mother to see her son grow up to get a place at university and then, to realise that it's time to celebrate this and to formally graduate as an OKB.

Join Kevin the Kidney and our amazing team of OKBs in Scotland next year. Our team needs to continue to grow and party the night away in true style!

Thank you to Sarah Viner (pictured left), who as you will have gathered has christened her kidney Kevin! Sarah only learnt to play golf prior to the 2016 Games so she could compete.