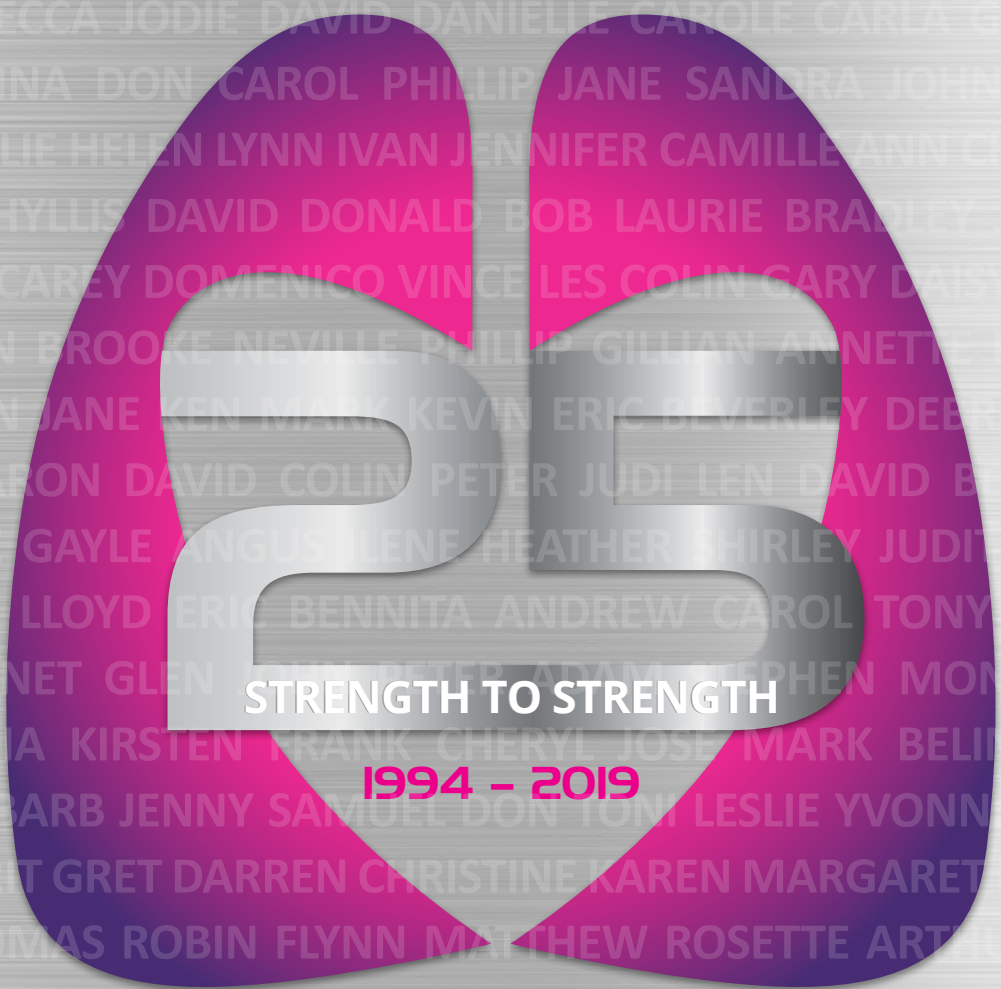




# the Circulator

HEART AND LUNG TRANSPLANT TRUST (VICTORIA) INC A0037327C | ABN 68 585 966 022

First Quarter | 2019 | Issue No. 95



STRENGTH TO STRENGTH

1994 - 2019

# HLTTV

HEART AND LUNG TRANSPLANT TRUST VICTORIA

**SAVE THE DATE**  
25th Anniversary Celebration Party  
Saturday 31 August 2019  
VENUE TO BE ADVISED

# President

**Hello and welcome to the start of what I hope will be a wonderful new year for all our members. I'm very proud (and slightly daunted) to be picking up Presidential duties from Louisa Walsh, who leaves us to pursue some very exciting academic pursuits.**

I'm also thrilled to welcome our new Secretary, Maarit, who brings an enormous amount of expertise to the role, and grateful that we have the continued brilliant contributions of our Treasurer, David, Membership Officer Vanessa and fundraising guru, Martina.

I want to sincerely thank the committee members who stood down at our November AGM. We say farewell to Louisa (President), Camille (Vice President), Emily (Secretary), Cheryl (Events) and Ariella (Editor) and give a massive thanks for the contributions they've made to HLTTV, and the transplant community generally. We are currently receiving applications for vacant roles and would love to hear from you if you'd like to make a difference to the Alfred transplant family.

HLTTV has played a massive role in my life and that of my family's. When we suddenly moved to Melbourne from Adelaide in 2012, knowing no-one and very little about the journey to transplant, it was the Heart and Lung Transplant Trust volunteers who were there for us, helping with advice, support and most importantly of all – connection.

On a personal note, Louisa and Camille have played a special role in making me (and my family) feel welcome, introducing us to Melbourne, the world of transplant, and demonstrating how volunteering with the HLTTV 'family' is a wonderful way of giving back and contributing to the transplant community in a meaningful way.



(L to R) Scarlett, Debbie and Grant enjoying a wonderful time at the 2018 HLTTV Xmas BBQ



Good food, great company and wonderful volunteers the key to HLTTV events



Beautiful Fawkner Park always a great setting for HLTTV events



Given the huge breadth of work they've both undertaken during the last seven plus years, I certainly feel we have big shoes to fill. Louisa's excellent business acumen, thoughtfulness and attention to detail means HLTTV is left in a robust financial position, well placed to meet our goals for 2019. I am so pleased that Louisa will retain an informal role with HLTTV – she's an incredible asset, and we're very grateful.

As for our lovely Camille – her work in the time I've known her has been transformational – literally creating the personality of HLTTV through her incredible design talents, blitzing us with her amazing fundraising efforts, and enchanting us with the adventures of her gorgeous puppy Wally – a.k.a Walter the Wonderdog. It has been a gift to work with her.

2019 is already shaping up to be a big year for us – our committee started the year with a strategic planning session, which saw us lock down all our usual events – we look forward to seeing you at this year's Easter and Xmas BBQs, and most excitingly, our Spring Gala Ball – all the dates and details can be seen on our website, and in our Secretary's report.

I look forward to sharing more with you over the course of the year.

Yours in good health,

**Belinda MacLeod-Smith**



# Secretary

## Annual General Meeting

The HLTTV AGM was held on Tuesday, 13 November 2018 with a quorum of members. The usual business was conducted with previous AGM minutes approved, reports presented, including the audited financial report and election of officers and Committee members. The NFPAS was appointed the Auditor for 2018 -2019.

Louisa outlined a very successful year for the Committee, Programs and Events. The Spring Gala was identified as a highlight of the social calendar, as were the Easter and Christmas BBQs.

A HUGE 'thank you' was expressed to the outgoing Committee members: **Camille Condon**, Vice President; **Emily Adamson**, Secretary; and **Louisa** as President. All have made an incredible contribution to the HLTTV, as volunteers, on top of their work and family commitments, with their time and funds raised to directly benefit the Alfred Transplant Community.

We also acknowledge the role of two key volunteers who are leaving us because of significant changes in their work commitments. **Ariella Heffernan-Marks** who edited *The Circulator* for 2018, and **Cheryl Low** who provided invaluable support in the Events Officer role. Thanks to both Ariella and Cheryl for their contributions to HLTTV during 2018.

The following Committee was elected, with all office bearing roles filled:

**President: Belinda MacLeod-Smith**

**Vice President: Vacant**

**Secretary: Maarit Moilanen**

**Treasurer: David Pidgeon**

**Membership Officer: Vanessa Scott**

**Patient Support: Vacant**

**Ordinary Member - Fundraising:**

**Martina McArdle**

We know there are many people interested in supporting the Committee with events and fundraising but not on the Committee so please come along to the next

Committee meeting and help HLTTV support and connect our transplant community.

## Committee meeting dates for 2019

*(Please email [secretary@hlttv.org.au](mailto:secretary@hlttv.org.au) for agenda items.*

**Meeting 1/4** - Tues 12 February 2019

**Meeting 2/4** - Tues 14 May 2019

**Meeting 3/4** - Tues 13 August 2019

**Meeting 4/4** - \*AGM (followed by meeting) Tues 12 November 2019

Meetings are usually held at the Alfred, Fifth Floor Meeting Room at 7.30pm with the Committee meeting in Alf's Café at 7pm for a catch up. ALL WELCOME!

## BBQ and Events

- **Easter BBQ** Sunday 7 April 2019, 11am @ Fawkner Park
- **Christmas BBQ** Sunday 24 November 2019
- **HLTTV 25th Anniversary Party** TBC Saturday 31st August.

## Our Silver Anniversary

The HLTTV turns 25 this year, after being formed in 1994 five years after the Alfred's first transplant to support transplant recipients and their families. We became incorporated on December 1, 1998.

We are planning a BIG celebration in the middle of the year, so 'Save the Date'!

If you have some special memories of the early years, we would love to hear about them, or if you would like to help us plan the celebrations over the year, for this fantastic achievement, please contact me or anyone on our Committee at [secretary@hlttv.org.au](mailto:secretary@hlttv.org.au)

Happy summer, stay cool and well,

**Maarit Moilanen**

## Heart and Lung Transplant Committee and contacts 2018-19

### General enquiries

[info@hlttv.org.au](mailto:info@hlttv.org.au)

### President

Belinda MacLeod-Smith  
[president@hlttv.org.au](mailto:president@hlttv.org.au)  
0414 582 945

### Vice President

Vacant *(at time of printing)*  
[vicepresident@hlttv.org.au](mailto:vicepresident@hlttv.org.au)

### Secretary

Maarit Moilanen  
[secretary@hlttv.org.au](mailto:secretary@hlttv.org.au)  
0400 190 356

### Treasurer

David Pidgeon  
[treasurer@hlttv.org.au](mailto:treasurer@hlttv.org.au)  
0450 354 905

### Membership Officer

Vanessa Scott  
[membershipofficer@hlttv.org.au](mailto:membershipofficer@hlttv.org.au)  
0417 384 974

## Ordinary Members

### Patient Support Officer

Vacant

For support needs please email [secretary@hlttv.org.au](mailto:secretary@hlttv.org.au) or [president@hlttv.org.au](mailto:president@hlttv.org.au)

Martina McArdle  
[martina@hlttv.org.au](mailto:martina@hlttv.org.au)  
0409 957 492

### 'the Circulator'

Design and production support provided by Graeme Klemm

Printing generously donated by Finsbury Green

# Welcome!

## Heart Transplant clinic welcomes new social worker, Michelle Lamont

We all know the vital role that social work can play during the transplant journey. We caught up with Michelle to find out a little more.

### Can you tell us a bit about yourself?

I'm a social worker currently working at the Alfred Hospital. I've been working in social work for over 10 years and last year I returned to Melbourne and the Alfred hospital after working and living in London for three years. I moved back to Melbourne with my partner and our baby girl who is now one, she was born in England. Most of my social work career I have worked in various hospitals in Melbourne, London and Toronto.

### When did you start working with the heart transplant team and what services do you provide?

I started working with the heart transplant team in September 2018. I am the social worker within the heart failure team, I work very closely with heart transplant patients and their families around a whole range of issues. As a social worker I aim to address the psychosocial impacts of illness in particular heart failure and hospitalisation for patients and their family. I complete a comprehensive psychosocial assessment, which looks at many aspects of your life.

Social work also provides emotional support to patients and families throughout the whole transplant process and support with discharge planning, crisis interventions, bereavement, grief and loss support, information and advice and referrals to many providers. The social work assessment is also part of the patient work up for transplant and focuses a lot on the carer and support required post-transplant.



*“The patients and their families have been through some very hard times. To be a part of that journey is a privilege.”*

Iguaza Falls, Argentina. Courtesy iStock

### What is your favourite part of the job?

I love supporting patients and their families through the transplant process ensuring they have all the support they need in hospital and after when they go home. It is a privilege to get to know each person's story and journey in life. The patients and their families have amazing stories to tell and have been through some very hard times. To be part of that journey is a privilege.

### How can transplant recipients access your services?

The heart failure social worker will see both inpatients and outpatients. Patients can access my services by asking anyone in the heart failure / transplant team to make a referral to social work. Information and advice

can also be given over the phone to heart failure and transplant patients.

### Dream holiday destination?

At the moment I would love to go to South America, in particular Argentina, as I'd love to visit the Iguaza falls (pictured above). I also love hiking so would love to do some walks in Chile and Peru. Food and the beach are also things I love, so relaxing on a beach and eating some amazing food in Brazil would be the perfect way to wind down after hiking.

### Favourite food?

Chocolate, what more can I say? Least favourite food, this is a hard question as I really love food, the only thing I can think of now is honeydew melon - the green melon.



# NATASHA TRIPP

AND THE

## HAIRLESS FOR AWARENESS FUNDRAISER

**At the end of the 2018, HLTTV and our Second Chance Accommodation Program became a beneficiary of the Hairless for Awareness fundraiser held in Bendigo in memory of Natasha Tripp.**

Natasha was a young woman with cystic fibrosis who showed extraordinary courage, strength and determination through three double lung transplants in the space of only 4 years between 2014 and 2017. Sadly, Natasha passed away in June 2018 in Bendigo aged only 25.



Hairless for Awareness organisers Flick and Vic post-shave!

In October 2018, Natasha's stepmother Felicity, along with a few of her friends, shaved their heads (and one moustache!) in memory of Natasha to raise funds for the Bendigo Cystic Fibrosis Support Group.

The fundraiser aimed to provide much needed financial support to families impacted by cystic fibrosis in the Bendigo region. Through their incredible efforts, *Hairless for Awareness* raised over \$10,000.

Throughout her long transplant journey, Natasha, her partner and her family spent many nights in our Second Chance Accommodation rooms.

Because of this connection between Natasha and the Second Chance Accommodation Program, the Bendigo Cystic Fibrosis Support Group decided to make a \$5000 donation to the Program to ensure that other people with cystic fibrosis from Bendigo would be able to access subsidised accommodation post-transplant.

**We are very honoured and grateful to receive these funds in memory of Natasha, and we are proud that the Accommodation Program was able to support Natasha and her family during what was an extremely difficult time in all their lives.**



Natasha Tripp



Bendigo CF Support Group

If you'd like to know more about the Bendigo Cystic Fibrosis Support Group, their website is <https://bendigocf.org> or you can find them on Facebook



**How close, how much, how good? ...all things you don't need to worry about when you are focussing on getting to and from The Alfred.**

We highly recommend the *Park Regis Griffin Suites* and the *Stay Well Hospitality Group*.

For those looking for accommodation close to The Alfred make sure you check with the *Park Regis* for any available discount rates.

Since May 2012, HLTTV, through our ***Second Chance Accommodation Program***, have been thrilled to partner with the *Park Regis Griffin Suites* to provide affordable, accessible and practical accommodation for regional transplant recipients.

The Program provide eight one-bedroom apartments for the use of transplant recipients.

Situated between Melbourne city centre and St Kilda Beach, the Park Regis Suites feature a range of different accommodation options, an on-site cafe-bar and a tram practically at the front door.

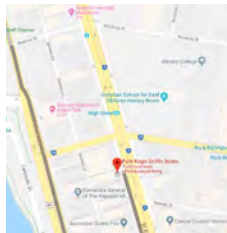
### **Park Regis Griffin Suites**

**Phone** (03) 8530 1800

**Location** 604 St Kilda Road, Melbourne

**Email** [griffin@parkregishotels.com](mailto:griffin@parkregishotels.com)

**www.parkregisgriffinsuites.com.au**



## **HLTTV's valued program partners**



**Heart to Heart House, Barmah Vic**  
*...a great place to relax*

**For bookings and information**

**Martina Appelman 0409 957 492 | Laraine Anderson (03) 9770 7197 or 0418 599 745**



# Sam's podium

## *It was a podium finish for Sam Ira at 2018 Australian Transplant Games*

**Sam Ira from the RCH Creative Studio has taken out two medals at the 2018 Australian Transplant Games.**

Held every two years, the Transplant Games show the success of transplantation and raise awareness of organ and tissue donation.

More than 500 people competed in the 2018 Transplant Games on the Gold Coast, in sports such as volleyball, table tennis, cycling, athletics, road race, chess, scrabble, golf, swimming, lawn bowls, Petanque, darts and ten pin bowling.

Sam, who due to cystic fibrosis underwent a double lung transplant in 2009, and again in 2013, competed in darts and ten pin bowling, taking out a silver medal for the individual competition and a gold medal in the doubles, with his partner Thor.

Competing in the games was an opportunity Sam never thought he would get to be involved in.

*"It took me more than five years to accept my condition and sign up for my first transplant, which I was in shock about and fortunate to receive after only seven weeks," he said.*

*"I underwent the second transplant four years later, when my lung function levels dropped dangerously low, and I was experiencing other health complications – it was really a devastating time for me."*

Sam said it was a great feeling to be moving on in life and sharing his story.

*"I used to bowl in a league before I had any transplants and got pretty sick, and I actually want to re-join a league and get back in to it. This is the first time I've been fit and healthy enough to be involved in the games and also the first time I could travel.*

*"I went to Tasmania first and even went hiking and then to the Transplant Games on the Gold Coast – it was a fantastic experience to try out my new lungs especially on a plane.*

*"It was great to talk to other families and share our stories – I never used to talk about my health or my transplant – I'll definitely go back and I'm hoping to compete in other events."*

Sam has worked at the RCH for more than 20 years, first a volunteer and then as a video producer and editor.

He is now preparing for an overseas trip, which he postponed due to his transplants, and focusing on other competitions, including the World Transplant Games in London later this year.

**To find out more about the Transplant Games, head to Transplant Australia's website: [transplant.org.au](http://transplant.org.au)**



## Our Vision

Our Vision is for a bright and active future for all those involved with or in need of a heart or lung transplant.

We actively encourage organ donation and support The Alfred Hospital Melbourne, the Transplant Team, patients, recipients, their families and carers throughout their journey.

## Our Values

### HOPE

We provide a sense of confidence, belief and realism throughout the experience.

### LEADERSHIP

We lead and promote a focus on caring, advocacy, support and community to those who share in the transplant journey.

### TEAMWORK

We believe our success depends on how well we interact and communicate with others. We inform, network, collaborate and partner with all relevant stakeholders. We have a bias towards action.

### TRUST

Our integrity is fundamental in all that we do and stand for. We act ethically and honestly at all times. We do what we say.

### VITALITY

We approach our task with compassion, understanding, strength and *joie de vivre*.

# Relocation

## Outpatient lung transplant clinic appointments are now on the 2nd Floor, Phillip Block

**As most of our lung transplant members will now know, the relocation of the outpatient clinic is complete.**

Outpatient lung transplant appointments are now on the 2nd Floor of the Phillip Block. To access the Phillip Block you just take the lifts directly opposite the front entrance of the hospital.

As well as a change of location, the team is working to improve patient flow through the clinics, so there will be some change to processes. Advice from the clinic is:

- Set appointments will be made from January to minimise waiting time. Patients – please arrive on time so clinicians can see you during the allotted time.

- Non-standard tests, such as MRI or echo, will be confirmed after clinic by phone or text message. This is to reduce congestion at Reception.
- If you are unwell, please let the clinic know before your appointment by calling the transplant nurses on 0417 046 210. They will then advise actions to take to ensure good infection control.
- Staff will request your mobile number and email address to improve follow-up communication
- There will also be changes to how clinic staff monitor your appointment progress – for more information, please ask your clinician.

## Donation envelopes make it even easier!

**Do you have an event coming up and would like to support the HLTTV?**

We have branded donation envelopes which we're happy to send out to you for use at events where your guests may like to make a donation.

**If you need some donation envelopes for an upcoming event, please contact Belinda: [president@hlttv.org.au](mailto:president@hlttv.org.au) or 0414 582 945.**

We can post them out or drop them off to you or a venue at no cost.



*the Circulator* editorial team is keen to review books, magazines and articles that may be of interest to the transplant community. We're also keen to promote the work of those who have embraced their second chance at life to explore their creativity or pursue their dreams.

Contact Belinda on [president@hlttv.org.au](mailto:president@hlttv.org.au)

Items for review can be posted to:  
Editorial team c/o PO Box 25036, Melbourne Vic 3004



# 2019 ANNIVERSARIES



## HEART

**FEBRUARY 2019**

Mark Brewer, 2008  
Margaret Neilson, 2009  
Katrina Rehlaender, 1993  
John Winter, 1992

**MARCH 2019**

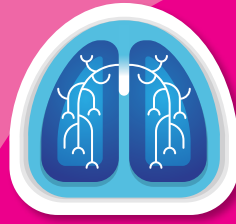
Gary Down, 2012  
Sue Konieczny, 2008  
Edward O'Bryan, 1990  
Matthew Orchard, 2014

**APRIL 2019**

John Prior, 2008  
Tony Allan, 1994  
Nicole Armstrong, 2014  
Ivan Clark, 2015  
Graham Percival, 2016  
Bill Saunders, 2010

**TRANSPLANT FACT**

*The Alfred's Heart Lung Transplant Service commenced with a heart transplant in 1989 and is now the busiest such unit in Australia and South East Asia.*



## LUNGS

**FEBRUARY 2019**

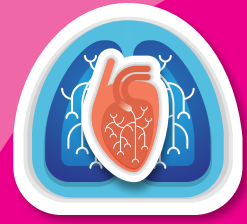
Ettore Bastianelli, 2014  
Phyllis Cremona, 1994  
Ken Gain, 2004  
Peter Hohmann, 2016  
Kirsten Larsen, 2003  
Frank Lineen, 2008  
Ronnette Williams, 2015

**MARCH 2019**

Donna Brayshaw, 2018  
Camille Condon, 2013  
Laurie Crowther, 2017  
Eric Gethin, 2018  
Judi Groves, 2012  
Heather Hill, 2006  
Toni Miles-Bennett, 2011  
Arthur Pape, 2016  
Jon Rolfe, 2009  
Chetan Shah, 2016  
Craig Wood, 2018  
Vicky Yfantsis-Cocossis, 2013

**APRIL 2019**

Ann Convey, 2012  
Christine, Flack, 2014  
Sam Ira, 2013  
Robert Regan, 2017  
Bruce Vernon, 2015  
Benjamin Watt, 2017



## HEART + LUNGS

**APRIL 2019**

Carla Bondini, 2014  
Jose Lopez, 1990

**TRANSPLANT FACTS**

*The Alfred Transplant Unit performs its first heart/lung transplant and its first single lung transplant in October 1990.*

*In 1990 The Alfred team implanted the first artificial heart pump in south east Asia and a Thoratec Ventricular Assist device as a bridge to heart transplantation and the first transcontinental heart retrieval from Perth.*

*In 1996, The Alfred Transplant Unit achieves the highest servicing rate for lung transplantation in the world and remains among the top five in the world in terms of numbers and patient outcomes.*

**Make a secure donation**



**GiveNow**

**Give more, give smarter, give better, GiveNow!**

**Donations to the Heart and Lung Transplant Trust (Victoria) are fully tax deductible and easy to do using the website below.**

*Simply follow the prompts.*

**GiveNow.com.au**

# Survive the heat

Heat kills more Australians than any natural disaster.

Extreme heat can affect anybody but those most at risk are kids, older people and those with a medical condition. Make sure you and your loved ones survive the heat this summer with five simple tips:

- 1 Drink plenty of water
- 2 Never leave anyone in a car
- 3 Stay somewhere cool
- 4 Plan ahead
- 5 Check in on others



When it's hot, checking on others can save a life

Authorised by the Victorian Government, 1 Treasury Place, Melbourne



Further information: Better Health Channel | [www.betterhealth.vic.gov.au/campaigns/survive-the-heat](http://www.betterhealth.vic.gov.au/campaigns/survive-the-heat)



Are you involved in a business which could provide discounts on goods or services for HLTTV members?

We're looking to increase benefits for our members and we'd love to hear from businesses that would like to get involved with the work we do either through the provision of discounts or supporting us in other ways.



Contact Belinda on [president@hlttv.org.au](mailto:president@hlttv.org.au) or 0414 582 945 to discuss how to get involved

# What's your story?

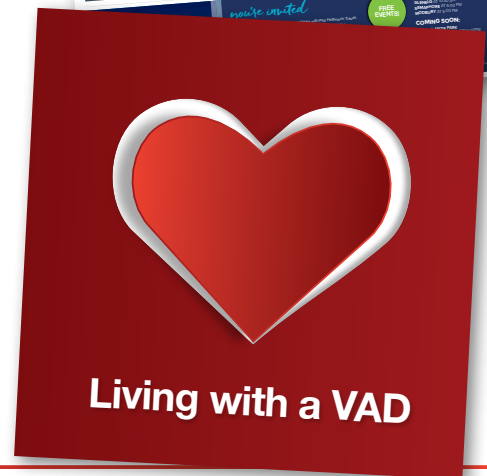
Ventricular Assist Device (VAD) technology is becoming an increasingly important pathway for patients suffering from heart failure. In Australia, VADs are typically called a 'bridge to transplant' as they allow the patient time to stabilise and subsequently get a heart transplant.

The Alfred have performed dozens of VAD operations in the last twelve months with patients coming from Victoria, South Australia and Tasmania.

Becoming a VAD patient at The Alfred in September 2017 and currently waiting for a heart transplant, Graeme Klemm is compiling a booklet that details a variety of information and suggestions for patients who are either waiting for or have recently benefitted from VAD technology.

**If you or your carer have an interesting story to tell, personal perspectives or simply wish to share your experiences about living with a VAD so others can benefit, please email your contribution to**

**Subject line: My experience living with a VAD  
Email: [klemms@adam.com.au](mailto:klemms@adam.com.au)**



DETACH COMPLETED FORM AND RETURN IT WITH YOUR DONATION

## Donate NOW



**I / We would like to make a donation to the Heart and Lung Transplant Trust (Victoria) Inc**

Name \_\_\_\_\_

Address \_\_\_\_\_ Postcode \_\_\_\_\_

Telephone \_\_\_\_\_ Mobile \_\_\_\_\_

Email \_\_\_\_\_

**Donation \$** \_\_\_\_\_

*Donations over \$2 are tax deductible.*

Please return this form to:  
**Treasurer, Heart and Lung Transplant Trust (Victoria) Inc**  
**PO Box 25036**  
**Melbourne 3004 Victoria**



You can also visit <http://www.hlttv.org.au> and look under 'Quick Links' and choose one of the 'Donate Now' links

# Top tips FOR TRANSPLANT TRAVEL

*A new year often means travel plans, and for many people travel is one of their post-transplant goals. Travelling post-transplant is not hard, but it does take a bit of planning... so here are our top transplant travel tips for 2019.*

## DOCUMENTS TO TRAVEL WITH

Whether you're travelling in Australia or overseas, carrying a letter from your transplant clinic with your medications, dosages, main diagnoses and details of Alfred contacts is a good idea. The letter can help if you get sick and need to access care away from your usual providers, and will also help you get through customs if you're carrying medications when travelling overseas. Make sure you leave pharmacy labels on medication bottles and packages as well to make it easier to get through customs if you are stopped.

## RECIPROCAL HEALTH CARE AGREEMENTS

Some countries – including NZ and the UK – have reciprocal health care agreements with Australia. That means that if you get acutely unwell and can't travel home, you can get help with the cost of essential medical treatment. Reciprocal health agreements don't replace the need for travel insurance, but may make access to health services easier where the agreements exist.

## TALK TO YOUR DOCTORS

Before you set anything in stone, have a chat to your transplant team about your particular needs, what you should consider, and whether some travel ideas might be off the table at the moment.

01

02

03

04

## TRAVEL CLINIC

Did you know that The Alfred has a travel clinic? It is bulk billed, operates outside working hours, and are familiar with the ins and outs of travelling with transplant! Just ask your transplant doctor for a referral before you head overseas.

06

05

## CHECK RESTRICTIONS ON CARRYING MEDICATIONS OR LIQUIDS BEFORE YOU GO

The government Smart Traveller website [www.smarttraveller.gov.au](http://www.smarttraveller.gov.au) is invaluable for overseas travel. Other countries have different rules about bringing in medications – particularly pain medications – that you need to check and understand before you travel. It's also important you understand what can be taken on planes (liquids, syringes etc) and seek exemptions where these items are restricted if you need them while you're in the air.

## TRAVEL INSURANCE

If you're headed overseas, it's sensible to travel with insurance that covers your transplant. This can increase the costs of your trip significantly, and can be difficult to get for some countries, or if you are particularly unwell, so be sure to factor the time and costs associated with getting insurance into your planning. The companies that will insure transplant recipients changes from time to time, but at HLTV we tend to have a few travellers among our members and keep our ear to the ground about what's available. Contact us via [patientsupport@hlttv.org.au](mailto:patientsupport@hlttv.org.au) or via social media if you want to discuss our recent experience with travel insurance companies. Transplant Australia are also a great source of travel insurance information and advice: [www.transplant.org.au](http://www.transplant.org.au)

**What are your top travel tips?**

**Head to our Facebook page or send us an email to share them with the HLTV community.**

HEART AND LUNG TRANSPLANT TRUST (VIC)

# Easter BBQ

Sunday April 7, 2019

11.30am – 2.30pm

Fawkner Park

(across from The Alfred main entrance)

The Easter BBQ is a great social event for pre and post transplant patients, families, carers and friends. BBQ and drinks are provided (including vegetarian options). Please BYO salad and nibbles.

Great raffle prizes on offer on the day – donations can be left at 5th Floor Reception at The Alfred.

**Alternatively, please contact Martina on 0409 957 492 or email [martina@hlttv.org.au](mailto:martina@hlttv.org.au)**

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**BYO own chairs and please don't forget sunscreen and a hat!**

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*We'd love to see you there*



## Remember to support our generous sponsors

Aberdeen Abbey Guest House, Geelong

Anonymous Wines

The Ark Clothing Co

Azali – Eastland

Bar 81 – Berwick

Bayview on the Park

Bunnings – Abbotsford

Cadbury

Coomoora Cottage – Daylesford

Discount Chemist – Berwick

Finsbury Green

Handcrafted Flowers

Health Smart Pharmacy Alfred

Heart to Heart Respite House

Kingston Heath Golf Club

Loom Auto Electrical Service

Mancine Professional Products – Jenny

Melbourne Mustangs

Ice Hockey Club

Mesh Hair Spa Salon

Phillip Island Nature Parks

Piccoli Portraits

Priceline Chemist

If your organisation would like to make a financial contribution to the HLTTV please contact:

Treasurer David Pidgeon  
treasurer1@hlttv.org.au  
or 0450 354 905

## Get in touch with the Ballarat Support Group

The Ballarat Transplant Recipient Catch-Up Group was formed in 2017. The group provides recipients and their carers the opportunity to obtain information and education from health professionals in a relaxed and informal group environment.

Equally important is the vital network and social support it allows the recipients and their carers to establish in their local area.

This is the only group of its type within Victoria, and is endorsed by the Heart Lung Transplant Trust of Victoria, affiliated with the Alfred Hospital.

Ballarat is a regional town in Western Victoria, around 120kms from Melbourne’s CBD. Members of the group come from all around Ballarat and surrounding areas, as well as from other outer metropolitan centres such as Geelong and Melton.

The idea for the group was driven by recipients themselves, expressing the need for education and support closer to home. The ideas and themes for each catch-up is driven by the recipients and is organised and coordinated by a local nurse specialist.

Topics already covered included skin care, medication guidance and nutrition. Local experts volunteer their time to provide the education and advice is always sought from metropolitan transplant services when required.

Education and information is delivered in an informal local setting, easing the travel burden to recipients and their carers. The impact of widened support and networking opportunities is extremely valuable.

The group continues to expand its membership base providing quality education, support and socialisation for transplant recipients within the local community.

If you live in an around Ballarat and are interested in being part of the group or find out about upcoming meeting dates and locations, please contact: **Donation Nurse Specialist Larna Kennedy on 0411 323 006 or [larna.kennedy@bhs.org.au](mailto:larna.kennedy@bhs.org.au)**



Ballarat **Health** Services



Just over 47 years ago Dr. Christiaan Barnard pioneered the world's first heart transplant in an operation that lasted nine hours at the Groote Schuur Hospital in Cape Town 🍷

Your heart will beat more than 2.5 billion times in your lifetime 🍷

A human heart pumps between five and seven litres of blood through a body weighing an average of 70kg 🍷

Lung transplantation was revolutionary when the first successful transplant was performed in Toronto in 1983, but it is now a well established treatment for selected patients with very advanced lung disease. Over 40,000 lung transplants have been performed worldwide 🍷

**BIG CONGRATULATIONS** to former committee member and HLTTV life member **Jon Rolfe**, who received an *Order of Australia* medal on Australia Day this year.

Jon was recognised for his charity and fundraising work, including his involvement with HLTTV and his efforts in creating, planning and running our two *Tour de Transplant* events. Well done Jon!



# Your membership counts



Heart and Lung Transplant Trust (Victoria) Inc

Name

Partner's name (if applicable)

Address

Postcode

Telephone

Mobile

Email

Date of birth

## NEW MEMBER

I wish to become a member of the Trust

## EXISTING MEMBER

I wish to renew my membership

I wish to receive my copy of 'the Circulator' by email  Yes  No

## RECIPIENT

(Please complete information regarding Transplant Type, Operation, Month and Year – this allows us to celebrate transplant anniversaries if you consent below).

Month

Year

Lung(s)

Heart

Heart and Lung

Other (please specify)

Are you happy for this information to be included in the 'Transplant Anniversaries' section of 'the Circulator' newsletter annually?  Yes  No

OR **Pre-transplant** (Waiting list)

OR **Carer** | **other** | **supporter** (please specify)

Signature

Date

Membership for Pre-transplant members is free. An annual fee of \$15 applies to all other category of member. A membership reminder will be included with the Winter edition of 'the Circulator' each year. Prompt payment on receipt of a membership invoice is appreciated and we are grateful for any donations. Donations over \$2 are tax deductible.

Please return this form to:

**Membership Officer, Heart and Lung Transplant Trust (Victoria) Inc**  
**PO Box 25036**  
**Melbourne 3004 Victoria**



Members may also join online and pay membership and donation via direct debit bank transfer. Please visit <http://www.hlppv.org.au> and follow the 'Membership' links.



When you're good at something  
you'll tell everyone.

**When you're great at something  
they'll tell you.**

**You're welcome.**



**Finsbury**  
Green

[finsbury.com.au](http://finsbury.com.au)