

Transplant World

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Journal of the



World Transplant Games Federation
Powered by the gift of life



WORLD TRANSPLANT GAMES 45 YEARS YOUNG



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MESSAGE FROM THE PRESIDENT

WTGF Together We are Stronger...



WTGF President **Liz Schick** on why she is constantly inspired by the transplant community

I love how the melting pot that is our World Transplant Games community connects people both virtually and in-person – friendship and collaboration are so important.

A Swiss friend, Kristen Baker, recently became the President of Kids Kidney Care (KKC). It is a wonderful organisation that lost momentum when its founder, the incredible Marilyn Zeller, passed away.

Nine years ago, Kirsten donated a kidney to her now 11-year-old daughter, Eloise. I first met the Bakers (including American Dad, Nick) through TACKERS, the transplant kids camp I used to run in the Swiss Alps.

Why am I telling you this?

Kristen met Alice (see article in this journal) a member of the French team, at the World Transplant Games in Perth. Alice (a French mother and a British father) stayed on in Perth after the Games and got to spend time with the Bakers, and a friendship formed. Alice is now assisting the Swiss organisation, KKC with its Instagram account. A perfect example of us being 'stronger together'.

It's lovely to see people joining forces and putting their talents together for the betterment of our community, a world of shared experiences with no borders.

I love to watch relationships develop within our transplant community and see the collaboration

between various bodies. Some of our readers may not be aware that until now, membership of the WTGF has been made up of one representative organisation per country.

There are so many national and international organisations out there that are doing beautiful things in the field of organ donation and transplantation. With this in mind, and with the dream of everyone working together for the greater good, we are considering proposing a change to our Bylaws to welcome a wider community under our umbrella.

Our current member organisations will continue in their current roles with all the responsibilities always involved. Additional national and international organisations that share the vision of the WTGF will be able to apply for Associate membership to strengthen our collective voice and reach – 'stronger together'.

"Volunteers don't get paid, not because they are worthless, but because they are priceless."

In this busy world, stepping up to take on additional responsibilities voluntarily is not for everyone. Still, I am constantly inspired by our transplant community and the passion that is brought to looking out for each other and promoting organ donation. Our Board members, all volunteers, are

great examples of this.

It has been an interesting transition from Honorary Secretary to President. Being the President can be daunting at times, but it has not been lonely. Wonderful people surround me.

The WTGF Board members are a fantastic team, like a global patchwork, all bringing their various talents to the table. The past six months have been a real learning curve, and I rely very much on my colleagues, who never cease to surprise me, make me smile and get me to test/challenge myself.

It is inspiring to see our board members' different areas of interest and how the WTGF is branching out and developing in new areas, no longer only focusing on delivering the Summer and Winter Games. Our shared goal is to make a difference to a more significant number of people and to expand our World Transplant Family. We are stronger together.

If anyone asked me what I would like for 2024, I would ask for peace on earth and goodwill. With all the conflict in this world, it is easy to feel that you cannot make a difference. However, the transplant sports community continually shows that we can make an impact.

Let us all work together to promote our cause - one passport, the transplant passport. The Swiss Team for Perth had people originally from France, England, Brazil, Germany and the United States of America. There are no boundaries. We are one, united in our goals. We are stronger together!

All the best to our incredible global family for 2024.

Liz Schick
WTGF President

“Our shared goal is to make a difference to a more significant number of people and to expand our World Transplant Family.”

EDITORIAL

No Health Without Mental Health



WTGF Vice President **Gerardo Reyna** talks about the impact of physical activity on mental health

In 2017, I was invited by the WTGF to participate in the pre-congress session at the TTS (The Transplantation Society) Congress. I decided to talk about my struggles, primarily emotional ones, under the title "Me, myself and my transplant". At the time, I had five years as a recipient, and in my mind, I had overcome most of the psychological challenges that I would face, and silly me thought they were over. I will never forget the Q&A's when a doctor asked something like, "How did you overcome your depression?"

That was the first time I even considered that I suffered from a depressive process after my transplant; I rejected the idea at first, a widespread reaction that, luckily, society is leaving behind, although we have a long way to go to completely eradicate the stigma over mental health, depression, and other physiological problems.

When a person receives the diagnosis of renal failure, heart disease or even cancer, usually the environment of that person accepts the situation as something out of our hands, as a terrible "accident of life", and tries to support that individual. Mental health disorders should not be considered differently; it is an aspect of our life that requires the same, or even a more significant, level of support to the person experiencing it.

Receiving a transplant and the previous illness entails serious physiological challenges, confronting patients with unfamiliar situations and not always with the correct guidance and assistance that the situation

requires. Stress, anxiety, depression, and different kinds of traumas are some of the most common emotional and psychological challenges a recipient faces on their way to complete reintegration into life.

Access to mental health

In many countries, access to mental health is becoming one of the central discussions in parliaments, governments, social media, mass media and society in general; finally, the impact on life, society and the economy is being recognised. We can't overlook the impact of socioeconomic, biological, and environmental factors on mental health. A fundamental next step is to improve the cost-effective access tools available to the general population to take care of this aspect of their lives.

The WHO defines mental health as: "A state of well-being in which each individual develops his or her potential, can cope with the stresses of life, can work productively and fruitfully, and can contribute something to his or her community." A transplant is a medical treatment that allows individuals with a vast number of diseases to regain their health and reintroduce themselves into their communities; we can't accept that emotional or physiological challenges get in the way of this fulfilment of their second chance at life.

The title of this article, "No Health without Mental Health", is, in fact, a statement present on the Global Health Observatory initiative of the WHO.

In studies published before the

COVID pandemic, the WHO predicted that by 2020, depression would be the leading cause of disability in the population worldwide. Anxiety and depression have been linked to an increased risk of death from cardiovascular disease and even cancer by several studies.

Due to our underlying health conditions and the medication recipients need to take for life, the enormous importance of mental health is even greater.

As an organisation entirely focused on transplant recipients and trying to help improve their general well-being post-transplant through physical exercise and an active lifestyle, the WTGF has been working on these aspects for some years.

A few months after the 2017 TTS Congress, the WTGF launched the first version of Re Fit for Life!, the online toolkit for recipients to recover their health post-transplant. Initially focused on the activity and training aspects, the wellness series was introduced in 2021, boasting now nine different programs of 8 to 10 videos that each person can follow at their own pace; half of these programs have a clear focus on emotion or physiological aspects, such as Embodying Your Transplant, Sports Psychology or Transplant Coaching.

The impact of physical activity on mental well-being has mainly been demonstrated. Sports and physical activity, in general, present unique opportunities to recipients to improve their self-esteem, self-awareness and an incredible feeling of overcoming the challenges faced in the past.

The intrinsic relationship between physical and mental health makes it extremely hard to achieve one without the other; as an organisation, the Federation will try to create a lasting impact on both through different programs, events, initiatives, and educational activities. The WTGF wants to be a partner and a motivator for every recipient to work towards achieving both.

Gerardo Reyna
WTGF Vice President
& Liver Recipient

“The intrinsic relationship between physical and mental health makes it extremely hard to achieve one without the other.”

Refit for Life!

A World Transplant Games Federation Initiative



Discover mental and emotional wellbeing in our Refit for Life Wellness Series



TRANSPLANT COACHING SERIES

An action-based series designed to help recipients recognise their needs and find their inner voice. This series will focus on four core pillars: movement, purpose, communication, and understanding as well as core values: boundaries and transplant self-advocacy. Process your transition from pre to post-transplant, develop a greater understanding of 'self' and unlock a positive space in which to accept your past and celebrate your future!

Eliza Bell – Transplant Chats with Eliza



EMBODYING YOUR TRANSPLANT SERIES

A somatic practice body-centred series focuses on the mind-body connection during healing. Transplant experience often leaves lingering effects on the nervous system, impacting moods, stress management and sleep. Through gentle, non-invasive methods involving sensation, movement, breath and sound, this series will help rebuild trust with your body. Rediscover empowerment, mental wellness and ease in everyday life.

Tina Clarke – Tina Clarke Wellness



MINDFULNESS SERIES

This series is designed to help adopt a more mindful lifestyle, through learning simple meditation practices that will enhance awareness of thoughts and emotions. Embrace non-judgmental curiosity while developing a daily mindfulness routine to promote self-awareness, emotional regulation and stress management. By learning to observe your mind and body, you will regain control, make wiser choices and live more fully, moment by moment.

Julie & Liz – Simplicity Coaching



SPORTS PSYCHOLOGY SERIES

In this series, you will be guided with practical strategies and tools to help reset your mind and regain your game to resume and maintain a healthy lifestyle. Build mental strength and learn key skills to be able to manage yourself on a personal, emotional and social level. By empowering your journey to optimal well being, you will learn to embrace a more competitive attitude, transform difficulties into triumphs and adopt new positive behaviours.

Arturo Velasco - Activamente Psicología y Coaching Deportivo

Refit
Reinspired
Refocused

NOVARTIS

astellas



WORLD TRANSPLANT GAMES AT 45

The World Transplant Games: Forty-five years young!

Willie Uys looks back at the history of the Games

"In the end, it's not the years in your life that count. It's the life in your years." Abraham Lincoln

"Aging is just another word for living." Cindy Joseph

When we talk about someone that turns 45-years old, we do not regard that person as old. They are in the prime of life and have at least another 20 years of actively working.

So when we look at our World Transplant Games (WTG) after 45 years we can say the same thing – the WTG has perhaps just grown out of its teenage shoes and is getting ready to take on the big wide world.

In those early years of the 1960's and into the 1970's when organ transplants were still in infant shoes, there was a man that saw the positive side of exercise after a transplant and that man, Dr. Maurice Slapak, did something about it. In looking back over 45 years there are so many individuals who played a part in getting the WTGF to this point in its growth. While we started in 1978, it was in 1987 that the World Transplant Games Federation was officially formed, and the movement grew with leaps and bounds and remains the custodian of the WTG.

From the first "Transplant Olympics" that took place in Portsmouth with the "99 Blooming Miracles" as the participants were called by a local

newspaper, the organisation grew, and the subsequent World Transplant Games were hosted worldwide. Only two cities- Portsmouth and Budapest- have hosted the Games twice. Several countries have hosted multiple Games – UK 4, Australia 3, Canada 2 & Hungary 2. The Games have been around the world, and each event had a unique character and delivered memorable experiences for the athletes and supporters. Getting together with some athletes who have attended multiple Games brings out all the stories of their experiences and friendships that have lasted for decades.

The World Transplant Games have

Continued on next page



Portsmouth, 1978



Games medals

Scotland team,
New York, 1980



WORLD TRANSPLANT GAMES AT 45

been hosted in exotic, beautiful and unique places over the years as the WTGF endeavoured to take the WTG to every possible continent and region.

From Athens (1982) – the original venue of the Olympics – to Innsbruck (1987), a city filled with history, culture and one of the highest above-sea level events at 1893 feet, to Bangkok (2007), a cosmopolitan city where every corner brings another surprise and adventure to Vancouver, one of the most beautiful cities in the world – to Sydney where the participants were photographed in front of the iconic Opera House.

The first event was called the Transplant Olympics – with Olympic Rings and all – but it was brought to the organisers’ attention that using the word Olympics and the Rings wasn’t legal, so the name was changed to

World Transplant Games. The first few Games ran without any rules for the event, which made it a free-for-all, and the local organisers had their hands full with sorting out how to control the various sports. This situation was eventually addressed and changed in the late 1980s when a basic set of rules was produced to regulate who could participate in what and under which circumstances.

Games additions

The Games started with disciplines in track and field, swimming, golf, squash and tennis. In the 1980s, we saw the addition of badminton, cycling, road races, and table tennis. In the 1990s, volleyball was added, which marked a change in thinking. Volleyball had initially harboured some concerns

about the nature of the sport and safety for recipients – today, it is well supported and exhibits some excellent athleticism.

Tenpin bowling was the next to be added in 2009, followed by petanque in 2011, and both became one of the biggest sports entered at the Games. 2017 saw the edition of darts and 3 by 3 basketball and hosted our first invitational football match. Football was featured as an inclusion in the 2019 and 2023 Games. 2024 will see football taken to a new level with our first Transplant Football World Cup. With

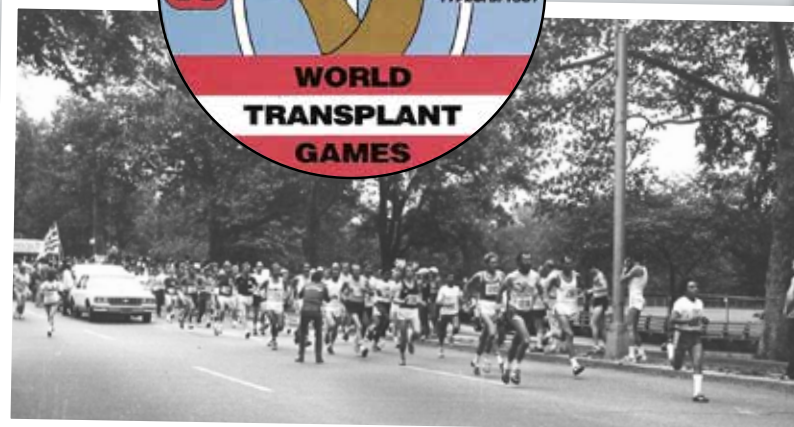
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Logo, 1987



New York crowd, 1980



Addition of a road road, USA, 1989



Mens swimming, New York, 1980



Smiles from Thailand at the Pentanque, 2011

WORLD TRASPLANT GAMES AT 45

the increase in the number of sports disciplines in order to make it possible for more athletes to participate, we have also seen a massive increase in the number of competitors, the level of competition and, as such, the number of world records being broken.

The scheduling of all the various sports disciplines has been a contentious issue at every WTG because the adage is also true in this instance. You can only satisfy some of the people some of the time. It is, however, the aim of the WTGF and every Local Organising Committee to make the WTG as accessible as possible for as many participants as possible. Since 2017, some competitions were added for donor families and living donors to participate in, attracting more participation and allowing the message of the Games to be spread wider.

Over the years, there have been

beautiful performances by individuals and teams, and many friendships have been made and have stood the test of many years; the WTG will always be an event where people from all over the world can show their appreciation for the "second chance" they have received – some will participate after spending a long time preparing for the competition. Some will participate because they are now able to.

More than just the Games

The WTGF has expanded to become more than just the World Transplant Games. The Federation now offers online programs and virtual events year-round and has extensive rehabilitation programs to help recipients in their physical and mental well-being while also being involved in research, youth, education, advocacy, medical, and football committees. In

addition, we collaborate with multiple organisations and are involved in congresses, sports federations, and patient groups to ensure we can spread the message of organ and tissue donation as far and wide as possible.

May the next 45 years be filled with memorable moments on and off the sports fields. May we see an ever-increasing number of people willing to donate their organs or the organs of a family member? The landscape of the WTG has changed dramatically since 1978, and we know it will change dramatically more over the next 45 years. What we know for sure, however, is that the participants in the Games (recipients, donor families, and living donors) will always continue to be the Games' legacy.

Willie Uys

WTGF Vice President



New logo, 2014



Donor thank you



Darts, 2017



Football



Perth, 2023

45 YEARS YOUNG

Celebrating the
Power of the Gift of Life!



1978
UK, Portsmouth



1979
UK, Portsmouth



1980
USA, New York



1982
Greece, Athens



1984
Holland, Amsterdam



1987
Austria, Innsbruck



1996
France, Pra Loup



1995
UK, Manchester



1994
France, Tignes



1993
Canada, Vancouver



1991
Hungary, Budapest



1989
Singapore



1997
Australia, Sydney



1999
USA, Snowbird



1999
Hungary, Budapest



2001
Switzerland, Nendaz



2001
Japan, Kobe



2003
France, Nancy



2010
France, Sainte Foy



2009
Australia, Gold Coast



2008
Finland, Rovaniemi



2007
Thailand, Bangkok



2005
Canada, London



2004
Italy, Bormio



2011
Sweden, Goteborg



2012
Switzerland, Anzère



2013
South Africa, Durban



2014
France, La Chapelle d'Abondance



2015
Argentina, Mar del Plata



2017
Spain, Malaga



COMING NEXT YEAR 2024
Italy, Bormio



2023
Australia, Perth



2021
Virtual



2020
Canada, Banff



2019
UK, Newcastle, Gateshead



2018
Switzerland, Anzère



BORMIO 2024

The Mountains are Calling!

12th World Transplant Winter Games in Bormio, Italy, 03 – 08 March 2024

The World Transplant Games Federation proudly brings the much-anticipated return of the World Transplant Winter Games to the picturesque town of Bormio, Italy. From March 3rd to March 8th, 2024, this enchanting Alpine destination will serve as the backdrop for a celebration of life, unity and an honouring of our donors and donor families.

Bormio, a renowned winter sports destination in the heart of the Alps, is no stranger to the World Transplant Winter Games. In 2004, it hosted the Winter Games, and now, two decades later, it welcomes back participants, supporters and spectators. Hosted by ANED Sport, the event promises a week

of competition, camaraderie, and a celebration of the profound gift of life.

As a world-class venue hosting the Alpine Skiing World Cup and will play a pivotal role in the Milan Cortina 2026 Winter Olympics and Paralympic Olympics, Bormio has a rich sporting heritage. The town's alpine charm, warm hospitality, and state-of-the-art facilities ensure an unforgettable experience for everyone attending.

Beyond the adrenaline-pumping competitions, Bormio beckons with its historical charm and natural wonders. There's something for everyone, from its cobblestone streets and natural thermal baths to the majestic Stelvio National Park. Whether you're a sports

enthusiast or a culture connoisseur, Bormio promises a wealth of attractions and activities.

A Glimpse of the Action

The Bormio slopes will be the epicentre of the skiing and snowboarding events, as well as hosting snowshoeing and curling competitions. The slopes cater to all skill levels with mixed-level runs, off-piste adventures, and a snow park. Meanwhile, Isolaccia, located approximately 10km from Bormio, will host the biathlon and cross-country events.

The Games include competitions in many disciplines, from skiing and snowboarding to cross-country skiing, biathlon and curling. Competitions are open to transplant recipients, living donors and donor families.

For the juniors experiencing snow for the first time, the Nicholas Cup Day Camp invites youth aged 4–17

Beyond the adrenaline-pumping competitions, Bormio beckons with its historical charm and natural wonders. "

Continued on next page



BORMIO 2024

to partake in our day camp, which combines ski lessons in the morning and fun social activities in the afternoon. The camp concludes with the Nicholas Cup race on March 8th, offering young participants a chance to showcase their newfound skills.

Dr. Giuseppe Vanacore, President of ANED, expresses his pride in organising the 2024 World Transplant Winter Games: "We will joyfully welcome transplant recipients from all over the world to Italy, together with their families and supporters. All united in joy to witness, through sport, friendship and fun, that transplantation is an extraordinary medical-scientific victory and human solidarity."

WTGF President Liz Schick, a devoted supporter of the Winter Games, shares her excitement, highlighting the unique warmth and cosiness of the event: "We are thrilled that our friends at ANED are organising the Games in Bormio. We are looking forward to meeting our winter sports enthusiasts again."

The last Winter Games were held in Banff, Canada, just before the Covid-19 epidemic closed borders, these games will reunite our Winter Games lovers



again for the first time."

Our global transplant community can look forward to a week of sportsmanship, friendship, and celebration. The legacy of the Nicholas Cup, the picturesque venues, and the warm embrace of Bormio ensures that this edition will be etched in the hearts and memories of participants for years

to come.

Registrations for the Winter Games remain open until the 12th of January, 2024. Visit our winter games website, www.wtgf.org/wintergames, for more information.

Stay tuned for further updates, and join us in the spirit of life, competition, and unity! #WTWG2024



World Transplant Games Federation
Powered by the gift of life



Proudly hosted by

ANED



12th World Transplant
Winter Games

BORMIO 2024

12th WORLD TRANSPLANT WINTER GAMES 2024 – BORMIO, ITALY



3-8 MARCH 2024

REGISTRATIONS OPEN UNTIL
12th January 2024

Are the mountains calling you?

- Book a Full Package or Registrations Only package and be part of the winter magic!
- Transplant recipients, living donors and their families are all invited to participate.

NICHOLAS CUP DAY CAMP

Calling all Juniors aged 4 – 17 years

- Join our Day Camp, learn to ski, make new friends and have fun in the snow.
- One free entry is offered per WTGF Member Country in good standing



MEET THE WINTER GAMES MASCOT!

My name is Donato which means 'donated/given.'

Donato captures the spirit of the World Transplant Games as without our donors, we would not be *#poweredbythegiftoflife!*

He is a baby eagle – a symbol of strength and freedom who flies over adversity – just as he flies over the mountains!

We can't wait for you to meet him.



We look forward to seeing you on the slopes!

THE NICHOLAS CUP

The Boy who Saved Thousands of Lives

Reg Green on The Nicholas Cup, named after his son, which is one of the highlights of the World Transplant Winter Games

The winter games will mark an emotional milestone for my wife, Maggie, and me. The year 2024 will see the 30th anniversary of the death and organ donations of our seven-year old son, Nicholas Green, for whom the Nicholas Cup, a competition for children who have had a transplant, is named.

How unimaginable the pattern of events would have seemed to us in 1994 as we sat in a hushed hospital room in Sicily, grappling with the realisation that Nicholas had lost his fight against bullets fired by highway robbers on one of the main roads in southern Italy who had mistaken our rented car for one carrying a cargo of jewellery.

To us, he was a magical little creature who, his teacher said, was the most giving child she had ever known. Now, I would never again run my fingers through his tangled hair, never again

hear him say "Goodnight, Daddy."

Then Maggie, in her thoughtful way, said quietly, "Now that he's gone, shouldn't we donate his organs?" and for the first time since the shooting, I saw we could rescue something from the rubble.

Five Italians close to death, four of them teenagers, received his organs, two others his corneas. Five of the seven are still alive.

The news spread around the world like wildfire, contradicting the view held at the time by both the public and the media that organ donation was too disturbing, too remote and too hard to explain to be newsworthy.

Instead, in the first ten years after the transplants, the warm heart of Italy responded by tripling organ donations, a rate of growth never approached in any other country, and saving literally thousands of patients from early deaths.

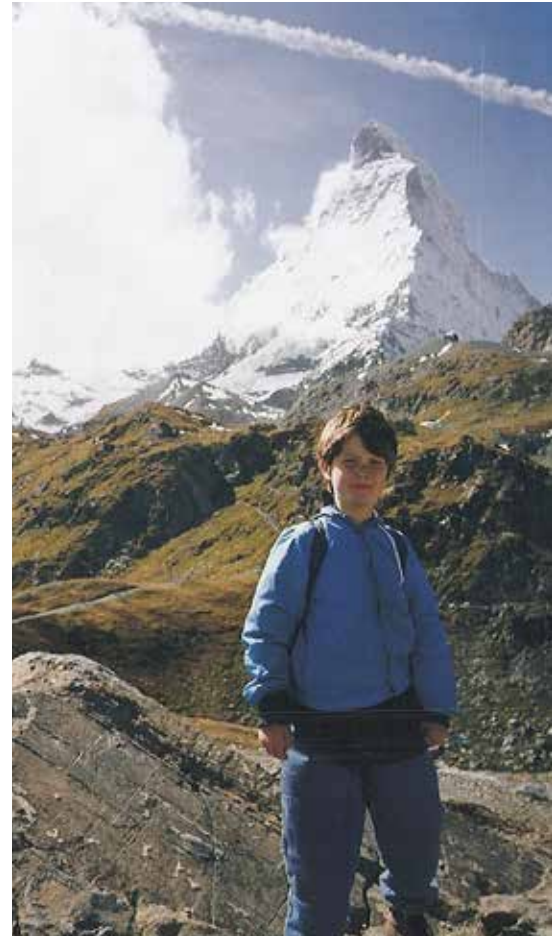


Image: Reg Green

Nicholas on the shoulder of the Matterhorn a few days before he was killed

Speaking for transplant families everywhere, Pietro Gallo, head of AIDO Giussano, one of Italy's most successful local donation groups, captured the mood. "Transplantation showed us that every day is a miracle for recipients," he said.

From the beginning, we could tell we had been given the opportunity to make a lasting difference in how organ donation is seen. We have been willing to work with anyone serious about doing so. Some of those opportunities are local, such as talking to a single family about why we did it; some are general, such as the part we played in shaping the television movie *Nicholas' Gift*, in which Jamie Lee Curtis, as a mother, going from horrified disbelief to gentle acceptance, must have pierced the hearts of every one of the 80 million people who have seen it.

However, the whole subject still needs to be clarified. One recurring



Photo by permission of Oggi Magazine

Recipients of Nicholas' organs and Green's family

Continued on next page

THE NICHOLAS CUP

surprise to both donor families and recipients is that a successful transplant does not mean just the prolongation of a life but its complete transformation. It's a truth the World Transplant Games Federation has been demonstrating for decades, to which we have added some spectacular examples of our own in a book I wrote, *The Gift that Heals*, which, like my other book, *The Nicholas Effect*, has become a classic in its field.

To choose one example out of dozens, Steve Ferkau, who before his lung transplant couldn't walk down a flight of stairs, now once a year in homage to his donor, runs up the 94 flights of the Hancock Center in Chicago (or some equally breathtaking challenge.) This past year was the 21st consecutive time!

The Nicholas Cup

With the same aim of capturing imaginations to spur organ donation, Liz Schick, long before she became president of WTGF, created the Nicholas Cup in 2001, a grand slalom for children who have received a transplant.

Some of the children were

desperately sick from birth – some of them born a yellow or blue colour or a lurid shade of green, leading their parents to the frightening thought, "We may not have this baby for long." Many of them have spent their lives in and out of hospitals. Others had lived normally until felled by a virus that seemed no more than a headache at first. All had lived in the shadow of death.

The idea that these children would ever play any competitive sport, let alone race down a 30-degree slope, 6,000 feet up in the mountains in the depth of winter, would at one time have seemed preposterous. Liz's inspiration was to show the world in the most dramatic way that, with proper support, young recipients have the stuff in them to do anything ordinary children can do.

This is how I remember the first

competition. On the big day, after just one week of training, the little figures wait impatiently at the top of a steep slope. Then one of them takes a deep breath, breaks away and heads down the mountainside. Some attack with everything they have, poles flailing, skis clattering around the sharp turns. Others snowplough with infinite caution.

All fight to do their very best – they wouldn't be alive if they weren't fighters – though everyone knows the competition is not about the fastest times but about a medical wonder, the skill of scientists and physicians who turn that wonder into reality and the human spirit that transforms that reality into a beacon for humanity everywhere.

Reg Green

“The idea that these children would ever play any competitive sport would at one time have seemed preposterous.”

Reg Green being interviewed by the media in front of a coffee bar in Naples that was named for his son by the Santangelo family who, like many others, was deeply moved by the decision of Nicholas' parents to save Italian lives.



Photo: Andrea Scarabelli

HALL OF FAME

Hall of Fame, Paving the Way for More Honorees

New criteria to be introduced at the next Winter and Summer World Transplant Games

The Hall of Fame of the World Transplant Games Federation (WTGF) was established in 2017 with a double purpose: to recognise individuals who have played an integral part in the WTGF (Spirit of Leadership) and long-standing competitors (Spirit of Competition).

In the case of The Spirit of Leadership, we have been able to induct an important number of leaders from different parts of the world who have been fundamental in the implementation, success and growth of the WTGF. The Board of Trustees consider the pathway for these leaders to be recognised and inducted as transparent and efficient.

For "The Spirit of Competition" path, we have, so far, inducted seven amazing athletes from seven different countries. Outstanding individuals with incredible stories, some receiving transplants in the 1970s and some participating in the WTG without interruption since 1987. They represent some of the most inspiring stories in our community.

After long deliberation, the WTGF Executive have decided to simplify the requirements for our incredible athletes to be chosen for this recognition. So far, the competition path has required your participation in fifteen editions of the games over a 30-year period, where a Summer or Winter Games could only be counted once in a two-year period. Realising that quest in that timeframe

with everyday personal, economic, family, and work commitments makes it a challenging task.

We want the Hall of Fame to be able to recognise the effort and sacrifice of more of our athletes; therefore, we are establishing two pathways. The first requires an athlete to attend ten summer games without a time frame.

The second one opens the Hall of Fame for our Winter Games competitors. An athlete who attends 15 combined games, no matter how many are summer or winter, will also be up for induction.

Situations and sacrifices

This decision is based on considering life and the many situations and sacrifices recipients face to attend a World Transplant Games. For example, needing a second or third transplant and the recovery time that comes with that. It may be work-related situations, funds or even the fantastic opportunity of becoming a parent post-transplant. These athletes will now have the chance to be inducted even if they have missed several games.

Whether it's the Summer or the Winter Games, we want to recognise The Gift of Life, whether on the slopes or the track. For those who attend both events, it demands a really high level of training.

Most recipients celebrate their transplant anniversary at the same

level, or even more, than their actual birthdays. Every year post-transplant means a more strenuous effort; in some ways, they count double or even triple than "normal" years. When those years have been lived actively, healthily, and thriving, they should be celebrated in the most significant way possible.

The reality is that 30 years is a long time for a transplant athlete. Luckily, medical advances allow recipients to live longer and healthier lives, but sadly, we have lost many amazing athletes before they can make it to 15 summer games. With these changes, we want to be able to celebrate as many of our incredible champions of the Gift of Life while they are still with us. The transplant recipients are the ambassadors for the message of organ and tissue donation.

We want our community to be these champions; we want to motivate the most significant number of athletes to continue being active and have their names among other titans of our cause.

The Hall of Fame celebrates life, recognising the success of transplantation, the significant impact of sports on a recipient's health, and the care that transplant survivors and their community have taken of the Gift of Life. The new Hall of Fame criteria will be introduced at the next Winter and Summer World Transplant Games.

WTGF Executive

“Whether it's the Summer or the Winter Games, we want to recognise The Gift of Life, whether on the slopes or the track. For those who attend both events, it demands a really high level of training.”

HALL OF FAME | ATHLETE FOCUS

So Much Fun and Games!

Lisa Cuthbertson, 39 years post-transplant will be dancing in her ski boots at the 12th World Transplant Winter Games, which marks her 18th World Transplant Games!



Lisa and Steph

“It’s the people,” I overheard a first-time supporter at the recent World Transplant Games in Perth say. “I’ve never seen or been at an event where the people are so positive and happy. It’s incredible.”

Passion, perseverance and perspective. Add to that a healthy sense of humour and fun alongside meaningful reflection. That’s what the people at the World Transplant Games embody.

It is the people who have kept me coming back: from the athletes and supporters to the administrative staff and volunteers. And most importantly, the donors.

Spanning 12 Summer and 5 Winter Games, have been to places I would never have gone to, and while each event has been fantastic, the people have made every one of these Games

so special. Every time you attend one, you come away the richer for it.

The Winter Games are particularly special to me. When I was 16 and training as part of the Australian Junior Nordic Development Team, I developed acute lymphoblastic leukaemia

and had a bone marrow transplant. I was told I would never be as fit as I had been — if I survived. It was devastating news, as I had hoped to represent Australia in Nordic skiing.

It was a one-in-two chance of survival back then, with the potential long-term effect of total body irradiation of crucial concern.

“I’m not curing you for the next ten years,” said my doctor. “I’m curing you for tomorrow.”

In 1989, four years post-transplant, I stood on the blocks at my first World Transplant Summer Games in

Singapore. As a competitive person with a passion for sports, I felt such joy to be able to compete again, and I am so grateful for the Transplant Games, which gave me this opportunity. I would never have envisaged living long enough to compete in 17 World Games.

39 years...

Preparing to get back on my skis nearly 39 years post-transplant and having survived a few “lucky cancer escapes” in between, I’m reflecting on both the good luck amongst the bad that I have had in life and how incredibly glad I am to have got old enough to say I am almost too tired to dance all night.

It’s not just about luck, of course.

A lot goes through one’s mind when you stand at the top of a race course,

Continued on next page



Bormio, 2004



Emma and Lisa, 2009



Bangkok, 2010



Liz and Lisa, Anzere, 2012

HALL OF FAME | ATHLETE FOCUS

maybe on a podium, or as you cross the finish line. You feel so appreciative not only for the very existence of the Games and the vitality the event brings to one's life but also to all those who helped get you there—from my sister, who was my donor to my medical team members then and now, to all my special friends including those from the Games, and last but not least, my now 86-year-old mother who ensured I learned to swim and ski at age four and who will be watching at the World Winter Games in Bormio in 2024. The joy family, friends and donors also get from participating in the Games is rewarding.

Would I turn the clock back tomorrow to avoid experiencing what I did? Absolutely.

But am I grateful for some memorable experiences I had and the people I met because of it? Undeniably so.

I refer to the magic of participating and celebrating with like-minded

others at the World Transplant Games. The friends we made and the fun we had. The inspiring atmosphere and incredible athleticism. The courage and camaraderie. The trials and tribulations each person has gone through to get there, and the gratefulness for the generous people of the world.

Grannies of the Games

The people. There are so many, but to mention two. At my first Games, I met Stephanie Theobald, a talented swimmer. We dived in and never looked back for many Games to come, vowing to represent Australia as grannies of the Games, swapping the pool for the bocce playground, wearing the most fashionable green and gold bloomers ever seen. I will never forget her and our worldwide fun: Vale Stephanie, who died in 2020.

And Emma Hutchison, whom I first roomed with at the 2003 Games in Nancy, France and many other Games to follow. Another spectacular

swimmer who, despite not being able to compete any longer, is always 'there' at any Games I participate in and who continues to inspire me with her incredible courage and talents beyond the pool.

I plan to ski, swim and wave the flag for both of them for as long as possible, spreading the word about organ donation and the wonderful people who have survived. And I hope to keep dancing; one has to get on a podium, if not a medal won!

Thank you to all the people who have been and are now involved in shaping the exceptional road the World Transplant Games takes and for the opportunity of a lifetime to have competed in 17 of them. Bormio, Italy will mark my 18th Games!

All power to the World Transplant Games people.

Note: Under the new Hall of Fame criteria, Lisa will be inducted into the Hall of Fame at the 2024 World Transplant Games.



Durban, 2013



Lisa with her sister and mother



Banff, 2020



Lisa and sister, Perth, 2023

DRESDEN 2025

World Transplant Games 2025, Dresden, Germany, is a Symbol for Organ Donation



Gudrun Manuwald-Seemueller on how the Games can show that transplantation works

Can you imagine, in the event of an illness, not having nearly the same chances of survival in Germany as you would have abroad?

This is precisely what you will be told if you find yourself in a scenario in Germany where you are advised that you need an organ transplant, and you will have to accept this information or potentially die.

Regretfully, German transplant medicine has long claimed that, when compared to other countries, it saves far too few lives. Nobody wants to hear this - perhaps because the problem seems too small?

Based on a population of 84.4 million in Germany, only 8,826 organs would have been needed as of 31 December 2022, according to the annual report of the German Organ Transplantation Foundation.

Accordingly, many patients were listed as "transplantable" on the waiting

lists of transplant centres in Germany. This excludes, however, all patients determined to be "not transplantable" due to prioritisation concerns and those who choose not to be placed on the list because of the lengthy waiting period and slim chances of success.

The number of unreported cases of heart, lung and liver patients can hardly be reliably estimated.

These patients are not systematically recorded. They usually die without being adequately evaluated and counselled for organ replacement therapy.

More transplants have been carried out in twenty European countries than in Germany. This means that the chances of survival in the event of organ failure are worse in Germany.

The reason for the low transplantation rates in Germany is solely due to the low number of donor organs; unlike in other areas

of medicine, there is no shortage of medical facilities and personnel.

However, Germany is not only below average in post-mortem organ donation but also in living organ donation.

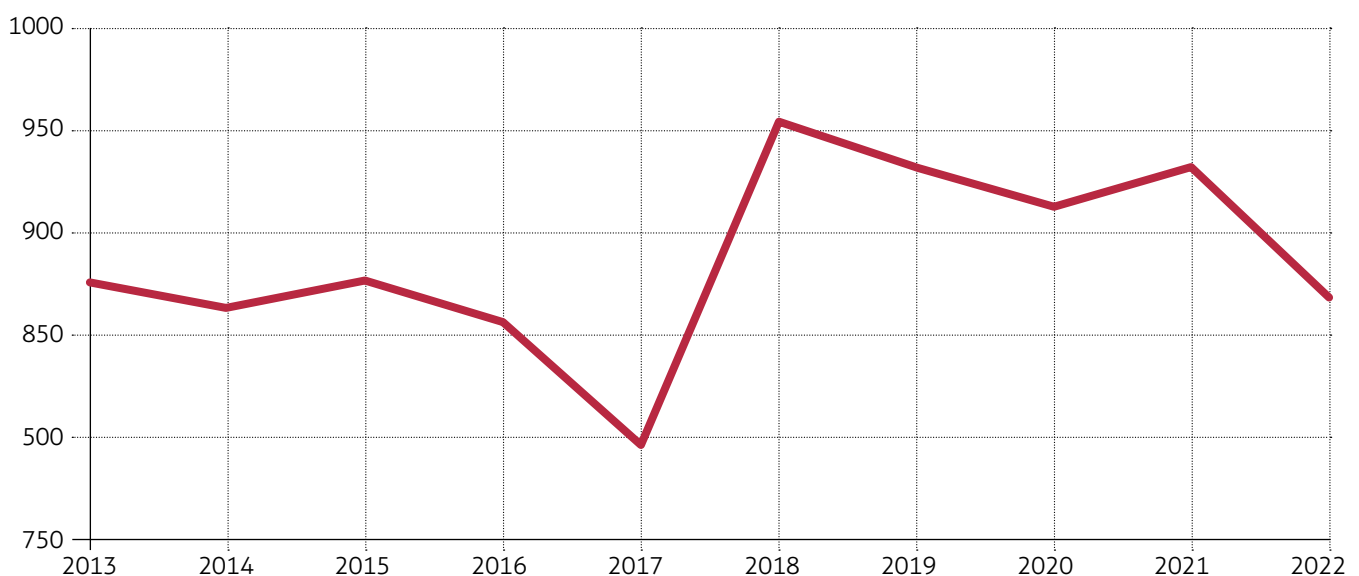
For example, more than four times as many living kidney transplants are carried out in the Netherlands, three times as many in the USA and twice as many in the UK, Scandinavian countries and Switzerland.

In Germany, there are currently 1,196 hospitals where organ donations can be made. Except for university hospitals, a significant proportion of German hospitals do not participate in post-mortem organ donation.

The current legal basis for post-mortem organ removal is the determination of brain death and the so-called decision regulation.

The latter needs to be more accurate

Continued on next page



DRESDEN 2025

in name alone, as no one in Germany has to decide in favour of or against organ removal during their lifetime.

Hardly anyone realises that the Transplantation Act stipulates that doctors treating a potential organ donor must ask relatives of the deceased for consent for organ donation.

This critical question is, therefore, asked at the most unfavourable time. Relatives are often overwhelmed and make decisions according to their feelings but not according to the wishes of the deceased.

What should be done? What do we want?

It is not about increasing the rate of potential organ donors. Anyone who chooses not to donate can hold this belief without hindrance or consequence. Naturally, if this person finds themselves in an emergency, they will be given the opportunity to receive a transplant.

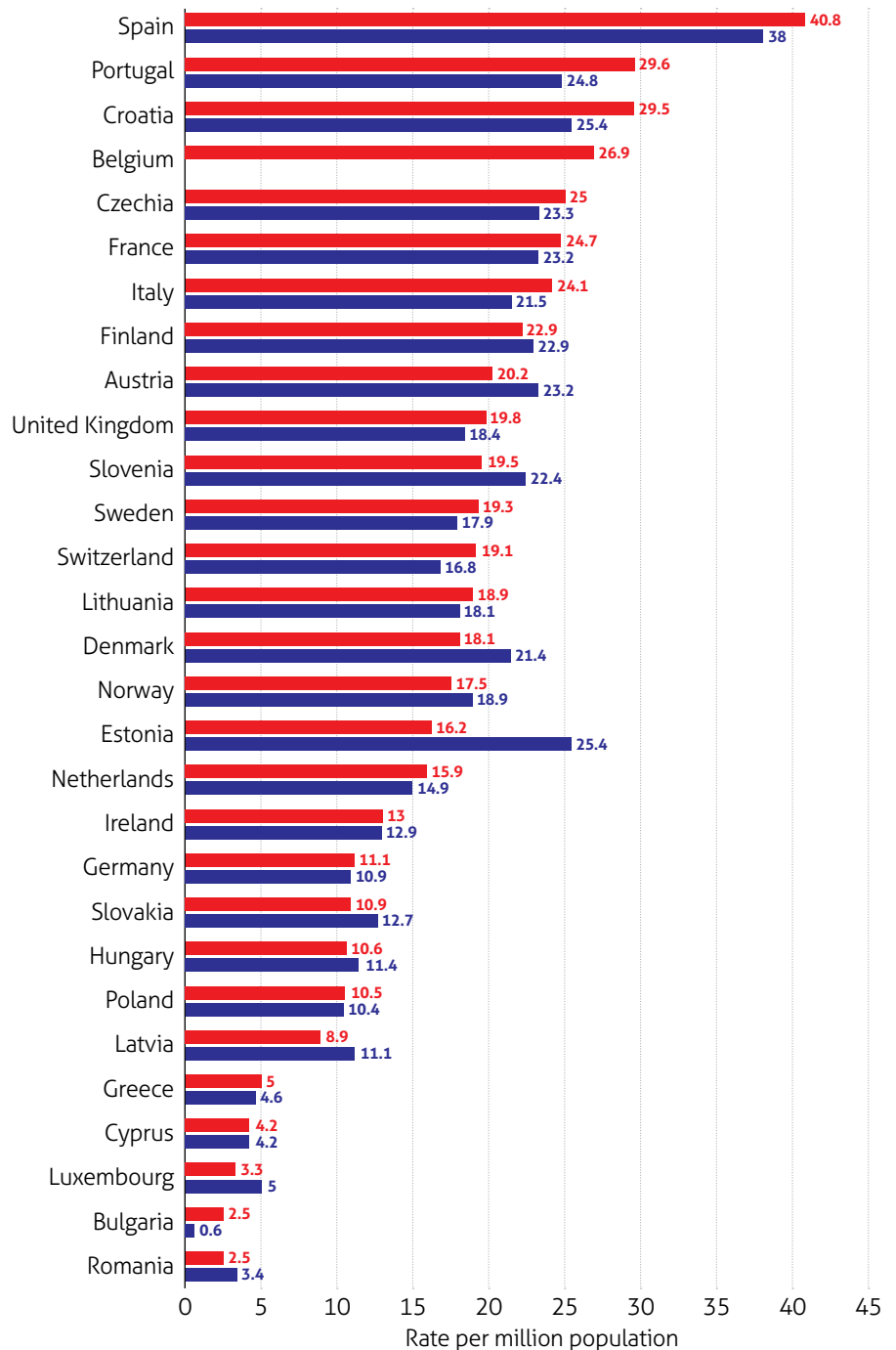
But if organ donation was the desire of the potential donor, the goal needs to be to facilitate organ donations. For this reason, we favour introducing the objection regulation as the foundation for organ donation after death. The objection regulation is a clear expression of a "culture in favour of organ donation", and the question of potential organ removal becomes routine when a patient dies.

With the World Transplant Games 2025 in Dresden, we want to show that transplantation works and that transplant recipients are ordinary people who work, are part of society, and, under certain circumstances, can also achieve (top) sporting performances. Athletes from around the world will be ambassadors, create awareness for organ and tissue donation and hopefully inspire much needed change in the policy and outcomes of organ donation in Germany.

Even if you don't seem to be affected, organ donation should still be discussed and decided upon individually.

Gudrun Manuwald-Seemueller
Chairwoman of TransDia Sport
Deutschland e. V.

Rate of deceased organ donors including both donation after brain death (DBD) and donation after cardiac death (DCD) in Europe in 2020 and 2021, by country (per million population)



■ 2020 ■ 2021

Sources: EDQM; ONT Additional Information: Europe; EDQM; ONT; 2020 to 2021
© Statista 2023

Parts of this article are taken from an article: "Organ Versagen" (About a German solo effort) by Prof. Dr Bernhard Banas, Regensburg, University Professor, Head of the University Transplant Centre and the Department of Nephrology at the University of Regensburg.

CYCLE CHALLENGE

World Transplant Cycle Challenge Fundraiser



101 participants from 24 countries registered for the successful fundraiser

Pedalling with Purpose!

The World Transplant Cycle Challenge Fundraiser again brought our global community together for a shared mission: to champion the cause of organ and tissue donation and encourage the world to #havetheconversation about their wishes.

Launched in September and running for six weeks, the Challenge was hosted on the DoJiggy fundraising platform. DoJiggy provided unique flexibility for participants to set their own cycling distance or choose between four preset distances: 150 km, 300 km, 500 km, or the ambitious 1000 km. It also allowed for safe and transparent financial donations to support our cycling champions in their fundraising goals. Everyone who raised £150 or more received their official Cycle Challenge jersey.

There were 101 participants representing 24 countries registered for the cycle challenge, achieving an overall group total of 17 945 kilometres. The Challenge was not just about cycling and encouraging physical activity; it was about creating a movement, igniting conversations that matter, and making a meaningful impact.

Supporting the WTGF's Initiatives

Beyond the pedals, this challenge marked a significant milestone for the WTGF. For many participants, this was their first fundraising event, which we supported by providing a comprehensive fundraising toolkit and engaging social media content to amplify their mission far and wide. The outpouring of support and generosity of our community, who donated to support our ongoing work, truly overwhelmed us.

A total of £7,470 was raised from 218 generous donors. This will go a



long way in supporting those powered by the gift of life and giving hope to those on transplant waiting lists. All contributions will be used to expand our Youth Program, develop our Refit for Life rehabilitation and wellness series, and advance our Research and Education initiative. We extend our heartfelt gratitude to every participant, supporter, and donor.

Connecting Cyclists, Creating Conversations

One of the standout features of the challenge was the sense of community



#havetheconversation

Continued on next page

CYCLE CHALLENGE

fostered within the Cycle Challenge Facebook Group. Here, cyclists connected shared their progress, posted photos of their routes, and celebrated each other's milestones. Our heroes on two wheels weren't just cycling; they were ambassadors amplifying the message of organ and tissue donation.

The success of the World Transplant Cycle Challenge Fundraiser cannot only be measured in kilometres or funds raised but also in the conversations started and the curiosity and awareness raised globally. Through events like these, we move forward towards

a future where organ and tissue donations are understood, celebrated, and embraced.

As we reflect on this challenge, we eagerly anticipate our next adventure. Together, we have shown the power of unity, the impact of conversation, and the potential to make a meaningful impact worldwide. The journey doesn't end here!

Stay tuned for news on our future virtual challenges.

The WTGF Virtual Events Team



Our heroes on two wheels weren't just cycling; they were ambassadors amplifying the message of organ and tissue donation."

Quotes from the participants



Tracey Spencer

United Kingdom

"My partner Philip is on the transplant list, so we are at Papworth Hospital a lot, and they have been very supportive to both of us. I felt joining the Cycle Challenge was a nice way to give something back."



Tadeusz Flak

Poland

"Participating in the Cycle Challenge is something natural for me, if it were not for my liver transplant 9 years ago, I would not be among you today. Every action promoting transplantation is something obvious to me. I like and do sports every day, so I continue to live a healthy life."



Siska Wols van der Wel

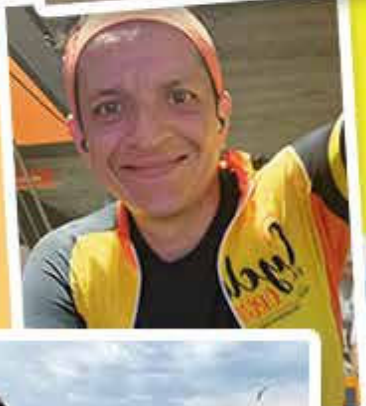
The Netherlands

"Thank you for the organisation of the Cycling Challenge. Nice to have a Facebook page with other participants to encourage each other and that everybody can enter on their own terms. And nice to earn a shirt with it."

Cycle

FOR ORGAN DONATION

150 km completed! Thanks for all the support. Everyone here are doing an amazing distance!! 🙌❤️



ESOT CONGRESS 2023

Empowering Connections

The WTGF attends the ESOT Congress 2023, held from 17 – 30 September in Athens, Greece

Under the theme 'Disruptive Innovation, Trusted Care,' ESOT Congress 2023 marked a significant leap in transplant care, focusing on digital advancements, organ shortage solutions, and open patient-doctor dialogues. Delving into the digital revolution, this event explored advancements in diagnostics, lab science, precision transplantation, and innovations like perfusion technology and xenotransplantation. With a strong emphasis on patient empowerment, the congress aimed to encourage trust between professionals and patients, enabling shared decision-making and improved transplant care. ESOT's dedication to inclusivity was evident, showcasing a commitment to elevating global organ transplantation standards.

WTGF's Impactful Presence

The World Transplant Games Federation seized the opportunity to attend to reinforce its collaboration with ESOT, key stakeholders in the field of transplantation and amplify the patient voice within transplant care.

Our exhibition stand received positive attention and became a hub of activity, drawing in a diverse crowd of medical professionals, researchers, students and patients. It was incredible to showcase our initiatives, notably the World Transplant Games and the positive impact of sports on transplant recipients' physical and mental well-being. Visitors were captivated by the inspiring stories of athletes who showcase the transformative power of transplantation and celebrating new beginnings.

In addition to the Games, our Refit for Life! rehabilitation and wellness program captured the attention of medical professionals and patients alike. Its success stories served as living proof that tailored rehabilitation programs can significantly enhance the quality of life for transplant recipients,

empowering them to lead active and fulfilling lives.

TX - the Transplant Teddy also appeared to promote our Youth Program, leaving a lasting impact with a message of community and hope for transplant youth and their families.

Insightful Dialogues

Liz Schick, WTGF President, presented on the topic 'Why has nobody told me this before?'

In her presentation, Liz shared her journey as a liver recipient, stressing the importance of seeking and sharing knowledge throughout the process, not only for survival but also for living life to the fullest post-transplant. She shared inspiring stories of other recipients' achievements. To wrap up, Liz passionately encouraged open conversations about organ and tissue donation to ensure everyone's wishes are known, highlighting the profound impact of knowledge in all its forms.

In his presentation, Gerardo Reyna, WTGF Vice President, focused on the 'Patient View'. His presentation centred on encouraging a two-way dialogue between patients and doctors, stressing the importance of patients receiving comprehensive information so they can make their decisions. Gerardo also emphasised the need for doctors to show understanding and compassion during moments of fear, doubt, and pain in patient journeys.

Colin White, WTGF Treasurer, focused on 'Staying Healthy' and showcased real-world examples of post-transplant opportunities. He highlighted the role of sporting initiatives like the World Transplant Games in motivating and uniting individuals, demonstrating that an active life after transplantation is not only possible but thriving.

The ESOT Congress 2023 was a testament to the power of collaboration. The WTGF's active involvement reinforced the belief that the transplant community can create a



"There is a need to shift from health systems designed around diseases towards integrated people-centred health services, to ensure that no one is left behind." *Stratos Chatzixiros, Adviser on Transplantation at the World Health Organisation (WHO)*



"European Transplant Patients Organization, ESOT and the World Transplant Games Federation are commonly engaged in promoting physical activity and exercise for the well-being of transplant persons. Strong together." *David Paredes, Donation and Transplant coordination - Hospital Clinic of Barcelona*

brighter, healthier future for transplant recipients worldwide through shared knowledge, empathetic communication, and community support. We eagerly anticipate the continued impact of these connections and insights, propelling transplantation into a new era.

We look forward to our continued partnership with ESOT and contributing to the next ESOT Congress 2025 in London in meaningful and impactful ways.

View the ESOT Congress 2023 review and highlights here: <https://esot.org/wp-content/uploads/2023/10/ESOT-Congress-2023-Review-Published.pdf>



CAST CONFERENCE

18th Congress of the Asian Society of Transplantation (CAST)

The 18th Congress of the Asian Society of Transplantation (CAST) was held on 25-28 August 2023 in Hong Kong by the Asian Society of Transplantation (AST) and Hong Kong Society of Transplantation (HKST)

During the Congress, a special session on 'Sports and Exercise after Organ Transplantation' was hosted by the World Transplant Games Federation (WTGF). The session was chaired by Ms. Liz Schick, president of WTGF.

In the session, Dr. Paul Harden talked about the importance of sports in engaging transplant patients in rehabilitation. Liz Schick shared how sports refit her post-transplant life and

the refit for life! program of WTGF. Dr Ka-foon Chau shared her experience on how to encourage transplant recipients to start exercising, from engaging the medical staff to facilitating the patients. Mr. Elton Ng, a physiotherapist, talked about the post-transplant rehabilitation sports program. Lastly, Mr Martin Wong, the chairman of the Hong Kong Transplant Sports Association (HK TSA), shared his personal experience, from his diagnosis of end-stage renal failure

to his rebirth by organ transplant. Although the topic was not in line with the central theme of CAST, the symposium was well attended, with many comments and discussions. The importance of exercise and sports in the rehabilitation after organ transplant has attracted more and more attention from the medical and patients' perspectives. We hope exercise will be a regular prescription during the routine follow-up visits of the post-transplant patients.



DOCUMENTARY

Second Chance Champions: bringing the message behind the Games to living rooms around the world

The legacy of the 2023 World Transplant Games continued this month with the premiere of 'Second Chance Champions' – a documentary film which follows a group of organ transplant recipients as they participate in the Games



Transplant Australia opened the doors of the Games to Dentsu Creative and their Creative Director of Entertainment, Liam Bagnall, to produce perhaps one of the most important documentaries ever made about the World Transplant Games.

The documentary follows Rezwan Mohammed, a kidney recipient from Queensland who is vying for gold in badminton at the Games, Laurie Hindom and his wife and kidney donor, Linda, as they both compete at the Games in the transplant recipient and donor competitions, and Erika Kaiser, from Mexico, who delivers a powerful

message of the importance of organ donation around the world.

The film demonstrates the power of storytelling to engage and educate people on the gift of life. The powerful and personal stories of recipients woven into this documentary resonate deeply with audiences and emphasise the importance of organ and tissue donation.

Transplant Australia CEO, Chris Thomas, hopes that *Second Chance Champions* will inspire people around the world to consider and discuss organ and tissue donation with their families.

The launch of the documentary

sparked significant media interest in Australia including a national newspaper feature on donation, along with television and radio interviews, more than six months after the Games.

Director Liam Bagnall explains Dentsu's vision, "Traditionally it felt like most media around organ donation were largely taking place in hospitals and showed people who were near the end of their life who were lucky enough to get the lifesaving gift of life. The idea for this film was to not see the hospitals at all but to tell the stories of everything

Continued on next page

Second Chance Champions was launched with numerous TV and radio interviews

DOCUMENTARY

that happened afterwards to create more conversations about the power the gift of life had on the people who were able to receive it.”

“The Games was truly one of the most special events I have ever been to in my life. I challenge anyone to go and not leave feeling inspired and amazed by the power of human resilience and the kindness of people. My biggest regret is that we couldn’t tell everyone’s stories.”

“I loved that the Transplant Games was a safe space for people to be able to share stories with people who had been through similar situations. There was a feeling of understanding, relief and love everywhere. I hope that through this film, more people will become aware of the Games and there

“ I loved that the Transplant Games was a safe space for people to be able to share stories with people who had been through similar situations.”

will be even more people attending next time to witness how special of a place it is to be in.”

World Transplant Games Federation President, Liz Schick, said there is no better way to encourage people to make their decision concerning organ donation than to tell these stories. Organ donation concerns us all. “As a transplant recipient myself and competing in the World Transplant Games since 2001, I have met so

many incredible people and heard so many stories. These stories cannot leave one indifferent. Our Games are a celebration of life and show that what we once thought was impossible can be possible, thanks to the gift of life.”

Second Chance Champions is now streaming on TenPlay in Australia, and is set to be released internationally on Paramount+ in early 2024.



The documentary follows Rezwan Mohammed, a kidney recipient from Queensland

RESEARCH

“This Family and the Games are My World”

Conceptualising the British and European Transplant Games as Therapeutic Landscapes, by **Abbie Greig**

Within the discipline of geography, there exists a long history of exploring how different spaces, places and environments can contribute to and improve health. Termed ‘therapeutic landscapes’ (Gesler, 1992), these environments are increasingly being recognised as socially-produced and relational or as the result of the social interactions that occur and relationships that are formed within a certain environment.

Drawing on 34 interviews with participants at the 2022 British Transplant Games and the 2022 European Transplant and Dialysis Games, my research explores the various ways in which the Transplant Games can be understood as a therapeutic landscape for organ recipients: providing a landscape of *belonging*, a landscape of *hope*, and a landscape of *motivation*. In doing so, my research seeks to make a practical contribution to the wider transplant community by promoting the Games as an environment that may positively contribute to physical and mental well-being.

A space of understanding: A landscape of belonging

One of the most notable themes to emerge from my research relates to community, family and belonging. When asked why they liked attending the Games (or attended for the first time), most participants focused their response on being part of a community tied together by the shared experience of transplantation. Arthur (60s) commented that with other transplant recipients, “obviously, our circumstances are all different, but we are all the same. People here understand what you have gone through”. This notion of being “all the

same” portrays the Games as a space of understanding where bonds can be formed on the bedrock of shared experiences and empathy.

Similarly, a number of participants commented on being able to discuss issues with their peers at the Games that they would not be able to do so with someone outside of the transplant community. For example, James (40s) explained that he used to be concerned regarding his shaking hands (a side-effect of his medication). However, a fellow teammate at the Games told him not to worry, and held out his own shaking hands, noting “we all do!” James explained that “things like that make you feel normal, whereas in normal life people don’t understand”. Beyond simply an environment to form friendships, the Games provided

participants with not only connection, shared understanding, and peer-to-peer support, but a space of inherent acceptance and belonging. Summing up many of the conversations I had, Susan explained her feelings by stating “this family and the Games are my world”.

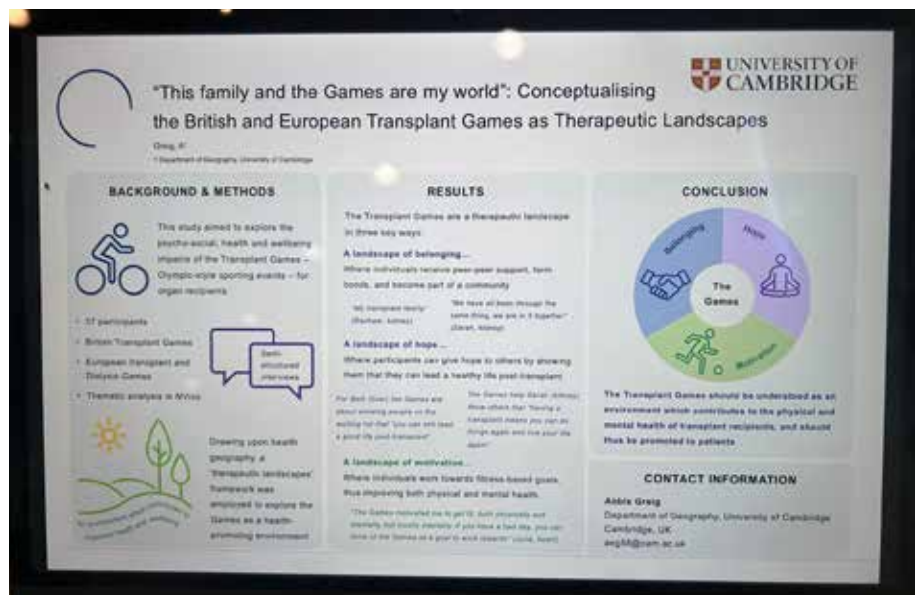
Giving back and helping others: A landscape of hope

In physically seeing those around you run, swim and cycle, participants at the Games encounter a powerful ‘living proof’ that transplantation allows you to continue leading a long and healthy life. As such, the participants of my study discussed the Games as a space of hope, where they could not only receive encouragement from those around them, but could also give hope and encouragement to others. Emily (30s), who has been attending the Games since her mid-teens, noted that one of the reasons she participates every year is to inspire those at the beginning of their transplant journey.

She explained that seeing someone fit and active years on from their transplant is motivating for someone

Continued on next page

“One of the most notable themes to emerge from my research relates to community, family and belonging.”



A screen showing Abbie’s research

RESEARCH

who is still adjusting to transplant life, as she herself found as a teenager years prior. Similarly, Sarah (20s) commented that it is important for her to show people on the transplant waiting list that "having a transplant means you can do things again and live your life again". Following this, the Games function as a therapeutic landscape of hope, where individuals can give encouragement to their peers and, in doing so, support and give back to the transplant family of which they are part.

Promoting physical and mental health: A landscape of motivation

As the Games centre on sport, it is unsurprising that one of the therapeutic benefits numerous study participants gained relates to physical fitness. For example, Luke explained that he used the World Transplant Games as a goal to work towards to become fitter and healthier, and Lily noted that

“ Individuals can give encouragement to their peers and, in doing so, support and give back to the transplant family of which they are part.”

the Games motivated her to exercise throughout the year. In addition to such physical benefits, almost all the participants commented on the psychological benefits they gained from attending the Games. As Henry commented, the Games "helped my self-confidence, it gave me a purpose and a meaning, it brought back my competitive spirit". For another participant, Margaret (70s), the positive psychological impact of attending the Games is clear, with her noting that they have "motivated me to stay fit, both physically and mentally, but mostly mentally", explaining that

if she has a bad day she can think of the Games and it keeps her going. More than simply a fitness-focused environment, the Games provided many of the study participants with a therapeutic landscape of motivation: a space to focus on new goals and ultimately improve their psychological well-being.

In summary, the Games can be understood as an environment that has numerous therapeutic benefits for organ recipients. In highlighting these benefits, my research encourages transplant units and healthcare professionals to promote the Games to patients as a space that may positively contribute to their overall physical and mental well-being.



Abbie Greig, PHD Student from the University of Cambridge

FOOTBALL

The Transplant Football World Cup

Kate Clarke and Gary Green announce a new initiative to be held on September 8-14 2024 in Cervia, Italy

For forty five years, the World Transplant Games Federation has been working to improve the lives of organ transplant recipients around the world by encouraging participation in Olympics-style events every two years—the summer and winter World Transplant Games – and to call attention to the success of this miraculous medical therapy that allows critically ill individuals to have their health and prosperity restored through the miracle of organ donation.

Continuing the WTGF's mission, recently, the Federation's Board of Directors approved the establishment of a significant new initiative – the Transplant Football World Cup, to provide a new and exciting international event for transplant football. Modeled on the FIFA World Cup, the competition will feature teams from the member countries of the Federation which will compete in a World Cup format to crown an International Champion.

Teams will be composed of transplant recipients using the same criteria as that of the summer and winter World Transplant Games. Heart, lung, liver, kidney, pancreas and bone-marrow recipients will unite on the pitch to celebrate their second chance at life. Men and women of all ages can compete for their country in this inaugural event.

As many as twelve nations are expected to send teams to participate in a 7-a-side week long promotion of organ donation demonstrating that those with a transplant can achieve anything in their chosen sport. Just as in the FIFA World Cup, teams will compete in three preliminary rounds qualifying to a knockout semi-final and final round. Matches will be staged

in accordance with FIFA rules for 7 person teams with some modifications to safeguard the transplanted organs of the athletes. Teams will consist of a minimum of 10 players—a minimum of at least 3 reserve players is strongly recommended. The games will be 10 or 15 minute halves, with unlimited substitutions allowed. The exact format will be determined after the number of participating teams is known. The playing field in FIFA 7 person football is 60 meters by 40 meters, with a 3 meter goal.

Tentative plans call for a maximum of two games per day for the first three competition days, followed by the semi-final knockout games on day 4, and the final consolation and championship games on day 5, followed by a celebration dinner.

The Location

The Transplant Football World Cup will take place in Cervia, Italy, a picturesque seaside town in the northern province of Ravenna on the east coast of Italy. It is approximately 100 km southeast of Bologna and 350 km north of Rome. It is well known as a seaside resort with a history that stretches back to the first century BC, and was officially founded in the 14th century. Cervia has over 9 km of sandy beaches on the Adriatic Sea and is less than a 3 hour drive to Venice, Bologna, and Florence, with Rome being only 4 hours away.

The local host, AICS Direzione Nazionale, is hard at work preparing for the World Cup, cooperatively with WTGF member ANED, the Associazione Nazionale Emodializzati Dialisi e Trapianto. More information on this exciting event will be forthcoming shortly.

Frequently Asked Questions about the Transplant Football World Cup

What is the Match Format?

The format will be determined by the number of countries who enter, but the plan is that event will be based on the FIFA World Cup, with four teams qualifying to a knockout stage.

Is it mixed gender?

Yes, both genders can play for their country's team.

How many players will be required?

The Rules specify a minimum of 10, 7 plus 3 reserves.

What is the closest international airport?

As part of the registration package, transfers will be provided from the Bologna airport.

Can corneal transplants participate?

The eligibility rules for this event are the same as for the summer and winter World Transplant Games. Participants must have received a life-sustaining solid organ transplant that requires or has required the use of immunosuppressive drug therapy. Corneal transplants are not able to participate. Populations such as teenagers and young adults

Kate Clarke

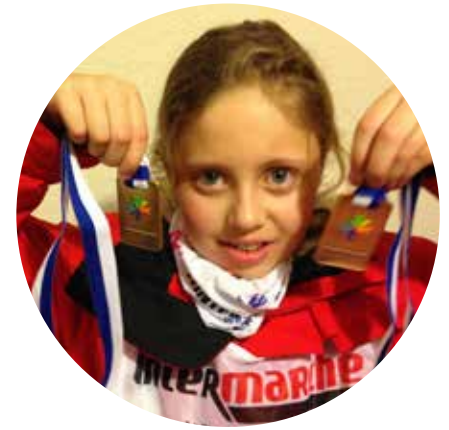
WTGF Football Committee Chair

Gary Green

WTGF Sports Manager

ATHLETE'S STORY

Growing Alongside the World Transplant Games



Alice Tappington on her progress from a Child Competitor (age 9) to a Young Adult Competitor (age 20)

I was nine years old when I attended my first World Transplant Games as a transplant athlete. I'm now 20, and the Games remain essential to my journey.

My first Games were the World Transplant Winter Games, which took place in La Chapelle d'Abondance, France, in 2014. It was amazing! Before this, I had never met another child or even a person with a transplant. Discovering how many children have the same story as me made me feel understood. I met people I could talk to casually about my transplant. We would talk about things that nobody had ever asked me before, like my medications and how they affect me or what tests I have been through. It was amazing to be able to relate to others.

My first Summer World Transplant Games was in 2015 in Mar Del Plata, Argentina, and since then, I have attended the 2017 Games in Malaga,

Spain, and most recently, the 2023 Games in Perth, Australia. Between those, I also participated in many national and European Games.

The Games have been a life-changing experience for me. Everyone gets to know everyone – it's like meeting and being part of a big family. Every Games is memorable for many reasons but that first Games will always stick with me.

Highlight of the Games

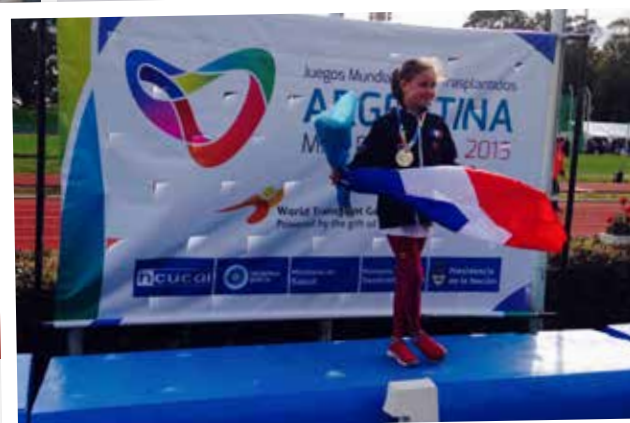
A highlight of the Games has been all the friends I have made. I have a lot of transplant friends! Marion, who was my roommate during the Perth Games. I also met a lovely family from the Switzerland team, where the mom gave her kidney to her daughter Eloise; they are super fun people with such a touching story.

Flora from the British team is the best tennis player ever and only wins

gold medals! And so many more!!!

In 2017, I attended a TACKERS Camp, a transplant adventure camp for children in the snow. Going to TACKERS made me feel safe compared to regular average camps because my parents felt way more confident about letting me go. At TACKERS, I met children from around the world; it felt like a community – and that's one of the best feelings. As a transplant child, you can feel different, especially in school where teachers and children don't necessarily know how to deal with you or your needs. You can feel like your feelings are invalid, or sometimes it's the opposite, and you feel overprotected. At TACKERS, everything was just enough. We got to ski and do many fun activities in the most

Continued on next page



ATHLETE'S STORY

beautiful setting. There was no time to be bored. The chalet we stayed in was huge, the atmosphere was electric, and it was buzzing with children – it was genuinely just so much fun.

Over the years, sports have been such a great help in my transplant journey. Playing sports taught me resilience and perseverance through challenges. I learned how to push myself even when things get complicated, and that helped me in other areas of my life. I also discovered teamwork, whether working as part of a team or cheering on and supporting others.

Going from a 9-year-old at the Games to competing in the 18 – 29-year-old category was a big jump. At 9, winning a medal was more accessible with fewer competitors, which was pretty cool. In Perth, I faced a massive jump in competition, now competing in the 18 – 29 category, but it pushed

me and taught me about my limits and the mental side of competing. It's a mixed bag because, while it's a blessing in disguise for personal growth, winning a medal became trickier due to the incredibly talented competitors in my track and field category.

I also found the transition from childcare to adult care another challenge. Transplant care changes as you get older. Firstly, I changed hospitals and doctors, and secondly, I experienced a form of detachment from my parents—instead of relying on them. I had to learn to rely on myself. You'll get through it once you understand how your doctors work and maybe study the hospital map! More importantly, it gets easier once you know yourself and your needs.

Apart from my love for the Games, I love spending time with my cat and



dog, drawing little pictures of my memories and making stickers! I am also interested in film and television and would love to be an actress one day or work as an artistic director. You may even spot me walking by in an episode of the last season of Lupin on Netflix – where I was extra!

Getting involved in the Games will open you to a new world. Seeing all the people reunited because of organ transplants is so beautiful, and it feels so special!

Tx Teddy is moving and grooving on TIKTOK

Spreading organ and tissue donation awareness around the world in a fun and engaging way.

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World Transplant Games Federation
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GET AHEAD *of* REJECTION

Facts at a Glance



DID YOU KNOW

25% of patients are experiencing silent rejection?



DID YOU KNOW

Biopsies are negative for rejection 75% of the time?



DID YOU KNOW

Silent rejection is NOT identified by serum creatinine levels?



DID YOU KNOW

There is a non-invasive test for monitoring silent rejection?



DID YOU KNOW

TruGraf is the only non-invasive test to rule out silent rejection?

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WELLNESS PROGRAM

WTGF to launch Women's Wellness Program

Brought to you by Liz Hosford, 33 years post Kidney Transplant

An Introduction to Women's Wellness

As a young woman aged 17, I assumed that my illness was a temporary issue. I had no idea that Henoch Schonlein Purpura would change the direction of my life, but sure enough, in May 1990, after (luckily) only nine months of dialysis, I received a kidney from my Mum, Christine.

As a late developer, I'd only begun my periods a couple of years earlier and was still getting to grips with all that entailed. I used to hate my periods on dialysis as the pain and complete lack of control were so overwhelming. Now, I had a new lease of life and had to adjust accordingly.

During the last 33 years of having the transplant, I have been fortunate enough to not only have had that 2nd chance of life but a glimmer of hope into what I may be able to achieve physically as a woman. I wanted a family; I wanted that aspect of feeling `normal` and had no idea about any impact the transplant/ medication would have on my body.

A stern talk by my consultant to me a few weeks post-transplant filled me with fear. I was 19 and was told about the complicated risks of pregnancy, "you'd only have one chance, the baby would be small, and you wouldn't be able to give birth naturally or breastfeed". I have to say that the conversation was terrifying, but it also didn't offer any advice or help. I was encouraged to go on the pill straight away just in case I

“Women's Wellness will hopefully be a haven of open discussion.”

started a relationship. I wish there had been someone or somewhere to turn to back then; hence, 33 years on, I feel that a `Women's Wellness` program for female transplantees is much needed.


The idea is not just about pregnancy but hopefully to encapsulate a range of topics. Whether it is contraception, sexual health, UTIs, cervical health, or even talking about the consequences of medication on us as women – hair growth, dark hair – do I shave, wax, use cream, not bother!! – these are subjects that I know affect us all. I've talked with many women who've had transplants over the years.

Women's Wellness will hopefully be a haven of open discussion, changing topics and a mixture of medical experts and experiences from women like you who have been thrown into this sometimes very confusing world!

I consider myself very fortunate to have experienced the many complex

issues that women find themselves in post-transplant. I've been fortunate enough to have two wonderful daughters, Harriet and Heidi, who are now thriving young women finding their way in the world. I've experienced a miscarriage, given birth and breastfed, fought against several cervical scares of abnormal cells, and weirdly enough, feel very privileged to be now embarking on menopause (a whole new world of emotions and physical surprises!!). I wanted to give something back to the transplant community, especially the women there. As someone known for not being quiet and quite capable of voicing her opinion and thoughts, I'm grateful to the WTGF for listening and taking this idea forward.

I hope you'll be able to join and follow this programme and that collectively, we can provide information, chat and generally camaraderie about Women's Health and wellbeing.




LAUNCHING IN JANUARY 2024.....
The World Transplant Games Federation brings you

Women's Wellness Program

Open discussions on the topics relevant to women in their transplant journey.

Through a combination of a blog, webinars and open online chats forums, we will talk through topics such as:

- Pregnancy
- Contraception
- Sexual Health
- UTI's
- Consequences of medication
- Hair Growth
- Menopause
- Mental Health
- and many others....



Brought to you by Liz Hosford, 33 years post kidney transplant, in conjunction with other medical and health professionals.

FAREWELL

We Celebrate Karen Cole and Wish her a Happy Retirement

15 years and a lasting legacy at the World Transplant Games Federation

Karen Cole joined the World Transplant Games Federation (WTGF) on 03 December 2008, which just happened to be her birthday. She has diligently and wholeheartedly served the transplant community for 15 years, having retired at the end of September 2023.

We take this moment to honour Karen's 15 years of service to the WTGF. For many, Karen was the first point of contact and was always more than willing to offer a helping hand to the individual, the team manager, the



country representative, the Host city, the partner and the Trustees of the WTGF.

Karen travelled to or assisted in the preparation of 13 Games; 8 Summer World Transplant Games and 5 World Transplant Winter Games) and played a pivotal role in both membership and governance. She was the friendly voice and words behind the wtgf@wtgf.org email, the telephone line and for all – a comforting place of knowledge and assistance. Karen has been a treasured asset who has positively contributed to our growth and longevity. We thank

Karen for all her years of excellent service to our transplant community.

While the time has to come to say goodbye, we know it won't be the same without her – but it is only fair that she gives her efforts to others in this world. We wish Karen a happy retirement where she can focus on her love for her family and her love of animals. We know whatever she does, she will always leave a lasting legacy, just as she has at the WTGF. Happy retirement!

And on a personal note, Karen, thank you for the friendship and always going the extra mile.

Kim Renyard CEO

WELCOME

Meet Laura Williams, WTGF's New Office Administrator

New recruit is "the perfect fit for our Federation"

KHi! My name is Laura, a.k.a. 'the new Karen'.

How do you fill the shoes of someone so treasured in such a vast worldwide 'family'?

Well, my qualities are, I'm told, 'the perfect fit for our Federation' (Quote Kim Renyard CEO Sept 2023). So, I will do my best to exceed that quote.

I am 150% dedicated to anything which I set my mind to, and without a doubt, I have the WTGF bug already.

My background in banking, finance and charities equips me well. And coupled with my strong work ethic, organizational abilities, and communication skills, I hope to come

close to filling those shoes ASAP.

A bit more about me: I am married with two young boys, and there is a lot of sport in my world.

Both play football (a lot!), and my eldest is a qualified youth referee with the FA here in the UK.

I love to run a slow 5k. As a country girl, I love the outdoors, and protecting the world around us is very important to me – I'm an avid recycler!

Another of my passions is reading – don't get me started on books! Top read lately...Where the Crawdads Sing by Delia Owens.

As a creative person, I'm a 'maker' - happiness is homemade. At work,

I am also well known for 'thinking outside' the box and coming up with new ideas.

It is a huge privilege to join the WTGF, and I cannot wait to add to an immensely amazing cause and community.

Laura Williams

P.S. Thank you to those of you whom I have already 'met' for making me feel welcome.





COUNTRY MEMBER NEWS | ANDORRA

ATIDA Celebrated Organ Donation in Andorra on World Donor Day

The Esbart Santa Anna and the Castellers d'Andorra participated in a festive celebration where tribute was paid to organ and tissue donors.

The "Homage to the Donor" event occurred at Parc Central in Andorra la Vella, coinciding with World Organ, Tissue, and Cell Donation Day. The celebration was attended by members and friends of the Association, as well as authorities, including the Minister of Health of the Government of Andorra, Helena Mas, and the minor consul of Andorra la Vella, Miquel Canturri. It served as a platform to emphasise the need for full legislation to guarantee donation in Andorra.

ATIDA members, transplant recipients, and donors expressed gratitude to all donors and their families during the celebration, highlighting the importance of raising awareness within Andorran society and actively participating in donation efforts. In this regard, the Association's President, Toni Gamero, expressed hope, calling for "another step by the administration on the road towards donation so that anyone who wishes to do so can be an organ and tissue donor in Andorra".

Minister of Health Helena Mas reaffirmed the government's

commitment to continue working towards a healthcare model that facilitates organ, cell, and tissue donation, aiming to enhance the quality of life for affected individuals and, in some cases, save lives. She emphasised the necessity of advancing the field of donation, indicating that the government is already working towards enabling organ procurement within the country in the future.

Esbart Santa Anna, from the Castellers of Andorra, and numerous spectators attended the event, enjoying the performances and witnessing a floral donation to the sculpture "Jo en tu," created by Andorran artist Emma Regada. The sculpture, which was inaugurated a year ago, pays tribute to donors and serves as inspiration for a symbolic and charitable keychain available for purchase at the event. The proceeds contribute to the development of ATIDA.

The ATIDA Association aims to support patients waiting for organ donations, transplant recipients, donors, and their families in Andorra.





COUNTRY MEMBER NEWS | THAILAND

1st Pétanque Transplant Asian Open Championships 2023

Four day tournament held from 21st to 24th September 2023 at the Foundation for Pétanque Development in Bangkok, Thailand

The Transplant Sport Association of Thailand (TSAT) proudly presented the 1st Pétanque Transplant Asian Open Championships 2023. This remarkable event was held from 21st to 24th September 2023 at the Foundation for Pétanque Development in Bangkok, Thailand. Over 100 athletes from 7 countries participated in this competition: Australia, Hong Kong, Hungary, India, Iran, Nepal, and Thailand sent their representatives to this beautiful event.

Many athletes arrived in Bangkok starting from the 18th of September and acclimatised to the "Rainy Season" weather. Of course, sightseeing around Bangkok! Some athletes visited the historic city of Ayutthaya, a UNESCO World Heritage site since 1991, and sampled world-famous Thai cuisine.

The first day consisted of a training session and a Team Managers meeting. During the session, a certified international umpire disclosed the event's competition groups in front of the representatives. The Vice

President representing the International Federation of Pétanque (F.I.P.J.P.) also attended the meeting.

The opening ceremony and the competition commenced on the afternoon of 22nd September. It was a great honour to welcome Dr Sathit Pitutecha, former Deputy Minister of Public Health, as the Chairman of the opening ceremony. The ceremony also hosted distinguished guests, including vascular and transplant surgeons from one of Thailand's largest transplant centers, the Ramathibordi Hospital, transplant nurse teams, the President of the Thai Entrepreneur Development, a popular football club's manager, and specific representatives from sponsors Marathon – Pétanque Sponsorship. Heartfelt thanks were expressed to WTGF President Liz Schick for her speech promoting the 1st Pétanque Transplant Asian Open Championships 2023 to country members and Martin Wong, WTGF brand ambassador.

The tournament followed the adaptive age groups of the WTG and

adhered to F.I.P.J.P. rules. It included singles, doubles, teams, shootings, and open competitions for donors and supporters.

Sports Party

Everyone enjoyed the Sports Party, a celebration of the Gift of Life, welcoming all athletes. The River Cruise Dinner Party stood out as the highlight of the celebration. Participants had the opportunity to enjoy the panoramic view of the Chao Phraya River and Bangkok landmarks after the intense competitions.

Mr. Sunhanut Seejumpee, President of TSAT, stated, "During the 4-day tournament, various events were organised to allow athletes to enjoy life alongside sporting competitions. These events also aimed to raise awareness about the quality of transplant recipients' lives, emphasising the importance of being fit for life after a transplant. We are delighted with the competition's

Continued on next page



COUNTRY MEMBER NEWS | THAILAND

success, the friendly interactions among friends and companions, and the heartfelt celebration of life and sports. TSAT is committed to hosting sporting events involving transplant recipients, supporters, and donors in sports. We are fully prepared and enthusiastic about supporting all countries, especially in Asia. Thailand is ready to become a training centre for various sports, including pétanque, darts, lawn bowls, and more. We are eager to organise transplant events in sports cities nationwide and collaborate with every country to promote transplant sports as an emerging star in the Asian sporting arena.

We hope that all athletes and supporters will cherish their memories of this event in Thailand and reflect on their achievements with pride.

*Together We Can
Together We Win
Together We Share*



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¹Ravindranath M.H., et al. Monitoring native HLA-I trimer specific antibodies in Luminesx multiplex single antigen bead assay: Evaluation of beadsets from different manufacturers. J. Immunol Methods (2017) 450:73-80.

COUNTRY MEMBER NEWS | AUSTRALIA

New Services Announced by Transplant Australia

Three new members of staff appointed to focus on sports and physical activities

Transplant Australia is expanding its services to the transplant community by appointing three new staff focusing on sports and physical activity, along with community support and education.

The focus on helping recipients through their journey is part of a new strategic plan for Transplant Australia. It will expand the *Living with a Transplant* program already offered in Australia.

Two new staff, Emmy O'Neill and Kate Clark, have commenced in a shared role of Manager, Sport and Physical Activity, focusing on transplant sports, sporting pathways to regular sport and the Transplant Active program, which

focuses on mind, body and community. Kate and Emmy, both transplant recipients, will build on the legacy after Matty Hempstalk sadly passed away last December. Kate is a Trustee of the World Transplant Games Federation and a liver recipient of 25 years. She was the Athlete of the World Transplant Games on the Gold Coast in 2009 and has attended four World Games. "It's a wonderful opportunity to deliver the transplant games and sports in Australia while providing invaluable experience to my role as a WTGF Trustee," said Kate.

Emmy O'Neill received a kidney transplant three years ago and won gold in the pool and bronze in the triathlon

in Perth. Emmy said, "I am excited to work with Transplant Australia to create pathways for transplant recipients to engage in physical activity and sport as part of their ongoing transplant journey."

Angela Cairns takes on a new role at Transplant Australia – Manager, Community Support and Education – focusing on helping recipients of all ages and backgrounds learn to thrive with a transplant. She will also be developing paediatric resources and a new program about waiting for a transplant. Angela is highly suited to the role, having a husband and two children with heart transplants, including her daughter Luka Angel, who performed a solo dance at the closing celebrations of the World Transplant Games in Perth. Angela said, "Transplant Australia is a unique organisation that encourages living donors, recipients and those listed for transplant to pursue a holistically healthy life. I look forward to joining the team, growing networks for greater emotional support locally for individuals and families, creating inclusive intergenerational resources, raising awareness for organ donation, and advocating for further support for people where gaps exist."



Kate Clark & Emmy O'Neill holding the Gift of Life Baton at the 2023 World Transplant Games



Transplant Australia Director Michelle Daly with Angela Cairns attending the Australian Transplant Nurses Association conference in Sydney (October 2023)

COUNTRY MEMBER NEWS | BRAZIL

Empowered by Transplant, Thriving as a Triathlete



Priscilla Pignolatti sets new milestones for a Brazilian transplant athlete

On July 09, 2023, an extraordinary feat marked a historic moment. Priscilla Pignolatti triumphantly crossed the finish line of Ironman 70.3 Rio de Janeiro, redefining boundaries as the first Brazilian to complete the journey: 1,900 meters of swimming, 90 kilometres of cycling, and finally, 21 kilometres of running.

Throughout 7 hours and 1 minute, Priscilla overcame each obstacle. The start on an overcast day added an extra challenge to the swim at the renowned Copacabana Beach - navigating marker buoys and overcoming waves. Retrieving her bicycle on the top of Copacabana Fort added another element, accompanied by intermittent rain during the cycling leg, which in itself represented a significant effort, including traversing Brazil's largest underground tunnel eight times. Still, a half marathon remained to be run to complete the event, and with the blessings of the iconic Christ the Redeemer and the stunning Rio de Janeiro backdrop, she immortalised her name in the world of sports.

A renal transplant recipient since 2017, blessed with the gift of life

through her brother's kidney, Henrique Pignolatti, she embraced life with exceptional passion and determination. Her journey led her not only to become an accomplished triathlete, earning seven medals in cycling and triathlon at the World Transplant Games in England and Australia, but also to expand her own boundaries.

Motivated by the desire to dismantle prejudices surrounding transplant recipients, Priscilla soars towards new challenges, illuminating the path for others with her strength. Her journey is not only a personal statement but a contagious inspiration that seeks to touch the hearts and minds of many, while promoting the invaluable message of organ donation.

Beyond sports, Priscilla works in Information Technology as a Project Manager. Her creativity also finds expression in the literary field, as a co-author of "Adorable Dora," a charming children's book. Furthermore, she contributes as a collaborator of the "Instituto Sou Doador," a foundation where her dedicated work resonates in the collective consciousness, highlighting the value of organ donation.





COUNTRY MEMBER NEWS | INDIA

Success for Team India in Bangkok

Seven medals won at the Asian Pétanque Transplant Championship 2023

Team India left a remarkable impression on the global stage of the Asian Pétanque Transplant Championship 2023 in Bangkok.

The Indian delegation, comprising Captain Harsh Vardhan Singh, S. Naqvi Mujahid, Amit Kumar Sharma, Hitesh Sharma, Dr. Girivar Sharma, Bhawani Singh Shekhawat, and Parag Sharma, displayed exceptional performances, resulting in securing 1 silver and 6 bronze medals in various categories:

Pétanque Singles:

- Silver Medal: Bhawani Singh
- Bronze Medal: Amit Sharma
- Bronze Medal: Mujahid Naqvi

Pétanque Shooting:

- Bronze Medal: Harshvardhan Singh

Pétanque Men's Triple

- Bronze Medal: Hitesh Sharma, Bhawani Singh, Harshvardhan

Team India's success owes much to the support of the New Pétanque Association of Pondicherry (NPAP). NPAP played a vital role in training and coaching our athletes, with mentor Ganesh Karthekiyam providing guidance, dedication, and expertise essential to the team's journey to success. In a show of solidarity, NPAP sent a 4-member contingent to the open Games, further strengthening ties and a shining example in the pursuit of excellence.

Beyond the thrilling sports competitions, the Asian Pétanque Transplant Championship 2023 provided a great platform for cultural exchange, camaraderie, and meaningful interactions among transplant recipients



and donors from diverse backgrounds. It highlighted the global community's shared commitment to celebrating the gift of life.

Team India's accomplishments at the Asian Pétanque Transplant Championship 2023 serve as a source of inspiration and pride for the nation. In India, where the demand for organ transplants far exceeds the supply of organs, raising awareness about

organ donation is critical. Through events like these, we can show others that transplantation is not only about extending lives; it's about giving individuals the opportunity to thrive, pursue their passions, and become shining examples of the difference an organ donor can make. It resonates in the collective consciousness, highlighting the value of organ donation.



COUNTRY MEMBER NEWS | SWITZERLAND

Mahana for kids and TX Teddy

TX joins a 180km walk from Bern to Geneva

TX - the Transplant Teddy Bear made an appearance at a press conference in Bern, Switzerland on 6 September 2023. The conference was held to update the Swiss population on the new law concerning organ donation. The Swiss population voted in favor of presumed consent, a decision set to take effect in 2025 with the establishment of a national register.

Accompanied by Dr. Franz Immer, CEO of Swisstransplant, and Patrick Terrapon, President of Mahana for Kids, TX embarked on a journey that spanned approximately 180 km over six days, travelling from Bern to Geneva. This inspiring trek was orchestrated by Mahana for Kids, a Swiss association devoted to aiding families with children in need of liver transplants.

At the heart of this endeavor was Maud, the mother of Ethan, a young boy who had undergone a life-saving liver

transplant at the age of 2. Now a vibrant 11-year-old, Ethan, eager to support the cause, joined the Mahana team on the final leg of the walk, his presence symbolizing hope and triumph over adversity.

During this remarkable journey, TX had the opportunity to spend precious moments with families like Maud and Ethan, offering comfort and companionship. Maud, who had recently celebrated her marriage to Jakob, chose to dedicate their honeymoon to this cause, walking hand in hand to raise awareness about organ donation and transplantation.

Professor Claude Le Coultre, a pioneer in the pediatric liver transplant program alongside Professor Gilles Mentha, graced the event with their presence for five out of the six days. Celebrating her 80th birthday earlier in the year, Professor Le Coultre's enduring

commitment and compassion inspired everyone she encountered.

The culminating moment arrived at HUG (Hopitaux Universitaires de Genève) where all the paediatric liver transplants are performed. The team were greeted by supporters, including the remarkable duo of Professor Barbara Wildhaber and Professor Valerie McLin, leading the pediatric liver transplant program. Among the crowd was a resilient 3-year-old girl from Bern, who had recently undergone her second transplant. Overjoyed, she received her TX teddy, a precious gift from Ethan, the brave young boy whose own transplant journey had inspired so many.

The walk created widespread media attention, highlighting the importance of the cause and the strength of the community coming together for a shared purpose.



COUNTRY MEMBER NEWS | FRANCE

News from France

A round up of the Nation's transplant action

36th Heart Race in 2023

Paris – Bourg Saint-Maurice/Les Arcs, from Wednesday 22 to Sunday 26 of March 2023

After four days of wind, sun, rain, and snow... the runners of 19 teams (14 relaying runners each), which included the organ recipient Trans-Forme team, arrived on the snow front at Arc 1800. On their faces: much joy, satisfaction, emotion... and tiredness!

Four days, four nights to make life run... This is the Heart Race's motto!

The Heart Race - la Course du Cœur - is a significant action proposed by Trans-Forme to raise public awareness of the success of transplantation and raise awareness for organ donation and the desperate need to save lives.

The Heart Race is still one of the most publicised events in France about organ, bone marrow and tissue donation and graft.



Operation 10,000 Hearts for Hospitals 2023

One of the most striking points of the Heart Race is the enthusiastic participation of primary schools in the operation 10,000 cœurs pour l'hôpital along the villages crossed by the Race...

School children are invited to draw hearts with generosity symbols, encouraging recipients and patients waiting for an organ. Some 32 674 hearts were collected in 2023 and have been sent to transplant and dialysis units on behalf of the schools' children. Some 102 schools (436 classes) were involved through their teachers.



24 hours cycling of Le Mans

A team, Trans-Forme, made up of 8 transplant cyclists, was present again on the Skoda 24 Hours Cycling of Le Mans starting line in August 2023

A unique and excellent opportunity to raise the general public's awareness of the success of transplantation and the need for organ donors to save lives.

Football match

Alain Mimoun stadium at Combs-la-Ville (77), 09 December vs the U18 Femminines, FC Val de Cher 37

The next solidarity match of the French Transplant Football Team of Trans-Forme will be held on Saturday, 9 December, 2023.

As usual, the objective is to gather everyone to play a symbolic and good spirit football match, to offer the spectators a pleasant and fair-play show, and to make the public talk about the issues of organ, bone marrow and tissue donation and graft via the most popular sport in France.

The Transplant Football Team de Trans-Forme players are recipients or on dialysis, women and men, football enthusiasts and in good physical health.

COUNTRY MEMBER NEWS | FRANCE

10th French Winter Transplant & Dialysis Games

Sainte-Foy-Tarentaise (Savoie)
15 – 20 January, 2023

23 dialysed and transplant skiers (heart, lungs, liver, kidney, bone marrow...) aged 12 to 64 participated in the French Winter Transplant & Dialysis Games in alpine ski, nordic ski, biathlon and snowshoe events.



29th French Transplant & Dialysis National Games

Rouen (Seine-Maritime, 76) from Thursday, 18 to Sunday, 21 May 2023!

These Games lasted three full days. Sun, smiles, enthusiasm, and sporting events... An outstanding weekend! Three days dedicated to raising public awareness of the success of transplantation and the need for organ donors to save lives. They demonstrate that being transplanted gives new life, and participating in sports and physical activity helps recover an excellent quality of life! 110 participants registered for the Games, of which 55 were people on dialysis or transplanted competitors, including seven young recipients aged 12 to 17. 13 sports events were in the program: track and field, virtual rowing, table football, basket 3on3, tepin bowling, go-karting, laser game, swimming, petanque, tennis, table tennis, rifle and pistol shooting.

15th Anaïs cup

Golf of Vire la Dathée (Normandie), 26 & 27 August 2023.

At the end of last August, the Golf of Vire dedicated a week to promoting organ donation. An opportunity to raise awareness among local Golfers and grab the hikers' attention that frequent Dathée Lake.

Emphasis was placed on the French organ donation Law. More than 80 registrants participated, of whom 3 were organ recipients.



GIFT OF LIFE

Gift of Life Baton to Make its Way to Italy

The Gift of Life Baton was created as a legacy item from the recent 2023 World Transplant Games to act as a universal beacon between each future World Transplant Games.

Symbolising the living impact of donation and paying tribute to the generosity of donors, the baton serves as a reminder of the precious gift of life, inspiring others to support donation and engage in life-saving conversations.

We look forward to the Gift of Life Baton featuring at the World Transplant Winter Games in Bormio, Italy.



SHOUT OUT

Who Do You Know?

WHO DO YOU KNOW? WHO DO YOU WORK FOR? Small things = A BIG help...

As funding across the World becomes more and more challenging, all NPOs (non-profit organisations), including the WTGF, need to 'think outside the box' and diversify their income streams.

We want to ask:

Who do you know?

Are they linked to a foundation or grant-giving cause for which our federations' aims might fit?

Who do you or your family/friends work for?

Do they have a budget for 'giving'? Are they looking for a 'Charity of the Year'? Maybe they have a corporate or social responsibility goal that could match our aims.

For example, did you know that every member of staff employed by Lloyds Banking Group is entitled to claim up to £1,000 in each calendar year from the 'Matched Giving Scheme' for a charity for which they have either raised money or given time? Many large organisations (all huge employers across the globe) offer similar schemes. Sometimes, federations like ours could benefit from specific time and expertise. Many tech firms, for example, will have targets for 'Social

Investment', whereby instead of a monetary donation, they volunteer their staff/knowledge/skills/time and 'donate' differently.

While we continue to invest effort into the above, our team and resources are limited. If you have a contact, an idea, or anything that may be of mutual interest, please contact Laura Williams at the WTGF Office via wtgf@wtgf.org

THANK YOU!

“ If you have a contact, an idea, or anything that may be of mutual interest, please contact Laura Williams.”

E-CARDS

Send personalised charity cards & E-Cards

Supporting the World Transplant Games Federation

We're delighted to announce our new fundraising initiative, 'Making a Difference E-Cards'.

For a small donation, you can buy and send a WTGF-branded virtual E-Card anywhere in the world, customise it, and add photos, videos, and more!

Every personalised card or E-card you send will help support the work of the World Transplant Games Federation.

To send your WTGF E-Card either visit the World Transplant Games Federation website at <https://wtgf.org/make-a-donation/> or the Making a Difference E-Card website at <https://gb.makingadifference.cards/supporting/world-transplant-games-federation>



Making a Difference E-Cards

For a small donation you can buy and send a WTGF branded virtual E-Card, anywhere in the World!

INCLUSIVITY

Unity in Diversity WTGF Emphasises Inclusion and Safeguarding

The World Transplant Games Federation aims to root itself in inclusivity and offer a platform for everyone to unleash their transplant warrior regardless of background or circumstance.

This is part of the Federation’s continued commitment to best practice and professionalising the delivery of events whilst ensuring that they remain accessible to the widest possible audience.

The World Transplant Games Federation (WTGF) aims to promote events and programs that build a safe, open, and inclusive culture where poor practice and behaviour is not left unchallenged. Safety, safeguarding, welfare and well-being are prioritised and embedded across our organisation and events.

Practising sport without discrimination of any kind is a human right. Sports can build bridges between people, cultures, religions and communities. Inclusion, diversity, and equality are all integral components of the WTGF, and we want to promote equal opportunities and a safe environment for everyone in our transplant community while still adhering to principles of fairness.

We don’t always get it right, but we will always strive to improve in these areas. As such, we have developed policies and are constantly equipping our staff and trustees with courses and skills to help ensure we promote inclusivity and safeguarding in sports. We have working groups committed to the topic and wish to engage with community members for their views and inputs.

Furthermore, we also engage the expertise of qualified individuals to help us improve and grow our

knowledge and assist with the implementation process. In all this we take our lead and receive guidance from International Sports Federations.

Here are some of the targets we are aiming to hold our Federation accountable to and which, in many cases, are already part of the WTGF DNA:

1. Inclusivity in Sports:

- **Equal Access:** making our events accessible to individuals of all abilities, genders, ages, and backgrounds.

- **Diversity and Representation:** promoting diversity and representation in sports by actively encouraging participation from underrepresented groups.

- **Anti-Discrimination Policies:** implementing strict anti-discrimination policies that prohibit discrimination based on race, gender, sexual orientation, religion, or other protected characteristics.

- **Inclusive Language and Communication:** using inclusive language and communication practices that respect and include all individuals, regardless of their background or identity.

2. Safeguarding in Sports:

- **Child Protection:** establishing robust child protection policies and procedures to ensure young athletes’ safety and well-being.

- **Safe Environment:** aiming to create a safe and secure environment for all participants at the World Transplant Games events with measures such as proper equipment, well-maintained facilities, and regular risk assessments.

- **Education and Training:** providing comprehensive education and training programs on safeguarding practices for staff and trustees.

- **Reporting and Response Mechanisms:** establishing precise reporting mechanisms for any safeguarding-related concerns or incidents at the World Transplant Games, online events/programs, and social media channels.

On the WTGF website, you can view our existing policies, which we continually add to and improve.

Visit: <https://wtgf.org/governance/>

Here, you will find the following policies:

- Child Protection Policy
- Safeguarding Vulnerable Adults
- Social Media Guidelines
- General Event Policy
- Anti-Bullying and Harassment Policy

Welfare Officer

Furthermore, the WTGF will appoint a named Welfare Officer for all in-person World Transplant Games Federation events. The Welfare Officer will provide advice and guidance regarding safeguarding, anti-bullying, harassment, or general welfare concerns. Ahead of each event – the named Welfare Officer will be announced, and participants at these events will have direct access to contact the individual should they have any concerns.

All other HR concerns relating to the WTGF and its work should be directed to welfare@wtgf.org

By prioritising inclusivity and safeguarding in sports, we aim to create a positive and inclusive environment that promotes equal opportunities, protects participants, and upholds the values of fairness, respect, and integrity.

Kim Renyard
WTGF CEO