

Queen Elizabeth Hospital Birmingham

Heart and Lung Transplant Support Group

Virtual session

Thursday 19th June, 2025

Topics discussed during the meeting

Review of patient support group webpage and ongoing work with Charities to create more patient resources.

Organ Donation Week

Jan gave an overview of Organ Donation week which, this year, is running from 22nd – 28th September. Every day during this week the different organ groups staff a stand in the main atrium of the QE. This year, the Heart and Lung team will be staffing Wednesday 24th September. Jan and other volunteers will be there from 8am to 5pm. Various members of the team (nurses, doctors, surgeons) visit the throughout the day to show support. To get involved simply show up on the day or get in touch with Jan via facebook.

For more information search 'organ donation awareness' or visit the below link;

<https://www.organdonation.nhs.uk/get-involved/organ-donation-campaigns>



Facebook

Jan also runs the **Heart and Lung Transplant Patients Birmingham QEH** Facebook page along with Matthew.

This is a private group and is for patients only. In order to keep the group this way, to join, you must send a message to let Jan and Matthew know who you are and what transplant you or your relative has received.

The Facebook group is for peer support and sharing experiences only. It must not be used for medical questions or advice



For the remainder of the session **Amit Adlakha**, Lung physician held an interactive session on Health Ailments in the first year following Transplant.

This led to some wonderful discussions.

Save the Date

Next virtual session will be Wednesday 23rd July, 5-7pm. Current agenda for this meeting will be

- '20 years later' an inspiring patient story shared by Andrew and his wife Donna
- Resources for Children- we need your feedback
- Steph Davies, QE transplant psychologist



Your feedback is paramount in the ongoing planning and structure of this group. If there is a particular topic you feel will be of value, or if you have any feedback on what has or hasn't worked well please let the team know by emailing;

qe.hltx.group@uhb.nhs.uk

Reminder; this email address is NOT for medical queries or prescriptions.

Please continue to use uhb.hltx@uhb.nhs.uk or contact the transplant office on 0121 371 8824 for all other general enquiries.