

# TX Community Connect

Autumn 2022

by transplant australia

## Transplant Active: Transplant Training Camp March 5-6



Transplant Australia WA held their first training camp in preparation for the World Transplant Games in Perth 2023. Offering 7 of the disciplines of the WTG, the training camp comprised of different sessions over the course of the weekend, along with social activities. Commencing with a cycling interval session Saturday morning, followed by 5km and 3 km run & race walk practice at the Shelley Foreshore the camp was off to a good start - already we have a cycling time trial team looking good! Saturday afternoon saw a group athletics session, where we learned running race start techniques, and the finer points of shot put, discus, long jump and race walk.

After a relaxing dinner Saturday night, Sunday started off with a great

swimming training session from coach Jason, which combined training drills, technique and tips, races and relays, and a lot of fun too! Afterwards, we were off to Subiaco Petanque club for sausage sizzle lunch - it was deemed too hot to play volleyball, so everyone enjoyed a few games of petanque Sunday afternoon.

Many thanks to our wonderful coaches over the weekend, Jason Evans, Tom and Glen from Masters Athletics, and Nick From Subiaco Petanque Club. Also, our helpers, Troy, Wendy, George and Ray did an awesome job running around for us all. Thanks to everyone who came and participated in the weekend events, it was great to see a mix of old and new faces, and we hope to see everyone back for the next camp soon!



## WTG Perth 2023 Registration Open on April 15

Registration will open on April 15 and will include an early bird fee.

The registration fee includes sports entry, registration materials, transport, insurance and the special events of opening celebrations, the cultural night and the closing gala dinner.

For the first time, the WTGF has agreed to separate accommodation from registration to provide every team and participant more value and choice in the accommodation options.

A dedicated booking service will be provided for teams and their managers to access preferred accommodation and hotel packages.

The 2023 World Transplant Games will be family-friendly and flexible. New initiatives include:

- A reduced fee for Supporters
- Substantial discounts for Juniors ages 4-12 and 13-17
- More choice of accommodation, as agreed by the team manager.
- More flexibility for family accommodation including the option to book rollaway beds.
- Your choice of affordable breakfast and lunch packages options, without the need to pay upfront for a fixed catering package.

# TA Community Stories



## Meet Heather Edgell, 43 years post kidney transplant and still going strong!

The 2022 International Women's Day celebrated women POWERED by the Gift of Life. Heather was interviewed by the World Transplant Games Federation for this special occasion. She is one of our longest standing competitors at the World Transplant Games, and was inducted into the Federation's Hall of Fame under the 'Spirit of Competition' category in 2017.

She has attended 16 World Transplant Games, with her first games being in

Austria in 1987. After all her years of participating, Heather has won 43 medals at the World Transplant Games and broken the world record in swimming three times.

You can watch a video of Heather on our facebook:

[www.facebook.com/transplantaustralia/videos/1301107430412223](https://www.facebook.com/transplantaustralia/videos/1301107430412223)



## Meet Peter Champion

Peter is a liver transplant recipient. Peter has entered a "Snowy Valleys Cycle Challenge", held in March each year. The event is based in Adelong [near Gundagai] and climbs to the south through Batlow and Tumbarumba returning to Adelong.

There are 5 courses: 16km, 45km, 72km, 144km, 160km and Peter has now completed two 144km with 2600 metres of climbing, and one 160km with 3000 metres of climbing. All hard events in the western foothills of the Snowy Mountains.

Peter has just had his 10th anniversary since liver transplant. Congratulations Peter, a great achievement, from a second chance at life.

On another note, the main organiser of "Snowy Valleys Cycle Challenge" [SVCC] Bruce Giles who is a local to the area, is also a liver transplant recipient some 8 years ago. The two have met at Australian Transplant games in 2016 and been friends ever since.

Snowy Valleys Cycle Challenge website: [snowyvalleyscyclechallenge.com.au](https://snowyvalleyscyclechallenge.com.au)

## Upcoming Webinars

### 1 Australian Team information Session for World Games in Perth 2023

**Date:** Wednesday April 13th

**Time:** 7.30pm – 8.30pm (AEST)

**Topics:**

- What are the World Transplant Games?
- Who can be part of the Australia Team?
- Sports and Events Available
- Registration
- Costs
- Uniforms
- Meet the Team Managers
- Q & A Session

**Register:** [https://us06web.zoom.us/webinar/register/WN\\_z5oi3UVvQomMcimjESHK2g](https://us06web.zoom.us/webinar/register/WN_z5oi3UVvQomMcimjESHK2g)

### 2 Keeping up with COVID - How to get out and about

**Date:** Wednesday May 11th

**Time:** 7pm (AEST)

**Register:** [https://us06web.zoom.us/webinar/register/WN\\_Pi1KS29qTWiHsw844BQ8Tg](https://us06web.zoom.us/webinar/register/WN_Pi1KS29qTWiHsw844BQ8Tg)

After registering, you will receive a confirmation email about joining the webinar.



# Thank You Rose celebrates 10 years

It is 10 years since Transplant Australia team up with Treloar Roses to produce Transplant Australia's Thank You Rose. Unbelievably across Australia there are now almost 35,000 Thank You Roses in people's homes and garden.

Transplant Australia CEO, Chris Thomas, said the inspiration of the rose was to provide an attractive product

which could encapsulate gratitude and thanks. "While it was principally to enable recipients to thank donors, families, carers and health care staff, we always knew that such a simple name would resonate with the wider public," Mr Thomas said.

"We also hope it has sparked a conversation about the gift of life

and encouraged people to register at [donatelife.gov.au](https://donatelife.gov.au). Organ donation saves lives and enables families to stay together. Those decisions certainly deserve our constant thanks."

Transplant Australia receives \$1 for every rose sold with a total of 34,572 roses sold over the past 10 years and 3,800 roses in 2021.



**We Wish  
You All  
a Safe  
and Happy  
Easter**