



All dressed up and ready to go in the Women's Mini-Marathon 2011

## WOMENS MINI-MARATHON 2011

Nicola Cassidy reports

This year the Flora Women's Mini-Marathon took place in Dublin on Monday 6th June. The day started off with blue skies, a slight breeze, and warm temperatures but by the time we were all lined up waiting for the start on Fitzwilliam Square, the blue skies had turned grey, the temperature was cool, and a few raindrops were falling. The change in weather didn't dampen our spirits one bit! Once we got going, it turned out to be perfect weather for our mini-marathon. Thankfully, it remained dry, well, that was until we reached Donnybrook. At that point, most of us did get very wet indeed as the Firemen had the water hoses turned on full-power to "test the water pressure!" I think the water made us run and walk a little faster than usual! It was great to see so many ladies wearing the ILFA T-shirts and vests on the day. This year ILFA was delighted to welcome so many newcomers to our team especially Collette and Marie McGowan from Carrick on Shannon in Leitrim, who organised a 30-strong group of ladies to take part in the mini-marathon. The team came together to raise funds in memory of Kathleen McGowan. Another group of ladies was organised by Angela and Alison Maguire from Athlone to raise funds in memory of James Maguire. Well done and heartfelt thanks to all who took part and raised funds for ILFA. Without your dedication and hard work, our charity would not be able to meet its aims. Please pass on our thanks to all those who sponsored you. We hope you enjoyed the day and maybe we'll see you next year. Remember the date...Bank Holiday Monday June, 2012.

## GREAT LIMERICK RUN

Many thanks to Lorraine Ryan and her friends, Lynsey Shine, Hazel D'arcy, Dawn Conway and Carrie Halvey who raised over €1,000 for ILFA when they did the Great Limerick Run in May.

## KILIMANJARO CLIMB

Caroline Rawdon, Mairead Diviney and Saileog O'Keeffe will climb Kilimanjaro in December 2011 in aid of ILFA and throughout the summer they have organised a series of fundraising events for ILFA for which we are very grateful. If you would like to sponsor them on-line go to their fundraising page on mycharity.ie ILFA wishes them every success.



After the WMM ILFA participants enjoyed some well-earned refreshments in The Duke.

## PARACHUTE JUMP



Terry Conlon, with his friends Ciaran and Ray, who did a parachute jump in July to raise funds for ILFA. **Terry wrote:-** The jump took place at the Irish Parachute Club in Edenderry, Co. Offaly. On the way up in the small plane which was previously used in Africa for aid and relief work we were all very excited. When we reached the altitude that we needed to do our jump the engine on board the plane was turned off which was a bit of a shock but it was for a good reason- so nobody would be sucked into the propeller! We jumped from 10,000 feet, went into freefall for 60 seconds at over 100 miles per hour before the parachute opened. We then circled around to find the landing strip before coming to land which was quite rough in itself. To be honest it took me about two weeks to recover!

# ILFA NEWSLETTER



Irish Lung Fibrosis Association

Patrons: Brian O'Driscoll, Charlie Bird, Senator Feargal Quinn  
Issue: September 2011 Volume 8 Issue 2



## NEW PATRON OF ILFA

ILFA is delighted that Senator Feargal Quinn has agreed to become one of our patrons, joining Brian O'Driscoll and Charlie Bird.

Senator Quinn is probably best known as the founder of Superquinn. He was also Chairman of An Post for ten years during which the National Lottery was launched and, more recently, he has been making a name for himself on TV. His series "Feargal Quinn's Retail Therapy" was highly rated and he is currently filming a series called "Local Heroes - A Town Fights Back" about transforming Drogheda.

Since 1993 he has been an independent member of the Seanad and in 2008 he introduced the Human Body Organ and Human Tissue Bill in which he proposed a change in the organ donation system from an opt-in to an opt-out system. The second stage of Senator Quinn's Bill was adjourned to allow the government at the time to consult on the proposals, but he continues to raise this matter regularly in the Seanad.

## ILFA MEETS NEW MINISTER FOR HEALTH

In June members of the ILFA Committee, Terence Moran, Mary O'Connor and Eddie Cassidy, with our new patron Senator Feargal Quinn, met with the new Minister for Health, Dr. James Reilly, T.D.

ILFA congratulated him on his appointment and, while we welcomed the commitment in the Programme for Government to legislate for an opt-out organ donation system in an effort to improve organ donation rates, we emphasised that legislation, of itself, would not necessarily improve the number of transplants for patients with lung diseases. ILFA emphasised the need to also have proper structures and trained personnel in place in the appropriate hospitals to maximise both the organ donation rate and the utilisation rate of donated lungs.

ILFA welcomed the establishment of the new National Organ Donation and Transplant Unit, and asked the Minister to ensure it is given sufficient support and resources so that it becomes an effective unit, that not only monitors and audits organ donation and transplant activity, but also focuses on how transplantation and organ utilisation can be improved in Ireland.

## PATIENT INFORMATION DAY

The next ILFA Patient Information day will take place in the GREENHILLS HOTEL, CAHERDAVIN, ENNIS ROAD, LIMERICK, on SATURDAY, 8th OCTOBER, 2011 from 10.00am to 12.30pm.



Professor Jim Egan with Alice and John Donnelly at the Patient Information Day held in Dublin in April.

The meeting will conclude with the usual Question and Answer session. Light refreshments will be provided after the meeting. For further information contact Lorna at 086 8715264.



At the Patient Information Day in Dublin Saileog, Michael and Cait O'Keeffe

## MY STORY BY PAM MARTIN

My name is Pam (NON SMOKER) and I am fifty three, though I don't feel that age. I am married to Liam and have three girls aged 26, 18 and 17 and one granddaughter aged 5. I am a lifelong huge supporter of Liverpool f.c. and have been to over sixty away clubs as well as visiting Anfield on an almost monthly basis. In fact in 2009, the year before I got sick, I missed only four home games in the whole season. Liam doesn't like football, he is a GAA man, so for years it was me off with the footie and him minding the kids! I love it.

In July of 2009 I considered myself fit, very active, and involved with our community. I was taking children from Chernobyl ever year and working full-time managing a busy medical centre, a job which I really loved. I was on the go all the time and between work, footie, my involvement with the Chernobyl organisation- I also managed to get to the gym and swim at least 50 lengths of a 33metre pool before I went to work- it seemed like I never stopped.

In August 2009 I went on holidays to the Canary Islands. I felt a little unwell with my breathing but convinced myself I had some sort of bug. However, after three courses of antibiotics the situation was getting worse almost by the day. In October that year Liam suffered a heart attack and had stents put into his heart so my condition was put aside, as my priority was Liam. He quickly improved but I did not. By November I was coughing so much in the surgery where I work, I could not answer the phone, nor could I walk up a flight of stairs, so the doctor insisted that I go to the A&E in Tallaght Hospital. To my shock and horror I ended up spending seven weeks in hospital, after a lung biopsy confirmed that I had Lung Fibrosis. I was told that I would be a good candidate for a lung transplant, my lungs were working at 39%.

I went through a period of feeling sorry for myself, I was on oxygen 24/7, but that didn't last long. I thought, what the hell, there are people worse than me, so I started making a bucket list of things I wanted to do, some joke things as well. My friends in the LFC supporters got together and organised a fund-raiser for me, which was attended by Liverpool's ex-players Jan Molby, Alan Kennedy and Phil Neal along with George Sephton who did forty years in the announcer's box. I was overwhelmed by the night, which sent me on a cruise, and also to meet Jamie Carragher my idol player, two things I have now crossed of my bucket list. I also raised some money for ILFA as well!

Now I am attending Tallaght Hospital Pulmonary Rehabilitation programme twice a week, where I push myself to the max, doing the treadmill, cross trainer, bike, and rower. This has helped my lung capacity to the effect it's now 57%. I feel better in myself, and would advise anyone with lung fibrosis to get out there and walk, take exercise as much as you can, and work through the pain barriers.

I am still going to Anfield but I had to give up my job. Hopefully I will return to it one day. I remain very positive.

I would like to thank the staff at the Physiotherapy Department in Tallaght Hospital, without them I would not be where I am today, and also the staff at the Mater Hospital Heart and Lung Unit, Professor Egan and a special thanks to Lorna for all her help and support.



Pam Martin with Phil Neal, Alan Kennedy, George Sephton and Jan Molby

## "YOU'LL NEVER WALK ALONE" HIKE FOR ILFA

A hike, organised by the friends of Pam Martin, will take place over the Dublin Mountains Way, on **SATURDAY, 8th OCTOBER, 2011.**

The hike is organised by Justin and all are welcome to take part or to volunteer for this event. For more information contact Justin at [Justin@xtrememedia.ie](mailto:Justin@xtrememedia.ie)

## SLIGO WALK



Brenda and Michael Galligan who took part in the ESB 30K Walk in Sligo and raised over €800 for ILFA.

## FAMILY FUN DAY



John Kelly who organised a Family Fun Day for ILFA in July. Concra Wood Golf Club, Castleblaney, held a very successful Family Fun Day in aid of ILFA. The Sunday began in glorious sunshine and the entire golf club members turned out to support their colleague, Joe Kelly, in the fundraising effort. Pipe bands, bonnie baby competition, bouncing castles and longest drive were the order of the day. The total raised on the day was a whopping €3,371, all much needed funding for ILFA.

## ILFA'S WOMENS MINI-MARATHON



Helen Durney, her family and friends, have been stalwart supporters of ILFA's Women's Mini-Marathon fundraiser through the years and this year was no exception. They raised the fantastic sum of €3,620 for ILFA. Helen is seen here (in the middle) with her daughters Marian Kinsella and Helen Durney Carr and Olly Delaney.

## CAVAN TRACTOR RUN



Joe and Una Smith with organisers of the Tractor and Honda Run.

In July the family and friends of Joe and Una Smith organised a Charity Tractor and Honda Run in Joe's local village of Tullyvin, Co. Cavan. Around 90 participants took part in the event with vintage and new vehicles. Joe cut the ribbon to start the run which went from Tullyvin, through Cootehill, Maudabawn, Mountain Lodge, back to Cootehill and finished in Tullyvin where refreshments were provided. Over €3,000 was raised for ILFA on the day.

## PAST V PRESENT.



Left to right: Pat Foran (Secretary), John Cunningham (Main Sponsor), Pádraig Carroll (Winner), and Joe Power (Chairman TDAC).

On 28 August Tullamore and District Anglers held their annual Past V Present Angling Competition and donated the proceeds to ILFA. This is an angling competition where junior anglers of the club fish against their senior counterparts in a battle of patience and skill along the Grand Canal in Tullamore, Co. Offaly. The club runs a Coarse Angling Summer League for the juniors and this end of summer occasion is seen as a chance for the juniors to give something back to the community. The prizes for the competition are co-sponsored by Waterways Ireland and John Cunningham's Tackle Shop. In all, the event attracted just short of a dozen anglers and the Cunningham Cup was won this year by the reigning champion, Pádraig Carroll. The club would like to thank everyone who collected for, and sponsored, the event, including the caterers and Forrester's Pub where the weigh-in and refreshments were enjoyed by all and especially the main sponsor, John Cunningham's Tackle Shop.