



## Katherine's Diary

THE reception class teacher from Burton describes in her own words what daily life is like living with and recovering from chronic myeloid leukaemia (CML).

A year ago the 33-year-old from Balfour Street spent nearly eight weeks at the Queen Elizabeth Hospital in Birmingham undergoing intensive chemotherapy.

Meanwhile, the Burton Mail launched its Take Five Minutes campaign in a bid to locate a suitable bone marrow donor, not just for Katherine, but for anyone in her position, while also raising greater awareness of the condition.

Thankfully, last September, Katherine was able to announce that a suitable donor had been found in Europe and a transplant took place in late October.

While still undergoing gruelling treatment herself, Katherine wanted to help others in a similar position and has taken to raising awareness of the condition and generating support for the charities.

She has now been placed into remission from her cancer but continues her recovery and the bid to get more people to become blood and bone marrow donors.

For more information on how to become a bone marrow donor, call the National Blood Service Donor helpline on 0300 123 2323.

### Friday, June 20

**I**'m still suffering with sleepless nights through various aches and pains. While the weather is good I have the urge to get up and do something, but find that my lack of rest in the night puts an end to such thoughts in the morning.

### Saturday, June 21

With England out of the World Cup I have had to resort to cheering for my second team, Germany – the same as my donor. As the weather continues to impress, I'm having to be more careful than usual about the sun and about keeping hydrated.

### Sunday, June 22

I received a message from one of my Twitter followers today asking if I could help promote the hunt for a bone marrow donor for a 10-year-old boy.

My answer – yes, without question. When I started my diary and began publicising my fight with leukaemia, I did it for the benefit of everyone. Please, wherever you are, sign up, spit and help save the life of Sam Wright.

# Charity chiefs back PM in donor boost appeal

by Rob Smyth  
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**A CHARITY aimed at getting people signed up to be a bone marrow donor has said that Prime Minister David Cameron's backing of the Mail's Taking Five Minutes campaign was "wonderful news".**

Henny Braund, chief executive of Anthony Nolan, spoke of her delight after the country's top politician decided to throw his weight behind the initiative and urged more people in Burton and South Derbyshire to become an organ, bone marrow or blood donor.

This comes as part of a renewed effort by cancer survivor Katherine Sinfield, 33, of Balfour Street, to get more people in the area signed up after a recent survey showed that more

people were needed to help out.

Mrs Braund said: "It's wonderful news that David Cameron is backing this campaign and that he has recognised the role that MPs can play in increasing the number of potential donors in their communities."

"Two thirds of people who need a lifesaving bone marrow transplant can't find a donor within their own family, so it's absolutely vital that people join the Anthony Nolan register."

"We are hugely grateful to David Cameron for highlighting this important issue, and we now need even more people to join the fight against blood cancer and champion the register at a local level, as we know such support works."

People aged 16 to 30 can join the Anthony Nolan bone marrow register



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Mrs Sinfield has been campaigning for more people to come forward ever since she was diagnosed with chronic myeloid leukaemia and told the only way she would live is that if she secured a bone marrow transplant.

Mr Cameron spoke highly of her efforts.

He said: "Leukaemia bone marrow transplants have better outcomes if the donor has the same tissue type as the person who is receiving the donation, which is why the Mail's campaign is so important."

"I hope the campaign can find donors for the many others battling leukaemia who are awaiting a potentially lifesaving individual to come forward to their aid."

## ONE YEAR SINCE KATHERINE'S FIRST MAIL DIARY ENTRY



TODAY marks one year to the day since recovering leukaemia patient Katherine Sinfield first put pen to paper for her daily 'Take Five Minutes' diary.

The 33-year-old Balfour Street resident started writing the daily diary as a means of helping to explain to readers the treatment needed for blood cancer, with an aim of helping to increase the number of donors in the area.

Katherine was first diagnosed with chronic myeloid leukaemia in April 2013, but only started writing about her condition once it was discovered the disease was worse than expected.

The diary proved an instant hit with readers and the 'Take Five Minutes' column in the Mail has resulted in a 15 per cent increase in blood and bone marrow donors registered in Burton.

Katherine, who is now in remission, said: "I started writing the diary as I wanted to let readers know about blood cancer and the challenges it brings. I didn't want the diary to become a personal story of my life, although this was inevitable."

If printed as a book, the 12-month diary would equate to a work of more than 40,500 words and would span close to 100 pages of A4 paper.

**SMILES ALL ROUND... Katherine Sinfield and husband Stephen celebrate one year of her diary.**

# Win a Kindle fire HD



**Your Burton Mail is giving you the chance to have the world at your fingertips by offering you the opportunity to win a brand new Kindle fire HD!**

One lucky reader will take home this fantastic piece of gadgetry; complete with stunning 7" HD display, this 16GB tablet is ideal for any technology lover. Whether using it to search the web, download apps, read books, play games, watch movies or communicate with friends, the Kindle fire HD will keep you entertained for hours on end.

**Question:** Which of the following generic names has been given to the Kindle Fire HD and similar technology devices?

A. Lozenge      B. Tablet      C. Capsule

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