



## Katherine's diary

THE reception class teacher from Burton describes in her own words what daily life is like living with Chronic Myeloid Leukaemia (CML).

Earlier last year, 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 was took place in late October.

While still undergoing gruelling treatment herself, Katherine wants 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.

Tuesday, August 5



My breathlessness and cough returned today, but instead of this being down to the weather as it was last week, this episode was caused by over-exertion.

If I try and walk too far or up a steep incline, I'm

drastically out of puff.

Short distances with lots of rest is all I can manage nowadays.



**CAMPAIGN EFFORT . . .** John Beaty, vice principal, Burton and South Derbyshire College, Katherine Sinfield, Anique Rehman, president of the students' union, and Katie Day, from Anthony Nolan, are joining forces.

# College and charity in organ donor campaign

By Rob Smyth

rob.smyth@burtonmail.co.uk

**THE number of potential donors on the Anthony Nolan register in Burton could spiral thanks to a campaign spearheaded by a recovering leukaemia patient.**

Plans are being developed between Burton and South Derbyshire College and the bone marrow charity Anthony Nolan to bolster donor numbers in the area during the coming years.

A series of talks, workshops and donor sessions are being planned with the college and its student union ready for the new September intake.

Katherine Sinfield, 33, who fronts the Burton Mail's 'Take Five Minutes' campaign, said: "I'm on a mission to increase potential Anthony Nolan donors in the area for two reasons.

"Firstly, because I owe my life to a German donor found by the charity; and secondly, because Burton's ranking of 515 out of 650 on the charity's 'hero'



league table is just not good enough. "We need lots of young, healthy people to sign up to the register to help save more lives."

John Beaty, vice principal of corporate relationships at the college said: "When Katherine made contact with

'We need lots of young, healthy people to sign up to the register to help save more lives'

Katherine Sinfield

the college and told us her story and what she was trying to achieve for people who are living with leukaemia and lymphoma we were inspired to support her.

"Getting our students involved in such a worthwhile cause is a win/win situation for us as it not only has the potential to increase registered donors within Burton and South Derbyshire but it supports our strategy of providing our students with ongoing opportunities to help and support their local community.

"We are creating an awareness raising campaign to help our students and staff make the right donor decision."

Katie Day, a register and be a lifesaver supervisor from charity Anthony Nolan, said: "We are thrilled that the college are supporting Katherine and Stephen Sinfield's efforts to raise awareness of the need for donors. Making young people aware that they could save a life is key to increasing the number of registered donors."

**Would you be willing to sign up as a donor to help save someone's life?**

Have your say online at [burtonmail.co.uk](http://burtonmail.co.uk)

### NEWS IN BRIEF

#### Barn dancing evening

DETAILS of a barn dancing evening have been announced.

The event is set to take place from 7pm on Friday, September 19 at Repton Village Hall.

Tickets cost £10 for adults and £5 for children. Further details are available by calling 01283 703180.

## Get ready for summer! Win a BBQ

Summer is upon us and your Burton Mail is celebrating by offering you the chance to win a brand new barbecue!

Perfect for grilling steaks, burgers, sausages and more, this wonderful charcoal barbecue is ideal for outdoor cooking when entertaining friends and family in the sun.

To enter for a chance to win, just follow the instructions below.

**Question: What is a commonly used nickname for a barbecue?**

A. Cindy B. Barbie C. Smokey

Simply Text: BM BBQ followed by your ANSWER (either A, B, or C), plus your NAME and POST CODE to 65100. Texts cost £1 plus your standard network SMS rate.

Example: BM BBQ Beth Wheeler DE1 2BH

Closing date: 11:59pm on Sunday, August 10, 2014



**BurtonMail**

Terms & conditions apply: Standard Local World promotions rules apply, see [www.burtonmail.co.uk/houserules](http://www.burtonmail.co.uk/houserules) for details. Texts cost £1 plus your standard network rate. By using the text service you are agreeing to receive occasional SMS messages from Local World informing you of promotions, offer and services. You will not be charged for receiving these messages, and you may opt out by texting STOP to the originating number at any time. The Winner will be the first correct entry drawn at random after the closing date and will win a charcoal-fuelled barbecue. Barbecue may differ from image shown. Charcoal and other accessories not included. Winner will be notified within 7 days of the prize draw. Prize collectable from Burton Mail office on High Street, Burton, DE14 1LE, only. Prize cannot be transferred. Not cash or alternative will be offered. Winner must be willing to feature in in-paper and on online publicity. Text line customer service number: 0800 839 173