

5 MINUTES WITH...



KATHRYN PARKER

Helped a pupil raise money for charity through a horse ride.

Born and bred:

I was born in Stapenhill and now live in Oakthorpe.

Hobbies:

I enjoy horseriding, walking and cycling. I don't belong to any walking or cycling clubs as horses take up most of my time but my favourite thing by far is to look after and entertain my two year old grandson.

Favourite book:

No Child of Mine by Susan Lewis. It is about a child who has been abused but it has a happy ending.

Favourite film:

Pretty Woman.

Favourite food:

Chocolate but also lasagne.

Proudest moment:

Both of my daughters graduating from university.

Most embarrassing moment:

Going for a driving job and reversing into a car. I had gone for a car parts delivery job when I was about 20-years-old. I had a dog in the back and the windows had steamed up so I couldn't see. I didn't get the job in the end.

Biggest inspiration:

Pippa Funnell. She competed in the Olympic three-day event and from what I read from her autobiography she had a bad time getting there. Having seen how she battled inspires me to continue what I am doing.

Hopes for the future:

I have just started doing endurance riding where you need to be able to do long distances.

Biggest/best achievement:

Probably getting my first rosette at an end of year awards with a horse I had bred. It is quite a special horse.

If you ruled the world:

It would be a happier place for animals. I am not a vegetarian but I don't like cruelty to animals. I know we need to eat but it doesn't have to be a cruel way.

Pet hate:

People who don't thank me when I give way to them on the road.

Greatest love:

My husband, Richard.

Favourite belonging:

My horses. I have six. It is too many as I only needed one but many of them are old now.

Perfect night in/out:

Perfect night in would be a film, cuddled up by the fire. And a perfect night out would be a good party with family and friends.

What will your epitaph say?

"Always happy."

The Mail's Take Five Minutes campaign aims to save Katherine Sinfield's life

Katherine's Diary

THE reception class teacher from Burton, who is battling against leukaemia, has described in her own words daily life on the hospital ward she is confined to in her fight against the disease. Katherine Sinfield, 32, of Balfour Street, needs daily doses of antibiotics, fungal drips and blood transfusions after being diagnosed with chronic myeloid leukaemia in April.

She has remained in hospital, in Birmingham, for the last seven weeks after doctors said her only hope of survival was to receive a bone marrow transplant. Last month, the Mail launched its Take Five Minutes campaign in a bid to locate a suitable donor, not

just for Katherine, but for anyone who is in her position.

Here, Katherine describes life on the ward and her daily battle against cancer and against her increasing boredom of being confined to the ward.

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

Friday, August 9:

I've reverted back to being a patient again today after enjoying a few hours off the ward in the past couple of days.

In preparation for my lung inspection – a bronchoscopy – I was given three bags of platelets.

I was also made 'nil-by-mouth' which meant I would miss out on breakfast and lunch.

I was taken down for the procedure at around 1.15pm and was given a dose of sedation through a cannula in my arm and an anaesthetic spray.

But as usual with sedation, it didn't really work and I felt every movement.

I am pleased that I wasn't 'knocked out' for the procedure as I was able to view every movement as the camera went from lung to lung until we found the mass in question.



Saturday, August 10:

Day 48 for me in Birmingham was relatively quiet.

The haematology department rotates doctors on a fairly frequent basis to keep the team fresh and on their toes, and so today was my first meeting with the new batch of doctors. My progress is good and everybody is hopeful that I can spend some time away from the hospital for my birthday. My skin biopsy site is still healing.

Bone marrow charity in bid to boost male donors

by Rob Smyth
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A SHORTAGE of male bone marrow donors in Burton is putting blood cancer patients at risk, according to a leading charity.

The Anthony Nolan Trust revealed that male donors were overwhelmingly chosen to donate by transplant centres as many doctors believed that they gave patients the best possible outcomes.

However, there only 3,861 young male donors in the West and East Midlands. This accounts for just 11.5 per cent of all registered donors in the area.

Henny Braund, Anthony Nolan's chief executive, said: "It's a simple case of supply and demand."

"We know that transplant doctors are increasingly choosing male donors to treat blood cancer patients so we need to ensure that we're providing clinicians with the donors they need."

"Failure to meet this demand could have very serious implications for blood cancer patients across the country."

Anthony Nolan, which has backed the Mail's Take Five Minutes campaign, uses its register to match potential bone marrow donors to blood cancer patients in desperate need of a bone marrow transplant.

The charity is now urgently calling on men aged 16 to 30 to sign up to the Anthony Nolan register through its website.

Applicants have to fill in a short form and provide a small saliva sample.

"Some transplant doctors believe that as patients are less likely to develop



HOLDING OUT HOPE . . . Katherine Sinfield is urging male donors to sign up to be a bone marrow donor.

post-transplant complications such as chronic Graft versus Host Disease (GvHD) if they have a young male donor, this is a better choice," said Dr Robert Lown, medical officer at Anthony Nolan.

"GvHD in particular is a serious post-transplant condition which can have a severe impact on a transplant patient's quality of life; in some cases it can ultimately lead to death."

"We're always looking at ways to reduce chronic GvHD and we've identified that using male donors could help

'It's a simple case of supply and demand'

Henny Braund

us do that."

The charity revealed that every 20 minutes someone in the UK was diagnosed with a blood cancer.

There are around 1,800 people in the UK in need of a bone marrow, or blood stem cell, transplant.

Seventy per cent of patients will not find a matching donor from within their family.

More information, or details of how to join the register, is available by visiting www.anthonynolan.org

RUN, ROBERT, RUN — Mail reporter to take on half marathon for charity



A MAIL reporter is to swap his notebook and pen for his running shoes and shorts in a bid to boost the Take Five Minutes campaign.

Rob Smyth will be taking part in the Bupa Great Birmingham Run 2013 on October 20 in a bid to raise cash for Cure Leukaemia.

This is one of several organisations that could be vital in helping to save the life of Katherine Sinfield, the person who is the thrust of the paper's bid to get more people to register to be a blood and bone marrow donor.

Rob revealed that he was looking forward to the challenge.

He said: "When Stephen (Katherine's husband and fellow Mail journalist) asked me if I would take part in the run I did not wait one second before saying that I would take part."

"I do a lot of running in my spare time as my way of keeping fit. The longest distance I have ever done is around 11 miles and after that I did not feel too bad, so hopefully with a bit extra training this will not be that bad."

"I have also wanted to do this and if I raise enough cash this time and manage to get through it unscathed I hope to undertake

another event in the future to raise cash for the excellent hospice where my sister Freya attends, Rainbows.

"So all I would ask Mail readers to do, whether you like me or not, is to dig deep and find a few spare pounds to help this great cause."

"I need to raise around £350 but I hope with the help of family, friends and Mail readers we should be able to reach this target with ease and in no time."

To donate, or to find out more, head online to www.justgiving.com/Rob-Smyth