

5 MINUTES WITH...



LEWIS WHITE

Paralympic swimming hopeful

Born and bred:

I was born in Norwich, Norfolk, and bred mostly in Derbyshire after we moved over here.

Hobbies:

Swimming, swimming, swimming and a bit of tennis. I train twice a day.

Favourite book:

The Life of Pi by Yann Martel – it's such a cool story. The book was made into a film last year.

Favourite film:

Gladiator with Russell Crowe. It's an epic film with a powerful ending.

Favourite food:

Moules mariniere.

Proudest moment:

My proudest moment would have to be winning six golds and Top Boy Award at DSE Nationals this year and making five youth finals at British Internationals.

Most embarrassing moment:

Pronouncing sesame seeds as see-same seeds.

Biggest inspiration:

Nick Vujic – a motivational speaker with no arms or legs.

Hopes for the future:

I'm hoping to win a medal at internationals and qualify in the swimming for Team GB at the Paralympics in Rio de Janeiro in 2016.

Biggest/best achievement:

Getting onto England Talent Programme for second year running.

If you ruled the world:

Everyone would have to learn to swim at least 100m – it would save lives.

Pet hate:

Potato. It tastes disgusting.

Greatest love:

Our cat Lyra. She had been rescued from the streets of Burton by the RSPCA when we got her.

Favourite belonging:

My tablet is my favourite belonging. It's my favourite bit of tech in my collection.

Perfect night in/out:

My perfect night in would involve seafood paella and watching TV. My perfect night out would be heading to pizza hut and going to the cinema.

What will your epitaph say?

I don't really want to think about it. At 13 I'm too young to consider that.

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UPDATE ON THE MAIL'S TAKE FIVE MINUTES CAMPAIGN

Katherine's plea to help raise cash in charity run

by **Rob Smyth**
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THE Burton teacher currently fighting leukaemia is urging readers to sign up for the Bupa Great Birmingham Run to help raise vital funds for charity.

The half marathon this October is expected to attract around 20,000 people and the Cure Leukaemia team is hoping people will join their ranks.

Katherine Sinfield, of Balfour Street, is currently battling the disease and forms the basis of the Mail's Take Five Minutes campaign, urging people to register as a blood and bone marrow donor to try to help save her life.

She said: "I doubt I will be taking to the starting line myself but I hope that readers keen to help may slip on their

trainers and join the race.

"Cure Leukaemia has set itself a target of £100,000, so the more runners we can get signed up the better.

"I already know a few Burton runners have shown an interest but the more we can attract the more money Cure Leukaemia can raise."

Money raised from the Cure Leukaemia team taking part in the run on October 20 will support the charity's new appeal for children.

This year, Cure Leukaemia is celebrating its 10th anniversary by launching a new £1 million appeal, Cure Leukaemia for Kids.

The aim of Cure Leukaemia for Kids is to raise as much money as possible to fund more specialist nurses to offer new pioneering drug trials.

This, in turn, will help increase sur-



TAKE A CLOSER LOOK AT KATHERINE'S CASE

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vival rates of children suffering from the disease.

Katherine added: "Being diagnosed with leukaemia at any age is a shock but it must be truly awful when parents learn their child has the condition.

"I wouldn't like to think that any of the children I have taught over the years would be struck down with leukaemia, but if the worst did happen, I would like to think money raised by Cure Leukaemia would help with their care and treatment."

Runners signing up to support Cure Leukaemia will have their registration paid for by the charity and will be supplied with runnings vests and a running pack.

More information on the event and how to sign up to take part is available by visiting www.cureleukaemia.co.uk

TEACHER ENJOYS TRIP OUT FOR FIRST TIME IN 44 DAYS



ALL SMILES ... Katherine Sinfield is pictured outside the Queen Elizabeth Hospital in Birmingham.

AFTER 44 days in a hospital ward, leukaemia sufferer Katherine Sinfield has enjoyed life outside the hospital for a brief moment.

Since being admitted to the Queen Elizabeth Hospital in Birmingham on June 24, the primary school teacher

from Balfour Street, Burton, has been unable to leave the confines of her ward.

Katherine said: "It was pure luxury to be allowed out of the hospital for a few hours.

"I wasn't allowed to leave until all of

my drugs for the day had been administered, so it was around 5pm before we got the exit call with my return to the ward time of 10pm.

"As my ward at Birmingham is so sterile, it doesn't have any opening windows and there are two sealed

doors leading to the hospital corridor, so I had forgotten the luxury of fresh air. It may have taken an hour and 20 minutes in rush hour traffic to get back to my dad's in Lichfield, but after 44 days confined to a hospital bay, even traffic jams are a luxury."

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.

Earlier this 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.

For more information on how to

become a bone marrow donor, call the National Blood Service Donor helpline on 0300 123 2323.

Wednesday, August 7:

I did it again.

My cell count on Tuesday was the magic 0.5 figure which was my key to getting out of the ward.

And today, I am climbing fast at

1.1.

My medication list is now fairly minimal with the anti fungal drip switching to every two days instead of every day.

Many of my antibiotics have also completed their course for now.

As I was out of the ward much earlier today, it gave me time to make the journey home to



Burton before returning to the ward at 10pm.

A lot depends now on how they opt to progress with my treatment as to whether I will soon be home for a few days or weeks or if the next phase starts now.