

HO! too!

for young people affected by bleeding disorders

My name's George and I'm 13 years old. I thought I'd tell the Haemophilia Society about my experience at 'Splash Camp' because I had a wicked time.

Okay, a bit about me to begin with. My hobbies are mainly sport. I love playing basketball and football and watching rugby. At school my favourite subject is of course PE and my worst is science. I have severe haemophilia B but that doesn't usually get in the way of my sports.

Someone from a television company came to my school to ask for best friends to appear in a children's programme. My teacher suggested me and my best friend Jake. We did the show and a couple of months later the programme makers got back in touch with me to ask if I would be interested in Splash Camp.

Splash Camp was 3 weeks away from home with 9 other girls and boys, no parents, learning different water sports and competing girls against boys for a Mediterranean water sports holiday. Well I wasn't going to say no, was I? Who would? The television company talked to my parents, my school and my doctor and after a few letters, phone calls and emails I was allowed to go. It was filmed last September and October at a water sports centre in Gloucestershire.

Five boys stayed in a cabin at the centre, with five girls in a separate cabin. It was freezing and we needed very warm sleeping bags and hot water bottles. Every day we would get up at 7.30 and do school work for 2 hours and have breakfast and climb into our wet suits. Then the rest of the day was spent being taught different water sports and then doing a boys against girls challenge.

If you saw the CITV programme Splash Camp you might be surprised to hear that one of the contestants on the winning boys team has haemophilia. Here he tells us a bit about himself and his time as a TV star and answers some questions.

What activities did you try?

Kayaking, water skiing, wakeboarding, sailing, rowing, power boating, windsurfing.

What was your favourite activity?

Sailing

Are you going to do any more TV shows?

I don't know, none have been offered yet, but I hope so. I am going to sign autographs at Poole harbour for their water activity weekend though.

**Q. What did the dentist say when his wife made a sandwich?
A. Can I do the filling!**

Has it changed your life at all?

It may have because I would like to do TV work, but it hasn't yet. Oh yes, I have 2 year 7 stalkers at school!

What did your friends say?

They liked it. They thought I was lucky to do all the sports and especially to miss so much school for the filming. They thought it was cool their friend was on TV.

Did anyone on the show know you have haemophilia?

Only the staff. I didn't tell the other campers, I didn't want them to ask me loads of questions.

Did the haemophilia make a difference? Did they have to make special arrangements?

My mum or dad came and gave me regular injections, before breakfast. None of the others knew though.

Do your friends at school know you have haemophilia?

Yes I told them in year 7 and 8. They don't care.

What is so fragile that when you say its name, you break it?

A. Silence

Do you treat yourself?

Yes. I have been treating myself for about 6 months. I never wanted to before but this year I'm going to Greece with the school and I had to learn so I could go. It actually was a lot easier than I thought it would be.

Have you kept in touch with anyone from Splash Camp?

Yes I've spoken to Ruby and Mina a couple of times on the phone.

Have you met any famous people?

Steve Wilson who hosted the show.

What was it like seeing a TV show made?

Cool. Some things were filmed loads of times. One time it took 5 tries to get it right.

George, 13, Severe haemophilia B

Hello from the Society....

I hope you're all looking forward to the summer holidays and have got lots of exciting things planned. If you're going somewhere exciting or doing something interesting at home I'd love to hear about it. I especially want to hear from you if you have a go at making the piggy bank on page 3. Send photos or drawings of your creations and they could appear in the next edition of *HQtoo!*

Also if any of you have ever dreamt of being a journalist or a famous author like J K Rowling why not start here? If you're bored over the summer then write a short story or poem or tell us a bit about yourselves and you could see something you've written in *HQtoo!* which goes to around 900 families in the UK as well as to all the haemophilia centres.

Rearrange the following letters so as to form one word: **NEW DOOR**
D O O R M E N O

In this edition one of our members did exactly that and wrote

to us about his time on CITV's Splash Camp. It sounds like he had a great time and got to try so many different water sports.

On page 3 Dana writes about being a carrier of haemophilia with low factor levels so it is like having mild haemophilia. Are there any other carriers of haemophilia out there who know what it's like and have you got any advice for others?

Look out for our brainteasers all over the magazine and see how many you can solve without looking at the answers and check out our back page to see what Harry's been up to.

Enjoy your summer holidays.

See you next time,
Anna

Contact me on:

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or call 0800 018 6068 or write to me at The Haemophilia Society, Freepost RL TJ-ZGTG-ZHJS, First Floor, Petersham House, 57a Hatton Garden, London, EC1N 8JG

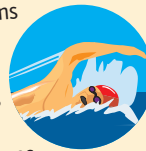
Well done to our award winners

The closing date for this year's awards was 31st May and the judges had a really tough time choosing the winners and runners up. The 4 judges had 2 weeks to decide and gave the awards to these people:

SPORTS AWARD JUNIOR WINNER

Joseph Flynn, 8, Severe haemophilia A

Joseph got his 1000 metre swimming badge when he was 7! Joseph is a member of his local swimming club and trains 3 or 4 times a week. Just after his 8th birthday he swam in his swimming clubs championship and won the breaststroke and butterfly races and came 2nd in backstroke and 3rd in freestyle. He did so well that he won the swimming clubs Overall Champion Trophy.



SPORTS AWARD RUNNERS UP

As usual we had 2 runners up...

Josh Galea, 11, Mild haemophilia A

Josh has been playing ice hockey with his local team for 3 seasons and is now playing with the under 14's team. Josh understands that he has to be a bit more careful as he has haemophilia and the judges admired his safe attitude towards his sport.



Alex Smith, 8, Severe haemophilia A

Alex loves all sorts of sports like tennis and golf but his main sport is football. Alex started on a soccer course 2 years ago. At one of their training sessions he was spotted by Watford Football Club and 18 months ago he started training with Watford FC every week. Next season he will play for the under 9's team. Alex still plays for his local team twice a week and has carried on with his soccer training once a week - so he is very busy!



PHILIP MORRIS AWARD

This award is given to a young person who is studying music, dance or art. You might have seen this year's award winner featured in *HQtoo!* before as she told us a bit about herself last year.

Ria Simpson, 12, von Willebrand's

Ria has been dancing since she was 4 years old and attends her local dance school.



Well done everybody who entered and especially to the winners and runners up. The winners will come to London with their families in October to be given their awards and will have a great day out, we'll let you see some of the photos and tell you all about it later in the year.

Dounans Activity Weekend

We haven't had an activity weekend in Scotland for a while so we thought it was about time our activity weekends went back up there. The group leader BJ (a nurse at Kent & Canterbury Haemophilia Centre) tells us all about their weekend.

At the beginning of July this year 16 intrepid adventurers braved the Death Valley style heat of the Scottish hillsides. Battling the unrelenting sun, the remote location and the "man-eating midges", we managed to have fun and what fun we had! The non-stop programme turned our 13 boys and girls and 3 leaders from normal people into Indiana Jones for the weekend. When we were not swinging from rope bridges, scaling sheer rock faces, standing on top of rolling monster truck tyres or kayaking around a loch, we were hitting the hot chocolate pretty hard and stuffing our faces.

The Dounans Centre near Aberfoyle is the latest site the Society has tried out in search of the ultimate thrill. We tried many activities from kayaking to the awesome ropes course (an assault course you go round without touching the floor!). We discovered who was a mean shot at archery and who would lean back and abseil down a forty foot rock face. All this and still some had the energy to talk till after midnight and the girls had a karaoke contest to find the ultimate diva (watch out J Lo they are coming)! All this happened under the watchful eyes of Lesley, Andrew and me, we also took part, although some seemed more at home in a kayak than others (Eh Andrew!). We all had a great time as you can see from the photos, so who is brave enough to join us for the next adventure?



Dana is a carrier of haemophilia with symptoms of haemophilia. Sometimes this is called being a symptomatic carrier and some people call it being a carrier with mild haemophilia. Here's what Dana has to say...

I found out I was a carrier with mild haemophilia when I was 12. My dad has severe haemophilia, he has 1/2% clotting factor. He was away for his 6 month check up in Southampton when he found out from his doctor that I would be a carrier and possibly have haemophilia as well. My mum and dad were shocked, when they came home that evening they told me and I was soon tested. Later I was told I was a mild haemophiliac with a clotting factor of just 24%, which is about a quarter of a normal person's factor, my friend was there at the time.



About a month after that I was tested with DDAVP in hospital here in Guernsey and it tripled my factor. We don't have a big haemophilia centre in Guernsey so if I needed some DDAVP I would have to go to a normal hospital.

I don't get bleeds often but when I do get them they are fairly minor. I usually get small ones in my ankles or wrists if anything. I find it really frustrating being a girl with mild haemophilia as every book revolves around boys so I have written this for those who are girl haemophiliacs.

The time when I was worried about the haemophilia most was when I may have needed a tooth extraction and would have had to have gone to England for it, I was panicking like mad. I don't mind having haemophilia but it does get in the way in PE, when we have softball, cricket, hockey or

rugby as these are fairly rough sports or in the case of cricket and softball the balls used are too hard.

I hope you enjoyed reading this and I hope you now know you are not the only girl with haemophilia and you're not unusual. Oh and ignore people if they tease you with stuff like 'I won't touch you coz you'll bleed'. I know it's hard though, especially when you are picked out from the rest.

Dana, 13, Carrier / Mild haemophilia

What does it mean...?

Carrier of haemophilia – Girls can be carriers of haemophilia. It's all about our genes – haemophilia is carried on one of our genes and when girls are old enough to have children they can pass this gene on to their children. If a girl who is a carrier has a boy there is a 50% chance he will have haemophilia. One in three carriers will have symptoms of haemophilia like Dana. (This can all be a bit confusing!)

Summer holiday fun

The summer holidays are great for having a go at making things. These cute piggy banks are excellent for saving your pocket money in and will make your room look cool. Send me in pictures of your cool creations, is yours better than our one below...?

What you'll need:

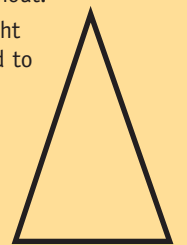
- Glass mayonnaise or pickle jar with lid - (about 17.5cms high and 7.5cms diameter)
- 4 x 2.5cms spools (things that keep cotton thread on, if you're not sure ask your parents)
- 1 x 7.5cms spool
- 2 large 2.5cms wiggle eyes (if you can't find these don't worry you can draw eyes on a piece of white card and use them instead)
- Tissue paper – pink and purple or any other colours you want – use your imagination!
- Scissors
- Coloured pipe cleaner (you choose the colour)
- Foam sheet – Pink (or any colour you want)
- Acrylic paint – Pink (or whatever colour you want your pig to be)
- Black marker
- White glue
- Paintbrush

Q .If you are in a race, what place are you in if you overtake the person who is in second place?

2nd

Making it...

1. Paint the 5 spools and jar lid in the colour paint you have chosen and leave until dry.
2. Cut tissue paper into 1"(2.5cms) squares, you can do the edges in different shapes if you want (make sure you use safety scissors). Put the glue on the jar and start gluing on the squares, if you overlap them it looks better and make sure you cover the entire jar up to the bit where the lid screws on. If your glue dries clear you might want to paint a thin layer of glue over the top of the jar once it is covered in tissue paper as this makes it look shiny.
3. Glue the large spool to the lid and screw this to the jar. Draw 2 black dots on the front for the snout.
4. Glue spools on the bottom for legs. You might need a lot of glue for this and it might need to dry overnight.
5. Cut 2 ears from the shape opposite on the foam and then glue to the top of the jar. Glue on the eyes.
6. Curl the pipe cleaner around a pencil to make it curl like a pigs tail and then glue to the back of the pig.



EAR PATTERN



Getting the legs on was tricky but it looks good once it's finished!

COMPETITION TIME

Well done to Llifon from Caernarfon who won a £20 HMV voucher for spotting all of the 12 differences between the pictures in the last edition. If you think you could spend £20 in HMV then have a go at the word search below and send us your entries by Friday 2nd September, don't forget to tell us your name and address!

Creative Writing Competition

Write a poem or short story about your Greatest Times (no more than 400 words) and you could see your poem published in a book produced by Bayer which will be out in April next year. The 5 best entries will also win a family theme park pass. For an entry form have a look at our website www.haemophilia.org.uk or ask your haemophilia centre for an entry form. The closing date is the 25th November so get writing!



Summer Holiday Wordsearch

Here is a list of words to do with summer holidays. See how many you can find. The words can go up, down, diagonally or backwards.

ABROAD	BEACH	BOAT	★ BUCKET
CRAB	FOOTBALL	FUN	HOLIDAY
HOTEL	PASSPORT	PLANE	PLAYING
POSTCARD	SAND	SANDCASTLE	SEA
SPADE	SUMMER	SUN	SUNTAN
SWIMMING			

Z P R B E A C H B S M P A E S
 G B N R N A T N U S U N M B U
 L L A B T O O F D U S T U X M
 D E A W P E X W V M L C W B M
 T T S C L L W X Z M K Y I O H
 S O E T A T I O F E S R E Y O
 M H E S Y S A F T R L P Y B L
 D N U T I A D U W X T W Z Y I
 R P P K N C U N C R D S A N D
 A I L X G D W Y O Z I O P S A
 C R A B R N N P L A N M J L Y
 T I N W A A S B D U P R S T A
 S R E X A S R B Y S I F R A I
 O D E S A S W I M M I N G O M
 P S S P A D E R T D A O R B A

Meet Harry... Today Harry gets to leave hospital after having his port-a-cath fitted.



Next time: Harry and his mum learn to give prophylaxis through his port-a-cath.

Q. What do you get if you cross a centipede and a parrot?
 A. walkie-talkie!



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