

Project 550

Organ Donation in Sikhi

Report

Sri Guru Singh Sabha Southall (SGSSS)
and Sikh Welfare & Research Trust (SWRT)



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1. Introduction

Organ Donation in Black and Minority Ethnic (BAME) communities, including in the Sikh community, is low. NHS statistics have continuously shown that a higher proportion of BAME people need organ transplants compared to white communities¹.

Sikh Welfare & Research Trust (SWRT) partnered with Sri Guru Singh Sabha Southall (SGSSS) to raise awareness among the Sikh community about organ donation and to encourage donor registrations. 'Project 550 and more' responded to calls from NHS Blood and Transplant (NHSBT) for funding BAME projects and was successful in gaining a small amount of funding support.

2019 was a special year in Sikhi Calendar – it was the 550th birth anniversary of Guru Nanak Dev Ji, the founding Guru of Sikhi. Sikhi promotes selfless acts of helping others (sewa). SGSSS was keen to mark this year with an initiative that would have a lasting legacy - sewa of deceased organs donation.

SWRT and SGSSS got the project off the ground with an ambitious aim of recruiting at least 550 people to register as organ donors on the NHS Organ Donor Register – the number to coincide with Guru Nanak Dev Ji's birth anniversary.

During the life of the project, the law changed in England in May 2020, whereby every adult would be a potential donor unless they actively opt out. However, as NHSBT has been promoting, it is important for people still to register so that their wishes are known and their families are aware of their decision as families will be asked for consent for donation of organs of the deceased loved ones.

'Project 550 and more' was successful in recruiting 625 donors who registered on the NHS Organ Donor Register.

2. About SGSSS and SWRT partnership

SGSSS is one of the oldest and largest Sikh gurdwaras in the UK. SGSSS gurdwaras are located in two venues in Southall – on Havelock Road and on Park Avenue. Both gurdwaras are attended by well over 10,000 people each week, mainly from Southall and surrounding areas but also from afar.

SWRT is a community focused registered charity that works with other organisations on the principles of Sikhi. It supports and engages in welfare and research projects relating to the Sikh community and or based on Sikhi principles, locally, regionally, and internationally.

¹ For example, 32% of patients waiting for a kidney were from Black, Asian and minority ethnic (BAME) communities whereas total BAME population is 13% (<https://www.nhsbt.nhs.uk/how-you-can-help/get-involved/community-investment-scheme/organ-donation-projects/>)

It was ideal to work together on this project and base the recruitment of donor registerers in the gurdwaras due to their vast reach in the community and because issues related to religious perspectives (e.g. on organ donation) can be addressed in a trusted place of worship.

3. Aims of the project

These were:

- To raise awareness among the Sikh community regarding the importance of organ donation and its benefits
- To address barriers and myths about negative beliefs and impact, and religious guidance
- To encourage positive engagement with organ donation/ become an aware donor.

4. Methods

We employed a number of methods to deliver on our aims:

- One to one (face to face) discussions with people attending the gurdwaras
- Talks from experts in the organ donation field and on religious perspectives in congregations
- Group discussions separately with young people, older people and women
- Radio show (Punjabi Radio)
- TV shows (Punjabi TV)
- Social media
- Production of a short video with brief clips from Jathedar of Sri Akal Takht Sahib², a donor family member, an organ recipient, and an organ transplant surgeon³.

Our multi-method approach was used to target different age groups and genders.

Activities are detailed below. These were mainly carried out by volunteers who were briefed on approaching people and holding discussions about a difficult subject. Volunteers maintained a balance of providing information and letting people make up their own minds in their decisions to register as organ donors.

5. Activities

Most of the activities were carried out between April 2019 and March 2020. Due to Covid-19, a few activities were delayed and extended into 2021.

² The Jathedar of Sri Akal Takht Sahib at Amritsar holds the highest religious position at Sri Akal Takht Sahib which is the ultimate consensus authority on interpretations in Sikhi.

³ In progress at the time of writing the report.

5.1. Stall at Vaisakhi Nagar Kirtan (celebratory procession) - April 2019

This is an annual event and is attended by nearly 40,000 people. A stall was set up in the outside boundary of SGSSS Park Avenue Gurdwara, displaying material from NHSBT and our project (Appendix 1). It included leaflets explaining the need to register as organ donors, the process involved in organ donation and Sikhi perspective on organ donation. We held discussions with individuals and families and a number of people completed registration forms. Some had had the discussion for the first time and understandably wanted to give it further consideration. Vaisakhi is a joyous celebration, and many people did not wish to have discussion about a topic that involves death.

5.2. Stalls in gurdwaras during commemorative months - December 2019/January 2020

Over five Sundays we held stalls just outside the main congregation halls in both Park Avenue and Havelock Road gurdwaras. The stalls were held from morning to evening and a team of volunteers spoke to hundreds of people on each occasion. Typically, there would be two shifts of about four volunteers on each shift. It was mainly through this method that the vast majority of 625 people registered as organ donors. Registration forms were available at the stalls and if people had decided to register, they were assisted with to complete these.

During the stall days, priests and Sikhi experts also spoke in the congregation to relate organ donation with Sikhi sewa, linking this sewa with the agency by drawing upon many examples in Sikhi history, including of Sikh gurus. On one occasion a special event was held in the congregation where a kidney organ recipient, a living kidney organ donor, a kidney transplant surgeon, other medical doctors, and a professor specialist in the field gave their respective perspectives. The talks covered: how Sikhi sewa is congruent with organ donation, direct experiences from a kidney recipient on how his life had improved from being very ill and on dialysis prior to kidney transplantation to now living a normal life, and from a living kidney donor on how she had donated a kidney to her daughter, which had improved the daughter's life and that her health was fine following donating the kidney. The kidney transplant surgeon explained how transplantation is carried out, after obtaining consent from family, emphasising that different medical teams are involved in certifying death, discussion with family on organ donation and transplanting organs. Other medical staff and experts emphasised the need for organ donors in the community.



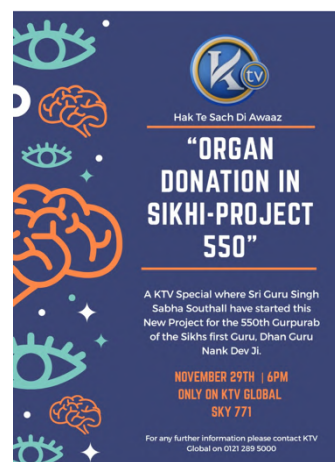
This event was very well received by the congregation. It made issues clearer for many people, and as a result some decided to complete registration forms at the stalls. Publicity leaflet about the event is attached as Appendix 2.

We estimate that approximately 5,000 people were engaged in conversations about organ donation at the stalls.



5.3. Group discussion with young people

About 40 young people, both female and male, took part in a Question & Answer Session following a talk by two panellists. The talk focused on Sikhi and organ donation and the process of decision making by medical staff from donation of organs to transplantation of organs. The session was recorded and televised on KTV (Khalsa TV) in November 2019. KTV estimates about 50,000 people watch their programmes. The programme was announced on SGSSS social media platforms.



5.4. Group discussions with older people's group and with women's group

These were held at the SGSSS venue - Norwood Hall, Southall, where the groups meet every week. Approximately 120 older people attended Mael Gael group and about 80 women attended the women's group in February 2020 organ donation events. At both events, SNODS (Specialist Nurses Organ Donation), a medical doctor and an Organ Donation Ambassador (donor family member) spoke and answered many questions from the audience. Both sessions were very successful, with groups' members engaged with and receptive to the information provided.

A questionnaire was administered pre and post talks/discussions at the sessions (Appendix 3). A total of 84 completed questionnaires were collected. The results showed that the vast majority of people, 96% (n=81) were aware of organ donation prior to the talks. Also prior to the talks, most people, 88% (n=74), said that they would be willing to donate their organs to help improve someone else's life. This improved slightly post talks whereby 93% (n=78) people expressed willingness to donate organs. The majority of people, 88% (n=75) said they would accept organs if they needed them to improve their own lives. Slightly less people, 80% (n=67) said that they would discuss their decision to register with their families post talks.



5.5. Radio Show

A radio show was held on Desi Radio in Jan 2020. Desi Radio is a Punjabi language radio based in the UK. It is a popular radio station listened to by a large number of Punjabi speaking people. According to a historical survey by the radio station in 2004, it had 133,000 listeners in West London (<https://desiradio.org.uk/advertise/>). It is likely to have a much higher number of listeners now. The show was held on a popular Friday morning slot with a representative of SGSSS explaining that the project was initiated to mark Guru Nanak Dev Ji's 550th birth anniversary by promoting a specific form of sewa of organ donation, a medical doctor discussing the process involved in transplantation of organs, and a young volunteer relating her experience of providing information about organ donation at stalls in the gurdwaras and registering people as organ donors, which she said was largely positive. The

radio interviewer asked many incisive questions which helped to highlight detailed information on the subject.



5.6. TV shows

In addition to the show with young people on KTV, a show with experts was recorded at SGSSS premises and broadcast on KTV Punjabi Channel in January 2020. The experts included an Abdominal organs transplant surgeon, a living kidney donor, a kidney recipient and a professor expert in this area. They discussed in detail the process involved from donating an organ to transplanting an organ. It was clarified that even if someone is registered as an organ donor, on their death their family is consulted and asked for consent, which they generally give if they know that the person had expressed their wish to be an organ donor by registering. All participants discussed their expertise and experiences in further detail as described above in 5.2. KTV estimates about 50,000 people watch their programmes.



5.7. Social media

Messages were sent on social media regarding all above events and about checking in on SGSSS website where people could receive further information and register on-line. In the earlier part of the project SGSSS had 7,000 active followers on their Facebook page and nearly 30,000 post reaches a week.

The SGSSS website is generally accessed for information about events at the gurdwara and it seems like it was somewhat challenging for people to register on-line.

5.8. Availing of impromptu opportunities to promote the project

Both the gurdwaras are periodically visited by various high profile people, including politicians, to promote their issues or to gain support for their campaigns, etc. During the period when stalls were set at the gurdwaras, two prominent persons visited.

In the lead up to Dec 2019 elections, Prime Minister Boris Johnson visited the gurdwara as part of his campaign. When he was informed about Project 550, he readily gave his support and encouragement which was filmed with the Gurdwara's General Secretary.

<https://www.facebook.com/sgssouthall/videos/579660359352915/>



In January 2020 the Jathedar of Sri Akal Takht Sahib at Amritsar, Singh Sahib Giani Harpreet Singh Ji, visited the gurdwara and gave his support to the project.



We were approached by a journalist from the Religious News Service who had heard about the project, and she published an article which further helped with publicity.

<https://religionnews.com/2020/02/10/eyeing-shortage-of-minority-organ-donors-british-sikhs-take-charge-on-demystifying-donation/>

6. Our experiences of engaging with people – some key points

The majority of people we spoke with at the stalls and in group discussions were aware of organ transplantation and many were aware of the need to register as donors. Approximately thirty percent were already registered through campaigns by Driver and Vehicle Licensing Agency (DVLA), General Practitioners (GP) surgeries and workplaces. There was general agreement that it was important to consider donating of organs on death and that it was perfectly aligned with Sikhi principles of sewa.

Many people were happy to engage in discussions and some were willing to register as donors once the purpose was explained, whether by volunteers at the stalls or by listening to talks by experts in the congregations.

Some, especially older people, wanted to discuss with their families before signing up and approximately 300 people took registration forms with them to complete at home. It seems that very few people completed these on their own.

Understandably some people we spoke to were uncomfortable talking about organ donation as it made them think about death. This was particularly the case with some young people who would typically comment, “I’m too young to die”, and did not wish to engage in having a conversation on the subject. Similarly, some families with young children when approached would be dragged away by the children as they did not wish to contemplate the death of their parents/carers.

We came across a few misunderstandings held by some people as to why they could not be organ donors. These were mainly due to their beliefs that if they had long term illnesses/diseases like diabetes or heart diseases, then their organs would also be damaged and not suitable for transplantation.

A minority were unsure about donating organs as they expressed discomfort with the knowledge that deceased organs could be received by those who may have had alcohol and/or drug addictions related organs damage. Their view was that receipt of organs in these cases could facilitate continuation of these addictions which organ donors would inadvertently be supporting.

In a few cases there was distrust of how the NHS would obtain and use organs – that perhaps absolute effort would not be made by medical staff to save life if someone was extremely ill in hospital care and that their death may result prematurely as their organs could be considered usable for transplantation. A few people had had negative experiences of the NHS and did not wish to consider organ donation generally via NHS.

There was some concern by a few people that removing of organs would mutilate a dead body which would not only be disrespectful to the dead person but also be upsetting for family and friends to pay last respects before cremation.

Some people who even though agreed that organ donation was a form of Sikhi sewa, felt uncomfortable talking about the subject as the thought of organs taken out of a body made them uneasy.

7. Ways concerns raised were addressed

NHSBT literature and videos provide expansive and detailed information on all aspects of organ donation. We found these extremely helpful in improving our knowledge and we were able to respond to many of the above issues raised by people during our conversations. We handed out NHSBT information leaflets. We also directed people to NHSBT website if they wished to find out more information and watch helpful videos.

We had specialists on hand at most of the events. On stall days at the gurdwaras, Sikhi and medical experts were available to address concerns. Volunteers at the stalls would pass these on to a representative and the concerns would be addressed in the congregation at appropriate intervals during the religious proceedings in the gurdwara. The experts carefully addressed these issues sensitively and knowledgeably, instilling confidence in people and addressing their doubts. Often after these talks, people would go to the stalls to register.

At group discussions SNODS (Specialist Nurses Organ Donation), a medical doctor and an ambassador were present to answer questions. They carefully explained the importance of organ donation, the process involved and addressed myths and doubts. This team of people was briefed beforehand on some of the myths and doubts held in the community (from our stalls' sessions) and they came prepared by addressing them in their talks, as well as answering further questions from the audiences.

8. Learnings from the project

We found that almost all people accepted that there are no hindrances in Sikhi to donate deceased organs and many were of the view that it is a form of sewa (selfless service without any reward or personal gain). Some people had not made this connection at a personal level and seemed to do so following listening to talks that explained the process of organ donation and how it saves lives and helps to improve quality of life of those that need organ transplants. By highlighting that in Sikhi the physical body is only a vassal for the soul in a perpetual cycle of rebirth; and that it is left behind each time and dissolved into elements, so after death if organs can be donated to help other living human beings, then that is sewa.

We also noted that explanations from medical experts that clearly set out the process of organ donation helped people to understand how organs are removed from deceased bodies and transplanted into living persons. Moreover, clarification that different teams of medical staff are involved in all stages instilled confidence – that one team certifies death, another

team mainly of SNODs talks to relatives about donating organs, and a different team of doctors carries out the transplantation. Personal stories told by organ recipients, a living organ donor and organ donor family members were powerful testimonies of the benefits of organ donation and impactful on the audiences.

We would suggest that gurdwaras are good settings to promote organ donation. We found that people were receptive to the idea of organ donation as a form of sewa. Many people appreciated the opportunity to discuss their beliefs and concerns in person, hence holding stalls was important. Providing clear information about organ donation and allowing people space to make an informed decision was also important.

Inevitably there will be people who find the whole idea of death and organ donation difficult to consider. We found that by respecting their wishes to not engage in detailed discussion but giving them a little encouragement to think about it by giving them information was appreciated by them. Some still flatly refused to talk about it and we respected their position.

Death is a taboo subject and often people may not have thought about it or discussed it with their families. We found that addressing the issue sensitively and respecting people's views went a long way as some felt they had created an unnecessary barrier for themselves. Nonetheless, it was important to continually respect people's views and wishes to gain their trust.

9. Some suggestions for running similar campaigns in other gurdwaras

Gurdwaras can partner with a local organisation in their area to run a campaign or run it by themselves. It is important to have a key member from the executive committee of the gurdwara to take responsibility for the campaign. A small team of people to plan and manage different aspects of the campaign is helpful.

Holding stalls in gurdwara premises where people can discuss in person with volunteers/workers and be able to get a range of relevant oral and written information to help them to register their decision on the NHS Organ Donor Register is helpful. Relevant Gurburab Sundays can be chosen as stall days as more people are likely to attend gurdwaras.

It is important to ensure that volunteers/workers are adequately briefed on the subject matter and on how to approach people sensitively, respecting their views and providing enough information to enable them to make an informed decision without pressurising them.

On stall days, it helps to highlight in the congregation that organ donation is a form of sewa and completely in alignment with Sikhi. A member of the committee or a granthi (priest) can highlight this at appropriate intervals during religious proceedings. If any medical staff are available that is helpful too as they can address the process of organ donation to transplantation.

Special events can be held separately in gurdwara premises by linking to any existing groups that meet there. At these experts can be invited to give talks and hold Q&A sessions (NHSBT

have a pool of experts to call upon). If special events like group discussions are not possible, experts can be invited to give talks in the congregation.

Many gurdwaras have websites and use various social media platforms. They can advertise and/or give information about organ donation and any organised events on these. Gurdwaras can also encourage people to register their decision on-line with the NHS Organ Donor Register.

NHSBT has a vast library of leaflets and videos suitable for different ethnic and religious groups which can be availed of to assist the campaigns.

10. Conclusions

Organ donation is a form of sewa which is completely aligned with Sikhi principles. During our project we did not encounter any hesitancy on this understanding. It was sometimes difficult for people to make the link with their agency. Explanations from Sikhi and medical experts helped to unravel the process of organ donation to organ transplantation. This seemed important for people to appreciate what is involved to enable them to make informed decisions about registering.

There were some concerns that people had, due to lack of information, myths and beliefs that needed addressing in the different methods of communication used in the project. The impact overall was positive, with people becoming more informed with explanations and facts. Some people had their own personal challenges which made it uncomfortable for them to engage in organ donation conversations and this had to be respected.

The gurdwaras are good settings to engage people in conversations about organ donation. There is generally a regular stream of people going into and out of the gurdwara darbar on Sundays and Gurburab days. Many people who were approached stopped on their way out to have a conversation. The special events with existing groups where detailed information from experts and those with personal experiences was shared proved successful. The pre-post questionnaires administered in the group discussions showed that the majority of people would be willing to donate their organs and receive organs if needed. This further suggests that there is general acceptance in the community regarding donating or receiving of organs.

Project 550 achieved its aim of registering 550 donors and went beyond with the final total of 625 registrations. Significantly higher number of people became aware of organ donation through the different methods of communication used, including the use of Punjabi radio and television. We estimate that we had conversations with approximately 5,000 people in person and reached more than 200,000 people through TV and social media outlets. NHSBT acknowledged the success of the project (see Appendix 4).

Importantly, Project 550 has successfully embedded the association of the topic of organ donation with the Sikh community linked to Southall gurdwaras and more widely through the media outlets the project used. This association provides a kind of legitimacy of engaging with the topic which it is hoped will encourage the community to continue to positively support

the sewa of becoming organ donors. Equally the project has shown that the community is generally positive towards organ donation but shares some misinformation and myths common with other communities.

The project has also shown that the community is generally receptive to information that addresses misinformation and myths, that is, when expert knowledge and accurate information is shared. The project is an example that paves the way for NHSBT to positively engage with the Sikh community using workable methods for continued future successful co-operation of the community in organ donation.

Acknowledgements

We are grateful to NHS Blood & Transplant for supporting this project. We very much appreciated advice and support from Emma Dixon, our link officer and the Community Investment Team at NHSBT; and Professor Gurch Randhawa, our Special Advisor at NHSBT. We are thankful to all the volunteers who worked so hard with dignity and sensitivity to achieve the high number of donor registrations and for raising awareness about organ donation among a wide range of people visiting the gurdwaras. Special thanks go to Rajinder Singh Sangha and colleagues at SGSSS for managing and supporting the volunteers and for other associated responsibilities on this project. We are indebted to all the experts, advisors and individuals who shared their knowledge and experiences at our events. We thank Desi Radio and KTV for hosting our shows. Finally, we are grateful to all the people who participated in the events and in conversations with us to register as organ donors or to think about becoming organ donors.

The project was managed by Harmeet Singh Gill from SGSSS and Dhanwant Kaur from SWRT.

2021

Appendices

Appendix 1 Flyer in English and Punjabi

Celebrating Guru Nanak Dev Ji's 550th Birth Anniversary

Become an organ donor and help save lives



Organ donation is the gift of an organ to help someone who needs a transplant.

Guru Nanak Dev Ji and other Gurus devoted their lives to humanity and some sacrificed their lives looking after the welfare of others.

Sikhi teaches the importance of giving and putting others before oneself.

Seva can be about donating your organ to another - Sikhi does not attach taboos to organ donation and transplantation and stresses that saving a human life is one of the noblest things you can do.

More than 6,000 people across the UK are waiting for transplants without which they could die. Individuals from black, Asian and minority ethnic (BAME) communities make up 31% of this list, despite only representing 10.8% of the population. This is because they are more susceptible to illnesses such as diabetes and hypertension, which can result in organ failure. Although many BAME patients can receive a transplant from a white donor, for many the best match will come from a donor from the same ethnic background.

The law is changing. From Spring 2020 all adults in England will be considered to have agreed to be an organ donor when they die unless they have recorded a decision not to donate. You can also register your decision to be an organ donor.



Register to be an organ donor in person at
Park Avenue and
Havelock Road
Gurdwaras, Southall
or online at
www.sgsss.org

Sri Guru Singh Sabha Southall (SGSSS) and Sikh Welfare & Research Trust (SWRT) have engaged in Organ Donation campaign with NHS Blood and Transplant support - 2019/2020.

ਸ੍ਰੀ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦਾ 550 ਵਾਂ ਅਵਤਾਰ ਪੁਰਬ ਮਨਾਉਂਦੇ ਹੋਏ

ਇੱਕ ਅੰਗ ਦਾਨੀ ਬਣੇ ਅਤੇ ਜਾਨਾਂ ਬਚਾਉਣ ਵਿੱਚ ਸਹਾਇਤਾ ਕਰੋ



ਅੰਗ ਦਾਨ ਕਰਨਾ ਕਿਸੇ ਅੰਗ ਦੀ ਦਾਤ ਉਸ ਵਿਅਕਤੀ ਦੀ ਸਹਾਇਤਾ ਲਈ ਹੈ ਜਿਸ ਨੂੰ ਟ੍ਰਾਂਸਪਲਾਂਟ ਦੀ ਜ਼ਰੂਰਤ ਹੈ

ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਅਤੇ ਹੋਰ ਗੁਰੂਆਂ ਨੇ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਮਨੁੱਖਤਾ ਲਈ ਅਰਪਣ ਕੀਤੀ ਅਤੇ ਕਈਆਂ ਨੇ ਦੂਸਰਿਆਂ ਦੀ ਭਲਾਈ ਲਈ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਕੁਰਬਾਨ ਕਰ ਦਿੱਤੀ.

ਸਿੱਖੀ ਦੂਜਿਆਂ ਨੂੰ ਦੇਣ ਅਤੇ ਆਪਣੇ ਅੱਗੇ ਰੱਖਣ ਦੀ ਮਹੱਤਤਾ ਸਿਖਾਉਂਦੀ ਹੈ.

ਸੇਵਾ ਤੁਹਾਡੇ ਅੰਗ ਨੂੰ ਕਿਸੇ ਹੋਰ ਨੂੰ ਦਾਨ ਕਰਨ ਬਾਰੇ ਹੋ ਸਕਦੀ ਹੈ - ਸਿੱਖੀ ਅੰਗ ਦਾਨ ਕਰਨ ਅਤੇ ਟ੍ਰਾਂਸਪਲਾਂਟ ਕਰਨ ਨਾਲ ਵਰਜਦੀਆਂ ਨਹੀਂ ਹਨ ਅਤੇ ਜ਼ੋਰ ਦਿੰਦੀਆਂ ਹਨ ਕਿ ਮਨੁੱਖੀ ਜਾਨ ਬਚਾਉਣਾ ਉੱਤਮ ਕੰਮਾਂ ਵਿੱਚੋਂ ਇੱਕ ਹੈ ਜੋ ਤੁਸੀਂ ਕਰ ਸਕਦੇ ਹੋ.

ਪੂਰੇ ਯੂਕੇ ਵਿੱਚ 6,000 ਤੋਂ ਵੱਧ ਲੋਕ ਟ੍ਰਾਂਸਪਲਾਂਟ ਦੀ ਉਡੀਕ ਕਰ ਰਹੇ ਹਨ ਜਿਸ ਤੋਂ ਬਿਨਾਂ ਉਹ ਮਰ ਸਕਦੇ ਹਨ. ਕਾਲੇ, ਏਸ਼ੀਅਨ ਅਤੇ ਘੱਟਗਿਣਤੀ ਨਸਲੀ (ਬੀਏਐਮਏ) ਕਮਿਓਨਟੀ ਦੇ ਵਿਅਕਤੀ ਇਸ ਸੂਚੀ ਦਾ 31% ਬਣਦੇ ਹਨ, ਸਿਰਫ 10.8% ਆਬਾਦੀ ਦੀ ਪ੍ਰਤੀਨਿਧਤਾ ਕਰਨ ਦੇ ਬਾਵਜੂਦ. ਇਹ ਇਸ ਲਈ ਹੈ ਕਿਉਂਕਿ ਉਹ ਸੂਗਰ ਅਤੇ ਹਾਈਪਰਟੈਨਸ਼ਨ ਵਰਗੀਆਂ ਬਿਮਾਰੀਆਂ ਦੇ ਵੱਧ ਸੰਵੇਦਨਸ਼ੀਲ ਹੁੰਦੇ ਹਨ, ਜਿਸਦੇ ਨਤੀਜੇ ਵਜੋਂ ਅੰਗ ਅਸਫਲ ਹੋ ਸਕਦੇ ਹਨ. ਹਾਲਾਂਕਿ ਬਹੁਤ ਸਾਰੇ ਬੀਏਐਮਏ ਮਰੀਜ਼ ਇੱਕ ਚਿੱਟੇ ਦਾਨੀ ਤੋਂ ਟ੍ਰਾਂਸਪਲਾਂਟ ਪ੍ਰਾਪਤ ਕਰ ਸਕਦੇ ਹਨ, ਪਰ ਸਭ ਤੋਂ ਉੱਤਮ ਮੈਚ ਉਸੇ ਨਸਲੀ ਪਿਛੋਕੜ ਵਾਲੇ ਇੱਕ ਦਾਨੀ ਦਾ ਹੋਵੇਗਾ.

ਜੇ ਤੁਸੀਂ ਅੰਗ ਦਾਨ ਕਰਨ ਲਈ ਰਜਿਸਟਰ ਹੋ ਜਾਓ ਤਾਂ ਤੁਹਾਡੇ ਪਰਿਵਾਰ ਨੂੰ ਤੁਹਾਡਾ ਫੈਸਲਾ ਦੇਣ ਵਿੱਚ ਸਹਾਇਤਾ ਹੋਵੇਗੀ.



NHS

ਅੰਗ ਦਾਨ ਕਰਨ ਲਈ ਆਪਣੇ ਆਪ ਨੂੰ ਰਜਿਸਟਰ ਕਰੋ
ਪਾਰਕ ਐਵਨਿਊ ਜਾ ਹੈਵਲੇਕ ਰੋਡ
ਗੁਰੂਦਵਾਰਾ ਸਾਊਥਾਲ
ਜਾ ਆਨ ਲਾਇਨ
www.sggsss.org

ਸ੍ਰੀ ਗੁਰੂ ਸਿੰਘ ਸਭਾ ਸਾਊਥਾਲ (ਐਸਜੀਐਸਐਸਐਸ) ਅਤੇ ਸਿੱਖ ਵੈਲਫੇਅਰ ਰਿਸਰਚ ਟਰੱਸਟ (ਐਸਡਬਲਯੂਆਰਟੀ) ਨੇ ਐਨਐਚਐਸ ਅੰਗ ਦਾਨ ਸਹਾਇਤਾ ਨਾਲ ਅੰਗ-ਦਾਨ ਮੁਹਿੰਮ ਵਿੱਚ ਹਿੱਸਾ ਲਿਆ ਹੈ - 2019/2020.

“The true servants of God are those who serve Him through helping others” Sri Guru Nanak Dev ji

PROJECT 550: ORGAN DONATION IN SIKHI

Dr Rajinder Pal Singh, world renowned Abdominal Organ (Kidney, Liver, Pancreas) Transplant Surgeon from the University of Manchester Hospital

Professor Gurch Randhawa, Director of the Organ Donor and Transplant Research Centre, University of Bedfordshire

Come along to learn more and ask questions, quell any concerns, doubts, myths about organ donation. “Whilst Asian people make up 5% of the UK population, they make up 17% of the transplant waiting list” – see how one day you could bring the gift of life to someone.

December 15th, 2019, 12.30 pm.

PARK AVENUE GURDWARA, SOUTHALL, UB1 3AG

www.sgsss.org/550-and-more-organ-donors



NHS

Blood and Transplant

Project 550: Is an initiative by Sri Guru Singh Sabha Southall and the Sikh Research Welfare Trust, working with the NHS to sign up more Sikh and Punjabi Organ Donors. To mark the 550th Gurburab of Sri Guru Nanak Dev Ji, we are working to sign up a minimum of 550 more donors.

Project 550 Organ Donation Campaign PRE-talk/discussion Questionnaire

ਪ੍ਰੋਜੈਕਟ 550 ਅੰਗ ਦਾਨ ਮੁਹਿੰਮ ਪ੍ਰੀ-ਟਾਕ / ਚਰਚਾ ਪ੍ਰਸ਼ਨਕਾਲੀ

Please answer questions 1 to 3 on this page only before the talk/discussion.

ਕਿਰਪਾ ਕਰਕੇ ਗੱਲ-ਬਾਤ ਤੋਂ ਪਹਿਲਾਂ ਇਸ ਪੰਨੇ ਤੇ 1 ਤੋਂ 3 ਦੇ ਜਵਾਬ ਦਿਓ.

1. Are you aware that you can donate your organs after death to help those who need organ transplants?

ਕੀ ਤੁਸੀਂ ਜਾਣਦੇ ਹੋ ਕਿ ਮੌਤ ਤੋਂ ਬਾਅਦ ਤੁਸੀਂ ਆਪਣੇ ਅੰਗ ਦਾਨ ਕਰ ਸਕਦੇ ਹੋ ਉਨ੍ਹਾਂ ਦੀ ਸਹਾਇਤਾ ਲਈ ਜਿਨ੍ਹਾਂ ਨੂੰ ਅੰਗਾਂ ਦੀ ਬਿਜਾਈ ਦੀ ਜ਼ਰੂਰਤ ਹੈ?

- | | | |
|----------|------------|--------------------------|
| Yes | ਹਾਂ | <input type="checkbox"/> |
| No | ਨਹੀਂ | <input type="checkbox"/> |
| Somewhat | ਕੁਝ ਹੱਦ ਤਕ | <input type="checkbox"/> |

2. Would you accept an organ transplant if you needed one to improve your life?

ਕੀ ਤੁਸੀਂ ਅੰਗ ਟ੍ਰਾਂਸਪਲਾਂਟ ਨੂੰ ਸਵੀਕਾਰ ਕਰੋਗੇ ਜੇ ਤੁਹਾਨੂੰ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਨੂੰ ਸੁਧਾਰਨ ਲਈ ਕਿਸੇ ਦੀ ਜ਼ਰੂਰਤ ਹੈ?

- | | | |
|----------|----------------------|--------------------------|
| Yes | ਹਾਂ | <input type="checkbox"/> |
| No | ਨਹੀਂ | <input type="checkbox"/> |
| Not sure | ਮੈਨੂੰ ਯਕੀਨੀ ਨਹੀਂ ਪਤਾ | <input type="checkbox"/> |

3. Would you be willing to give your organ/s after death to help to improve someone else's life?

ਕੀ ਤੁਸੀਂ ਕਿਸੇ ਹੋਰ ਦੇ ਜੀਵਨ ਨੂੰ ਸੁਧਾਰਨ ਵਿੱਚ ਸਹਾਇਤਾ ਲਈ ਮੌਤ ਤੋਂ ਬਾਅਦ ਆਪਣੇ ਅੰਗਾਂ ਨੂੰ ਦੇਣ ਲਈ ਤਿਆਰ ਹੋਵੋਗੇ?

- | | | |
|----------|----------------------|--------------------------|
| Yes | ਹਾਂ | <input type="checkbox"/> |
| No | ਨਹੀਂ | <input type="checkbox"/> |
| Not sure | ਮੈਨੂੰ ਯਕੀਨੀ ਨਹੀਂ ਪਤਾ | <input type="checkbox"/> |

Project 550 Organ Donation Campaign **POST**-talk/discussion Questionnaire
 ਪ੍ਰੋਜੈਕਟ 550 ਅੰਗ ਦਾਨ ਮੁਹਿੰਮ ਪੋਸਟ-ਟਾਕ / ਚਰਚਾ ਪ੍ਰਸ਼ਨਕਾਲੀ

Please answer questions 4 to 6 on this page only AFTER the talk/discussion
 ਕ੍ਰਿਪਾ ਕਰਕੇ ਇਸ ਪੇਜ 'ਤੇ 4 ਤੋਂ 6 ਦੇ ਜਵਾਬਾਂ ਦੀ ਗੱਲਬਾਤ / ਵਿਚਾਰ ਵਟਾਂਦਰੇ ਤੋਂ ਬਾਅਦ ਹੀ

4. After the talk and discussion on organ donation, have your views changed on giving organs for transplantations after death?

ਅੰਗ-ਦਾਨ ਬਾਰੇ ਗੱਲਬਾਤ ਅਤੇ ਵਿਚਾਰ-ਵਟਾਂਦਰੇ ਤੋਂ ਬਾਅਦ, ਕੀ ਮੌਤ ਤੋਂ ਬਾਅਦ ਅੰਗਾਂ ਦੀ ਬਿਜਾਈ ਲਈ ਅੰਗ ਦੇਣ ਬਾਰੇ ਤੁਹਾਡੇ ਵਿਚਾਰ ਬਦਲ ਗਏ ਹਨ?

Yes	ਹਾਂ	<input type="checkbox"/>
No	ਨਹੀਂ	<input type="checkbox"/>
Not sure	ਮੈਨੂੰ ਯਕੀਨੀ ਨਹੀ ਪਤਾ	<input type="checkbox"/>

5. Would you be willing to give your organ/s after death to improve someone else's life?

ਕੀ ਤੁਸੀਂ ਕਿਸੇ ਹੋਰ ਦੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਸੁਧਾਰ ਲਿਆਉਣ ਲਈ ਮੌਤ ਤੋਂ ਬਾਅਦ ਆਪਣੇ ਅੰਗਾਂ ਨੂੰ ਦੇਣਾ ਚਾਹੋਗੇ?

Yes	ਹਾਂ	<input type="checkbox"/>
No	ਨਹੀਂ	<input type="checkbox"/>
Not sure	ਮੈਨੂੰ ਯਕੀਨੀ ਨਹੀ ਪਤਾ	<input type="checkbox"/>

6. Would you discuss with your family/friends about your decision on whether or not to register on Organ Transplant Register?

ਕੀ ਤੁਸੀਂ ਅੰਗ ਬਾਰੇ ਟ੍ਰਾਂਸਪਲਾਂਟ ਰਜਿਸਟਰ 'ਤੇ ਰਜਿਸਟਰ ਹੋਣਾ ਹੈ ਜਾਂ ਨਹੀਂ ਇਸ ਬਾਰੇ ਆਪਣੇ ਫੈਸਲੇ ਬਾਰੇ ਆਪਣੇ ਪਰਿਵਾਰ / ਦੋਸਤਾਂ ਨਾਲ ਗੱਲਬਾਤ ਕਰੋਗੇ?

Yes	ਹਾਂ	<input type="checkbox"/>
No	ਨਹੀਂ	<input type="checkbox"/>
Not sure	ਮੈਨੂੰ ਯਕੀਨੀ ਨਹੀ ਪਤਾ	<input type="checkbox"/>

Appendix 4 Letter from NHSBT acknowledging Project's success



Blood and Transplant

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Sikh Welfare and Research Trust
Gurdwara Sri Guru Singh Sabha Southall

16 March 2020

Dear Dhanwant and Harmeet,

I wanted to take the time to congratulate you and the team on submitting over 550 completed organ donor registration forms as part of your campaign: 550 and more.

As an organisation, we know that myths and misconceptions around organ donation can be detrimental to our mission to increase the numbers of Black, Asian and minority ethnic organ donors across England and Wales. To counter these misconceptions, we rely on community organisations like yourselves, made up of passionate and motivated people who work towards change.

Thank you for helping us ensure the future is brighter for those waiting for a transplant. Your efforts within the Sikh community will have a lasting legacy and improve lives for years to come.

I wish you all the best for the rest of your campaign, and I hope that your success will inspire even more people to show their support for organ donation by registering and telling their family about their decision to donate.

Many thanks once again.

Millie Banerjee
Chairman
NHS Blood and Transplant



ਸ੍ਰੀ ਗੁਰੂ ਸਿੰਘ ਸਭਾ ਵਲੋਂ 550 ਅੰਗਰਾਣੀਆਂ ਦੀ ਮੁਹਿੰਮ ਨੂੰ ਵੱਡਾ ਹੁੰਗਾਰਾ



ਅੰਗਰਾਣ ਨਦੀ ਨਾਂਕ ਰਜਿਸਟਰਡ ਕਰਵਾਏ ਵਾਰਿਆਂ ਨੂੰ ਸਮਾਜਿਕ ਕਰਦੇ ਹੋਏ ਪ੍ਰਭਾਵਕ। ਭਾਰਤੀ ਮਨੁੱਖ ਸਿੰਘ ਬੰਨੀ ਕਾਮਾ ਲੰਡਨ, 19 ਦਸੰਬਰ (ਮਨਪ੍ਰੀਤ ਸਿੰਘ ਬੰਧਨੀ ਕਲਾ)। ਸ੍ਰੀ ਗੁਰੂ ਸਿੰਘ ਸਭਾ ਸਾਊਥਾਲ ਵਲੋਂ ਸ੍ਰੀ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੇ 550ਵੇਂ ਪੁਕਾਸ ਪੁਰਬ ਸਬੰਧੀ 550 ਅੰਗਰਾਣੀਆਂ ਨੂੰ ਰਜਿਸਟਰ ਕਰਨ ਦੀ ਮੁਹਿੰਮ ਚਲਾਈ ਗਈ ਹੈ, ਜਿਸ ਦੇ ਸੰਦਰਭ ਵਿਚ ਗੁਰਦੁਆਰਾ ਪਾਕ ਐਏਨਿਊ ਵਿਖੇ ਕਰਵਾਏ ਵਿਸੇ ਸਮਾਗਮ ਮੌਕੇ ਮਾਨਚੈਸਟਰ ਯੂਨੀਵਰਸਿਟੀ ਹਸਪਤਾਲ ਤੋਂ ਗੁਰਦੇ, ਮਿਹਦੇ ਤੇ ਪਿਤੇ ਆਇ ਦੇ ਰੋਗਾਂ ਦੇ ਮਾਰਿਤ ਸਰਜਨ ਡਾ: ਰਾਜਿੰਦਰਪਾਲ ਸਿੰਘ, ਅੰਗਰਾਣ ਤੋਂ ਅੰਗ ਬਦਲੀ ਖੋਸ: ਕੋਦਰ ਦੇ ਡਾਇਰੈਕਟਰ ਪ੍ਰੋ: ਗੁਰਚ ਰੰਪਾਵਾ, ਡਾ: ਜਸਦੇਵ ਸਿੰਘ ਰਾਏ, ਡਾ: ਉਦਕ ਸਿੰਘ ਸਰੋਤਾ ਜੀ.ਪੀ. ਤੋਂ ਲੰਡਨ ਅਸਿਬਲੀ ਸੋਸਰ, ਡਾ: ਪਰਦਿੰਦਰ ਸਿੰਘ ਗਰਚਾ ਜੀ.ਪੀ. ਤੋਂ ਸੋਸਰ ਸਿੰਘ ਸਭਾ ਪ੍ਰਬੰਧਕ ਕਮੇਟੀ, ਡਾ: ਜੀਲਿਨ ਸਿੰਘ, ਅਲੀਤਾ ਸੰਧੂ ਆਇ ਨੇ ਸੰਬੰਧਨ ਕਰਵਾਇਆ ਅੰਗ ਦਾਨ ਦੀ ਮਹੱਤਤਾ ਤੋਂ ਜਾਣੂ ਕਰਵਾਇਆ। ਉਨ੍ਹਾਂ ਦੱਸਿਆ ਕਿ ਏਸੀਅਨ ਭਾਈਚਾਰੇ ਵਿਚ ਅੰਗਰਾਣੀਆਂ ਦੀ ਘਾਟ ਹੋਣ ਕਾਰਨ ਬਹੁਤ ਸਾਰੇ ਮਰੀਜ਼ਾਂ ਨੂੰ ਲੰਮਾ ਸਮਾ ਚਿੰਤਿਤਾਰ ਕਰਨਾ ਪੈਦਾ ਹੈ, ਤੇ ਉਹ ਜਿੰਦਗੀ ਤੇ ਸੌਤ ਵਿਚਕਾਰ ਸੰਘਰਸ਼ ਕਰਦੇ ਰਹਿੰਦੇ ਹਨ। ਉਨ੍ਹਾਂ ਦੱਸਿਆ ਕਿ ਏਸੀਅਨ ਲੋਕਾਂ ਵਿਚ 5 ਡੀਸਈ ਲੋਕ ਅੰਗਰਾਣ ਕਰਦੇ ਹਨ, ਜਦਕਿ 17 ਡੀਸਈ ਲੋਕਦੰਦ ਚਿੰਤਿਤਾਰ ਬੁਢੀ ਵਿਚ ਹਨ। ਗੁਰੂ ਘਰ ਦੇ ਜਨਰਲ ਸਕੱਤਰ ਹਰਮੀਤ ਸਿੰਘ ਹਿਲਿ ਨੇ ਦੱਸਿਆ ਕਿ ਸਮਾਗਮ ਦੌਰਾਨ 100 ਨਵੇਂ ਅੰਗਰਾਣੀਆਂ ਨੇ ਆਪਣੇ ਨਾਂਕ ਰਜਿਸਟਰਡ ਕਰਵਾਏ ਹਨ। ਗੁਰੂ ਘਰ ਦੇ ਪ੍ਰਦਾਨ ਗੁਰਮੇਲ ਸਿੰਘ ਮੌਲੀ ਨੇ ਅੰਗ ਦਾਨੀਆਂ ਦਾ ਚੰਨਵਾਦ ਕਰਦੇ ਹੋਏ ਕਿਹਾ ਕਿ ਅੱਜ ਅੰਗਰਾਣ ਸਭ ਤੋਂ ਵੱਡੀ ਸੇਵਾ ਹੈ, ਜਿਸ ਨਾਲ ਕਿਸੇ ਮਨੁੱਖ ਦੀ ਜਿੰਦਗੀ ਬਚਾਈ ਜਾ ਰਹੀ ਹੈ।

