

A TRIBUTE TO SHIRLEY NOLAN

SHIRLEY NOLAN dedicated over a quarter of a century to establish a life-line to save children and adults suffering immune deficiencies, leukaemia and allied diseases.

The Anthony Nolan Trust owes its existence to her determination, when in 1974, in an attempt to save the life of her only child, Shirley with Dr David James, founded the world's first Bone-Marrow Register.

Made possible, from its inception, by the tremendous support of The National Association Of Round Tables of Great Britain and Ireland, and the invaluable input of their Past-President Simon Dyson, now Director of the Trust, purpose-built laboratories, where volunteer donors are tested, house the largest donor register in the world.

In-addition to the Round Tablers and the continuous and positive media coverage, there has been the overwhelming support of many celebrities and the lifeblood of any charity, the golden-hearted ordinary folk.

Shirley's campaigning, her book *A Kiss Through Glass* and numerous features in most of the world's magazines and newspapers, plus her frequent radio broadcasts, TV documentaries and personal interviews, did much to focus attention on the plight of children like Anthony and on the pioneering work of the Trust.

Sadly, no donor was found in time to save Anthony, who died in 1979, aged just seven years old.

1996 celebrated the opening of The Anthony Nolan Round Table Research Centre. The donor register exceeds 300,000 and The Anthony Nolan Trust now incorporates 45 other countries, resulting in thousands saved.

ANTHONY DID NOT DIE IN VAIN.

April 2002

TO WHOM IT MAY CONCERN

MY LIFE AND MY DEATH

I have battled Parkinson's Disease for more than 25 years to the stage of losing control of my body. Now, at times, I cannot even move, speak or breathe. I am further demeaned by staggering, shaking and falling, appearing to be inebriated. It is easy to appreciate the loss of self-esteem in Parkinson patients when they see the look of disgust when observed by the unenlightened.

Parkinson's Disease becomes increasingly degenerative. I am beginning to stoop, my muscles too weak to hold my body upright. My feet claw like talons and recently, my hands cramp and become exceedingly painful.

My muscles are almost constantly in spasm, i.e. rigid, heavy and aching. Most of the time in this latter stage of the illness, I find it impossible to relax sufficiently to read a book, view TV or even lie on my bed. I can no longer even control my body temperature. I hover between a

state similar to hypothermia and menopause. My face can be hot and perspiring and my feet blue and icy. Passing from one room to another of a different temperature causes me to freeze, i.e. rendered completely immobile and helpless.

Those blocking research for Parkinson's (and other neurological conditions), should experience the indescribable terror of this paralysis. They should experience the slow erosion of self-confidence, self-worth, freedom and independence; the inability to even walk alone; leave one's home unassisted; go to a movie, dine out, visit friends - those few stalwarts who remain.

It is a life without quality. It is a living hell. I place what is left of mine on the altar of compassion in the hope that my death will highlight the plight of others and thus, serve some purpose.

I pray for the speedy success of a change of the law to allow people like me to have assistance to die. Meanwhile, I must take my release into my own hands. I have already exercised my legal right to take my own life but, unfortunately, I botched it. Consequently, I have now planned with greater care and I hope fervently that I will succeed the second time.

A handwritten signature in cursive script that reads "Shirley Nolan". The signature is written in black ink and is positioned above the typed name.

SHIRLEY NOLAN OBE.
RF

SHIRLEY NOLAN OBE

The South Australian Voluntary Euthanasia Society.

To whom it may concern,

I hope today I can end the horror my life has become.

Parkinsons Disease has slowly debilitated me for some 25 years, leaving in its path., an almost unrecognisable parody of my former self.

Here today, my last day, I am an advocate of Death, yet for over a quarter of a Century, as Founder of The Anthony Nolan Trust I have worked with fervour and determination to give to children and adults throughout the World, suffering Leukaemia

and related diseases, the greatest gift of all, THE GIFT OF LIFE.

YET, as valuable as that life is, when shown it no longer has quality reduced to intolerably cruel days and nights of pain and suffering, I have always believed in THE RIGHT TO DIE - WTTT DIGNITY

From the heart, I should have that Right.



SHIRLEY NOLAN OBE.
RF

The South Australian Voluntary

Euthanasia Society.
20th April 2002.

I SHIRLEY NOLAN of the above address affirm that I have given some of my written works, pertaining to Voluntary Euthanasia, including my personal experience stricken with advanced Parkinsons Disease, to The South Australian Voluntary Euthanasia Society. with my permission to use them in any way they wish to further the cause of Voluntary Euthanasia ie.The right to die with dignity and in peace.

SHIRLEY NOLAN OBE.



SHIRLEY NOLAN OBE.
RF

