



A Family's experience of organ donation

Fiona Braidwood Aged 17

"Fi died in March 2016 following a car accident. On that day at the hospital we saw our beautiful, clever, vibrant, quirky and much loved daughter and sister, slip away.

"Fi joined the organ register at a young age and encouraged others to do the same. She made sure we were all aware of her wishes.

"We are so proud of Fi. The sadness we feel will never go away but we know she has helped save the lives of four other people, a very special legacy."

Fiona Braidwood's Mum, Dad, Sister and Brother (Vicki, Kenny, Ally and Euan)

Fiona Braidwood known as Fi

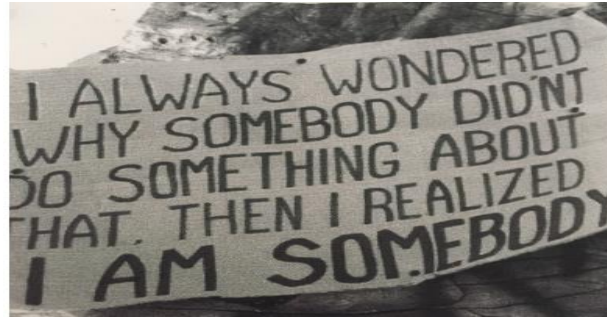
My daughter and middle child
A beautiful, strong, clever,
talented, vibrant young
person who sparkled with
energy and lived life to the full
and was excited about the
future.



Fi's character and principles



- *Fi lived by her beliefs. On her wall she has a quote, 'speak the truth, even if your voice shakes'.*



- She had a strong moral compass and was uncompromising
- Standing up for her values and principles
- Fi wanted to make the world a better place
- It sometimes feels like she has handed over an important baton....

Memory from Fi's friends shared at her funeral

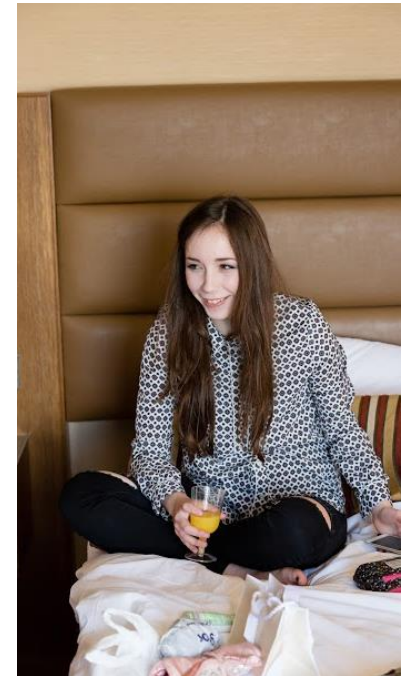
Love Fi - Fi's legacy.



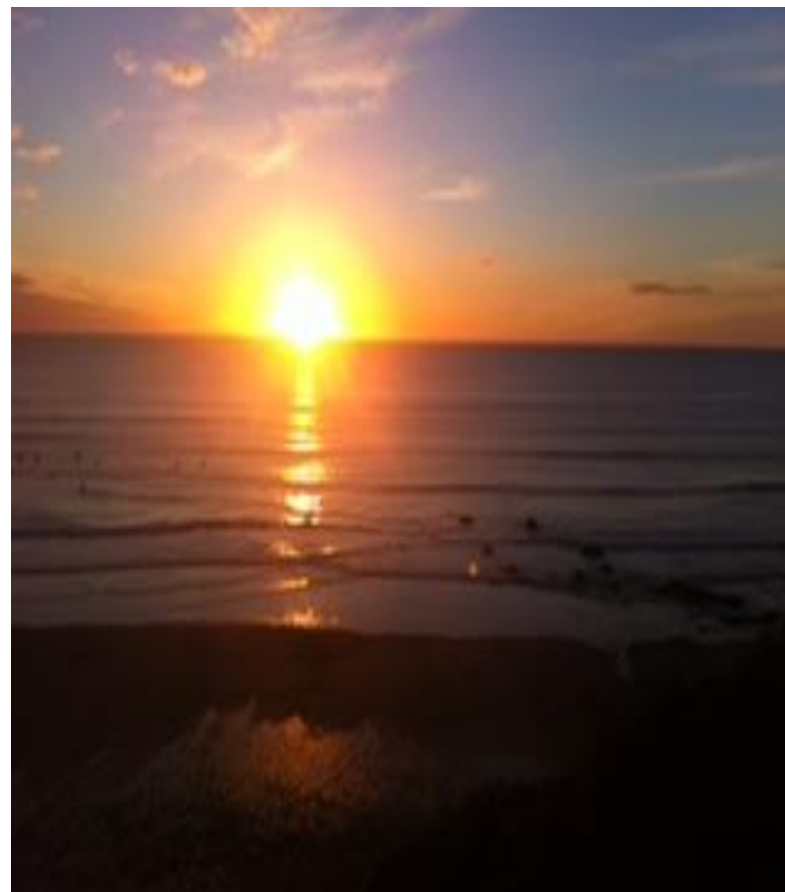
'In her room there is a sign asking, 'what do you want to be when you're older?'. the reply is 'happy.' and she was, she really was'

'Fi never stopped smiling. whether she was cutting up pizza with scissors after a night out or taking lit disposables, her iconic character shines through every memory'

'Her strength of character and independence is obvious in everything she does. Her determination to live life to the full and make the most of every moment is amazing; In this way Fi is truly iconic'



A young life cut short



The approach to organ donation



- Fi had made her wishes known
- We were having conversations about donation.
- It wasn't a shock nor was it hard - only easy thing that happened on that day!
- Kindness, support, compassion and professionalism by the whole team
- A beacon of hope
- Following Fi's wishes, would mean lives could be saved

Having certainty about organ donation

- We are so grateful Fi passed on her wishes
- Fi talked about her decision frequently and openly
- It wasn't something we had to consider for her
- As a multiple organ donor together with the skills of the medical and transplant teams, Fi donation went onto to save the lives of four people
- What an incredible legacy something we continue to be immensely proud
- Nearly 7 years on we are still adjusting to a new way of living
- The sadness continues but never with any regret around organ donation





Yes I donate
ORGAN DONATION



FEES FUND

Life isn't about waiting for the
storm to pass, it's about
learning to dance in the rain.

Keeping Fi's energy and spirit close has been very much part of my active grief journey

Examples of focus that have helped me to move forward with hope and helped shape my grief experience



A living legacy Promoting Organ Donation



A momentum for something positive to come out of such sadness



Organ donation resources

NHS
Blood and Transplant



Fiona Braidwood Aged 17

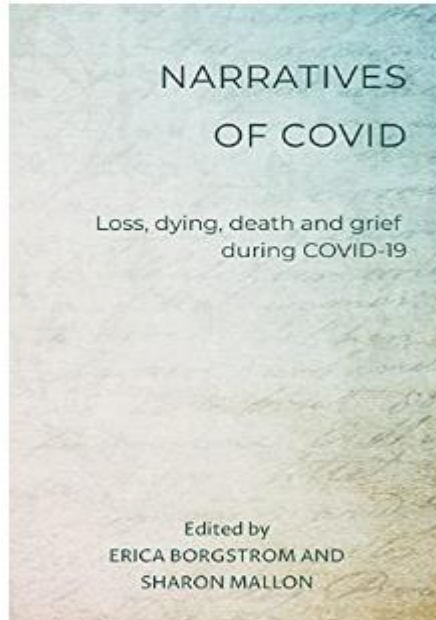
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organdonation.nhs.uk



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16.05.2022
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Returning to Fi's principles, values and qualities

I hope you have been inspired by Fi and hearing Ross and Eliza incredible transplant stories

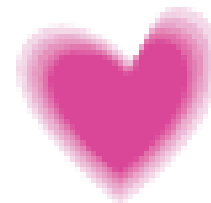
Quote from Fi's friends

I think one of the things that we will remember Fi for the most is her happiness and love of life. Her determination to live life to the full and make the most of every moment is amazing; In this way Fi is truly iconic.

She has inspired us to do as she did- to live our lives to the full. anything else would seem like a discredit to her



The work you all do and the contributions you make to organ donation and transplant services is important and has far reaching impacts



Yes I donate
ORGAN DONATION