Kidney disease has always been common in Croydon and throughout the late 1990s it was clear that this was a growing problem. The ethnically diverse population with associated high rates of diabetes and hypertension is thought to be responsible. Up until the year 2000, those Croydon patients who required haemodialysis would have to travel up to St Helier hospital in Carshalton for their treatment. It was to make life easier for these patients that the Elizabeth Ward Dialysis Unit was opened on the 11th of May 2000. Recently patients and staff celebrated the 10th Anniversary of dialysis at this unit.

The festivities were spread over 2 days on the 11th and 12th of May 2010, to ensure all the patients and staff could participate and enjoy this special occasion. There was much reminiscing of past achievements and how the Unit has grown and evolved.

Much of the cost of creating the dialysis unit for Croydon was provided by the British Kidney Patient Association and the newly christened Elizabeth Ward Dialysis Unit was formally declared open on the 11th May 2000, by the founding president of this charity, Mrs. Elizabeth Ward OBE.

The unit started with 12 dialysis stations in partnership with Fresenius Medical Company. At the time, it was one of the first units in the country to provide online haemodiafiltration for all patients. The first 12 patients were transferred to the Unit from other dialysis centres around the region, and 4 of those patients still dialyse at the unit today. Dr Nestor Velasco was the Kidney Consultant looking after these pioneer patients at the time.

Very quickly, it became clear that the demand for a dialysis place in Croydon was increasing quickly. By late 2005, all dialysis slots were full and plans were made to increase capacity. Dr Velasco had left to work in Scotland by then, and

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020 8777 7371

St Helier & Surrey KPA
Dave Spensley, Chairman
01483 426276
Jim Rae, Treasurer:
01403 242601

We are sorry to announce that Nick Lewis has resigned as Editor of Reality due to increased pressure of work and other commitments. We would like to thank him for the time he gave to Reality. In the short term, Peter & I are back in harness but we are looking for a new Editor to take over as soon as possible. We offer a lot of help to the person who would like to take it on.

Renality Would you like to advertise in Renality?
We distribute up to 5,500 copies of this quarterly Newsletter to patients who live within the catchment area of S W Thames Renal & Transplantation Unit (SW London, all of Surrey, W Sussex and NE Hampshire).

If you would like to advertise your business in this publication, contact Sue Beesley on 01483 724615

Remember …
our website addresses are:
South West Thames Kidney Fund:
www.kidneyfund.org.uk
South West Thames Institute for Renal Research:
www.swtirr.org.uk
St Helier & Surrey Kidney Patient Association
www.shskpa.org

The opinions and views expressed in this Newsletter are those of the individual or organisation expressing them. There can be no assumption that such views and opinions are supported by any other subscribing organisation or individual.

We would like to thank Riverprint Ltd, Farnham for their help in producing this Newsletter.
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If you would like to advertise your business in this publication, contact Sue Beesley on 01483 724615

Renality is now available on CD, PDF form & large print
Our thanks go to Joanna Bending who reads and edits the Newsletter and to her colleagues. Thanks must also go to Richard Sammons who produces the CDs and distributes them.

We thank Graham Morrow who produces the electronic version.

If you know of any patient who would like to use these services, please contact: Peter or Margaret Simpson on 01252 792196 or email: mps@mpsimpson.demon.co.uk

Newsletter deadline:
We welcome letters, articles and opinions from our readers. If you wish to contribute, all items for inclusion in the next Newsletter must reach us by Friday 24th September 2010.
Dr Vip De Silva was appointed as his replacement. We were fortunate to obtain money from the London Modernisation Fund that allowed an extension to the unit to be built and this was formally opened by Mr Brian Philpot, Chairman of Mayday NHS Trust on the 21st of November 2006. This extension allowed us to increase the number of stations from 12 to 23.

Demand has continued to increase and as many of you now, a second dialysis unit for Croydon has recently been built and is accepting patients in Purley. A second renal consultant for Croydon – Dr Mysore Phanish – joined us in 2007.

I would like to take this opportunity to mention some key achievements from the past few years. Firstly, I would like to express my thanks for the generosity of our patients and staff, in fundraising for renal and other charities. Some of these are listed below.

- In October 2008, the Unit raised £165 to help the Breast Cancer charity at Mayday Hospital.
- On the 28th April 2009, we organised a “Vampire Day” in conjunction with the Kidney Fund Marathon 2009. Patients dressed up in Red or Black or as Count and Countess Dracula. The response was wonderful, raising a total of £478 for the SWTKF.
- On the 6th September 2009, one of our nurses Louise Coughlan took part in the 2009 Adidas 5K Women’s Challenge and raised £322.00 for the Renal Research Institute.
- On the 4th October 2009 nurse Erlyn Tacuboy raised £655 for the victims of Typhoon Ondoy in the Philippines. Thanks once more particularly to the patients who donated very generously to help those affected by this disaster.
- In June 2010 the Buffer Bear Nursery at Mayday organised “Toddle Waddle” – an event to raise funds for Meningitis. Karina, our receptionist has two young boys and staff and patients sponsored them raising £150.

In addition to active fundraising, we have also been actively involved in teaching and improving nursing skills. We have Renal Course students from St. Helier and I take this opportunity to congratulate nurses Louise Coughlan, Susan Johnson and Nyevero Botsh on the success of their Haemodialysis Module. We have also had student nurses from Kingston University coming to us to get an insight into Haemodialysis.

In terms of innovation, Sister Angie is leading on button hole cannulation techniques as well as nurse monitoring of EPO dosing. We are also trialling new dialysers from Fresenius as a pilot study for the rest of the St Helier Units.

Our 10th anniversary marks a very big milestone for the unit. The 2 days of celebration were greatly enjoyed by patients and staff. A special mention must be made of the 4 patients who have been dialysing at the EWDU from the start – Ingrid Chisholm- Ritch, Marcia Johnson, Paul Hamilton and Victor Amoah. We managed to embarrass them thoroughly with gifts and flowers.

On behalf of the Unit, I would like to thank SHSKPA for sponsoring this occasion with financial aid, Mr Gregory Rose for his donation of prizes for our raffle as well as our beautiful floral display, Mr Peter Siu for the photography, Steve Simper, Susie Mallinder, Sue Woodcock, Cathy Woolley and Julianna Egbe who attended from the main unit at St Helier, and to our 2 Consultants for all the support. I must thank the staff for their hard work and loyalty and especially mention Pep Vilasco and Vivian Pascal, the 2 sandwich makers who worked tirelessly to make this event a very successful one.

Last, but certainly not least, I would like to thank all the patients for their much appreciated contribution of gifts and food. Everyone showed great spirit and I sincerely hope that we can continue to make the EWDU a very welcoming environment to be treated and work in, and may the Unit go from strength to strength as we maintain this family like ethos for years to come.

Thank you. Dr. DeSilva/Sister Doris Khaw
Renal Unit News
A message from the Clinical Director …

With a change in government, there is always a change in focus. The White Paper has just been released, and we wait to see what impact this will have on our care. One thing that is clear is that we are facing challenging times financially. All of us are expected to make savings and to work more efficiently. The Renal Unit is not immune from these pressures, and we have identified a number of ways to work more smartly and consistently. We have looked at the whole service, but clearly our focus is always to deliver the best quality care. Hopefully we shouldn’t need reminding about that, but as ever, we welcome your comments and feedback (good or bad) in order to try to continuously improve the service.

Beacon, Secombe and Richard Bright Wards
Some of you may have noticed significant changes on Beacon Ward. Thanks to the KPA who kindly provided funds, every bed is now plumbed in for dialysis, and the ward has also been redecorated. As these works were completed, we have decided to have an additional drive to improve infection control measures in the unit. Renal patients are much more likely to develop infections, and have a much higher rate of MRSA. Having said that, so far this year, we have seen the lowest number of infections ever. We want to consolidate this, so have decided to use the far end of Beacon Ward as a cohort area for patients with positive swabs for MRSA. We are making some additional changes, and increasing the number of nurses available on the ward. Patients in this area will receive the same high quality nursing and medical care. As a result, we hope that we will see fewer patients becoming colonised, and therefore reduce the risk of subsequent infection. We also anticipate that we will have more side room provision. We also arranged for Secombe and Richard Bright Ward to have a ‘super deep clean’ with a process called ‘Bio Quelling’ to effectively disinfect the whole ward areas so that these wards can be used for patients that we know are not colonised with MRSA. Furthermore, we have worked with the microbiology department to have a seven day a week rapid screening service so that all patients being admitted will be swabbed. We feel very positive about this, and are convinced that it will improve long term care.

Trust Awards
I was pleased to be invited to sit on the judging panel for this year’s Annual Trust Awards. It was a genuinely uplifting experience hearing about the wonderful work and dedicated individuals and teams that work throughout the Trust. I felt quite humbled by the end of the meeting. We sometimes have a blinkered approach, but it did make me think that I should make more effort to thank those people that go the extra mile, and I would appreciate it if you could also acknowledge some of the fantastic staff that we have here. I was delighted to see that the Renal Unit Infection Control Team won the Trust Infection Control Award. Over the past year, they have worked tirelessly to improve practices across the whole unit. Particular thanks should go to Maggi Steele, Josie Murphy and David Makanjuola.

In addition, our Pharmacy Technician won the ‘Behind the Scenes’ Trust Award. This is richly deserved. Keeping medicines management in check is a huge undertaking. Judy does the job of two people and is an absolute delight to work with.

Transplant Skin Surveillance Clinic
Dr Chris Harland, one of the dermatologists, is setting up an annual skin surveillance clinic for kidney transplant patients. For those of you with a kidney transplant, you will be aware that there is an increased incidence of skin cancer following transplantation, but this is eminently treatable. However, it is important that new lesions are spotted early and managed appropriately. In the early period, we are going to refer all transplant patients from south west London to this service, and we encourage you to take up this opportunity. Once we have more clarity about the Surrey Renal tender, we will review our plans for those of you living outside south west London. In the interim, feel free to discuss this with your consultant.

Surrey
I remember writing this time last year that we were approaching the end of the Surrey Tender for the new in-patient centre. Well, I think that we probably are approaching the end of the Surrey Tender. We have worked hard with our partners to develop a model of care that fits with Surrey’s requirements and is good for patients. There are still a few more stages in the tendering process, and if there is no slippage in the time-lines, we should have a clear view by the end of the year. I guess Rome wasn’t built in a day……..

James Marsh
Don’t mention DNA!

Do you know what DNA refers to? Of course you do. You are all now thinking it is obvious; it means DEOXYRIBONUCLEIC ACID and of course you are all quite correct. But ask your doctor, your nurse or any of the support staff in outpatients and they will tell you it means DID NOT ATTEND.

Do you remember your first date? Imagine you have got dressed up, planned the location, incurred expenses and prepared yourself for the encounter. And then what happens, your date does not turn up. I am sure this has never happened to any of you but can you imagine how you might feel.

When your GP refers you to the renal unit for the first time or when your consultant or nurse arranges for you to have a follow-up appointment, a lot of work goes into arranging this appointment for you. Referral letters have to be dictated and typed. The booking clerks have to agree a time and date and notify you. A couple of days before the appointment, the clinic prep team work to ensure your notes are available and have all up-to-date information and results available. And, finally on the day of your appointment, the clinic nurses and your doctor familiarise themselves with your status ready to meet you.

So now imagine how this whole team feels when a patient simply does not keep their appointment.

You may now be thinking; surely this does not happen that often to be a real problem. Well most years we see nearly 30,000 patients in the renal unit and a staggering 7%, that is 2,100 patients do not attend their appointment and do not let us know beforehand.

The problem with this is that the patient is not just creating unnecessary work for the support teams and their doctor but we will have allocated a slot to that patient rather than another who may be very keen to attend. There is also a very real cost to all of us. The unit will be losing anything between £300,000 and £400,000 each year due to DNAs and this is our tax paying money.

The renal unit is working hard alongside our Trust colleagues to improve the quality and efficiency of our service delivery and we need your help to do this. Please help us by reducing the number of DNAs by ringing the clinic in advance if you are unable to attend or no longer wish to keep an appointment. Also, if you have any ideas as to how we can as a unit reduce any inefficiencies in our service so that we can direct all resources in the right places, please do let us have your ideas by either telling a member of staff or contacting us at: renalfeedback@esth.nhs.uk.

Thank you for your continued support with making this Unit one of the best in the UK.

Steve Simper
General Manager, Renal Services.

Kingston Satellite Unit Summer Social

The third annual Summer Social took place at Old Paulines Rugby Club ground (COLETS) at Thames Ditton on Sunday 13th June 2010.

Some sixty people attended including children and the very young children were able to visit the village fete in a field next door. The social took the form of a picnic with a shared meal followed by two games of rounders. This always proves popular as it is suitable for people of all abilities. Those unable to run due to infirmity had a runner to help them.

It was a very enjoyable afternoon well supported by both patients and staff and the rain held off. It is a very successful formula.

Mr Stan Humphries

Are you a Carer?
Would you like to have contact with a similarly placed carer?

The wife of PD patient living in the Guildford area would like to make contact with a similarly placed wife or carer.

If you are interested, please contact Celia Eggeling on 020 8296 2940 or Anne Hurley on 020 8296 2494 for further details.
Susie Mallinder / Sue Woodcock  
Leadnurses

At the time of writing this article we find ourselves blessed with days of beautiful sunshine, this helps to brighten our moods after a rather disappointing World Cup.

The Renal Unit staff celebrated the opening of the newly refurbished haemodialysis kitchen / staff room recently, the room has been transformed from a dark and dingy area to a lovely fresh and bright room where staff will now be able to relax and enjoy their well earned breaks. We would like to extend our thanks to the KPA for supporting this refurbishment.

We have had a busy few months, spring cleaning our units to ensure our Infection Control practices continue at a high standard. A few changes that have been implemented to help us drive down infection rates are:

- Development of a ‘Cohort’ Ward for patients requiring isolation, this is on Beacon Ward
- A new policy for ‘locking’ haemodialysis catheters after dialysis, the new locking solution contains antibiotics and heparin, to help prevent infection
- MRSA admission swabs are now analysed using a different technique, this will give us results within a few hours, so patients can be nursed in appropriate isolation facilities if appropriate
- Disposable and single patient BP cuffs
- Enhanced cleaning of all equipment on the Renal Unit on a regular basis
- 2 person technique used when commencing and completing Haemodialysis using a permacath.

Jackie Moore, Senior Anaemia Nurse, has successfully completed the ‘nurse prescribing’ course, which is a tremendous achievement. Jackie is now able to prescribe medications and the whole anaemia team are benefiting from this practice. Well Done Jackie!

We would also like to congratulate Martha Mawora who has been promoted to a Senior Sister working in the Vascular Access Team, we will be recruiting into her previous post, which will increase the nursing staff in this team. This will support Andrea Whitmore who will be developing the Surgical Practitioner Role.

Air Conditioning will soon be fully functioning at Kingston Satellite Haemodialysis Unit, this will improve the environment for staff and patients. We apologise for the inconvenience caused by this work, but, we are sure Angela and her team will do all that they can to minimise the disruption.

Wishing you all an enjoyable summer.

Susie Mallinder

Do you need Social Work/Counselling information?

The new website for the Epsom & St Helier Hospitals is well worth a visit, showing all the services on offer and in particular, the services offered by the Renal Unit.


Then run through the list of renal services and click on Social Work and Counselling Services.

Many issues are covered in the Counselling Service Section:

- Benefit Eligibility information
- Employment issues
- Disability Living Allowance/Attendance Allowance (DLA/AA)
- Welfare Benefit checks
- Travel expenses to the Renal Unit
- Insurance - Car
  - Life cover and mortgage
- Holiday
TO ALL USERS OF RENAL PATIENT VIEW

From Monday 28th June, there has been a change in the way creatine levels are measured in the laboratories at Epsom and St Helier. This is occurring as a part of a national process to ensure the creatinine tests at different laboratories are comparable – at the moment they are not.

The effect of the change is that creatinine levels at the lower end of the range (<120) will read lower using the new test, whereas creatinine readings above 120 will read higher. This does not mean your kidney function has changed. In some cases the differences can be quite large, so a creatinine of 300 (old reading) may become 350 (new reading). The effect on GFR values will be less, but you may find there has been a small fall under the new system.

The change will not affect users who have their tests performed at other laboratories (Frimley/Royal Surrey/St Peter’s/East Surrey).

Dr High Gallagher, Renal Consultant

WE NEED AN EDITOR FOR

The work is social and keeps you up to date with what is happening in the Renal Unit. It involves collecting news from contacts you will make in the Renal Unit, the Research Institute and the Charities; commissioning articles; arranging photographs; keeping people to deadlines- most are regular contributors; and making arrangements with the printers, Riverprint Ltd of Farnham.

The Editor has a choice of either producing the finished newsletter, or getting the photos and articles to Riverprint who have offered to do all the artwork and produce a template for the Editor and the Editorial Board to amend and approve.

The new Editor would have all the support and assistance they needed from previous (and presently interim) editors Margaret & Peter Simpson, and also from the Renality Editorial Board.

You will need approximately 7 to 10 days each quarter (fitting in with any other commitments) to assemble Renality.

If you are interested in the job and wish to find out more, please contact

Margaret and Peter Simpson, 01252 792196
Anne Collard, 0208 296 3698
Sara Johson, 0208 296 3681
Dave Spensley, 01483 426276

If you wish to volunteer let us know as soon as possible.
St Helier and Surrey Kidney Patients’ Association
- concerned with the welfare of patients of the Renal and Satellite Dialysis Units

By the time you read this it will be August already, where did the first half of the year go?

It’s been a relatively quiet few months so there’s not too much to report on. An update on the main ongoing project and various other matters are set out below.

**Surrey Renal Service**
We are still in discussion with Surrey NHS regarding our bid to have a renal unit at St Peters.

This has been ongoing for more than a year and now the general election is over we can hopefully move forward to the final stage.

**NKF Conference**
This will be held at the Hinkley Island Hotel, Hinkley, Leicester on Saturday 9th and Sunday 10th October and the KPA will pay the special package rate for KPA members.

**Golf Day**
Friday 18th June saw the 4th KPA golf day and although the numbers were less than half of last years and we had much less to auction the KPA still benefited by over £600.

Thanks must go to Jim and Shirley Rae for organising this event in difficult economic times.

**Sutton & Purley Satellites**
Both of these units are up and running and we need Patient Representatives for both. If you’re interested please contact me on (01483) 426276.

**Treasurer’s Position**
Jim Rae will stand down as Treasurer at our AGM on 2nd November 2010 and we will need a replacement. If you have a financial background and are interested or have either a family member or friend who may be then please contact me.

An advert for this position appears separately in this edition

**Other News**

**KPA AGM:**

This years AGM will be held on Tuesday 2nd November at 7.30 p.m. in the Blue Room at the Renal Unit of St Helier.

**Christmas Patient Luncheon:**

This years luncheon will take place on Saturday 11th December between 12.00 and 2.00 p.m. and again this will also be held in the Blue Room.

Best Wishes

Dave Spensley, Hon. Chairman

---

**KPA Donations**

St Helier and Surrey KPA would like to thank the following people for their much appreciated donations:

Hussein Refet  Manuel Morrison  Roy Stavrou
St Helier and Surrey KPA
would like to thank all of
those individuals who have
donated in memory of:

Reginald Anthony Walker
Jackie Ladbrook
Clive Bradshaw
Christopher Purkiss
Frank Fiddler
Royston Keith Hayward
Harold Edward Hamblin
Patricia Hutton
Selina Williams
Dhruprasad Patel
Doris Hart
Andrew Stevenson

Do you know we have a holiday home?

It’s a lovely caravan based at Riverside Caravan Centre on the edge of Bognor Regis. It’s fully equipped for six people having a double and twin bedroom together with a sofa bed in the lounge. All you need is your linen. (See overleaf)

It is available to rent at approximately half the cost of a Riverside rental unit and is ideally placed to explore the local attractions from Portsmouth to Brighton.

Dialysis can be arranged at two local units (subject to prior arrangement).

We operate from 1st April to 31st October and for the chilly times there’s a gas fire in the lounge and electric heaters in the bedrooms. The fuel costs are included in the rental charges as are the passes to the on site facilities so there are no hidden charges. This is also an access ramp and balcony.

If you’re interested then please give Nita and Ravi a call.
Come and enjoy a relaxing and fun-filled family holiday in our new holiday home for up to six people, to suit all ages. The Holiday Home has a newly constructed ramp with decking to enable all patients to enjoy its facilities.

The Holiday Home is situated on 42 acres of grassland with tree-lined roads and the caravan centre sits on the edge of the popular seaside town Bognor Regis.

Children are well catered for, with The Riverside Rascals Club (4-13s) with its program of fun activities and games. A clubhouse also offers entertainment for the whole family, including cabarets, disco, live music, bingo and dancing. Please check with the reception office for entertainment and leisure facilities available during the period of your stay as it varies throughout the season. The Riverside Caravan Centre also has an indoor heated swimming pool and spa pool, outdoor heated swimming pool, outdoor heated children’s fun pool, shop, amusement centre*, bar/off-licence*, pool table* and launderette*. Some of the clubs entertainment requires a membership for the duration of your stay and can be purchased from the reception on a daily or weekly charge. However S.H.S.K.P.A as a club member provides 6 free club memberships. (*chargeable)

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To contact us:

Nita and Ravi Patel
3 Darcy Road, London, SW16 4TX
Tel: 020 8407 2525 Email: nita@nitapatel.com
Web: www.shskpa.org

Message from Holiday Home Managers: We purchased our holiday home with generous donations in 2008. We are now into our second season. Please look after it so that we can enjoy it for many more years. It has been newly furnished with crockery, cooking utensils, duvets, a new TV and DVD player.
Windsor Half Marathon Fundraising In Memory of Ruth Dechant

Following a heart attack in 2003, Ruth was diagnosed with Type 1 diabetes. The first class care and support she received allowed her to quickly adjust to being dependent on insulin and to control her condition. Slowly, as so often happens, the condition of her kidneys began to deteriorate. Under the expert care of Dr. James Marsh, she tried a number of treatments; for a time, dialysis looked inevitable, but thanks to the work of St Helier and the treatment she received at the West Byfleet satellite clinic, her condition stabilised.

It was at this time that Ruth became aware of the work of the Patients’ Association and was always very impressed by their professionalism and dedication.

In March 2009, Ruth celebrated her Golden Wedding Anniversary with her beloved husband David. Surrounded by the majority of her close family, including all of her children and grandchildren (so rarely to be found in the same place at the same time), she had the most wonderful day.

On the morning of September 3rd 2009, Ruth was to suffer another heart attack. It was as sudden and unexpected as it was massive. Despite the best efforts of family and a team of wonderful paramedics, Ruth passed away. Later that month, she was buried at St Peter's Church, Cranbourne; the very place where she had married, just over 50 years previously. As well as her husband, Ruth left four children and ten grandchildren. Had she lived she would have been delighted in the knowledge that 3 great-grandchildren are expected later this year.

This September will mark the first year of Ruth's sad passing. In her memory, her son, Clive, and his wife, Justine, have signed up to run the Windsor Half Marathon on September 26th. Neither having attempted anything like this before, training is already underway and is going well. As the run is being dedicated to Ruth's memory, they are aiming to raise £1,000 for the St Helier and Surrey Kidney Patient's Association.

To help spur them on, they would be grateful of any donations, however small. If you are able to donate, please visit www.justgiving.com/candjrunwindsor

FOLLOWING THE DECISION OF OUR EXISTING TREASURER TO STEP DOWN AT THE AGM IN NOVEMBER 2010, ST HELIER & SURREY KPA REQUIRE A NEW TREASURER.

ANYBODY INTERESTED IN THE POSTION SHOULD IDEALLY HAVE A KNOWLEDGE OF BOOKEEPING /ACCOUNTING TO AAT STANDARD, AN UNDERSTANDING OF CHARITY ACCOUNTING AND STATEMENT OF RECOMMENDED PRACTICE (SORP) AND MICROSOFT EXCEL WOULD BE AN ADVANTAGE.

THE ROLE WOULD CONSIST OF:

1) ACCURATELY RECORDING INCOMES AND EXPENDITURES IN AN EXISTING EXCEL WORK-BOOK FORMAT INTO THE VARIOUS CATEGORY HEADINGS AS REQUIRED COMPLYING WITH SORP ACCOUNTING STANDARDS.
2) COMPILING A SHORT CASHBOOK REPORT ON INCOMES AND EXPENDITURES TO THE TRUSTEES AND COMMITTEE OF THE KPA ON A MONTHLY BASIS.
3) ASSISTING THE TRUSTEES WITH THE SELECTION OF INVESTMENT OPTIONS FOR THEIR DECISION IN ORDER TO SAFELY MAXIMISE THE RETURN ON RESERVES.
4) RAISING A SMALL NUMBER OF INVOICES IN RELATION TO THE DISTRIBUTION OF COSTS AND INCOMES OF THE RENALITY MAGAZINE.
5) COMPILING A NUMBER OF SIMPLE ANALYSIS WORKSHEETS TO ASSIST WITH YEAR-END REPORTING WITHIN THE EXISTING EXCEL WORKBOOK PACKAGE.
6) COMPILING FULL YEAR-END TRUSTEE REPORT AND ACCOUNTS FOR INDEPENDENT REVIEW BY EXTERNAL CHARTERED ACCOUNTANTS.
7) THE FILING OF THE SIGNED-OFF ACCOUNTS AND ANNUAL REPORT WITH THE CHARITIES COMMISSION.

FOR FURTHER INFORMATION ON THIS POSITION PLEASE CONTACT DAVE SPENSLEY, HON. CHAIRMAN ON 01483 426276 OR daspensley@btinternet.com
This article and the Drug Warning have been copied from the NKF magazine, ‘Kidney Life’ by kind permission of Deborah Duval, Editor

A VICTORY FOR KIDNEY PATIENTS

By Tim Stattham

I am pleased to announce that on 16 March 2010, in Europe, a consolidated amendment was passed which effectively removes 90% of the threat that amendment 31 would have posed to Living Donation in the UK and other member states. The actual wording of the agreed amendment is as follows:

‘Living donation should be seen as complementary to post-mortem donation and may be carried out where there is no suitable organ available from a deceased person.’

Living donations are predominantly carried out among family members and close relatives and/or for the benefit of a recipient with whom the donor has a close relationship, or where it can be proven that the donor is not acting for the purpose of financial gain in order to prevent commercialization. Particularly, in the absence of such a close relationship, adequate provisions in national law of the Member States shall be made, thus ensuring the highest possible protection of living donors.

We will never know whether it was the submission made by the NKF, the paid for advertisement placed by the NKF, the many letters sent by individual patients and KPs, the interventions by the Department of Health (requested by the NKF), the submission made by the Kidney Alliance, or the efforts of the Irish Kidney Patient Association on behalf of CEAPIR that tipped the balance, but something worked despite the outlook appearing very bleak at times. Thank you all for your efforts.

This is an example of how powerful patients can be when they take action jointly. This really is a job well done.

Note: if you would like to read more on what prompted the NKF action and the level of concern alluded to in this letter go to www.kidney.org.uk/news/victory_eu-directive10.html

DRUG WARNING - SECOND REMINDER

The recent cases in the UK (2008/2009) of patients being offered ADVAGRAF instead of PROGRAF, or vice versa - in error by GP’s and pharmacists - highlight the very REAL danger patients face if they accept a change to their medication made by anyone other than their Transplant Surgeon or Consultant Nephrologist. These days drugs are very complex and even though one make of a drug appears to contain the same or a similar drug to another (in the given example the drug is tacrolimus) the formulations can be very different and very harmful if taken by mistake.

The lesson is clear, if the drug you are being prescribed, or handed, is not identical to the drug you are used to taking DON’T TAKE IT without getting advice from your own renal consultant. This applies even if the person is your GP, chemist, nurse or other physician.

NATIONAL KIDNEY FEDERATION

NKF ROADSHOW

At Hinckley Island Hotel, Hinckley, Leicestershire!

Friday 8th-Sunday 10th October 2010

Programme includes:

- Transplantation
- Vascular Access
- Transonic Monitoring
- Dialysis—home therapies
- Cooking demonstration incorporating diet - Lawrence Keogh
- Podiatry and Reflexology
- Patient education & buttonhole technique

SPECIAL PACKAGE: includes Sat/Sun 9-10 October:
Sat: Saturday Roadshow fee, morning coffee, lunch, afternoon tea, evening dinner and entertainment, B&B
Sun.: Council Meeting and workshops.

Contact: NKF, The Point, Couch Road, Shireoaks, Worksop, Nottinghamshire S81 8BW or book online:
www.kidney.org.uk/roadshow10/

NB. SHSKPA is willing to pay the Special Package for Members
Warm summer greetings to all you Renality readers who stop by my column to see if there is any news from the Institute. There is, of course, always news from SWTIRR.

As usual the team have been beavering away extremely conscientiously. I find it inspiring to see how hard this little team works and with such dedication. I think it must be a function of being part of a dedicated team, working directly for the patients and being aware of where the money comes from that pays for the research. It certainly is a very different atmosphere than being in large university departments or pharmaceutical company labs, where people do their 9 to 5 just to collect the wages. At SWTIRR you get a real sense of working for the cause.

Of course being a nice bunch of hard-working people is all fine and well but the object of the Institute is to do research to improve diagnosis of kidney disease and help find new treatments. Now I believe we’re doing good work, but I would say that wouldn’t I? A bigger question might be what does the greater renal community think? Last week I was at an international conference on advances in renal fibrosis. It was a special focussed meeting bringing together clinicians and researchers. It was an excellent meeting and I learnt a lot but it was also very gratifying in another way. There was a lady from Japan talking about potential therapies for fibrosis and during her talk she cited various pieces of work that have improved our understanding of renal pathology including a paper from the Institute. The next day the work at SWTIRR was also acknowledged, this time by a leading researcher from the US, who recognised our work and another paper that we published just last year. I think this type of international recognition is a real tribute both to the work of the Institute and support we get from you in helping to fund us.

I have often said in the past that although we do extremely well, particularly for a research facility of our size, that it is also very important to collaborate with other groups. A current project lead by Dr Nilesh Shah has been going exceedingly well and a group in Utrecht in the Netherlands were keen to work with us on it. We decided the best way to move forward with this would be for Nilesh to spend some time in their lab, learn some new techniques and bring back some of the expertise to St Helier. As you will understand it’s not cheap to send a doctor to Holland for six weeks so you can imagine our pleasure and excitement when Nilesh won a prestigious European Molecular Biology Organisation Molecular Medicine Fellowship to fund his trip. In fact as I understand it his project was rated the top proposal of all those submitted. Anyone who knows Nilesh will not be surprised to hear that he worked very hard, was well liked over there and obtained some excellent results. He was studying the distribution of three particular proteins in the kidney and mapping how it changed in various renal diseases including diabetic nephropathy. This information not only helps us understand how the disease progresses but may help us develop better tools for its diagnosis. Nilesh is the current South West Thames Kidney Fund Research Fellow and without the support from the Fund this important and internationally recognised work would never have taken place.

I know for many of the friends and family of patients with kidney disease it can be very difficult to see your loved ones with this chronic condition and feel there is nothing you can do to help. Let me assure you that your donations, your can rattling and your sponsorship of our fundraising efforts does help in a real and meaningful way by supporting our research. Thank you.

Mark Dockrell, Institute Director

"No Funding = No Research; No Research = No Cure"

A promotional DVD is being produced about the work of South West Thames Institute for Renal Research and the support given by South West Thames Kidney Fund. A copy will be sent to patients when it is completed.
Dear Kidney Funder,

I am writing this report on the 6th July, my 66th birthday, exactly one year after my retirement, to the day !!! ! ! Retirement has not been easy, because I miss the enthusiasm and stimulation provided by my colleagues and friends and patients on the Renal Unit. One of my daughters hit the nail on the head, with a birthday text message this morning saying “well done for surviving the first year of retirement “

For the first time in 25 years I was not present at the Annual General Meeting of the Kidney Fund this year, and it was all my fault !!! ! ! The A G M was to have been today 6th of July but as my family have a tradition of birthday surprises I persuaded Pat Godden, at enormous inconvenience, to change the date to 13th July. You have guessed it. My son then arranged for the whole family to go on holiday together in County Cork, to visit his girlfriend’s family, the week later. Tom is already taking on Irish characteristics.

This month the Kidney Fund has been notified of three separate bequests totalling over £ 80,000. This is the most enormous boost of encouragement to all working on our projects and will provide more than a few extra test tubes.

Research is the seed corn of future development, and that is why a bequest leaves a lasting message that we are not going to be beaten in our search for better and safer treatment options. Those of us who have been around the kidney world for a few years, 41 years in my case, are so sharply aware of the developments that have been made possible since the first human kidney transplant in 1954 and the first regular haemodialysis in 1959. All these developments require time and money and total commitment. We see no less from our research team, led by Mark Dockrell in the Institute.

Simon Ling retired this year as a long serving treasurer to the Kidney Fund. The executive committee want to make a small token presentation to mark his contribution. As Simon is such a keen orienteer we thought a replica compass might direct him through his own retirement years.

In a move to increase our income in the next twelve months, Anne Collard and I are planning a series of seminars on fund raising. Any patient or supporter or well wisher or member of staff would be most welcome to attend. Our activities are great fun, and the objectives are of paramount importance.

Anyone with a few hours a month to spare….please call me any time:

0774 780 2494

With very best wishes

Michael Bending, Chairman

The South West Thames Kidney Fund NEEDS and APPRECIATES your support for the continuing future of their research into kidney disease and diabetes.

We would like to be able to contact you to keep you up to date with renal news, renal events (including fundraising events), research news etc. If you would like to receive the news, please email anne.collard@esth.nhs.uk and she will add you to our database.

We PROMISE not to bombard you with information and you can ask to be removed from the database at any time.
Reports of South West Thames Kidney Fund AGM and South West Thames Institute for Renal Research Annual General Meetings

On Tuesday 13th July the Annual General Meetings of South West Thames Kidney Fund and SW Thames Institute for Renal Research Limited took place at 7.30 pm in the Blue room at St Helier Hospital. The accounts of the two organisations were presented and unanimously adopted and the officers were re-elected for a further year.

Although advertised in the last edition of Renality, the meeting was very poorly attended there being only five members in addition to the six officers.

Graham Morrow

South West Thames Kidney Fund

Branch News:

Sutton & Epsom Branch: The Branch held a very successful Summer Garden Party and Lunch at the home of Richard and Carol Sammons on Saturday 24th July. Stalls included a Raffle, Bowling, Plants and flowers etc. 40-50 people attended. The ticket price includes all food and drinks and the proceeds of the event made £1,000+ for SWTKF.

Frimley Park & Guildford Branch: Two collections were each held over two days: Sainsbury’s at Brookwood on 17th & 18th April raised £853.26 and Sainsbury’s at Water Lane, Farnham on 18th & 19th June raised £1081. Our thanks go to Angie Morrow for organising them and to all those who helped. A further collection has been arranged at the Meadows, Camberley in early August.

Kate & Guy Shipton held a Craft stall together with ‘Name the Doll’ at Frensham Village Fayre on 19th June and raised £240 for SWTKF. They also held a Tombola stall at Tilford Fete on 10th July and raised the magnificent sum of £300. Our thanks go to Kate & Guy and all their helpers.

A very successful concert given by a Covers Band was given to support SWTKF and Macmillan Nurses on Saturday 19th June. Those who attended were able to dance the night away to the live music of ‘?Why’ and had a very enjoyable evening.

Derek McSweeney, a patient of the Renal Unit and his group played a variety of music from the 60’s - modern day for 3 and 1/2 hours, - quite a lively session -- at the Crookham Memorial Hall. The proceeds from the evening which included a raffle was shared between the two charities and SWTKF received a cheque for £580.50.

Our grateful thanks go to Derek and Chris McSweeney who organised the event and their family’s support. It was disappointing that only 6 members of SWTKF were able to attend the concert.

A Musical Variety and Comedy evening to take place on Monday 29th June was offered to SWTKF by the Palace of Varieties to raise funds for research. The Palace of Varieties has been helping to raise funds for many organisations for 28 years and are renowned for their talents in the Fleet area, so it was very disappointing that SWTKF had to cancel the evening when only four phone calls were received to purchase tickets. This was an opportunity to raise over £2,000 lost.

Keith Horner and the regulars of the Little Windsor pub in Sutton who sent a cheque to SWTKF for £500 representing monies raised from various fundraising activities.

Margaret Harper who donated £200 to SWTKF, the proceeds from the sale of her late husband, Barry’s CD collection

Anne Slack who donated the proceeds from her Church Coffee Morning to SWTKF.

Ken Roffey who raised £1001 from his Charity Golf Day for SWTKF.

Dan & Jane Finn of ‘Swift Signs’ www.swiftsigns.biz for donating the huge custom made flag for the Sweaty Kidney Scientists’ Dragon Boat Race event.

The Manor Fields Estate who donated £860 to SWTKF, the proceeds of their Summer Garden Party

We were very pleased to receive two legacies:

Rose Cecilia Symes, £26,830 and Raymond Crooke, £10,000.

We were very saddened to learn of the sudden death at her home of Sarah Oakley, wife of former renal patient, Michael. During the last two years, Sarah, together with her family, Garry and Ange and daughter, Lorraine, had become staunch supporters of the Frimley Park and Guildford Branch of SWTKF. They helped the group on many fundraising activities.

Sarah was due to embark on a new project - the running of the Kidney Fund Lottery and was looking forward to getting really involved. Our sympathy goes to all her family. Tributes of £545.00 were donated to SWTKF.

We would like to thank those families who gave donations in memory of:

Mr Kenneth Armstrong
Mrs Margaret Jessie Austin
Mrs Carole Collins
Ms Jenny Hall
Mrs Patricia Hutton

Dr Nicholas Newton (also known to Renality readers as Nick2 (the squared symbol) which is what he signed himself on the two poems he wrote for the marathons.)
The Kidney Fund Lottery was launched on Friday 2nd July

We have had five lucky winners during July:

- 2nd July - 101020, Addlestone
- 9th July - 101093, Caterham
- 16th July - 101061, Croydon
- 23rd July - 101095, Guildford
- 30th July - 101084, Weybridge

Each winner has received £50.

Why not join in the fun? We know that more people are sending in standing orders and the prizes will increase. The proceeds will help to fund the work of the South West Thames Institute for Renal Research

All patients were sent a lottery leaflet with the April issue of Renality. It gives full information on how the Lottery is being run. If you have lost your leaflet, another can be obtained from Renal Unit Reception or you can telephone Anne Collard on 020 8296 3698. Alternatively, email: lottery@kidneyfund.org.uk

Some amazing fundraising efforts on behalf of SWTKF … Thank you

The Hangovers performed …

Once a year, rock and roll band ‘The Hangovers’ have fun performing for a charitable fund raising event and this year band member and patient, Jon Pickett, was able to persuade fellow band-members to support SWTKF. The event took place at Sandown Park on April 17th and with a lot of support from family, friends, tradesmen and small businesses supplying and buying all those raffle prizes and tickets, over £1,625 was raised. Anne Collard was invited along, and found herself on stage explaining the history and function of the research programme and the vast sums required to finance it. Enough tiny drops make an ocean, was the message. Everybody involved had a great time and another tiny (really a large) drop was the result.

Donations to SWTKF in memory of: (cont)

Barry Russell sent in donations in memory of his father.
Leslie Millard
Jonathan Uriah Morris
Richard Sturman
Pat Hutton
Brian Daniel Welsted
Jennifer Wendy Hall
Philip W J Smith

Play your part in helping us find a cure for kidney disease

Join in…..

The Kidney Fund Lottery

PLAY and YOU could be a

***WINNER***

every week

A WEEKLY draw—every Friday
Lottery leaflet with application form can be obtained at Renal Unit Reception OR
email: lottery@kidneyfund.org.uk

NO FUNDING = NO RESEARCH
NO RESEARCH = NO CURE
Ben Hicks did a SkyDive for the Fund ....

A perfect day to fall out of a plane strapped to a complete stranger with a parachute. My instructor asked if there was a reason for me skydiving, I then filled him in about the South West Thames Kidney Fund. He then decided that I should wear the most garish jumpsuit possible; luckily for me the truly gaudy jumpsuits were too big, so he settled for a nice pink and grey number.

I thought I wouldn't get nervous. I was fine throughout the briefing, putting on the jumpsuit and going up in the plane: but whilst hanging out of the plane looking down on fields and buildings 10,000ft below, I did think, "what have I let myself in for?!" Without a countdown or even a "get ready", my instructor jumped...5 seconds later I remembered to breathe. Whilst free falling it appears that I pulled some quite humorous faces and then the canopy opened. I then had a nice glide down to our landing area, which was somewhat delayed by an unexpected wind that kept pushing us back up in the air. The smile did not come off my face for the rest of the day and it is definitely an experience I would recommend to everyone - an experience that was made more worthwhile knowing that I was raising money for a good cause. I want to thank everyone who supported me, and also a massive thank you to all the staff who were involved in my parents' operation. Ben has raised £770 for the SWTKF so far.

Kevin’s 5th Three Peaks Challenge ...

Once again, Kevin Connolly organised a team to face the Three Peaks Challenge which took place on the 18th and 19th June. He says 'I am taking part in my fifth Challenge this year as a last minute thing. My brother Paul is currently seriously ill with a kidney disease. We need more research into renal failure, hence my conviction to raise money for this worthwhile cause. During Kevin Connolly 3 peaks challenge, he decided to auction some of his Harlequins Rugby shirts and tickets. This raised £330 and he managed to get Jordan Turn-Hall to sign pictures at the Pub "North Star" in Chessington. He still has a signed shirt by the Harlequins players from last season, presented to him via Chris Robshaw. It is still available, with the latest bid being £150, the offer for the shirt is open until 31 August. Please call the Bev, pictured with Kevin and Jordan on 020 8391 9811.

James Lee ran the San Diego Marathon ...

At the start of the year I set myself the goal of running a marathon, and as I live in Mexico City, I decided to run in San Diego, California. Four months of training followed, with lots of early Sunday morning starts to avoid the Mexican sun. This all paid off as I finished in 4.01.36, which was better than I had hoped for considering it was my first marathon.

It was great to raise some money for SWTKF as it is a charity that means so much to my brother-in-law Wes and his family, as they helped him receive a kidney from my Dad. The thought of all those generous donations really helped me in the difficult last few miles. James managed to raise £665.70, including gift aid, for SWTKF.

Katie Stronge ran the British 10K Run ....

I am running in loving memory of my Mum, Carolyn Janet Bowden. Mum had a long battle with chronic lymphatic leukaemia and renal failure, and various other ailments! She had dialysis at St Helier for approx. her last 7 years, along with many other treatments at The Royal Marsden. Her amazing attitude and strength will always be an inspiration to me and I miss her every day. The Kidney Fund is obviously close to my heart and to my Dad also. It feels good to know that any money raised will go some way towards helping others facing a fight similar to my Mum's and also a way to show how much I appreciate all that was done for her. I hope she'll be watching over me as I've never run this distance before, I hope to do her proud! Katie has raised £382.44, including gift aid, for SWTKF. (Her mum is pictured with Katie on her wedding day)
Jake Ridley ploughed through mud, sand and hills on one of the best motorcross circuits ...

My sister and I wanted to do something in memory of our uncle Ken Armstrong who passed away in April. He had a chronic kidney disorder and received a great deal of help from specialists funded by the South West Thames Kidney Fund, and we wanted to raise some money for them by way of thanks. We chose the Grim Challenge II ‘Beast From The East’, a 10km cross terrain run which included two laps of a motor-cross circuit, the reality of which I didn’t fully appreciate until I was faced with the towering purpose built hills and jumps which were so steep that people were scrambling up them on all fours and sliding down the other side. It was one of the hottest days of the year so far and the sun baked mud claimed a few casualties early on. Unfortunately Gemma was unwell on the day of the event and was unable to take part but I completed the course in 54 mins, coming 93rd, and most importantly we raised £660 for SWTKF.

Stuart McSweeney gave an Organ Recital ...

It was held at Our Lady’s Church, Fleet. Stuart, son of Derek McSweeney (see Branch News) said, “It went really well on Saturday - we raised £650 before Gift Aid! The proceeds were to be originally split between the church and the Kidney Fund so we're working out how to split the monies. Stuart is planning another fundraiser - a Musicathon, which will be held at Our Lady’s Parish Hall, Fleet on Saturday 2nd October. If you are interested in playing or performing contact stuart.mcsweeny@hotmail.co.uk

A garden party was held ..... 

The Mahtani family of Carshalton, Surrey organised a Summer Garden Party on Sunday 18th July. They invited some of their family and friends to share with them to celebrate Celia and Deepak's return from Hong Kong, Deepak's 50th birthday, their son Arun's graduation from Warwick University, and younger son Sanjay's upcoming year abroad in France, having completed his 2nd year at Oxford. Deepak's family has a history of renal failure and he received a kidney transplant 15 years ago. As a token of their appreciation they requested all gifts to be given to SW Thames Kidney Fund through justgiving.com and hope to raise £2,500.00. The afternoon was held in the beautiful garden of Celia's sister Sunita and husband Ram on a glorious and warm Sunday afternoon. Over 80 family and friends aged from 7 months to 86 years attended and enjoyed the sumptuous food, drinks and games including swing ball, skittles and croquet though the afternoon. Celia's brother Suneel opened with a word of prayer and concluded with champagne and speeches from each of the Mahtani family members who thanked God for his faithfulness, and all the friends and family members who have prayed, supported and added so much to our lives these past 15 years.

Hilary Smellie and Judy Ferguson walk ..... 

The West Highland Way is 95 miles long, from Milngavie, near Glasgow, to Fort William and we had decided to walk the length in eight days. Some of the days were set by the location of accommodation near the Way. The longest and hardest day for us was 17.5 miles from south of Rowardennan on Loch Lomond to Inverarnan. Unlike the west side of the loch the east side is as nature left it; rocky outcrops, tree roots etc. and involved a lot of clambering. The Devil’s Staircase up out of Glencoe has a reputation for being tough, but taken slowly did not seem so hard. Some of the route follows the old Military Road, built to subdue the Scots after the Jacobite Rebellions. We set off on a wet morning. Our luggage was being transferred for us, but would our legs and feet hold out? Over the next eight days we had to cope with many types of terrain and mixed weather conditions. We were lucky that we did not have the hot weather that the South East was having as some of the 800’ plus climbs would have been even more difficult. The reward though was beautiful views over Loch Lomond, Rannoch Moor, Glencoe and Loch Leven and at times we felt we were alone in the vast landscape. At other times we were amongst the friends we had met - a young lady whose friend had had a transplant and was now expecting a baby, and a couple where the husband has polycystic kidneys and whose wife is hoping to donate when the time comes. Walking down the logging road and then pavement into Fort William was tinged with sadness that it was all over, but we were grinning like Cheshire Cats on reaching the finishing post! Our thanks go to Glynice (who walked the first four days with us) and to all relatives and friends who so kindly and generously sponsored us and sent us texts of encouragement. To date we have raised over £2562.
2010 Dragon Boat Race - close to £12,500 raised!

On Sunday 18th July, the Sweaty Kidney Scientists paddled their way valiantly and, true to their name, sweatily, through three exhausting Dragon Boat heats to raise much needed funds for the South West Thames Kidney Fund and Kidney Research.

The Dragon Boat Race event, on the Thames at Canbury Gardens, Kingston, was wonderfully organised by the Kingston-upon-Thames Rotary Club. In total, 47 teams competed, each team comprising 16 paddlers, 1 drummer, and 1 professional helmsman to ensure the boat went in the right direction and didn’t collide with other boats – although I do remember a very scary close call in our first heat! Our team had never been in a boat together before the day, and most of us had never held a paddle, so I think we did brilliantly not only staying upright, but coming in 41st out of 47!

47 team gazebos were arrayed along the riverbank, next to a colourful entertainment area where hot and cold food stands, ice cream stands, bouncy castles, games, and an assortment of stalls and charity stalls could be found. We, of course, had our South West Thames Kidney Fund stall which looked great decked out with banners and balloons. Wesley Booth and Richard Lee ran the ‘Test Your Strength’ and ‘Play Your Cards Right’ activities and the very well stocked Tombola was run by Joanne & Simon Booth-Mason and Pat Godden & Ron Hobdell. A very creditable £170 was raised on the stall during the day.

The Sweaty Kidney Scientists were captained by Michael Bending, closely followed by Mark Dockrell, Vip deSilva, Simon Winn, Julie Dockrell, Les Burton, James Burton, Christina Ho, Caroline Evans, Nimmy Logeswaran, Noel Bernatt, Maura Pinkney, Sue Beharry, Keith Pickersgill, Marlene Politieck, Chloe Sinclair, Martin Tidman, Ian Rowlands and myself.

Many thanks to all those who contributed to the day in any way – working hard on the stall; contributing tombola items; supplying and erecting the gazebo; bringing tables and chairs; raising sponsorship; paddling; and to the supporters who came along to cheer on our team!

It was a brilliant day albeit a little exhausting! Please know that it’s definitely not too late to sponsor a truly deserving team effort at http://www.justgiving.com/SweatyKidneyScientists2010

Mark Sunday 17th July in next year’s calendar and come and support the Sweaty Kidney Scientists as they compete for victory in the 2011 Dragon Boat Race at Canbury Gardens, Kingston-upon-Thames. We’ll see you there!!

Anne Collard
London Marathon 2010
Many congratulations to our Kidney Fund Team

The following accounts we received from the runners a day or two after the event show the aches and pains they suffered on our behalf and we do appreciate their efforts for us. As a result of their efforts the Team raised a total of £12,278 for the Kidney Fund. Thank you.

We were very sorry to learn that Tanya Hastings could not run. She was devastated that at the last minute she had to make the decision drop out due to an injury that she sustained during the months of arduous training.

Jacky Freiheit (aka WONDERJAK)

I did it in 5:50:57 - much slower than I imagined but I had some trouble along the way with a knee injury I suffered in training 2 weeks ago - ho hum, never mind, at least I completed and it was the most amazing, awful, brilliant, sickening, soul destroying, remarkable achievement.

The organisation of the day was impressive. The rubbish left behind was shocking. The crowds support was totally unbelievable, particularly towards the end when the going got tough.

All in all a brilliant day. Would I do it again? You bet!

Phil Raggett

It was a great (painful) day for me. I finished in 4 hrs 33 mins. Set out a little too quickly - did the first half of Marathon in 1 hr 40 mins - and that was with a quick 5 min break as I needed some ice on my ankle as I twisted it treading on a water bottle. Then in the second half I got major blisters and cramp all over but SO glad I finished in a reasonable time!

I also got a tap on the back from Judah as he past me at Canary Wharf

I loved the atmosphere from the crowds. They were amazing and it topped it off raising some money for a great charity. Makes all yesterday and today's pain well worth while!

Really looking forward to my massage I've booked after work tonight!

Judah Eastwell

Well, I made it round in 4hrs 4 minutes (official time 4hrs 9 mins but crossed the start line at 9:49am!), and although my knees were at times quite painful (I have been struggling with a knee injury for several weeks) I didn’t stop to walk at all.

I’m very proud of this achievement, as I have never been a particularly fast runner (despite my build and what people assume) I still haven’t made my mind up whether or not I will enter the ballot for a 2011 place yet!

On with the collection of monies. I have today and tomorrow off to rest, and will be heading to both sites tomorrow with a bucket and sponsor forms to pester people for their promises!

Kevin McDonald

I had a wonderful time! I finished in 5hrs, 18mins, 23 seconds - I beat my time when I was 18 years old by a few seconds! I wanted to do it in 4.20 but my thighs got a cramp around 21 miles....I had to walk a mile and a half to get rid of the cramp. Then the crowd lifts your spirits and I was able to jog the rest of the way to the finish line - wonderful feeling when you get to the final bend.

Apparently a few people saw me on TV! I was running alongside 'Ricky' from come dancing at about 20 miles but managed to pull away from him and beat his time by 22 minutes! People are still donating to the charity!

PS Im gonna keep running and want to do more marathons in better and better times.......my legs are a bit painful but was back at work yesterday coaching golf again.

It's not too late to join the South West Thames Kidney Fund 2010 Adidas Women's Challenge team!
The 3 mile (5k) challenge will take place in Hyde Park on Sunday 5th September 010. You can do it at your own pace, on your own, or with as many female friends, family, colleagues as you like.

Entry forms can be obtained by phoning Anne Collard on 0208 296 3698, emailing Anne.Collard@esth.nhs.uk or online by going to www.womenschallenge.co.uk/onlineentry. Follow the links to 'enter the event' where you will complete the necessary information for registration. Don't delay, there is a limit on the number of entries!

For £5 of your entry fee to benefit the South West Thames Kidney Fund, ignore List A & B and type 'South West Thames Kidney Fund' against 'charity name'.

The address and post code is: Renal Unit, St Helier Hospital, Wrythe Lane, Carshalton, SM5 1AA

If you would like a sponsor form and a T-shirt, contact Anne Collard