

RENALITY

The NEWSLETTER of...

February 2012

South West Thames Renal & Transplantation Unit, [Epsom & St Helier University Hospitals NHS Trust](#)
South West Thames Kidney Fund supporting the South West Thames Institute for Renal Research
St Helier & Surrey Kidney Patients' Association

WHY NOT JOIN US ONLINE

THERE'S a bright, fresh, new look to the South West Thames Kidney Fund website for 2012.

Simply go to www.kidneyfund.org.uk to access all you need to know about the SWTKF, how you can help and support the fund, what's happening in the vital areas of kidney research and for useful information about your kidneys in general.

You can also download the latest edition of Renality and look back at previous issues in our archive.

The internet plays a vital part in all our lives today and it can also be a very useful asset in raising funds for that all-important research. You'll find several online ways to help in this issue.

We have links with fundraising websites like [Justgiving.com](#) and [Bemycharity.com](#) and you can support us on social networking sites [Twitter](#) and [Facebook](#). You can even take part in our Lottery by visiting www.kidneyfund.org.uk or by emailing lottery@kidneyfund.org.uk



facebook

Search for South West Thames Kidney Fund at www.facebook.com

twitter

Follow us on Twitter at <http://twitter.com/renalresearch>



CARPENTER SUITE OPENS

A NEW treatment room has been opened at St Helier Hospital's renal unit in honour of the late Mike Carpenter, described by friends as "one of life's genuinely nice guys."

Renal consultant Dr Hugh Gallagher, Mike's wife Wendy Carpenter (centre) and joint lead renal nurse Sue Woodcock are pictured at the opening.

The room was refurbished thanks to a contribution of £14,000 from the St Helier and Surrey Kidney Patients' Association.

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Useful Contacts:

RENAL UNIT reception:

020 8296 2283, 020 8296 3100

SWTIRR,

**Anne Collard, Administrator:
020 8296 3698**

**SOUTH WEST THAMES
KIDNEY FUND,**

**Pat Godden, Secretary:
020 8777 7371**

ST HELIER & SURREY KPA

**Dave Spensley, Chairman
01483 426276**

**Jim Rae, Treasurer:
01403 242601**

There are many many ways in which you can help the **South West Thames Kidney Fund** and help ensure the future of Kidney Research. Further information on all of them can be accessed via the 'support us' page on our new website – or, if you do not have computer access and would like to know more, please do call Anne on 020 8296 3698.

Make a **one-off donation** online, by cheque or via a text

Create a **standing order**

Donate via **payroll giving**

Leave us a **legacy**

Join our weekly **lottery** and play to win!

Shop 'til you drop and **Give as You Live!**

Recycle your old car at no cost via **GiveaCar**

Sell an item on **ebay**

Volunteer **your time** (we can give you all sort of ideas!)

Buy our **Christmas Cards**

Donate **shares**

Donate your **tax refund**

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: Steve Purcell on

07970 675087 or

email: steve_purcell@btinternet.com

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

RENALITY is sent to all patients of the Renal and Satellite Units automatically unless they have asked not to receive it. If you do not wish to receive this newsletter, please contact Paul Fischer at the Renal Unit on 020 8296 2514.

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.

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DAREDEVIL GEMMA

On Oct 28th, along with my two amazing friends, Danny and Jo, I threw myself out of a plane at 13,000 feet - with a parachute and a big burly man attached to me, obviously - in a bid to raise money and awareness for the South West Thames Kidney Fund.

In the months leading up to the skydive, my friends couldn't believe how calm I was - and neither could I!

But this soon changed when we took off and my first thought was why didn't I just stick with a 5k run?!

And the answer to that is because I wanted to do something that would raise as much money as possible for the Fund, and if it meant being absolutely terrified whilst plummeting through the sky, then so be it, it would be worth it.

The reason the South West Thames Kidney Fund is so close to my heart is because since I was fifteen, my kidneys have been slowly failing, yet no one knows why. I don't have kidney disease so there is no obvious reason why this is happening to me.

But with the on-going research, expertise and passion of the staff at the South West Thames Kidney Fund, we're getting closer to finding out the answers.

We set off early Friday morning, as we



wanted to be the first to jump, knowing the longer we had to wait, the more terrified we'd be!

But as soon as I was strapped to Mike the fear hit me! And this was only made worse as we boarded the rickety plane and made our ascent. I couldn't understand how Danny and Jo weren't just calm, they were actually enjoying themselves! When we finally stopped getting higher, I knew the time had come.

Dangling off the edge of the plane, I asked myself why I had ever thought this was a good idea, but there was no time to stop and think, and certainly no time to change my mind because we were free

falling through the sky at 100mph! The view was incredible, absolutely breathtaking, but I would be lying if I said I wasn't relieved when we hit the ground!

They were the longest 8 minutes of my life and even though it was an amazing experience, I think I'll stick to raising money with my feet firmly on the ground in future!

***We raised a fantastic £4,475.00 for the SWTKF. Show your support by purchasing one of the blue charity bands which states Giving=Living. Find out more on my Facebook Page, Giving=Living**

AN OLYMPIAN EFFORT

Deserving Your Support!

Presenting your 2012 London Marathon Team



Karl



Simon



Kirsty



Richard

SUPPORTING
KIDNEY RESEARCH



Garren



Peter



KIDNEY FUND

registered charity no. 800952

Please take a sponsor form, or
sponsor online at www.justgiving.com/kidneyfund2012

OLYMPIC EFFORT

An **Olympic Effort** will be made on the 22nd April 2012 by the South West Thames Kidney Fund London Marathon team. This year we have six runners on our team. Please make every effort you can to support them either via the sponsor form you will find in this issue or online at www.justgiving.com/kidneyfund2012. If you are able to, please also encourage friends, families and colleagues to sponsor the team! Many thanks in advance for helping us raise an **OLYMPIAN** amount of sponsorship this year! You can read our runner's stories below.

Darren Richardson

My name is Darren and I am 39. I am married with 3 children and I am a Gardener by trade. In 2009 I was diagnosed with a Kidney disorder which after 8 months saw my kidneys collapse and my life completely turn around with the challenges of dialysis. It soon became apparent that a transplant was the only way forward and after a few months of tests, I was lucky enough to find a match in my Dad. Following a Transplant in September 2010, I was always determined to give something back to hopefully help others. What better way than to raise money for South West Thames Kidney Research. I have been given the opportunity to run in the 2012 London Marathon and I would like to thank staff and doctors who helped me gain my life back. And not forgetting a BIG THANKS to my Dad!!



Richard Aldridge

My name is Richard Aldridge, I am 32 and I am running the marathon for the second time, the first being 10 years ago in 2002. I choose to run for the South West Thames Kidney Fund because my brother has suffered from Nephrotic Syndrome since he was 18 months old."



Kirsty McSweeney

My name is Kirsty McSweeney and I am a Service Delivery Manager at Rackspace Hosting. I live in Twickenham and I want to run the London Marathon with my sister in law Keri, to raise money for the South West Thames Kidney Fund because of the amazing work that it does to help people like my dad.



In 2009 my dad developed a very rare disease called Good Pastures Syndrome, which attacked his kidneys and left him with around 7% kidney functionality. He spent around 3 months at St Heliers Hospital having blood treatment under the guidance of the expert staff before he was well enough to leave and return home and undergo chemotherapy to destroy the rest of the disease.

My dad retired in March 2011 and recently celebrated reaching 27% kidney functionality again. He now lives a relatively normal life, aided by a good diet and lots of prayers but we know that he may need more treatment in the future to ensure he stays well.

My whole family are passionate about raising money for the South West Thames Kidney Fund to ensure that they are able to continue doing providing help, support and guidance to help others with renal illnesses. The marathon will be a huge challenge for both Keri & I but we are committed and passionate about completing this.

Thank you for your support & prayers.

Keri McSweeney

After watching the 2011 Marathon I thought it would be a fantastic experience to run the marathon in the Olympic year. I mentioned how inspired I was to my sister-in-law and we applied for places for the 2011 Marathon. There was no doubt which charity we wanted to raise the money for; the South West Thames Kidney Fund. In January 2009 my father-in-law was diagnosed with Good Pasture's Syndrome and within weeks of being diagnosed his kidney functionality was as low as 7% he was told that a recovery to 15% would be miraculous. With the incredible help, support and dedication of the Kidney Fund and everyone at St Heliers hospital he has recently been assessed and is incredibly up to 27% functionality. I am running the Marathon to raise awareness of the brilliant work of the Kidney Fund. I hope we can do you all proud!



Peter Ttoui

I am running the london marathon for the South West Thames Kidney Fund because my mother has benefitted from the research over the past years

She had a kidney transplant some 7 years ago and we have had her a lot longer than we had dared hoped.



By raising funds for a kidney research charity I hope to help others enjoy the benefits my Mum has experienced from the research and the work you guys do!!

Simon Butler

My name is Simon Butler and I have been the lead Renal Pharmacist at St. Helier hospital for the last seven years.

In 2012 I will be running my second London Marathon to raise money for the South West Thames Kidney Fund. The Fund played a large part in raising the £745000 needed to build a Renal Research Institute which is housed on the St. Helier site. Now that the Institute is in place, the fund helps to support vital research into renal disease as well as its link with diabetes.



Although I work in the renal unit rather than the research institute itself, the work of the institute helps to ensure that our understanding of renal disease is as up to date as possible. This in turn allows all health professionals working with renal patients to offer them the best care we can.

In 2007 I ran the London marathon in 5 hours, 11 minutes and 15 seconds (and I was counting every second!) - in 2012 I am hoping to get around in under 5 hours. This may not sound like much of an improvement, but in running terms knocking over 11 minutes off my marathon will be quite a challenge!

If you would like to sponsor me individually, you can do so through my Virgin Money Giving page at where donations will be quickly processed and passed to the Kidney Fund. Virgin Money Giving is a not for profit organisation and will claim gift aid on the charity's behalf where the donor is eligible for this. I really appreciate all your support and thank you for any donations.

I SCRAPPED MY OLD BANGER TO RAISE CASH FOR KIDNEYS

JOHN KINSELLA, Head of Management Reporting at Jupiter Fund Management writes...

I had an old car that I needed to dispose of due to the fact it had quite spectacularly failed it's MOT, and was taking up space in a shared car park. The car had sentimental value to me as friends and I had travelled across Europe in it many times on holiday so I was reluctant to just sell it as scrap for a few pounds.

Also a few years ago I had arranged to scrap my mother's old car, so I knew what a chore this could be, especially with the need to ensure that the car is scrapped at an authorised treatment facility.

My flatmate who has kidney failure, and is on dialysis three times a week, showed me the original advert that was in Renality about the Give a Car scheme, thinking that donating it to charity would be a suitable end for a much loved car.

The Give a Car scheme was incredibly easy to use, I made one phone call in my lunch break lasting five minutes.

They took the basic details of the car from me to decide on whether they would raise more money from scrapping the car or selling it at auction.

Scrapping the car was an easy decision for them considering the state of my car. They called back half an hour later with the name of the collection company and several dates when they could pick the car up.

I wasn't able to make any of the initial dates as they were all during the week so they arranged for a Saturday collection with a one hour time slot for me and confirmed back in another half an hour.

On the morning of collection I received a phone call half an hour before they arrived confirming they were coming.

The tow truck arrived, I signed the transfer form given to me and kept the notification of transfer part of the ownership documents to send off to the DVLA and they took the car away.

Four weeks later I got a letter from Give a Car and another one from the SW Thames Kidney Fund confirming they had received my donation.

I would recommend this service to anyone thinking of scrapping their car. It costs nothing to use, is a very efficient process and by donating the proceeds to charity it is a noble end to a car's life.

DONATE BY TEXT!

You can now text a donation to the South West Thames Kidney Fund by texting the message:

SWKR22 £(amount of donation) to 70070

Get Texting!

SWTKF XMAS DRAW RESULTS

The draw took place on December 3, 2011 and the winners were:

1st Prize, Dyson DC25 - Mary Cole, Mitcham

2nd Prize, £100 - T Quincy, Ash Vale

3rd Prize, NEXT Juicer - David Savage, Farnborough

The Draw raised £860 with a further £303 raised by the Xmas Fayre at which it was drawn.

Graham Morrow, Frimley Park & Guildford Branch Treasurer.

AUCTION OR SCRAP YOUR UNWANTED CAR

AT NO COST TO YOU

****AND RAISE MONEY FOR THE SOUTH WEST THAMES KIDNEY FUND and KIDNEY RESEARCH****

If you have an unwanted vehicle that you want to recycle for auction or scrap, 'GiveaCar' will recycle it at **no cost to you** and they will donate 80% of the money raised to charity.

The direct link to donate the proceeds from the vehicle to the Kidney Fund is:

<http://www.giveacar.co.uk/donate-a-car-to-charity/south-west-thames-kidney-fund>

In brief, this is how it works:

1. Contact

A Giveacar employee takes down all customer details. They then forward those details to their salvage partner. A collection agent is assigned and calls to arrange a convenient time for vehicle collection. You can contact online or by phone on **020 0011 1664**

2. Collection

All vehicles are collected within 7 days of the initial enquiry, with the vast majority being collected within 3 days. All cars, including those that do not start, can be collected and loaded onto the tow trucks.

3. Donation

Depending on a vehicle's state of repair, it will either be sold at auction or disposed of at an Authorised Treatment Facility. Giveacar receives the donation after the sale or disposal. They will process the donation for their own records and then forward it to your chosen charity. You will be sent a receipt from both Giveacar and the charity.

Please tell your family, friends and colleagues about the scheme. For more information on the

phone GiveaCar on 020 0011 1664 or go to:

<http://www.giveacar.co.uk/about-giveacar-the-vehicle-donation-service-for-uk-charities>

DO OR DIET

Dietician ALICE WRIGHT turned her fitness goal into a £300 fundraiser for the SWT Kidney Fund

I decided to run the 2011 Adidas 5k Women's Challenge as a way to get me fit and active – it was a goal to work towards, and I knew if I signed up I had to do it!

Nobody believed I would do it, but I did! I completed it in 32 minutes, which I am utterly please with as, at the start, I couldn't run for longer than a minute at a time! I really enjoyed the day, met many wonderful women and raised £300 for the South West Thames Kidney Fund. Now I know I can do it I plan to do more organised runs in the future and raise more money for the Fund.

I chose the Kidney Fund as it is a charity which is close to my family's heart. My grandmother Jean Shaw worked on the Renal unit for many years as Dr Mike Bending's secretary and thoroughly enjoyed her time there (well, most of the time – Mike did wind her up on occasions!), and Mike is the Chairman of the Kidney Fund charity. Jean sparked a passion in me from a young age to work in a healthcare setting and managed to get me an amazing work experience placement on the unit, aged 15, and I have never looked back.

Ten years later I am a qualified Dietitian and aspiring to become a specialist renal dietitian. I have Jean to thank - not only for her support and guidance in my career path, but for all the love and joy she has bought to our whole family. The South West Thames Kidney Fund will always be my chosen charity, as I know how much the Renal unit means to Jean and how proud she is of their achievements.



FUN OF THE FAYRE

UK Border Agency staff got December off to a good start with a Christmas Fayre in their headquarters in Croydon, raising money for the South West Thames Kidney Fund.

For several weeks colleagues, friends and families had been clearing out their cupboards to donate unwanted books, DVDs and assorted bric-a-brac and the would be Masterchefs baked a wonderful array of cakes and biscuits, many with a festive theme. Along with a tombola, games, Christmas cards and assorted stocking fillers there was something for everyone.

Christmas songs playing helped to get everyone into the spirit and as the room filled with people the money rolled in. In total the Fayre raised £456, a fantastic result for a lunchtime session. Kathryn Harrison, who organised the Fayre, said “once again UK Border Agency colleagues have risen to the occasion, not just those who came along to spend their money but those who gave up their time to help set up, run the stalls, clear up after and in particular, the generosity of those who baked and donated these mouth watering cakes.”

Kathryn donated a kidney to her husband Ian in July 2010 and they have both been busy fundraising ever since.



SUTTON BRANCH CHARITY FAIR

The Sutton Branch of the SWTKF raised £304 at a Charity Fair held in Wallington Public Hall on 12th November 2011.

Their annual Christmas Supper was held on 22nd November 2011 at The Chateau in South Croydon. It was a very successful evening, attended by 73 people and the sum raised was £855.

Thanks, Gillian Hynd (Treasurer, Sutton Branch)

XMAS CARDS

Thank you to all those who have supported our first sale of Christmas cards! We have done well for our first year and have sold over £750 worth of cards. Next year we hope to do much better. We will start selling the cards earlier and will let you all know in the October 2012 edition of Renality.

If anyone thinks they may be able to volunteer some time selling cards in the hospital cafeteria next year we would love to hear from you!

DONATIONS

Our thanks to:

The Parish of Fleet who sent us £56 representing the proceeds from a midweek lunch collection following Stuart McSweeney's concert (thanks again Stuart!)

Mrs Pierrette Kinnear who raised £50 for Kidney Research from the sale of her hand crafted cards.

Mr & Mrs Deepak Mahtani - for their donation in respect of their Silver Anniversary and our congratulations to both of them!

Waitrose Cheam and Twickenham who chose the Kidney Fund as their charity for the month of December.

The St Helier Hospital Renal Unit nurses who held a bake sale in aid of the Kidney Fund and raised £437.51. The items on sale were amazing!

Catharine Kay for her 'Special' birthday present donations to the Kidney Fund.

The South Croydon Foundation of the Union of Catholic Mothers at St Gertrude's Church who between them raised £450.00 for Kidney Research.

All those generous people who have made donations online and by cheque. Many many thanks for your support which is hugely appreciated.

We are extremely grateful for the legacy we received from Ronald Lewis Bennett.



AN EIFFEL OF PARIS

EUGENE McDONALD and several friends completed a magnificent 240-mile bike ride for the Kidney Fund from Paris starting on 24th August last year.

“The ride from Paris was a great achievement and we had fun completing it,” said Eugene. “The first and last days were difficult for a myriad of reasons but we had a lovely flat and uncomplicated second day!

“It was a pleasure to complete this ride on the kidney funds behalf and in a small way to show my appreciation for the work you complete. Hope is a very important commodity and this is what your fund brings.

“Best wishes and thank Dr Swift and her team for their hardworking and dedication.”

MEMORIAL DONATIONS

The Kidney Fund has received donations in memory of:

Olive Bennett
 Reginald Wall
 Kevin Webbe
 Sylvia Joyce Evans
 Norman S Smith
 Ada Mills
 Reginald Grinham
 Donald Hutton
 Jill Allen
 Jim Leahy
 Doris Irene Hone
 Benjamin Michael Fenton
 Leonard Arthur Edward Frank
 Simpson

6 Good Reasons to join the Kidney Fund weekly Lottery:

- 1, You may win!
- 2, It's easy to do and it costs just £1 per entry per week.
- 3, 50% of your £1 and everyone else's £1 will go to the winner (which could be you!)
- 4, 50% of all the £1's will go towards kidney research
- 5, The more members, the bigger the prize
- 6, The more members, the more funding for kidney research which will eventually result in prevention or a cure and then ... WE'LL ALL BE WINNERS!

Funding = Research; Research = Cure

To join the lottery go to: www.kidneyfund.org.uk, 'support us' and select 'join our lottery' or email: lottery@kidneyfund.org.uk or phone: 0208 296 3698

Seasonal Rhythms and Reflections

Peter Andrews,
Clinical Director, Renal Unit

10th January 2012

Now that Christmas and New Year have metamorphosed into a 10 day break for much of the population, it is only right that I start by thanking those members of the renal team who kept the show on the road while most of the world over-indulged.

And I would also like to thank all those patients and staff who sent cards, gifts, and season's greetings. They are much appreciated by all members of the team.

If there is any compensation for the relative lack of a break, perhaps it is the camaraderie that is such an important part of the renal service, and which manifests so well at this time of the year.

We are fortunate to be part of a team full of enormously dedicated individuals, and one that – for the most part! – enjoys working together. Many of you will know from your own working lives that this is not always the case.

For most, while seasonal events such as Christmas, birthdays and holidays are important, the rhythm of weekdays/weekends dominates our everyday life.

For a patient on dialysis, of course, the rhythm beats to a different tempo.

One of the less pleasant rhythms that comes at this time of year are the mock GCSE examinations, which I can confirm are just as stressful second-hand and 35 years on as when they were experienced in person!

Another, associated rhythm is that of the next generation making its career choices. Every year, a number of students ask for work experience in the Trust to help them decide whether medicine might be the career for them.

Whenever we can, we like to accommodate them, recognising that we benefitted from such generosity when we were young. I hope, if you meet them, you will make them welcome.

It is sometimes fashionable to knock the younger generation, but if experience of the last few years is anything to go by, they have much to be proud of. Many of your current physicians would struggle to make the grade at medical school if applying today!

The renal unit has its own regular rhythm. You will notice that our junior doctors rotate every four months or annually, according to their seniority. The research



doctors rotate every three years. Many of the nursing staff rotate across the various specialities.

On the managerial side, there is the annual rhythm of requests for capital funding, business planning, and budget setting (rarely with much good news attached).

There are monthly performance and risk management meetings at both renal unit and Trust level; monthly reviews of dialysis adequacy, haemoglobin, iron stores, and other biochemical parameters; weekly reviews of transplant bloods.

All the staff are appraised annually – a huge undertaking in itself. Mandatory training cycles rumble on.

Like a well oiled machine, or a duck paddling furiously below the waterline, there is much that goes on behind the scenes to keep the renal ship afloat [A new record for the most mixed metaphors in a single sentence?].

The New Year brings many challenges: some familiar, some new. We will continue to address them with the same energy and dedication that you have come to expect, and we welcome any suggestions for improving services.

Please just ensure that they don't cost any more money!!

Whatever your rhythm, I wish you all a happy and healthy 2012.

P.S. My eldest son bet me £5 that I wouldn't be able to write a whole page without mentioning that, yet again, there was no furry, wriggly, yapping present under the tree. Oops!

The South West Thames Renal & Transplantation Unit is one of the largest Renal Units in the UK offering a full range of renal services with dialysis and clinic facilities on 15 different sites in Surrey and South West London.

Developing new tests for kidney diseases

In the July edition of Renality, Mark Dockrell, Director of South West Thames Institute for Renal Research mentioned Scipac Limited. Scipac, based in Sittingbourne in Kent, works very closely with the Institute to provide the components for and to develop new tests for diagnosing kidney diseases.

Developing new tests is not an easy task, but Scipac Limited in conjunction with the South West Thames institute for renal research is determined to find new markers and develop tests to diagnose kidney diseases. With the dedicated team from South West Thames Institute for Renal Research and Scipac's over 25 years' experience in human protein research, with your help and support, new tests and supplies of crucial reagents can be produced.



Scipac Limited provides some of the essential reagents used in the production of diagnostic test kits for renal disease used by hospitals all over the World. Certain renal diseases cause relatively small amounts of protein to be excreted in the urine. This material provides a vital resource for researchers; Scipac extracts the proteins from the urine which are then used in the test kits to diagnose the associated disease. To obtain these essential reagents Scipac Limited organises collection schemes across the UK and worldwide.

For this particular kidney disease research, Scipac Limited and SWT Institute for Renal Research, **INVITES YOU** to donate urine to enable Scipac Limited to continue their work to research the development of new tests. We really need your help!

Donation of YOUR urine



Research



Develop new tests



Improved disease management

Please donate urine to make a difference!

Do you have any of the following conditions?

- Dents Disease
- Fanconi Syndrome
- Renal Tubule Disease
- Serum Creatinine value above 200µM/L

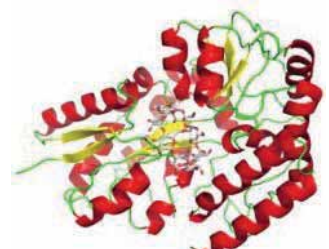
You have the ability to help thousands of others just like you

Together we can produce methods to test blood and urine (diagnostic test kits) to ensure a quick and easy diagnosis for thousands of patients. All you have to do is donate a sample of urine. Your sample will be screened for specific proteins to see if it is suitable for this application. When your sample has been tested, your consultant will invite you to participate.

If you are willing to donate a sample, please contact us:

sarah.yates@esth.nhs.co.uk

+44 2082 963 111



Mark Dockrell,
Institute Director

Greetings to all of our readers from SWTIRR and a belated Happy 2012!

As I write to you in January I am still filled with the excitement of the New Year.

It's going to be a pretty exciting year for everyone, I guess, with the Summer Olympics, the Paralympics, the Queens Diamond Jubilee, the London 2012 festival. All we need is for Andy Murray to do something at Wimbledon and it could be a year that many of us won't forget for some time.

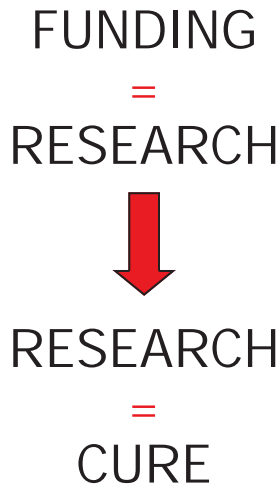
I can't promise that the Institute's activities are going to be quite on the same scale as the Olympics but we do have a pretty promising year ahead of us.

One of the exciting developments that we're hoping to see come to fruition this year is something I mentioned to you back in July's edition of Renality – didn't I tell you that I would be asking questions to make sure you were paying attention?

Well, back in July I talked about a new test that we're hoping to develop to help identify people with progressive kidney disease.

The results from our pilot study were good and now we have to test larger numbers to see if the results continue to be as good.

We've been making some progress on this and it looks like Sarah could have the test up and running soon and then we can put it through a vigorous test with 100s of samples to see if it truly discriminates people with stable disease from the patients with decreasing kidney function.



Some of you may be saying to yourself "if he mentioned this back in July why haven't they finished yet?"

You have to remember we are quite a small outfit; we punch above our weight because your generosity keeps us going and even though we do collaborate with partners like Scipac we like to try and keep control of our discoveries so that we can make sure they are used for the maximum patient benefit.

In addition to that Sarah has been working on a couple of other projects at the same time; we keep her busy, believe me.

We are also hoping that 2012 will be another strong year for the Institute in publishing results. 2010 was a good year when, on average we published a full paper every 2 months; 2012 could be at least as good.

The first paper should be out by the time you're reading this; that was our exciting work on screening for risk of malnutrition in renal patients in hospital lead by **Caroline Lawson**.

Our second paper will be a little different describing some novel findings on the

mechanism of kidney fibrosis carried out by Dr Mangal Veerasamy when he was at the Institute. I allowed him to put working on the paper to one side while he prepared for his PhD examination; now that he is successfully though that (Hooray!) it's back onto the paper.

We're also seeing some very exciting results from our Post-Doc Felicia; she and I have already had a couple of meetings about this truly brilliant piece of work she's been doing in collaboration with one of our American partners and we're getting ready to present some of these result both nationally and internationally.

I can't tell you what a boon it is having Felicia working with us in the Institute, it has made such a difference to our work rate and the team spirit.

Felicia's salary comes from the South West Thames Kidney Fund, so our ability to keep the promising young researcher working on kidney disease depends on your generosity.

So, I'd like to thank you for your support and, of course, remind you:

Funding = Research

Research = Cure

It's 'Your hospital': be one in a 1,000.

We are looking for 1,000 people to join a special panel of patients and local residents to give feedback about the work of our hospitals: from the care our doctors and nurses provide to the quality of our food and cost of car parking. It's easy to join and all we ask is for you to be brutally honest.

Join now – www.epsom-sthelier.nhs.uk/yourhospital.

PROFILE Dr Hugh Gallagher

Consultant Nephrologist and Honorary Senior Lecturer
SW Thames Renal & Transplantation Unit

Following the entertaining and informative profile of our new Clinical Director posted in January 2011's Renality, we thought that you may wish to know a little more about his colleagues.

Whilst my wit may not be quite as sharp as that of Dr Andrews (!), I do have a long history with the Renal Unit at St Helier which I thought you may like to know about.

I was brought up in the Banstead area, attending Whitgift School in Croydon, and made a decision fairly early on to study Medicine.

From there I went to Trinity College, Cambridge. It was while I was at Cambridge that my father fell with renal failure and came under the excellent care of Michael Bending.

My first visit to St Helier was in fact to visit him in hospital in Christmas 1988. Despite the fantastic treatment he received his kidney disease unfortunately progressed and he started peritoneal dialysis in 1992.

He sadly passed away some years ago, but he always spoke so highly over the care he received here - including from several members of staff still here - and my mother continues to do so to this day. These experiences had a great influence on my chosen career path, and I was delighted to be offered a post here in 1997 by Jonathan Kwan, after a very brief interview conducted in his own inimitable style.

I stayed at St Helier until 2002, first as an SHO, then as a Registrar. This was followed by four years in the then recently-built Research Institute, under the supervision of the late David Newman. I did manage to leave for a couple of years, writing up my PhD along the way whilst at Guy's, and then returned as a Consultant in October 2004.

Time has flown by since then, not least because I manage to keep myself pretty busy at work. I spent two days a week at



the Royal Surrey County Hospital in Guilford, regularly visit the Farnham Dialysis Unit, and have become very familiar with the A3.

I try to maintain a research interest and have been heavily involved with two projects funded by the Health Foundation, looking at new ways of improving the care of people with early kidney disease in primary care. I have also acted as an expert advisor for the Quality and Outcomes Framework and a member of the External Reference Group at the National Institute of Health.

When not at work I spend my time with my family, dabble in racket sports, and periodically try to get fit. We are just in the process of moving house, so by the time you read this I may well be living down the road from Dr Andrews!

Best wishes to you all, *Hugh Gallagher*

SWTKF Chairman Dr MICHAEL BENDING writes...

Dear Kidney Funders,

The final months of 2011 brought some major contributions to the work of the South West Thames Kidney Fund and therefore boosted the contribution that we all wish to make to Kidney Research in South West Thames.

As usual the star fund raisers were Angie and Graham Morrow and their supporters and helpers in the Guildford and Frimley Branch of the kidney fund. Major contributions were also made by Richard Sammons and his team of intrepid helpers in Sutton.

The executive committee have set up a new fund raising sub committee and if you have a few spare hours to help in the area where you live we would love to hear from you.

We are hoping that the next major fundraising event will be held at the All England Tennis



Club in Wimbledon. I hosted a Nephrology meeting there some ten years ago and it is obviously a most fascinating place to visit,

outside the tennis season. The club has excellent meeting and banqueting facilities and there is the possibility of a conducted tour of the museum and of course the famous Centre Court (please don't walk on the Grass !!!)

There will be a prize for the Kidney Fund contributor who makes the biggest fundraising contribution prior to the event. There will also be some surprise places for the meeting itself.

Elsewhere in Renality you will read of the weekly Lottery. As the number of subscribers build up the weekly prize will escalate as fifty percent of all the takings are returned to you, the participants, as prize money. Happy, Healthy and Prosperous new year to all our supporters.

Michael Bending

£1.7 million Epsom dialysis unit opens



Patients, carers, local VIPs, doctors, nurses and other clinicians gathered in Epsom as local MP, the Rt Hon Chris Grayling, officially open the new Epsom Dialysis Unit.

The state-of-the-art unit, which is located in Epsom Business Park and cost £1.7 million to open, means people with renal (kidney) disease will be able to dialyse closer to home, saving them a lengthy or inconvenient journey to hospital.

It is the fifth such centre in partnership between the Trust and Fresenius Medical Care Renal Services.

The dialysis unit has 20 individual dialysis 'stations' with fully adjustable electronic chairs and flat-screen televisions so patients can watch their favourite programmes, listen to digital radio and use the centre's free WiFi facility in great comfort.

It has the capacity to offer ongoing dialysis for up to 120 patients each week.

The Rt Hon Chris Grayling, MP for Epsom and Ewell and Minister for Employment, was given a tour of the unit to meet patients, carers and staff before cutting the ribbon to declare the centre officially open. He said: "It is an honour to have been invited to open the Epsom

'I am really impressed by the way in which the Trust has involved patients in the design of the unit'

Rt Hon CHRIS GRAYLING

Dialysis Unit and to meet with the patients who use it.

"Epsom, Sutton and St Helier hospitals have an excellent reputation – both locally and nationally – for the quality of the care they provide to renal patients and that is evident in this new centre.

"I am also really impressed by the way in which the Trust has involved patients in the design of the unit, including the layout and furnishings."

Matthew Hopkins, the Trust's Chief Executive, said: "Having to undergo kidney dialysis is not easy and it has a massive impact on a patient's life, with most people needing lengthy sessions three times a week.

"It's therefore crucial that we offer it in the most welcoming of environments, where absolutely everything is tailored towards their specific needs."

Jo Yardley, Regional Director of Fresenius Medical Care Renal Services, said: "The ethos behind this, and the four other centres we run in partnership with the Trust, is about giving patients more choice about when and where they receive treatment.

"Kidney dialysis is one of those areas where the quality the experience that patients have is central.

"Designing our centres to be as pleasant and comfortable for our patients as possible is crucial, and I strongly believe we have achieved that here at Epsom.

"By using the latest dialysis equipment, we also aim to minimise side effects such as sickness and tiredness."

Patient Robert Gunner was among the first to dialyse in the new centre. Robert said: "I cannot speak highly enough of how convenient it is to have my dialysis here.

"I spend a considerable amount of time on dialysis.

"Consequently, what many might consider to be relatively minor concerns, such as your surroundings or creature comforts, really start to matter. They've got that side of things absolutely spot on here."

S.H.S.K.P.A Holiday home

St Helier and Surrey Kidney Patients Association



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 ramp with decking to enable all patients to enjoy its facilities.

It 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)

2011 Patient Rates

March	£160
April	£160
May	£160
June	£230
July	£230
August	£230
September	£200
October	£190

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 would like to welcome new and different members to book our holiday home. It has been newly furnished with crockery, cooking utensils, duvets, a new TV and DVD player . It will provide a very good break for new and regular patients alike.



© Niyam Patel

St Helier and Surrey Kidney Patients' Association

A message from your Chairman, Dave Spensley...

I trust that you had an enjoyable Christmas and are looking forward to 2012.

Following re-election at the AGM in November, I have now started my sixth year as Chairman and the Committee and I will continue to work hard to benefit our members. A full list of your Committee members is published within this edition.

The KPA AGM was held on 16th November and was attended by 16 Committee Members and KPA members. With the exception of Carol Robinson, who stood down from the Committee, all of the Officers and Committee Members were re-elected.

The St Helier and Surrey KPA Christmas Patient Lunch took place on 10th December and was attended by around 50 patients, carers and staff who all enjoyed a superb spread prepared by Pat Harris, the Committees' Secretary, ably assisted by Di Spensley and Carol Robinson with Jim Rae providing the festive music. I would also like to thank all Committee members for their help on the day.

The Grand Christmas Draw took place during the lunch and details of prize winners are published separately. The draw showed a surplus of £3,508 and my sincere thanks go to everyone who purchased tickets despite the uncertain economic climate and to Jim and Shirley Rae for organising the Draw, sorting the counterfoils and banking the money, a job I know they both love doing !!!!!



Golf Day

Following the success of our previous golf days we are holding another event playing the lovely Milford Golf Course in Surrey. The event will be held on Friday 22nd June 2012. This is a lovely venue which will provide a great day of golf for players of all abilities, it would be great to get 70 players or more so if you're a golfer please book your place and bring a friend. A poster on the event is included within this edition.

Other Matters

The KPA Committee is still desperate for new members and patient representatives for Kingston, Farnham, Purley, Epsom and Sutton.

The present Committee has served for a number of years doing an excellent job but it would be lovely to have some new members, with fresh ideas, to enable us to continue to represent you, the patients.

Ideally we would love to have some younger Committee Members to enable us to represent the entire age range of St Helier's patients.

The position isn't onerous; we meet once a month in the Blue Room within the Renal Unit at St Helier at 7.30 on the first Wednesday of the month. It isn't essential that a Committee member attends every meeting as a report can be sent by email, letter or even a phone call

If you can help please contact me on 01483 426276 or email daspensley@btinternet.com.

May I, on behalf of the Committee, wish you a happy and healthy 2012.

Best Wishes

Dave Spensley, Hon Chairman

ST HELIER & SURREY KPA COMMITTEE MEMBERS 2011/2012

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POSITIONS VACANT:
Self Empowerment & Involvement (EPP/PEP)
Press & Public Relations

ST HELIER & SURREY KPA CHRISTMAS DRAW

Following the Grand Draw at the Patient Christmas Lunch on December 10, we are pleased to announce the winners were:

First Prize:	B Newman MBE - Fleet	£500
Second Prize:	T Peel - Crawley	£200
Third Prize:	J Beckett - Chessington	£100
Fourth & Fifth Prize:	P Harris - Farnborough	£100

We would like to congratulate all those above and say a big thank all of you who, once again, despite the current economic climate, purchased the Draw tickets.

New treatment room opened in memory of 'one of life's nice guys'

Family and friends of the late Mike Carpenter, formerly a committee member of the St Helier and Surrey Kidney Patients' Association, along with staff from St Helier Hospital's renal (kidney) department gathered together recently (10 December 2011) to open a new 'procedure' room named in his honour.

The formal opening was performed by the Trust's joint lead nurse for renal services, Sue Woodcock (right), along with renal consultant Dr Hugh Gallagher (left) and Mike's wife Wendy Carpenter (centre), who took the opportunity to share some personal memories of Mike.

Thanks to a £14,000 contribution from the St Helier and Surrey Kidney Patients' Association, the room has been entirely refurbished and redecorated in order to become the Carpenter Suite. A plaque at the entrance pays tribute to Mike, who was a patient at St Helier, describing him as 'one of life's nice guys'.

The room will be used to perform procedures from kidney biopsies to the checking of fistulas (artificially created connections between veins and arteries that aid connections to dialysis machines). It will also be used for the fitting of blood lines, which are used to connect patients to dialysis equipment.

In addition to providing a quieter and more pleasant environment for patients undergoing treatment, the Carpenter Suite is also staffed by two dedicated nurses and a health care assistant.

Sue Woodcock, joint lead nurse for renal said: "From the patient point of view, the new procedure room is a big step forward.

"Previously, many of the activities that take place in the Carpenter Suite would have happened at the patient's bedside, so this represents a big improvement in both privacy and dignity and infection control.

"On a more personal level, it is really apt that it is named



after Mike, as he was such an active member of our patient community."

Also at the opening was Dave Spensley, Chair of the St Helier and Surrey Kidney Patients' Association. He said: "The wording of the plaque says it all – Mike was genuinely one of life's nice guys.

"He served on the St Helier and Surrey Kidney Patients' Association for eight years, and was there when I joined the committee in early 2005, but we weren't the only group he was involved with. Nothing was ever too much trouble for Mike, and he worked tirelessly to help others whilst battling with his own ill health.

"He was a real source of comfort and help to so many at St Helier, particularly through his work on our patient education programmes. Everyone misses Mike's belief in patient empowerment, his advocacy of others and fundamentally what a great person he was; the Carpenter Suite is a fitting legacy."

For more information about the Trust's work, including its renal services, visit www.epsom-sthelier.nhs.uk/renal. You can also keep up with all of our latest news by following us on Twitter, at twitter.com/epsom_sthelier.

KPA Memorial Donations

St Helier and Surrey KPA would like to thank all of those individuals who have donated in memory of:

Kevin Webbe

Margaret Sargeant

M R Oliver

Thomas James Bannister

Cliff Woodman

Norah Parker

Peter W G Durnford



John Edward Foxwell Memorial Golf Day

**In Aid of St Helier and Surrey
Kidney Patients Association**

(Registered Charity Number 266391)

**Milford Golf Course
(Surrey)**



Friday 22nd June 2012

Cost — £40.00 Per Person

The day will comprise of:

- **A shotgun start**
- **A Singles Stableford Competition (Full Handicap)**
- **Prizes for "Longest Drive" and "Nearest the Pin"**
- **Three Course Sit Down Post golf meal (Please advise of any vegetarian dietary needs)**
- **Auction & Raffle**

**For Further Details or to book a place
please contact:**

**J G Rae
Hon. Treasurer
St Helier and Surrey KPA
24 Beaver Close
Horsham
West Sussex
RH12 5GB**

Telephone: 01403 242601 or 07810 608678

Email: raedar@supanet.com

**Cheques should be made payable
to St Helier and Surrey Kidney
Patients Association
whose members thank you
for your support**

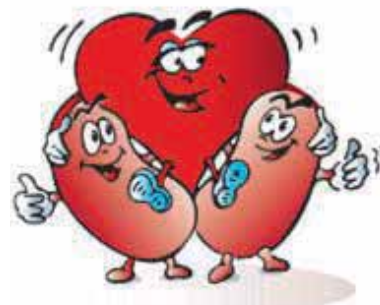


WORLD KIDNEY DAY 8TH MARCH 2012

Horsham District Council have once again granted the KPA a Collection Permit to perform a can rattle on World Kidney Day in Horsham town.

This year the management of Swan Walk has kindly agreed to allow us to collect within their dry and warm shopping centre.

We will need around 16 collectors on a rota through the day each doing around a two hour shift, if you would like to help please contact Jim or Shirley Rae on 01403 242601 or e-mail raedar@supanet.com



HOW COULD YOU HELP FUNDRAISE?

The KPA is able to continue to support members, patients and the Renal Unit because of the generosity of donors, the sheer heroics performed by fundraisers and increasingly the use by taxpaying donors of Gift Aid, writes **JIM RAE, SHSKPA Treasurer.**

In this current financial year we have seen two things happen, the first being the level of general donations and legacies has reduced quite significantly over preceding year's; the other being an increase in activity by fundraisers particularly those using our Just Giving membership.

The decrease in general donations and legacies may well reflect the current tough economic climate that cannot be helped or escaped by any charity. This in turn makes the increase in fundraising activity extremely welcome, gratefully received and vitally important to the continued wellbeing of your KPA's finances.

So over the last few years what acts of heroics have our fundraisers performed in order to raise donations for your KPA?

We have had ultra-marathon, marathon and half-marathon runners, swimmers, cyclists, skateboarders, dart players, abseilers and the odd (is that the right word?) person, who have been willing to throw themselves out of an airplane and then put their trust in a parachute; in order to be around to see the fruits of their labours!

If you are not of that highly energetic vein, then we have had people make cards and sell them, hold coffee mornings – even hold a sponsored silence!



In this short article we could not list all of you, but you may well have seen in Renality reports of the efforts of such as Clive Dechant, Peter Brookes, David Austin, Malcolm King, Hannah Cooke, Mark Stedman, James Delaney and Sandy O'Hara who between them have raised in excess of £10,000!!!

If the donor is a U.K taxpayer, the use of Gift Aid increases the value of the donation to your KPA by around 20% with no cost to the donor – in fact it is HMRC that pays us, it is not often one gets anything but demands from the taxman is it?

On behalf of the Trustees, Committee and all renal patients under the care of the Trust I thank you our fundraising heroes.

KPA Donations

St Helier and Surrey KPA would like to thank the following people for their much appreciated donations to either the KPA's general funds or the "No Place Like Home" appeal:

G D O'Hara	J C Burch	J Rasmusen	H B Hill	C Gibson	Mr and Mrs P Robinson
The Worth Lodge	RCI Financial	The Charities Trust	S Shafiq	Surrey for Surrey Freemasons	
Charity Roseberry School 6th Form	Mr and Mrs P Steele	V McMillan	K Abbott		

THE WORK OF THE BRITISH KIDNEY PATIENT ASSOCIATION

The BKPA is a well known national charity that really cares about the personal circumstances of individual kidney patients and their families.



We know that life with kidney disease can very tough at times and patients and families have to cope with numerous hospital visits as well as the impact of the disease on work, family life and finances.

- We provide information, support and advice.
- We give grants to help patients and families cover the costs of domestic bills, hospital travel, education and holidays
- We provide financial support to kidney units throughout the UK to help improve kidney services and patient care

What makes us different from other charities is the level of financial support that we can give to patients, families and kidney units during times of financial difficulty.

In addition, we've just set up a new support phone line for patients in units with no counsellor or social worker.

Find out more from the BKPA website www.britishkidney-pa.co.uk

Tel: 01420 541424

Email: info@britishkidney-pa.co.uk



NEW BLOOD NEEDED ...for your Kidney Patient Association

It seems eons ago, but back at the beginning of October Shirley and I attended the annual NKF Patients' Conference/Roadshow; sadly this year for one reason or another we were the only representatives of your KPA.

In general numbers were down for all KPA's and some KPA's that in the past had attended were not there. It may well be that the Blackpool venue is as the NKF stated at the close of the roadshow is a "little tired", it may be that the journey home from Blackpool to Horsham (with diversions across most of middle England) on a dreary Sunday took us around 7 ½ hours by train; or it may well be that KPA's are becoming disconnected from this (NKF) important organisation.

It may well be that the NKF Roadshow is suffering from the same problem that nearly every KPA in the country finds itself in today.

With the advent of the dialysis satellite unit policy around 10 years ago and out-patient clinics at locations other than St Helier Hospital it seems to me that patients have become remote to and disconnected from their own KPA.

This is highlighted by the continuing struggle to find those willing to serve on the Committee or to find those willing to act as KPA liaisons at some of our satellite dialysis units –

we even have a struggle to fill coach space on outings organised by the Committee for the benefit of patients and carers.

If we in our region are becoming so disconnected, then spare a thought for the NKF, the NKF are an important renal policy organisation.

They bring pressure on those that make renal policy on your and our behalf; they will only continue to be credible if they are seen by those in power to have a mandate to do so.

That mandate in simple terms is established by you the renal patient turning up to NKF Roadshows and other such events. Please remember your KPA is willing to pay the delegate package to attend this important annual event; the next being held at the Hinckley Island Hotel, Leicestershire in October – I look forward to seeing you there.

A parting thought, if your KPA does not attract new blood; if we cannot replace long-serving Committee members such as Mike Carpenter who sadly passed away in 2011; then there will be no KPA to support and assist patients – so please help us keep your KPA alive and kicking!

JIM RAE, SHSKPA Treasurer