

# Renality

February 2005

The NEWSLETTER of .....

**South West Thames Renal & Transplantation Unit,  
Epsom and St Helier  
University Hospitals**   
NHS Trust

**South West Thames Kidney Fund** (Registered Charity Number: 800952), supporting the  
**South West Thames Institute for Renal Research**

and

**SHAK - St Helier Association for Kidney Patients** (Registered Charity Number: 266891)

\*\*\*\*\*

## HOSPITAL DOCTOR

AWARDS 2004

***Congratulations - A well-deserved award for our Team!***



The South West Thames Renal & Transplantation Unit has scooped the top prize in the 2004 HOSPITAL DOCTOR AWARDS.

The 'Innovation Team Award' was presented at a prestigious ceremony held at the Park Lane Hotel, Piccadilly on Thursday 25th November.

The Unit was praised as a model for clinical governance, listed as the best renal centre and had shown demonstrable improvements in clinical outcomes of patients year on year.

### **STOP PRESS:**

Thanks to Ravi Patel, Committee member, SHAK now has a website. If you were to open [shak-online.org](http://shak-online.org) you would find the site is under construction BUT Watch this Space!

THE JUDGE'S COMMENT: 'The team's multi-disciplinary and holistic approach is impressive. They have been able to obtain the support of a wide range of skilled people which enables them to provide an excellent service to patients. A real achievement is the huge amount of money raised through superb patient participation to set up the Renal Research Unit, which is exemplary.'

FLORA  
LONDON  
MARATHON  
2005



# GUESS WOT!



*We are lucky enough to have a team of six people who have agreed to run in the London Marathon in support of the South West Thames Kidney Fund - which supports the South West Thames Institute for Renal Research.*

*Our Team will be headed by Dr Michael Bending!  
The Marathon will be held on Sunday 17th April 2005.*

Dr Bending assures us he has been in training for some weeks although he did relax his regime a little over the Christmas period.

The other team members are:

**Sarah Wemyss** Clinical Nurse Specialist, Cancer Services, Epsom & St Helier NHS Trust, who lives in Epsom.

**Natasha Price**, a doctor from Windsor,

**Andrew Harris**, from Carshalton Beeches. His child's godmother received a transplant,

**Chris Waterman**, a transplant recipient from Hinchley Wood and

**Matt Spencer**, Sales Director, Take2 Interactive Europe, from Teddington. Chris works with Craig Morrow, a transplant patient

Unfortunately, we do not have photographs of the runners at the time of printing of this issue but we hope to have them for our next publication.

**We wish all of them every success with their training and with the actual run. Good luck! We do hope all of you will support our Team and collect as much money as possible - a sponsorship form is enclosed with this newsletter.**

## *In this issue:*

**STOP PRESS** 1

**SWTKF:**  
**Marathon runners** 2  
**Recycling of mobile phones and printer cartridges** 2  
**Chairman's letter** 3  
**Fundraising** 4

**SWTIRR:**  
**Making contacts ...** 5

**RENAL UNIT:**  
**Message from Dr Kwan** 6  
**Plans for Renal Unit Extension** 7  
**Away from Home Dialysis** 7  
**EXPERT PATIENT PROGRAMME** 8

**SHAK NEWS:**  
**Benefits of SHAK Membership** 7  
**Chairman's message** 9  
**Brownie Sponsorship** 9  
**SHAK Holiday Home** 10  
**SHAK AGM Report** 10  
**SHAK Trolley** 10  
**'Renality' on audio tape** 11  
**SHAK Grand Christmas Draw Prize-winners** 11  
**Christmas Activities** 11  
**Buffet Lunch** 11  
**SHAK Committee** 12

**Don't forget!**

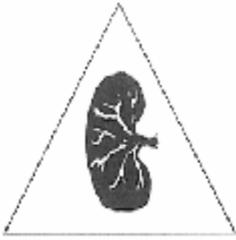


## RECYCLE



**Your Inkjet and Laser Cartridges  
and old mobile phones and raise funds for  
SHAK and SWTKF**

Ask your friends and family to give you their used cartridges and mobile phones (with chargers) and bring them to the cartridge recycle bin in the Renal Unit (ask at reception for the location of the bin)



# S W Thames Kidney Fund



Dear Friends and Supporters

I think I have just discovered what most of you have known for years .... I must be mad! To think that a wrinkly old git can keep up with our fantastic young team of marathon runners for 26 miles seems very foolish in the cold light of day in January, after the pre-Christmas, December euphoria. But I am determined to complete, even if I have to walk most of the way.

This morning I saw a very healthy muscular young man as a new patient. He had a resting pulse of 45 so I immediately knew he must be either in the wrong clinic (kidneys instead of hearts!) or he must be very fit. One question established that he had taken up marathon running at the age of 40 and that he had completed the Chicago marathon in 3 hours 40 mins and the New York marathon in 3 hours 30 mins. Without thinking I immediately said it will take me twice as long in April. He gave me his business card, requested literature on the Kidney Fund and promised that his company would sponsor me. It wasn't until I left the clinic - still with a warm glow - that I realised he had probably done an excellent job of assessing my chances and that he had gauged a safe bet.

Now is your chance to appear very generous in sponsorship, with a jolly good chance that the old boy will not be able to deliver on the day!

The Annual General Meeting of the South West Thames Kidney Fund will be on Sunday, 13<sup>th</sup> February. Again we have compiled quite a programme. Donal O'Donoghue is Director of Renal Medicine in Salford and will give a National Respective on the "Future Shape of Renal Services". Then Mr Michael Wilks, who is Chairman of the Medical Ethics Committee of the British Medical Association, will talk on "Payment for Donor Organs". This is such an important topic at a time when there are more than 6,000 patients waiting for renal transplantation and only 2,000 operations per year.

The Annual General Meeting after lunch will be considering some important changes to the constitution of the kidney fund to allow us to mature into the 21<sup>st</sup> century as a major research institute.

I do hope you will be able to attend this meeting which is a great opportunity to make new friends, to learn more about the kidney world and, most importantly, to help us influence and shape the challenges of the future.

We are particularly looking for more supporters who would be prepared to give up three or four half days a year to assist in our fundraising activities. If you would like to help, please telephone Pat Godden on 020 8777 7371 or Anne Collard on 020 8296 3698.

Mike Bending, Chairman SWTKF

**THE BRITISH KIDNEY PATIENT ASSOCIATION** The BKPA has issued its annual list of financial aid given to patients during 2004. In total £278,658 was given, a small increase on £278,335 given in 2003. In addition £139,535 was given for patients' holidays.

St. Helier patients received £3,745 compared to £7,662 in 2003. There were several disappointed patients who needed help outside the range of what SHAK can give but could not get a BKPA grant. If you need help please contact Celia Eggeling, the Unit's Social Worker.

We have several entry forms for the Flora Half Marathon on 13 March 2005 in either Silverstone or Liverpool. Deadline for entry is 14 February or when the entry limit is reached. Contact Anne Collard on 0208 296 3698 for entry forms a.s.a.p. Non-refundable entry fee is £15.

## “Thank you” ...



We would like to thank a number of people who have given support and raised money for ‘SWTKF’, ‘SWTIRR’, ‘Buy-a-Brick’ and ‘SHAK’ (including the Brownies mentioned on page 9).

Sarah Oliver and Jez Parkes of Bristol ran in the Bristol City Half Marathon in September. They were inspired to run in aid of SWTKF by Anne and Joe Nash, family friends. Joe Nash had been a patient of the Unit and received excellent treatment before he died. Sarah and Jez had many supporters who went to Bristol to cheer them on, including Anne Nash and her two children, Elizabeth and Richard (pictured right with Sarah and Jez).

They said that crossing the finishing line was incredibly emotional, a combination of relief, elation and exhaustion. The experience of being part of a 10,000 strong band of runners, all raising money for their own personal charities was quite overwhelming.

As a result of their efforts, they raised £1,260 which brought in a further £171 in gift aid. Congratulations to you both and thank you.

Glenise Bonner sold more of her lovely homemade Christmas cards to family and friends and donated the proceeds of £70 to SWTKF. This was in addition to the £52 from the Church Sale we mentioned in the last issue. Thank you.

We were delighted to receive the sum of £60 from the mother of Jillian Wright, a transplant Patient. (Unfortunately, we do not know her name.) She raised the money by selling her garden fruits and chose to donate the money to SWTKF. Thank you.

Dr Kathy Graves, of Tadworth, sent two cheques of £1,012 each, one to SWTKF and the other to the ‘Buy-a-Brick’ Campaign. Both charities had been adopted as ‘Charity for the Year’ at her golf club.

We are very grateful to her and the members of her Golf Club for their generosity. Thank you.

The children of Richmond Swimming Club have sent us yet another donation of £102 towards the ‘Buy-a-Brick’ Campaign - the proceeds of their raffle at their Christmas party. We thank them very much for their generosity and continued support over the last two years. ‘Buy-a-Brick’, C/o SHAK, was adopted as the Club’s charity of the year in 2003 and over £900 was raised then. Since then, the children have continued to send us money totalling £1,251.50. This latest gift brings it up to £1,353.50.

The children strongly support Chris Newell, one of their instructors who is a transplant patient of the Renal Unit.

Wilkinson, of Sutton, has been very generous to SWTKF and SHAK over the last few months. We have received many donations of discontinued stock which we have started to sell on behalf of the charities. Already, we have gained benefit from sales. We would very much like to thank the Company and Laura Sheridan who arranged it.

### SWTKF Branch News:

#### Frimley Park and Guildford Branch



The Christmas Fayre held on 4th December at Ash Vale was a huge success. A joint venture, over £1,600 was raised for SWTKF in addition to funds raised for Ash Parish Council. There was a Victorian theme for the Parish Council and many entered into the spirit of

the season. Pictured are the Chairman of Ash Parish Council together with Council members and Angie Morrow at the opening of the Fayre. Thanks go to Angie and Graham and all who helped them.

On the same day, **Dennis and Helen Amy** were selling their home made marmalade and chutneys at the Christmas Carnival in Godalming. This year, they raised over £600, a tremendous achievement.

**Croydon Branch:** Pat Godden, with help from Pynee Sanjivi, organised a ‘bottle and plate’ party in her home on 6th November. Good food, drink and music and a raffle helped raise £67.

**Sutton Branch:** The Branch held a Gourmet Evening at Sutton Bowling Club on 23rd November. The meal was excellent and the company was good. Over £800 was raised for the Kidney Fund.

## *S W Thames Institute for Renal Research .....making contacts, gaining ground*

Firstly, I would like to take this opportunity to wish you all a happy and prosperous new year for 2005!

Since the last issue of Renality, research in the Institute has continued to gain strength and recognition. The Institute was the organiser and host for the winter meeting of the South West and East Kidney Society and South



West Thames Institute for Renal Research Scientific Meeting in December 2004, held at Epsom Race Course. This was an exciting day, bringing together both clinicians and also scientists interested in renal disease. We attracted several of the leading experts in their fields, with key lectures given by Dr Jill Norman (University College, London), Dr Mike Hill (Rayne Institute, London), Dr Colin Baigent (Oxford University) and Miss Debbie Sutton (Queen Alexandra Hospital, Portsmouth). We were also very pleased to have Dr Isidro Salusky from the University of California, Los Angeles, USA who gave a lecture on renal bone disease. The meeting was attended by nearly 120 people and was very warmly received and a great success. The costs of the meeting were funded by several of the suppliers of medical research equipment and reagents as well as major pharmaceutical companies with an interest in renal disease, and we gratefully acknowledge their support, their willingness to do this is a marker of the value and quality of this symposium.

As part of the meeting, we invited researchers in the South West and East Kidney Society area to submit presentations to the meeting and these were also of a very high standard. The main guest speakers were asked to award a prize for the best of these. This was a keenly fought contest and, after much discussion, it was decided to award two prizes, with Dr Phanish Mysore at the Institute being awarded the runners up prize after a split decision! The main prize was won by Mr Nicol Hutchison from Guy's, with whom this Institute has close collaborations.



In addition to this, the Institute again had a very strong presence at the Annual Research and Development Presentation Day in the Epsom and St Helier University Hospitals NHS Trust. This was also held in December and I was delighted that Professor Rod Flower (Fellow of the Royal Society) from the William Harvey Research Institute, Bart's, where I previously worked accepted my invitation to come to this day and, as well as giving a guest lecture in the evening, also visited the posters presented by the researchers funded by the Trust, questioned the authors and presented three prizes; Best Scientific, Best Clinical and Best Overall. Again, the strength of research in the Institute was apparent, with Mrs Ioana Nicolescu-Duyaz from the

Institute winning the Best Scientific Presentation Prize, and Phanish winning one more prize, being awarded the Best Overall Presentation.

In addition to the continued recognition that our research is achieving, we have also been awarded a new grant of £18,500 (running until end March this year) by the Trust which will fund some new studies into novel pathways involved in the ever-increasing damage suffered by diseased kidneys which has allowed us to employ a Research Fellow, Mr Alex Pearson, and further funding from the LOLIPOP study (studying markers of renal disease in ethnic groupings) has allowed us to appoint yet one more Junior Research Fellow, Miss Sarah Yates, to the team. Ioana was also awarded a grant from the Royal Society of Medicine, London, which paid for her attendance at the American Society of Nephrologists meeting last year (see last issue).

As ever, we in the Institute are continually grateful for the kind support given to our work by your fund raising on our behalf. Please continue to help us in achieving our goals aimed at all levels of kidney disease by funding our research into better prevention, providing more effective treatments, improving the quality of life of all renal patients and their carers, and hopefully finding a cure and support the "KRI for Help" Campaign in any way you can.

Remember -

**"No Funding = No Research; No Research = No Cure!"**

**Paul Colville-Nash, Scientific Director**



## ***Renal Unit News***

The last few weeks have been one of the busiest times we have ever had in the Renal Unit's history. It is only 6 months since Mrs. Clifton, the Chief executive opened the 8 bed extension to Secombe ward and now we have had to take over the Beacon Ward and put 12 beds in there. We hope to use the rest of the space in Beacon to house our senior staff who have been without offices for some time and those who will have to move to make space for the Haemodialysis Reception Area. Tribute must be paid to the staff of the Unit for the way they have dealt with the extra workload. It has been a great team effort.

Proof of how good a team we have at the Unit is on the front page. We have won a very prestigious award in the Hospital Doctor of the Year Award for Innovation. The competition was very keen and as was mentioned in the last issue, we won through to the finals at the Hyde Park Hotel on 25th November. I imagine our delight when we were awarded the top prize. We were presented with an inscribed glass shield as a permanent record of the Unit's achievement. When you add to this, the award we received as "Investors in People" and the Strategic Health Authority's award for our Patient Education Programme, we might say it is a pretty good Unit. We hope you agree.

The Haemodialysis Reception is about to take off. The plans are on page 7. After a lot of delays the tenders are due back and once the contract is awarded, the work will start. Janet Dell and the Research Nurses have to be relocated (possibly to the Beacon Ward). The entrance to the new area will be roughly the position of Janet's present office window. We hope the work will start by the end of February and be completed in a relatively short time.

Very grateful thanks to everyone who has contributed to the "Buy a Brick" campaign and helped to build the HD reception. Altogether we have raised about £140,000. Not only will this pay for the HD Reception it will also go a long way towards providing an improved reception area for the clinics. We are putting together ideas for this area and we are trying to see how the space we have can best be used. By the end of the year we should have two attractive reception areas.

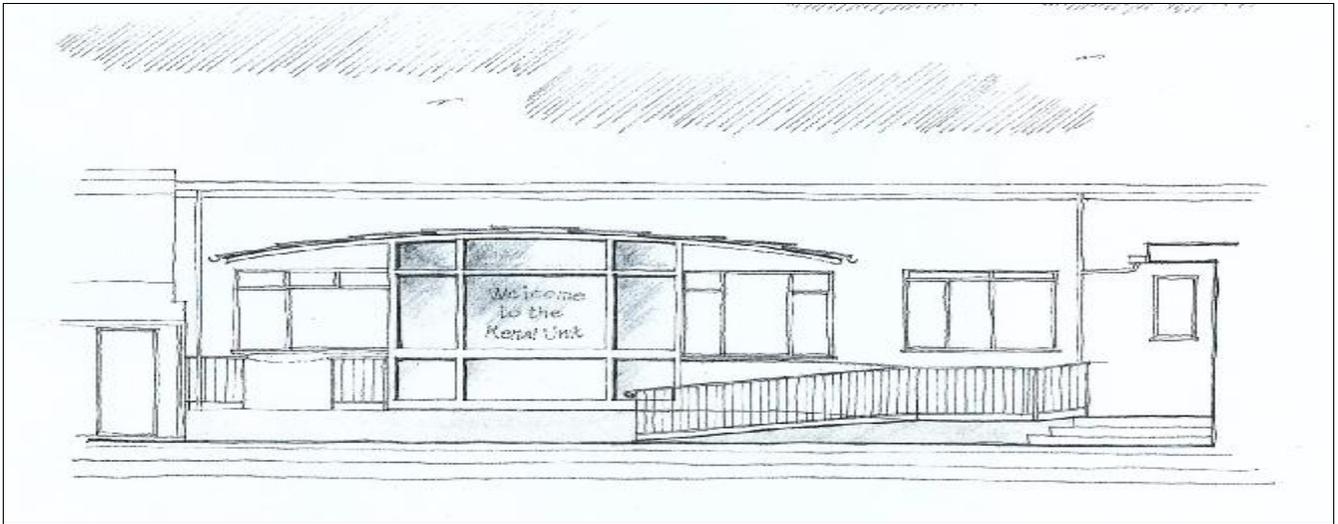
There is more good news. We have been given the go-ahead to spend the money and provide an HD unit at Kingston. It will be in a building very near Kingston Hospital. With luck, it could be open in a few months and will provide an attractive facility for patients living in that area.

In the last Renality we welcomed Hugh Gallagher and now we can welcome Victor Silva, consultant nephrologist, whose main responsibility will be Croydon. Dr. Silva will be the 10th consultant at the Unit which is a very clear indication of how we have grown. Up to 1982 there was only one consultant. Dr. Bending was the second one when appointed that year. This means that the Unit's workload could be said to have increased tenfold since then.

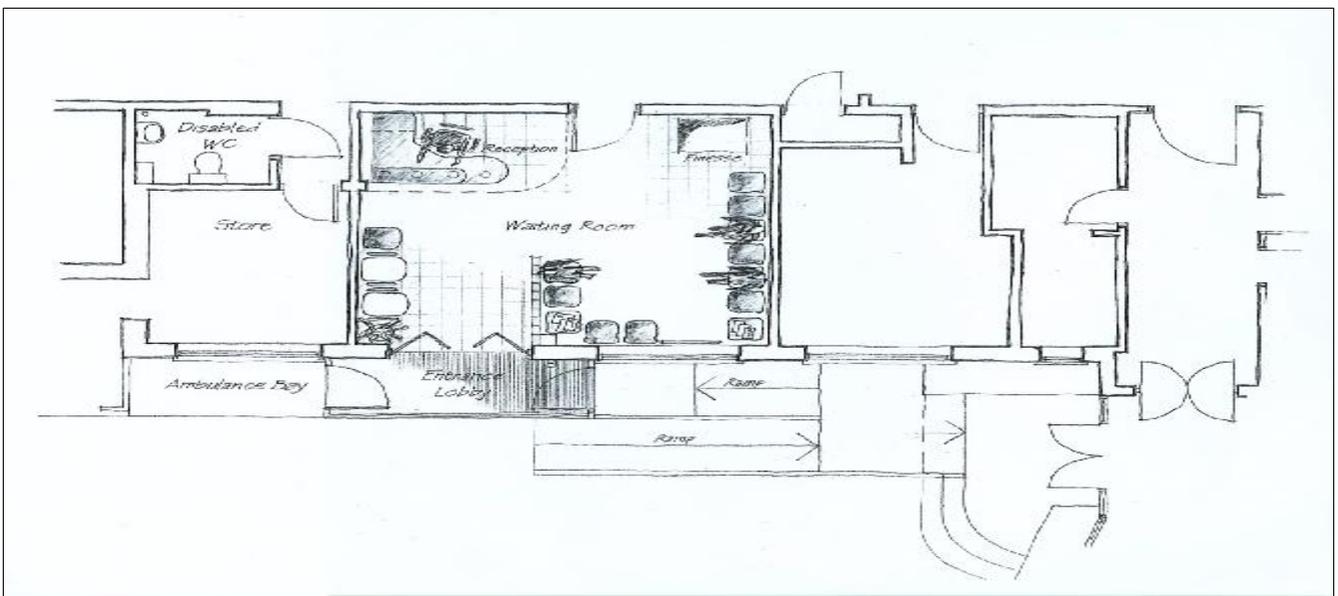
All these happenings mean that 2005 and beyond are going to be very busy years for the Unit and will pose many challenges. With your help we will be able to deal with all of them.

All of us connected with or interested in the Research Institute are always looking for new ways to raise money to promote its research. We all applaud Dr. Bending who has decided to run the Marathon. It is a magnificent gesture and will be a great effort on his part. So I would like to ask you to support Dr. Bending and give him as much sponsorship as possible. It all goes to the most important cause, looking for cures and alleviations of renal disease. SHAK looks after your present concerns, the Kidney Fund looks after your future. Please support Mike.

A very happy New Year to you all from Jonathon Kwan.



New extension. The present entrance to the Renal Unit is to the right (see below).



New Renal Reception area for HD Wards

***A reminder of the benefits of SHAK membership ....***

**1) Holiday Allowance -**

HD patients holidaying in the UK: SHAK will pay the difference between the actual charge for holiday dialysis and the Renal Unit's contribution up to a maximum of £100 per week for 2 weeks. Payments will be made direct to the Unit but a payment will not be made for patients using the SHAK Holiday Home. Patients holidaying abroad: SHAK will pay an allowance of £60 per week to assist with Haemodialysis expenses for a maximum of 2 weeks.

**2 Petrol Allowance -**

£20 per month will be paid to patients using their own vehicle to travel to the unit who make at least 8 journeys a month of more than 20 miles each round trip.

**3 Patient Line Cards -**

Long stay in-patients will be provided with a £5 Patient Line card per week after their first week in the Unit's wards.

**4) Holiday Home -**

For 2004, the rent for the Holiday Home will be £100 for the week, Sunday to Sunday (7 nights) £75 for 4 nights (M,T,W,Th,inclusive) and £50 per weekend (3 nights, F,S,S.). Preferences will be given to patients booking whole weeks.

**5. An Amenity Fund - to help those in genuine need.**

If you wish to join SHAK, contact Margaret Simpson, Secretary, on 01252 792196, or email: [mps@mpsimpson.demon.co.uk](mailto:mps@mpsimpson.demon.co.uk)

## **An EXPERT PATIENTS PROGRAMME (EPP), especially for renal patients is starting in the Renal Unit**

### **What is the EPP?**

The Expert Patients Programme (EPP) is an NHS-based training programme that provides opportunities to people who live with long-term chronic conditions such as kidney disease. The main aim is to help people to better manage their condition on a day-to-day basis. The expert patients' course can also help you gain a better understanding of your kidney failure and the impact it has on your life.



*Nicki Thomsa, Research Lead Nurse*

### **What does the course involve?**

- The course is run over six consecutive weekly sessions, each lasting 2.5 hours (including breaks).
- Easy to learn ways of dealing with symptoms such as fatigue and pain, as well as ways to improve your general health and well-being.
- Two course tutors, both of whom also have a long-term health condition, will lead the course.
- There will be around 12 people on each course.
- You are free to participate in each session as much or as little as you wish.
- A book accompanies the course so there is no need to write anything down.
- Everything that is discussed in the group is confidential

### **What does it cost?**

Nothing except a willingness to attend regularly. To get maximum benefit you should try and attend all six sessions.

### **What is happening at the moment?**

An EPP programme is being developed by the St. Helier Renal Unit, in liaison with SHAK and with support from local groups and the National Kidney Federation (NKF). The programme will start in March 2005 and we need twelve participants who are either receiving haemodialysis or peritoneal dialysis, or have had a transplant. The first programme will be run by outside instructors, but in the future it is hoped that some patients will themselves become instructors. If you'd like to read the views from people who have attended Expert Patients courses then please see the website at [www.expertpatients.nhs.uk](http://www.expertpatients.nhs.uk)

### **How can you take part?**

If you feel that you could benefit from this programme and if you have any questions then please do not hesitate to contact Margaret Simpson or me, Nicki Thomas, Research Lead Nurse on Tel: 020 8296 2641, email: [Nicola.Thomas@epsom-sthelier.nhs.uk](mailto:Nicola.Thomas@epsom-sthelier.nhs.uk)

### **Away-from-home Dialysis.**

At present, the payment of holiday dialysis varies between Primary Care Trusts (PCTs) and some will not pay at all. The Renal Unit has been in discussions with them to try and establish a common policy. A draft policy document is being drawn up for submission to the PCTs.

It recommends that:

HD patients should be entitled to claim the cost of up to 6 dialysis sessions for holidays i.e. 2 weeks with a cost cap of £400 per session.

PD patients should continue to be able to claim up to £1200 towards the cost of transporting their fluids etc.

The new measures, if approved, will be introduced this year though existing bookings would be honoured.

SHAK has been involved in the latter stages of the talks and we have stressed that we regard 2 weeks as insufficient. However, this measure should apply to holidays only with the Renal Unit agreeing to consider requests for payment for away-from-home dialysis for domestic emergencies and other non holiday occasions.

# SHAK NEWS

A very happy new year to you all. I hope you had a good Christmas and were able to relax and enjoy the holiday. There were more than thirty patients in Richard Bright and Secombe wards and due to the good offices of Celia Eggeling, our Social Worker, SHAK was able to give each of them a small present.

There has not been any progress at all in the talks on the Renal Network nor the Tertiary Building. In fact, there have not been any meetings! The three KPAs are very dissatisfied with the progress and we are most likely going to demand meetings with the 2 Chief Executives in an attempt to move things on.

We are also becoming dissatisfied with the amount of surgical cover. You will remember that when the transfer of transplant operations to St. George's was imposed, we were told that the then set up was unsafe and that we had to have 4 surgeons working as a team at one site. The imposition led to the loss of the St. Helier surgeon but St. George's have generally managed to retain 3 surgeons until now. At present there are only 2 surgeons and this is having a marked effect on the length of waiting time for access surgery as well as causing inequalities between the three Units. A 3rd surgeon should be in post at the end of February but he does not have access experience and so is unlikely to undertake this work before the end of May. BUT it is very possible that one of the present two will leave at the end of May, reducing the team to two again. Despite all the promises made at imposition and the Strategic Health Authority undertaking to ensure all its conditions were fulfilled, the 4th surgeon post has not even been advertised. Renal Surgery is obviously a poor relative but we are not meeting the Renal NSF or the Government targets.

There has been a big improvement to the garden outside Richard Bright ward due mainly to the efforts of Joy & Brian Hennah. SHAK is going to adopt that garden and make an equivalent one outside Secombe. We will use a local contractor to try and make a good lawn and maintain the gardens generally. The idea is that inpatients who are able may sit out in the fine weather. We hope the gardens will also be used by staff.

I think the big news of the day is that Dr. Bending is planning to run in the Marathon. As you know from the "KRI for Help" campaign (Kidney Research needs Investment) the South West Thames Kidney Fund is trying hard to raise funds to finance further research at our Renal Research Institute. Mike Bending, as Chairman of the Fund, is making this magnificent effort and I would like to wish him well and to ask you to support him by sponsoring him. This newsletter goes to over 4000 people, if each one gave a few pounds, the result would be fantastic and a great reward for a very brave effort.

Peter Simpson, Chairman



## *How many items can YOU get into a small Smartie box?*

**10th North Cheam Brownies** rose to the challenge and raised sponsorship money totalling £266 in aid of SHAK - a fantastic effort. We thank all of you and your families and friends for supporting you. It is very much appreciated.

Mrs J Pierce runs the Brownie group of 13 girls. They decided to raise the funds for SHAK because the husband of Mrs Pierce was a former patient of the Renal Unit. Mrs Pierce handed over the cheque to the SHAK Chairman at the lunch held in December.

# SHAK HOLIDAY HOME

FOR S.H.A.K. MEMBERS

**Would you like a holiday for yourself  
and family?**

**FROM 1<sup>ST</sup> MARCH TO 31<sup>ST</sup> OCTOBER**

Our "HOLIDAY HOME" is based at  
**THE RIVERSIDE CARAVAN CENTRE, BOGNOR REGIS.**  
Five minutes away from Bognor Regis Hospital

**ONLY £100 Per Week ,Sunday to Sunday (7 Nights),  
£75 for 4 Nights (M,T,W,Th Inc.) £50 per weekend (3 Nights, F,S,S).  
Preferences will given to patients booking whole weeks.**

### *Facilities Include:*

- *Accommodation for up to six people*
- *The Riverside Club* includes free membership for 6 people - **disco, karaoke, live acts.**
- *Fully Licensed Bar*
- *The Amusement Arcade* - video games, pool tables, bowling alley, etc.....
- *For the Young* - heated fun pool, heated outdoor swimming pool, indoor swimming pool, children entertainers, The Adventure Play Area, etc.....
- *Family Room* - to socialise and have fun
- *Restaurant and Snack Bar*

*The Riverside includes Laundrette, Internet cafe and is within walking distance of Tesco Supermarket.*

**BOOK EARLY FOR YOUR HOLIDAY TO AVOID  
DISAPPOINTMENT.**

Contact: Nita or Ravi on TEL: 0208 407 2525

Email: [shak@nitapatel.com](mailto:shak@nitapatel.com)



The SHAK Holiday Home will be made ready for the new season at the end of February when Committee members will give the caravan a Spring clean and the utilities are switched on.

SHAK is offering 20% discount on bookings during March and April. Please note that bookings are being arranged from Sunday to Sunday to accommodate people who need to dialyse on Saturdays.

### **SHAK TROLLEY**

Sales at the SHAK Trolley have increased enormously over the past year, all thanks to Peter Limmer and his 'sales technique'. It is amazing what he manages to find to sell.

Unfortunately, Peter has not been too well recently and has found it difficult to get in to the Renal Unit on some days. We have had an offer of help from Mary Libreri who has taken over the Tuesday slot from Peter, leaving him to come in on Thursdays. We are very grateful to both Peter and Mary for all they do.

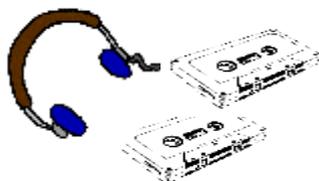
However, some people have said they wished the SHAK Trolley was available on other days, particularly on Wednesdays. As neither Peter nor Mary can manage it we would be grateful if someone would be willing to take it on. **If you are interested, please contact me, Margaret Simpson (details on the back page).**

**We need help please!** We would be grateful for volunteers who could give an hour or two of their time for can rattling and envelope stuffing. (We send out 4250 copies of Renality.)

### *SHAK A.G.M. Report*

About 35 people attended the AGM. The Chief Executive had been invited to speak but as she could not be present, Dr. Kwan, President of SHAK opened the meeting with a review of the progress towards a Renal Network and a Tertiary Renal Centre and the position of the public consultation on the future of St. Helier. Next followed the formal meeting with the Officers and Committee being re-elected without opposition. The Committee gained three new members: Michael Carpenter, Jean Mortimer & Carol Robinson. The Chairman reported on the activities of the Charity and the Treasurer was able to report a very healthy balance at 31.3.04 of £58,318 with £76,642 in the "Buy-a-Brick" fund.

Sally Brearley, London Specialist Commissioners, spoke about the value of the Expert Patient Programme (EPP) and its successes elsewhere. Bob Dunn, National Patient Advocate for the NKF, spoke about the work of the NKF and the value and importance of the EPP programme.



## *'Renality' available on Audio Tape ....*

We are very pleased to tell you that Stefan Novak, a renal patient, has arranged for 'Renality' to be put on audio tape. Stefan runs an audio book company - 'Audio

**Book Choice Ltd'** of Crawley - who will sponsor the project together with two other sponsors - 'Basepoint Innovation and Business Centre', Crawley and 'Bayfield Media' of Tonbridge Wells. There will be no cost to patients. We are very grateful to all three companies for their willingness to support SHAK in this way. We are sure this new service will be well used. It may be possible to have the newsletter put on to CD at some time in the future.

We hope all goes well with this first audio edition of our Newsletter. If you would like an audio copy of 'Renality', please telephone or email Peter or Margaret Simpson—details on the back page of this edition.

### **SHAK Grand Christmas Draw 2004, Prizewinners**

	<b>Prize</b>	<b>Ticket No.</b>	<b>Name</b>
1 <sup>st</sup>	£500	35028	D Martin
2 <sup>nd</sup>	£200	33042	P Nickolas
3 <sup>rd</sup>	£100	26506	Mrs Edwards
4 <sup>th</sup>	Champagne x 2	22423	M Ellanwala
5 <sup>th</sup>	Handbag	34531	R Tennyson
6 <sup>th</sup>	Kettle barbecue	31164	Mr Drawwater
7 <sup>th</sup>	Chanel, Allure	34003	Mr A Milne
8 <sup>th</sup>	Chanel, No 19	06960	B Robinson
9 <sup>th</sup>	Chanel, Antaeus	20218	J Franklin
10 <sup>th</sup>	Allure, Homme	06974	Tom
11 <sup>th</sup>	£10 M&S voucher	01599	R Staples
12 <sup>th</sup>	£10 M&S voucher	17488	B Hennah
13 <sup>th</sup>	£10 M&S voucher	15221	B Cope
14 <sup>th</sup>	Planter	23673	BJ Wise
15 <sup>th</sup>	Cultivator	03511	Mr Randell
16 <sup>th</sup>	Wine	19346	S Cragg
17 <sup>th</sup>	Wine	17286	Mrs Howard
18 <sup>th</sup>	Wine	19362	Mr A Coy
19 <sup>th</sup>	Wine	18547	Mr & Mrs Champion
20 <sup>th</sup>	Wine	24650	Mrs Lynch
21 <sup>st</sup>	Large Teddy	03488	Debra
22 <sup>nd</sup>	Tool Box	29502	Mr Willingham
23 <sup>rd</sup>	Soft Toy	06106	Mr Haskins
24 <sup>th</sup>	Soft Toy	16524	Mrs V Watts
25 <sup>th</sup>	Stole	30332	V Newman
26 <sup>th</sup>	Wine rack	16219	H Wright

Our SHAK buffet lunch held in December was a great success with approximately 70 people attending. It was good to see many new patients as well as being able to renew acquaintance with those of long-standing. The range of food was excellent and our thanks go to Pat Harris, one of our Committee members, for the organisation. The drawing of the prize-winning tickets for the Grand Draw was an added attraction.

#### *Christmas activities:*

A number of people assisted us with the sale of Christmas cards this year: David Theobald sold a large number of packs at his local church, John Canning, husband of Valerie, sold many at the Blood Transfusion Service Centre at St George's and John and Iris Boshier did a weekly stint selling at the 'Cards for Good Causes' shop at Sutton. They were also on sale at St Mark's Church in Wimbledon. We would like to say thank you very much for your help to all of you.

Additionally, we would like to thank the receptionists at the Renal Unit for all their assistance.

Our Grand Christmas Draw raised a total profit of £4,827.

What a wonderful response and thank you to everyone who contributed and to our 'Anonymous Donor' who has promised to add £1,500 again this year.

# SHAK COMMITTEE MEMBERS 2004 - 2005

## Chairman

Peter Simpson  
"Ceilidh", Wellesley Road  
Rushmoor, Farnham  
Surrey GU10 2EH  
Tel: **01252 792196**  
email: [mps@mpsimpson.demon.co.uk](mailto:mps@mpsimpson.demon.co.uk)

## Deputy Chairman/Fundraising Liaison

Paul Steele  
13 Walpole Road  
Surbiton  
Surrey KT6 6BU  
Tel: **020 8390 1931**  
Email: [paul@hotchpotch.net](mailto:paul@hotchpotch.net)

## Treasurer /Transplant Games & SHAK Team Manager

Graham Morrow  
The Cedars  
Horseshoe Lane  
Ash Vale, Surrey GU12 5LL  
Tel: **01252 325230**  
email: [graham.morrow@ntlworld.com](mailto:graham.morrow@ntlworld.com)

## Secretary/Joint Ed. Newsletter

Margaret Simpson  
"Ceilidh", Wellesley Road  
Rushmoor, Farnham  
Surrey GU10 2EH  
Tel: **01252 792196**  
email: [mps@mpsimpson.demon.co.uk](mailto:mps@mpsimpson.demon.co.uk)

## Minutes Secretary

Jackie Moss  
7 Little Roke Avenue  
Kenley  
Surrey CR8 5NN  
Tel: 020 8668 7435  
email: [JackieEMoss@aol.com](mailto:JackieEMoss@aol.com)

## Holiday Home Managers

Ravi & Nita Patel,  
3 Darcy Road  
Norbury  
London SW16 4TX  
Tel: **020 8407 2525**  
Email: [ravigp@hotmail.com](mailto:ravigp@hotmail.com)  
[nita@nitapatel.com](mailto:nita@nitapatel.com)

## Patient Liaison/Stock Controller

David Theobald  
10 Doveton Court  
Doveton Road, South Croydon CR2 7DH  
Tel: **0208 680 1821**  
**07813 940 340 (Mobile)**

## Press & Public Relations

Pat Harris  
10 The Gables  
Banstead  
Surrey SM7 2HD  
Tel: **01737 352 154 (Home)**  
**07732 110767 (Mobile)**  
email: [patricia.mike@virgin.net](mailto:patricia.mike@virgin.net)

## Renal Social Worker/Amenity Sub.Committee

Celia Eggeling  
Renal Unit  
St. Helier Hospital  
email: [celia.eggeling@epsom-sthelier.nhs.uk](mailto:celia.eggeling@epsom-sthelier.nhs.uk)

## Nurse Manager/Amenity Sub.Committee

Sara Youngman  
Renal Unit  
St. Helier Hospital.  
email: [sara.youngman@epsom-sthelier.nhs.uk](mailto:sara.youngman@epsom-sthelier.nhs.uk)

## Satellite Liaison

Mr. Pynee Sanjivi  
73 Deepfield Way  
Coulson CR5 2SR.  
Tel. **020 8668 3297**  
Email: [swtkfcrops@yahoo.co.uk](mailto:swtkfcrops@yahoo.co.uk)

Mrs Jean Mortimer  
138 Stroud Crescent  
London SW15 3EH  
Tel. **020 8480 8063**

Mrs Carol Robinson  
24 Chilberton Drive  
South Merstham  
Surrey RH1 3HW  
Tel. **01737 643993**

Mr. Michael Carpenter  
81 Ridge Road  
Sutton  
Surrey SM3 4LL  
Tel. **020 8644 8817**

## 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 8th April 2005.

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