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**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

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(Registered Charity Number: 266391)

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**Q w t " 4 2 2 ; " M k f p g { " H w please support themc v j q p "**



John Gunn



Marc Rich



Louise Schlaepfi



Richard Mullany

**C i f ` f i b b Y f g Ð ` g h c f ] Y g ` Å "**



Victoria Turner

**John Gunn** I enjoy running and swimming which are my main hobbies. I do these mainly to stay in shape. I am married with 2 children and work for a housing developer based in Caterham, Surrey who are kindly pledging £100 towards my fund raising target. I have always wanted to run the Marathon mainly as a sense of achievement and to experience the atmosphere of the day. I have colleagues who have run this event and they tell me how great it is and how the crowds spur you on.

**Mark Christopher Rich** I am a 32 years old husband and father to a 2 year old boy. I am a Specialist Treatment Worker óI help provide support to young people that want to stop misusing alcohol and drugs.

I have been running for just over a year now and have competed in a number of 10k races. The London Marathon represents a huge challenge that both terrifies and excites me k p " g s w c n " o g c u w t g 0 " " " K ø o " g u r g e k c n n { " r t q w f " v y k n n " o c t m " v j g " v y g p v k g v j " c p p k x g t u c t { " q h " o { " along with my family will be forever in their debt for the fantastic care they have provided for him over the years. This run represents an opportunity for me to demonstrate a small portion of our appreciation as a family, as well as, raise vital funds for the South West Thames Kidney Fund to enable Renal Research to continue providing their essential services.



Caroline Betts

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 020 8777 7371

**S.H.A.K.**  
 Dave Spensley, Chairman  
 01483 426276  
 Jim Rae, Treasurer:  
 01403 242601

# Renality Editor

We are pleased to inform you that Nick Lewis has said he will take on editorship of Renality from next July. He is a website manager with a great interest in photography. He will be ably assisted by his wife, Tina.

Nick has been a patient of the Renal Unit for about six years and received a kidney transplant last year. He is very familiar with the Renal Unit and knows many of the staff.

He has already become involved in the production of this edition. We look forward to working with him.

# Renality is now available on CD

**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.**

*If you know of any patient who is visually impaired and would like to receive Renality on CD, please contact:*

*Peter or Margaret Simpson on 01252 792196 or email: mps@mpsimpson.demon.co.uk*

## Newsletter deadline:

**We welcome letters, articles and opinions from our readers. If you wish to contribute, all items for inclusion in the next Newsletter must reach us by Friday 3rd April 2009.**

## 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 Association for Kidney Patients (SHAK);*

**www.shak-online.org**

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

We would like to thank Riverprint Ltd, Farnham for their help in producing this Newsletter.

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 Email: www.Riverprint.co.uk

**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.**

# Message from Dr Jonathan Kwan, Medical Director, Epsom & St Helier University Hospitals NHS Trust



It has been 8 months since I relinquished the post of Clinical Director of the Renal Unit, having been made the Medical Director of the Trust in July 2008. Suffice to say, I am missing it all. However, having been the Director for the Unit for the last 10 years, I need to move on and make room for a younger and more energetic Director. The Unit continues to move from strength to strength under the stewardship of **Dr James Marsh** over the last many months. Elsewhere you will be reading his column.

In the last few months, particularly in the last 6 weeks, the hospital and the Renal Unit have been faced with most severe pressure in all fronts, bed capacity and ever-increasing demand for medical care. It is no mean task that all the staff in the Renal Unit, and sincere gratitude to all of them, continue to demonstrate resilience in taking on the increasing workload with a caring smile. The morale in the Unit remains at an all time high!

My job as the Trust Medical Director and Trust Board member has been most challenging with a lot of new things to learn and a multitude of different tasks to deal with, many of which are really outside my comfort zone. The saving grace is that I have been asked by the Trust to be the Executive Lead for Renal Services. Dr Marsh will deal with all the day-to-day operational and service development issues, whilst I shall be working with him in managing the longer-term strategic issues. I have always taken the view that the wellbeing of the Renal Unit is intertwined with the wellbeing of the Trust. This was the strongest motivator for me to take on my current post. Only time can tell whether I will succeed or not.

Many of you thought I have stopped seeing patients as a result of my so- e c n n g f " ð g n g x c v k q p ö 0 " " K " e c definitely not the case. I continue to carry out both outpatient and inpatient duties, albeit at a reduced level. Otherwise, I shall get severe withdrawal symptoms! Obviously, the success of our Unit is based on an ethos of a shared team approach. Together with my colleagues, I look forward to the continuation of the provision of exemplary care to our many patients.

Some of you might have heard about the proposed development of an inpatient centre in Surrey, driven by the Surrey Primary Care Trust (PCT) commissioners. This is an exciting development, and is a development supported by the Renal Unit at St Helier, in improving renal care access to the Surrey population. Naturally, being the current majority provider of renal care to Surrey patients, we would very much like to assist in shaping this unit, opportunity permitting. It is k p v g p f g f " v j c v " y g " u j c n n " l q k p " h q t e g " y k v j " q w t " e q n n g c i w g u " tender is announced, in allowing us to continue to provide a comprehensive and integrated care currently experienced by our Surrey patients. Equally we cannot be over complacent as there are likely to be other bidders for this service from outside the region too. **It is therefore important that your views on this matter are well heard by the Health Authority.** You can channel your views and opinions through SHAK as your representative Kidney Patients Association. Alternatively, you may like to write to Surrey PCT or put your views onto the Surrey PCT online renal consultative survey. As before, we would also like to hear from you any suggestions you might have on ways in improving our current service too. You are most welcome to write to Dr Marsh or myself, care of the Renal Unit at St Helier.

Up until 3 weeks ago, I thought I was going to indulge in another bit of egotistical madness in running the London Marathon again in April this year, to raise more monies for renal research. Sadly I have succumbed to the reality that I am getting more mature by the year and my right knee is now protesting more than ever before. I must apologise to those of you who would like to see me doing another marathon again. I would, however, urge you once again in supporting this { g c t ø u " T g p c n " W p k v " O c t c v j q p " V g c o 0 " " K " u j c n n " d g " e j g g t k p i " is to keep the funding going for our research effort. It is through these small efforts cumulatively that the future renal care break-through will happen. I realise the recent credit crunch has affected all of us in various ways; unfortunately advancement in medical science needs to continue regardless! Your help will be greatly appreciated.

Enough of me for the time being and I wish every one of you a very happy and healthy new year!!!!

**Jonathan Kwan**



*South West Thames  
Kidney Fund - raising  
funds for research at South  
West Thames Institute for  
Renal Research*



**Gatwick Airport, South Terminal, 05:00hrs 5<sup>th</sup> January 2009**

Dear Kidney Funders

K " c o " y t k v k p i " v q " { q w " h t q o " v j g " f g r c  
into Renality. Peter and Margaret do a wonderful job chasing all their contribu-  
tors and it is more than life is worth to miss a deadline. Without their attention to  
detail and constant chasing our own Kidney Magazine would never appear. You  
will have read that we are looking for some help for Peter and Margaret in their  
q n f " c i g í " c p { q p g " y j q " h g g n u " v j g { " e q w n f " u r c t g " u q o g " j q w t u " v  
useful tricks and they would have great fun in the process, any takers???

The highlight of the Kidney Fund in 2008 has to have been the reception at the House of Lords hosted by Lord Brian Rix  
and his charming wife Elspet. It was a magic evening and we were entertained by three other nationally known

It was particularly interesting to hear Lord Rogers talking of his father Dr William Rogers who founded the Kidney unit at  
St Helier Hospital in the 1960s. This was at a time when renal failure treatment by dialysis and transplationation was not  
readily available. The first chronic dialysis unit anywhere in the world was in Seattle, Washington State on the west coast  
of the USA in 1959.

Willie Rogers had been born in Trieste in Italy into a British family who had been living in Italy for a number of genera-  
tions. As is the case with so many English families living overseas, Willie was more English than the English! The  
T q i g t u " h c o k n { " n g h v " K v c n { " k p " v j g " n c v g " 3 ; 5 2 u " v q " n g c x g " O w  
young children. He must have been lucky not to be locked up as a foreigner and Axis spy!!

Whilst establishing his medical credentials and qualifications in the UK, Dr Rogers began work for a few sessions in the  
pre-NHS days at Epsom General Hospital. His young son Richard Rogers remembered playing in the rabbit warren of  
corridors under Epsom Hospital. This lead to his early interest in the structure and design of buildings. As Dr Willie  
Rogers started work on the early stages of dialysis treatment he could well have founded his unit at Epsom rather than St  
Helier. How different the history of the Epsom and St Helier NHS Trust might have turned out 60 years later. Surrey  
PCT might have been much more satisfied!! How accidents of history can influence the outcome of human activity.

2009 is going to be a momentous year for my family, particularly long suffering Carol. After forty years we drift into  
retirement. We never drift except when sailing my boat on a calm day and so I have decided to go out with an enormous  
big bang on my 65<sup>th</sup> birthday. That will be the 6<sup>th</sup> July 2009.

We are planning a major party with entertainment and Elizabethan feast at the Globe Theatre Bankside, Southwark. This  
k u " c " y q p f g t h w n " g x g p v " x g p w g " l w u v " c " u j q t v " u v g r " h t q o " Y c v g  
Tower of London. The evening at the House of Lords raised nearly £50,000 for renal research and we are hoping that this  
evening will match that effort and will be a memorable evening of fun and jest and entertainment. Expect the unexpected.

Apart from the clinical growth of the South West Thames Renal Unit [from one consultant to 12, and from four nurses to  
over 200, and from 10 beds (when I was first on the scene in 1982) to nearly 50 beds, from one dialysis unit to seven], one  
of the major activities of the unit is world class scientific research, lead by Dr Mark Dockrell and his team in the South  
West Institute for Renal Research.

Fund raising has always been difficult. It really has been down to individual effort and initiative. If every member of the  
Kidney family could raise £50 say, through an event related to a hobby or work or neighbourhood or club, we would  
secure an income of £50 x 5,000+ (Renality circulation number) = over £250,000. Oh well, dream on Bending, dream on  
Dockrell.

Another major source of income to the Fund over the last years has been through bequests made in memory of loved ones  
or by a loved one in appreciation of the special nursing care they have received.

With very best wishes to you all,

**Michael Bending, Chairman**

Photos of House of Lords event by Robert Wade are available at £5 for a 5 x 7  
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department and the other half to the Fund.  
The Link is  
<http://picasaweb.google.co.uk/photosthelier/RenalResurchUnit10thAniversary>

## C i f ' f i b b Y f g ~~D~~ong h c f J Y g ' Å " ' .

**Louise Schlaeppi** I run my own agency in the healthcare sector working on behalf of the major pharmaceutical companies. I therefore have a wide audience to go to and raise funds (and certainly am in a position to call in many favours having sponsored many clients in the past). I am a keen runner and am now at the point where I would like to do a marathon before I get too old (I am 43 and a full time working mother of two).

**Richard Mullany** I am 35, live in Wallington and am a black cab driver.  
Am a member of a gun club and a PADI-diver.  
I enjoy bunjee-ing, jet skiing & everything extreme.  
Running the marathon & parachuting has always been my dream.  
I love exotic holidays, eating out and keeping fit.  
And although I'm very active I like to sleep a bit.  
I am glad to have the opportunity to run and raise some cash.  
I look forward to it greatly and will give it a good bash!  
Once it is all over and I can cease to train.  
I think I will go and throw myself out of a plane.

**Victoria Turner** I'm a Product Manager for a Greetings Card Company in West London. I've recently returned from living in France, having spent 2 winter seasons in the Alps. I love skiing but when I can't ski I love running and the London Marathon has been a life ambition for me which I'm as equally excited about as I am nervous c d q w v # " " K v ø u " c p " g x g p v " K ) x g " y c v e j g f " q p " V X " g x g t { " { g c t . " c my throat - I am so excited that I can now fulfil one of my life's ambitions with the opportunity to complete the London Marathon coupled with raising money for a much needed cause which is close to my heart.  
I suffered from renal failure last year and received fantastic care during my time in hospital. I made a full recovery and as soon as I was back to full fitness, I took to the streets. I now love running for pleasure & fitness. I'm very grateful to the South West Thames Kidney Fund for giving me the opportunity to run for their cause

**Caroline Betts** I am Irish, 38 years old and I am married with 2 children ages 10 & 11. I have a dog who has been an integral part of my training so far!! I have recently lost 4 stone and I started running as part of this weight loss. It has been my ambition for a few years to run the marathon and I am delighted to be able to run for kidney research. I am a sister on ITU and we work very closely with the renal unit and it is an honour to run to raise funds for kidney research. I also have a member of my family who is dependant on dialysis and so raising money for kidney research will be for personal reasons also.

## **SWTKF Branch news:**

*Croydon Branch* will be involved in organising a dance in aid of SWTKF. (See advert opposite)

*Sutton Branch* held a very successful Candlelit Gourmet Dinner in November and raised the magnificent sum of £834 (to date).

*Frimley Park & Guildford Branch:* In November, the Branch ran a stall at a Christmas Fayre held at Bells Piece, a Leonard Cheshire Home. Takings amounted to £127.

A stall was run at Ash Fayre in December when a Dolls House was raffled, new goods were sold and the SWTKF Draw took place. Altogether, £987.67 was raised. (Draw results on page 6. The Draw raised a total of £909.)

Dennis Amy sold £969 worth of his marmalade and chutney at Godalming Carnival - a tremendous result. A sale at Farnham Hospital of new goods, home made sweets, marmalade and chutney and the continuation of the Dolls House raffle brought in £158.27. Our thanks to Angie and Graham Morrow for organising the events, to Dennis Amy for making the marmalade and chutney and to John and Shirley Smith who donated the Dolls House.

Charity Dance in aid of  
*South West Thames Kidney Fund*  
**Music by Mr Wonderful**  
*Ballroom, Ceroc, Disco*  
*Dances suitable for everyone*  
Saturday 21 March 2009  
Conservative Club, Mitcham, CR4 3AA  
**Buffet and raffle**  
This Dance is being advertised widely. It is advisable that you obtain your tickets early in order that tables can be reserved for *South West Thames Kidney Fund*  
Donations of raffle prizes would be very much appreciated  
**Tickets £10.00 each**  
To obtain tickets, please send a S.A.E. to Pat Godden, 478 Wickham Road, Shirley, Croydon CR0 8DJ with cheques made payable to Roy Finch

## SWTKF Draw Prizewinners

### No. Tkt No. Name

1	1217	Mrs L Mason, Addlestone
2	4058	Gareth
3	3995	Jenny Starr
4	0036	Carole Sammons, Wallington
5	4191	Nigel Manning, Ash Vale
6	0029	Carole Sammons, Wallington
7	1371	Sue Robinson, Fleet
8	3907	Geoff Wallis
9	0473	G Stentiford, Thames Ditton
10	2764	Anne Deacon, Farnborough
11	2641	JT Kemp, Bagshot
12	2003	Helena Shiatis, Croydon

### No. Tkt No. Name

13	0699	Fatuma Masai, Kent
14	4426	Rosemary Froude
15	4662	Lia Tsele
16	4573	Marion Bourne, Ottershaw
17	4442	Lee Vickery
18	0230	Jack Atkins
19	2912	Bill Groves, Guildford
20	2202	Cynthia Bath, Farnborough
21	1902	AJ Laws, Morden
22	4823	Mrs P Grant, Croydon
23	1395	Val Simpson
24	1927	Leah Kersting, Westbrook, Kent
25	4680	Clare Roberts
26	3555	Kate Shipton
27	1571	Burrough, Carshalton

## We would like to thank ....

Frazer Nash Consultancy donated £160 to SWTKF, money raised from their office treasure hunt. The donation

Donation to South West Thames Kidney Fund from the Foreman Williams-Jones Foundation via Dr Martin Scurr who administers the foundation.

Miss Marie Leiser gave a further very generous donation to South West Thames Kidney Fund

Tony Gyatt generously donated the fee from another of his talks to SWTKF.

### Windlesham Pram Race

Chobham RFC donated £1,173.38 to SWTKF - the Proceeds of their Pram Race and other events held last year. Thank you.

### H t q o " N c p f u " G p f " v q " L q j p " Q o

John Okell and James Clayton completed the cycle ride in July 2008 and the total they raised for SWTKF has risen to £2,687.78. Thank you.

### Three Peaks Challenge

The total amount raised to date by Kevin Connelly and his Team, who completed the Challenge in June 2008, is £3,410.31.

A fantastic result. Thank you all.



### 2008 Adidas Challenge

The final total raised for South West Thames Kidney Fund is £2924.07, including gift aid.

Thank you and many congratulations to all our runners.

Riddlesdown Lodge Benevolent Fund. A cheque for £490 given to South West Thames Kidney Fund by Mr Harwood, the father of a renal patient. We thank the members of Riddlesdown Lodge.

For many years, Paragon Employment Services have decided not to send Christmas cards to their clients and instead, have 'once again' chosen the Kidney Fund and kidney research as the beneficiaries of this saving. Mr Steve Ward has forwarded us a gift of £500.00!

George Moffet married Ann on 20th December and they requested that donations should be given equally to two charities in lieu of wedding presents. Donations have been divided between Barts & The London Charity and South West Thames Kidney Fund.

George and Ann say they are supporting SWTKF because they have been inspired by the enthusiasm of Angie & Graham Morrow and their son Craig.

To date George and Ann have raised the magnificent sum of £1,615 (including gift aid).

Their website address is:

<http://www.justgiving.com/angieandgraham>

### Legacies and Donations

South West Thames Kidney Fund were most appreciative to receive a legacy of £1,000 from Ernest Mitchell

A legacy of £11,915 was also very gratefully received from Sue Wilson

The Kidney Fund would like to thank all the families and friends who have made donations in memory of their loved ones:

Victor Legg,	Kushi RamSad,
Onorina Agostini,	Stanley C Butler,
Derrick Gerrard,	Michael Shiatis,
Margaret Staples,	Jim Leahy,
J Van de Walle,	Alan Porter,
Daniel Elijah Morgan	Stanley Buddin
Neeltje Klaassen	Michael Oakley



Everywhere we go, we are inundated with companies offering us products and ideas to make our life easier. Except that is, if you're a dialysis patient!!

As we know too well successful dialysis depends upon acceptance. In meeting this aim you will dominate your condition with confidence and optimism allowing you to amass positivity and further success along the way.

Renal Freedom is the company with ideas for renal patients. Developed specifically for you, to help you get the most out of your therapy we design and supply products that encourage you to control all aspects of your condition.

Manage dialysis the way you want to and put the life back in lifestyle.

**Renal Freedom - A Patients Choice.**

The Media Centre, 7 Northumberland Street, Huddersfield, West Yorkshire, HD1 1RL  
Office 0845 456 2196  
Fax 0870 990 5100  
[www.renalfreedom.com](http://www.renalfreedom.com)

**Dialysis Technology**  
Bringing fresh ideas and new possibilities



**Infection Control**  
Keeping you and your environment safe



**Lifestyle Support**  
Govern the life you lead



**Berlin Marathon Runner aids SWTKF**



The Kidney Fund has received a welcome donation from Holly N q o c z 0 " " Jdqdnis n { ø u patient Jon Pickett and she wanted to give something back in recognition for all the care he has received over the years.

Not one to do this the easy way, Holly signed up for the Berlin Marathon and began the training that she hoped would result in completing the course. Despite never having run a marathon before (she admits to just one half-marathon; a distance she f k f p ø v " g p l q { + " u the start last September and completed the course in a very impressive 3:52:19. And enjoyed it!

Friends, family and workmates contributed to a final sum raised of £917.18, which includes gift aid.

*Congratulations Holly and very many thanks.*

A reminder from Dave

U r g p u n g { " í 0 í " C n n q y c p e g " h q t " f k from home

Some dialysis patients will be planning holidays and they may wish to apply for allowances given by SHAK.

We remind patients that they have to be a registered member of SHAK for 6 months in order to claim the allowance for dialysis away from home.

**Member ship of SHAK is FREE - you only need to register.**

**Contact Diane Spensley, Membership Secretary on: 01483 426276. Email: [dispensley@bopenworld.com](mailto:dispensley@bopenworld.com) Renality is sent to ALL patients of the Renal Unit. It does not mean you are a SHAK member if you receive it.**

NB. Only three months membership is required in order to claim petrol allowance.



# South West Thames Institute for Renal Research



May I wish you all a belated Happy New Year from the Institute? While some people jet off on their winter breaks I am holed up in the Institute with near arctic weather outside. But I am not alone. When I came into work on the 30<sup>th</sup> of December there were already two other members of the team back from their Christmas break and hard at work and by the 2<sup>nd</sup> of January we

avoid going into boffin mode.

Phanish did with me when he was working in the Institute for his PhD before joining Vip De Silva as consultants straddling both Mayday and St Helier Renal units. Some of you may remember that Phanish published the first paper describing production of something called connective tissue growth factor óor CTGF for short- by the human kidney cells that we specialise in studying. CTGF is recognised as playing an important role in a number of diseases including kidney failure but precisely how it acts and how we might aim to be the top kidney CTGF group in the country. Phanish has always strongly believed that CTGF is an important mediator and marker of kidney disease and all the evidence seems to be going his way.

Nilesh is working on a slightly different project. His work focuses on a protein that may be vital in holding human kidney cells together and consequently the loss of the protein results in kidney damage possibly leading to kidney failure. The particular protein that Nilesh will be studying is a member of quite a big family of proteins, and it is rather like the middle child in the family. People did notice it when it was first discovered but they seem to have largely forgotten about it as it got lost among all its brothers and sisters. One the reasons our little protein may have become a forgotten child in the family is the penchant many scientists have for studying rats and mice. In rodents our little protein is only present in the embryo and it disappears after birth and is replaced by another family member. However, as much as I like cheese there is a quite a difference between a man and a mouse, and some of our preliminary results strongly indicate that the protein is present in adult human kidney cells. Studying this protein and how it is controlled should help us understand some of the early events in kidney disease, but in addition to that it could help us develop new tests for early kidney damage. To paraphrase the wonderful Hilaire Belloc

The protein is so very small  
You can not make him out at all.  
But many sanguine people hope  
To see him through a microscope.

And, in fact, to this end, we intend to start fundraising for a new microscope to allow Nilesh to examine both biopsy samples and cells in culture for his little protein.

I hope to up-date you on the work of Nilesh and Simon in future editions of Renality.

### And remember

õ P q " H w p f k p i " ? " P q " T g u g c t e j = "  
P q " T g u g c t e j " ? " P q " E w t g ö

**Dr Mark Dockrell, Lead Scientist, (Dr Dockrell is directly supported by SWTKF)**



# CARE FREE DIALYSIS IN GREECE

**This year enjoy your Summer Holiday In a safe environment.**

- Safe dialysis treatment in a
- Safe country

MESOGIOS -The Middle of earth in Greek- is a unique place specially designed for your summer vacation.

To fulfill the criteria of a successful Holiday destination for Dialysis patients is not that easy ...

MESOGIOS with long experience in Holiday dialysis along with the beauties of our country guaranties a simply unforgettable visit to the land of Gods.

You will feel the sense of our hospitality very early, from the booking of Your sessions to us .

True smiles deep from the heart of our personnel will make you feel more than welcome.

Our facilities and services will surely give you the best sensation combined with the beauties of the island.

Let your most valuable days in our experience.

NOW you can enjoy your holidays also in the capital of Greece, Athens, in two newly constructed dialysis units: Kallithea in the south suburbs of Athens and Pallini in the east suburbs of Athens.

**EXPERIENCE** ✈

**RELIABLE** ⚙

**ENJOYABLE** ☀

**SIMPLY UNFORGETTABLE** 🏠

**October 2008**

Opening of our new dialysis centre in Serres, North Greece.

**November 2008**

Opening of our new dialysis centre in Kalamata, Peloponnese.

## MESOGIOS



DIALYSIS CENTER

For reservations at our dialysis centers please contact the central dialysis unit in Crete:  
71 500 Ano Kalesa, Gazi, Heraklion, Crete, Greece  
Tel.: + 30 2810 371.560. Fax: + 30 2810 371.570. mob.: + 30 6946 285615  
e-mail: info@mesogeios.gr - http://www.mesogeios.gr.

E111 accepted as full payment for dialysis cost. Booking also available through:  
Freedom, The Dialysis Holiday Specialist, 5 Middlefield Road, Cossington, Leicestershire LE7 4UT,  
Tel.: 01509815999. Fax: 01509815888



Helena Reeves

# Brand new service for kidney patients in Surrey

kidney disease feels like. Or how hard it is to get organised for yet another hospital visit or treatment. Surrey Primary Care wants to make life just that little bit easier for kidney patients by buying a brand new acute unit in Surrey rather than expecting all patients to travel into London.

Patient Paul Connelly says: "I'm very excited about the opportunity of not having to travel into London for treatment. It will make a massive difference to renal patients across Surrey and I'm looking forward to seeing it up and running as soon as possible".

The new service will be for adult patients with acute disease and will offer a greater choice for patients when deciding where to be treated. The final decision on where the new unit will be located is some time

away as we need to finalise the plans and want to talk to more people about what makes a really great service.

## A word from those who know

Thanks to the local Kidney Patient Associations and Surrey Local Involvement Network (LINKs) the PCT has been able to listen to what means most to patients. The idea of the new unit has been warmly welcomed to Hospital in Tooting. When we asked what a high quality kidney service would look like, the reply was organised, expert specialist clinical care from a dedicated team. People also stressed that kidney teams need U } ^ Á ] æ c ã ^ } c Á æ ] c | ^ Á á ^ • & ! ã à ^ á Á c @ ã à ^ @ ã } á Á c @ ^ Á á ã • ^ æ • ^ É + Á

Dr Richard Fluck is the external renal clinical advisor to Surrey what is already excellent care provided to patients in Surrey. Bringing care closer to home will allow individualised and responsive • ^ ! ç ã & ^ • Á c @ æ c Á æ ! ^ Á ] æ c ã ^ } c Á ~ [ & ~ •



Dr Richard Fluck, Renal Physician at Derby Hospitals NHS foundation Trust

## How do you buy a new renal unit?

It is complicated but we working on what needs to be included in the service specification from both a clinical perspective and from what patients have told us. Service specifications also contain all the latest national best practice and clinical evidence so the provider [ ! \* æ } ã • æ c ã [ ] • Á & æ } Á à ã á Á ~ [ ! Á c @ ^ Á , [ ! Dr Richard Fluck, Renal Physician at Derby Hospitals NHS foundation Trust

consulting more widely on where the unit is best located and be able to begin the formal procurement process. We hope the new unit will be up and running from summer 2010.

## Would you like to know more?

you. You can find all the details on our website [www.surreyhealth.nhs.uk](http://www.surreyhealth.nhs.uk) or call: 01372 201709.

**Helena Reeves**  
Communications Director  
Surrey Primary Care Trust  
8 January 2009

# Proposal for Renal Unit in Surrey

*G f k v q t ø u " e q o o g p v " i 0*

At the end of November, Margaret and I attended a seminar held by Surrey PCT. There were between 30 - 40 people there: some patients, some carers, two or three patients representatives, some doctors and others. The PCT sought our views on what was necessary to make their proposed Renal Unit attractive to patients. They said that they had consulted patients but they sent out only 500 questionnaires to our 5000 patients. They also said they had advertised in the Surrey newspapers but they did not use the Farnham paper. You will see what they have in mind from the article by Helena Reeves..

I was surprised to learn that Surrey is not working with our Renal Unit to find out what the patients want and to develop a smooth transition for those who eventually want to move. Everyone recognises that some patients (especially those living in East Surrey) will not want to move. Surrey have removed St. Helier and St I g q t i g ø u " " E q p u w n v c p v u " " \* U v 0 " I g q t i g ø u " j c x g " c d q w v " 7 are taking advice from the Head of the Derby Renal Unit.. They have also dispensed with the advice of U J C M " c p f " U v 0 " I g q t i g ø u " M R C " d { " t g o q x k p i " v j g k t " t g r t g representations were made about this at the meeting and Surrey promised to reinstate the representatives but there have been two meetings since then and the reps. have not been invited.

To me, the most important point the PC T have to accept is that as renal failure is not reversible. It is a life long disease. The patient and their consultant and his team, the nurses and all the other staff of the Unit play c " h w n n " c p f " x k v c n " r c t v " " k p " v j g " r c v k g p v ø u " j g c n v j 0 " N going home. So if Surrey wish to attract patients from St. Helier óand about 90% of renal patients from Surrey

presently attend St. Helier óthey will have first to attract the doctors and nurses and others from St. Helier who will then bring their patients with them. Patients are not going to transfer to a new Unit unless they happy with who will treat them. Obviously not all patients have such an allegiance but I am sure Surrey will find that the great majority have. I know patients who travel 30 to 40 miles to see their consultant rather than attend an- q v j g t ø u " e n k p k e u " c v " c " n q e c n " j q u r k v c n 0

A Renal Unit , with inpatient beds, is badly needed in Central/West Surrey. But to make it work Surrey will j c x g " v q " y q t m " x g t { " e n q u g n { " y k v j " U v 0 " J g n k g t 0 " K v " k u " " 1 set up that should be their example. As nearly all their prospective patients are at St. Helier, they cannot make proper and correct decisions about a new Renal Unit without St. Helier advice.

## Chronic Kidney Disease

National clinical guideline for early identification and management in adults in primary and secondary care

**Developed by the National Collaborating Centre for Chronic Conditions of the Royal College of Physicians - Published September 2008**

**Contents:** Introduction      Methodology      Key messages of the guideline

**The Guideline:**

Investigation of CKD	Classification & early identification
Defining progression of CKD & the risk factors associated with progression	
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# Renal Unit News

## A message from the Clinical Director ...

Many of you will have read in the press about the pressures in the health service over the autumn and winter. The Renal Unit has not been exempt and we have been exceptionally busy. We do however expect a number of changes and improvements over coming months.

### Bed Capacity

There are currently 48 beds on the Renal Unit. We have not increased this number for at least 3 years. As the service continues to expand, we are bursting at the seams, and we desperately need more space on the wards. We know that this has caused strain and inconvenience to a number of patients, particularly those waiting for procedures such as kidney biopsies. Beacon Ward has 12 beds for renal patients. The other half of the ward has previously been used as offices for some of our specialist nurses and clerical staff. We expect to be able to create 9 extra Renal beds on Beacon Ward (including some side room accommodation) in the spring.

In the meanwhile, the hospital has used this space for medical patients undergoing rehabilitation. This has been a particularly difficult time for staff on the ward, and I would like to extend my thanks to Cathy Woolley, Gemma Toussaint-Bourne and the team on Beacon for their fantastic work and flexibility in covering the additional work. They have done a sterling job.

### Richard Bright Ward

Those of you who have needed to spend time in the side-rooms on Richard Bright will appreciate that they are in need of updating. Early this year, we will be carrying out some work to modernise this accommodation and create one additional side-room. I appreciate that there will be inconvenience whilst this work is underway, but it is much needed, and hopefully the end result will be a great improvement.

### Beacon Ward Upgrade

We presently have facility to offer dialysis therapy on Richard Bright and Secombe Wards. Work will soon be underway to install plumbing and water treatment to allow dialysis on Beacon Ward.

### Haemodialysis Capacity

I am pleased to announce that we have signed a contract with Fresenius to provide 5 new haemodialysis units across the region over the next few years. Some of you know that Fresenius currently provide dialysis in West Byfleet and Farnham. We hope that over the next 12 months there will be new units in Sutton and the E t q { f q p " c t g c " h q t " U v " J g n k g t " r c v k g p v u . " c p f " P q t v j " Y c will be new units in Battersea and Epsom.

### Surrey Renal Service

Surrey PCT wishes to develop an inpatient renal service in one of the local hospitals. It is eventually likely to d g " n q e c v g f " c v " T q { c n " U w t t g { " J q u r k v c n . " " U v " R g v g t ø u " trying to work with Surrey PCT so that they can understand the complexities of a renal service, and I am also pleased that some of our patient representatives are sitting on the Programme Board to give a strong voice about what is needed. It is most important that they hear your opinions.

### Good-bye

Just before Christmas we said good-bye to Mary Nash who has worked here for over ten years. She has been an oasis of calm and organisation in the haemodialysis unit, and we wish her a long and happy retirement.

As ever, please continue to give us feedback (good or otherwise) so that the Renal Unit can continue to develop. It is your service, and we want it to be a true beacon, and something that we can have pride to be associated with.

### James Marsh



staff.

A U b m ' c Z ' m c i ' k j ' ' ' \_ b c k ' 7 U f c ' U X m ' A

Happy New Year to all. I am the Renal Diabetes Sister based at St Helier Renal Unit. I have worked in the Renal Unit for 15 years and have been the diabetes nurse specialist for 8 years. I have worked in most areas of the Renal Unit over the years.



I started working as a State Enrolled Nurse (SENO at Brighton Renal Unit in 1984, left in 1992 to do a conversion course to SRN and moved on to Guys Hospital to do a renal course in 1994, after which I arrived at St Helier.

In 1996, I joined the Diabetes Team at St Helier and in 2000, returned to the Renal Unit as Renal Diabetes Sister.

At present, I work 3 days a week which are generally Tuesday, Wednesday and Fridays. My job is varied but generally I am here to give advice on treatment and to liaise with your local diabetes services. I provide blood glucose meters and other related materials etc. Wednesdays are clinic days with Dr Bending for any diabetes related advice.

I live with my partner and have a daughter. Megan, aged 11 years and would love to say I was a supermodel in my spare time! but I cannot.

I would be very happy to hear from anyone experiencing any problems with their diabetes.

My contact details are; Telephone number - 0208 286 2139  
Email - Caroline.Evans@esth.nhs.uk

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K \ Y b ' d U h ] Y b h g ' U b X ' g h

### **Congratulation to the Patients of Elizabeth Ward Dialysis Unit @ Mayday**

In spite of having to cope with their thrice weekly dialysis sessions, we are proud and delighted with the effort put in by our patients who wore PINK on Friday 31st Oct 2008 to support and raise funds for 'Dare to Wear PINK for Breast Cancer.'

Patients came in with pink shirts, socks, bow tie, blouses or some sort of pink on the day and enthusiastically raised a total of £167.00. Our HCA Vivian Pascal co-ordinated the event in the Unit by wearing a colourful pink outfit and took pictures of patients wearing PINK.

All in all, it raised a few eyebrows and laughter and it was a fun day. Thank you very much to all the patients and staff for their participation in the event. Well Done

**Sr. Doris Khaw**



## Your Letters ...

Dear All

Some of you may have noticed my recent absence from the renal unit at least I hope some of you have noticed! My sudden departure was due to an unexpected illness but I am pleased to say that everything is progressing well and I expect to be back at my desk within the next few weeks.

Dr Marsh and the whole team have excelled in keeping everything running smoothly- rather too smoothly in fact! I am looking forward to rejoining the team to continue working towards an excellent service which meets needs and remains within the obligatory budget.

Hope everyone had a wonderful Christmas and may I wish you all a healthy and prosperous new year.

With kind regards

Steve

Steve Simper  
General Manager - Renal



# Your Letters ...

**MICHAEL A SHIATIS 18.05.35 - 23.11.08**

*For ALL the surgeons, doctors and staff in the Renal Unit of St Helier Hospital and Mayday dialysis unit. The patients and all who served and are serving on the Committee of SHAK. Also to all those in the other departments of both hospitals and including the SWTKF. To everyone who was in any way involved, no matter how small, with Michael's care.*

*Dear Friends, myself and my family wish to thank you all so very much indeed for caring and looking after my dear departed husband Michael for so very many years. Thank you for your kindness, understanding and gentleness during so many years. Thank you also for the understanding and caring shown to me also. All beyond the call of duty. Thank you also for the lovely cups of tea. THANK YOU.*

*We did feel that we were indeed part of a very big family unit A really wonderful family.*

*Thank you also for so many sympathetic messages of condolence received during this very difficult time. They are very much appreciated, a great help and comfort.*

*Myself and my family wish you all a peaceful, happy and healthy 2009.*

*Kindest Regards and very best wishes,*

**Helena Shiatis**

## An excerpt from a letter from F c p k g n " O q t i c p ø u

*'My father was a dialysis patient who was treated at St Helier. Sadly he passed away 4 October this year.*

*His treatment meant that he had to attend the Renal Unit 3 times a week. It was on the morning of his death that the driver who collected him alerted the Unit and they in turn contacted me to say that Daddy had not responded to the driver's call.*

*I am truly grateful for their quick response in informing me. I am also very grateful for their understanding when I informed them of his death. I have not gone to the Unit since his death but I do want to let the team know how truly grateful I am for their kindness and attentiveness to my father.*

*As part of arranging father's funeral, I took the decision to ask that, instead of flowers, donations should be made to both SHAK and South West Thames Kidney Fund. Without the treatment my father received, I am sure he would not have had the benefit of enjoying eight months of improved health until his untimely death which was in fact not related to his kidney disease.*

*Best wishws  
Angela Morgan*

**S.H.A.K Holiday Home 2009**  
**St Helier Association for Kidney Patients**



The site chosen by S.H.A.K is ideal for a relaxing and fun-filled family holiday and has facilities for the entire family to suit all ages. The holiday home is situated on 42 acres of grassland with tree-lined roads and the caravan centre sits on the edge of the popular seaside town Bognor Regis. The Holiday home sleeps 6 people and has a ramp with decking to enable all patients to enjoy its facilities.

Children are well catered for at The Riverside Rascals Club (4-13s) : its provides fun activities and games, which may vary day to day. Riverside clubhouse also offers entertainment for the whole family, including cabarets, disco, live music, bingo and dancing. However, depending on the season and when you book your holiday not all entertainment or facilities may be available. Therefore, please check upon arrival at reception. The Riverside Caravan Centre has an indoor heated swimming pool, spa pool, outdoor swimming pool, outdoor heated children's fun pool, amusement centre\*, bar/off-licence\*, shop, pool table\* and launderette\* (\*chargeable). Some club entertainment may be chargeable.

**To contact us:**

**Nita and Ravi Patel**  
3 Darcy Road  
London  
SW16 4TX  
Tel: 0208 407 2525  
Email: nita@nitpatel.com  
www.shak-online.org



March	£140
April	£140
May	£140
June	£180
July	£180
August	£180
September	£180
October	£160



**Message from holiday home managers:**  
The rental charges for 2009 season remains the same as 2008.

The caravan is fully furnished from crockery through to duvets.

Without the generous donations we would not be able to provide subsidised holidays. Thank you for your continuous support.

U v " J g n k g t " c p f " U w t t g { " M k f p

## (SHAK) - concerned with the welfare of patients of the Renal and Satellite Dialysis Units

### A message from your Chairman

I trust that you had an enjoyable Christmas and are looking forward to 2009.

Following re-election at the AGM in November, I have now started my third year as your Chairman, so 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 SHAK AGM was held on 4<sup>th</sup> November and a separate report covers this event.

The SHAK Christmas Patient Lunch took place on 13<sup>th</sup> December and was attended by 60 - 70 people who enjoyed a superb spread pre-] æ | ^ â Á à ^ Á Ú æ c Á P æ | | ã • É Á c @ ^ Á Ô [ { { ã c minute hiccup when our food order went up in flames along with the Ó æ } • c ^ æ â Á à | æ } & @ Á [ ~ Á Y æ ã c | [ • ^ Á | ^ æ ç ã } \* A U æ c A | ~ • @ ã } \* A c [ Á V ^ early hours!

The Grand Christmas Draw took place during the lunch and details of prize winners are published separately. V @ ^ Á â | æ , Á • @ [ , ^ â Á æ Á • ~ | ] | ~ • Á [ ~ Á > Í É Ì | H Á æ } á Á { ^ Á • ã } & ^ | ^ Á c @ a Rae for sorting out the counterfoils and banking the money and to Carol Robinson for her help in organising the draw and the raffle. I would also like to thank all Committee members for their help on the day.

V @ ^ Á • æ | ^ Á [ ~ Á Ô @ | ã • c { æ • Á & æ | â • Á @ æ • Á à ^ ^ } Á ~ ~ ã c ^ Á • ~ & ^ • • ~ ~ | Á collect. I would like to thank Paul Steele for his generosity and also to all of you who purchased them.

Going forward into 2009, I am delighted to report that the boards of St Helier and St Georges have agreed the funding for five new satellite units at Croydon, Sutton, Epsom, North Wandsworth and Roehampton. Three of these will be commissioned by the end of 2009 (planning permission permitting) with the remaining two in 2010.

As some of you may have read in the local press, and in this publication, Surrey PCT is proposing to establish a renal in-patient centre within Surrey. The Renal Co-Design Group has been formed to look into this proposal and has met on a regular basis throughout 2008. The Group has sought the views of St Helier Clinicians and the patients associations of both St Helier and St Georges.

Approximately 500 questionnaires have been sent to Surrey Dialysis and Transplant patients seeking their views and I understand about 90 have been returned. I urge those of you who have received one of these questionnaires but have not completed and returned it to do so as soon as possible.

In addition to the questionnaires a road show was held on 2<sup>nd</sup> December at the Chalk Lane Hotel in Epsom with 24 people attending.

Hopefully this centre will be built giving a third in-patient centre and I will continue to keep you updated on its progress.

May I, on behalf of the Committee, wish you a happy and healthy 2009.

Best Wishes

**Dave Spensley, Hon Chairman**



## *Donations* .....

SHAK would like to thank the following people for their much appreciated donations:

- |  |   |
|--|---|
| Goldman Sachs/V Nagji                                      | Royal Bank of Scotland/Kevin Connolly     |
| Kath Gallacher   | Philip Nicholas . Livewire Voice and Data |
| Mrs M A Branagan . 1 <sup>st</sup> Place Grand Draw Winner |   |
| Miss M E Conroy . 2 <sup>nd</sup> Place Grand Draw Winner  |   |

# SHAK AGM

The Annual General Meeting was held at St Helier hospital on Tuesday 4<sup>th</sup> November.

A total of 18 Committee members and SHAK members attended.

The Chairman, Treasurer and all other Committee Members offered themselves for re-election and were all re-elected.

Paul Steele stood down from the post of Hon. Deputy Chairman due to business commitments. Paul Connolly offered to stand as his replacement and was duly elected following a unanimous vote.

A list of 2008 - 2009 Committee members has been published separately in this edition.

During the meeting the following resolution was proposed:

1. **7 \ U b [ ] b [ ' c Z ' h \ Y ' 7 \ U f ] h m Ð g ' B U a Y**

The following resolution was placed before those present for consideration:

*[ H \ Y ' 7 c a a ] h h Y Y ' k ] g \ ' h c ' f Y W c a a Y b X ' h \ U h ' h \ Y ' b U a Y  
 changed, effective 1<sup>st</sup> 5 d f ] ' ' & \$ \$ - ž ' Z f c a ' I G h ' < Y ' ] Y f ' 5 g g c W ]  
 D U h ] Y b h g Ð ' h c ' I G h ' < Y ' ] Y f ' / ' G i f f Y m ' ? ] X b Y m ' D U h ] Y b  
 Œ | | Á [ ~ Á c @ ^ Á Œ • • [ & ã æ c ã [ ] q • Á ~ [ ! { ^ ! Á } æ { ^ • Ê Á ã } & | ~ á ã  
 financial purposes.*

It was proposed by the Committee and unanimously agreed that this change of name should take place.

**2009 AGM**

In order to try and achieve a better attendance it was agreed that the 2009 AGM will be held on a Sunday afternoon thus allowing as many of you as possible to attend. The date will be agreed at Committee in the New Year and published in a later edition.

**ST HELIER and SURREY KIDNEY  
RCVKGPVUø " CUUQEKCVCVKQP "  
XMAS DRAW 2008 óRESULTS**

NO.	PRIZE	NAME
1	£500*	MRS M BRANAGAN
2	£200**	MISS M.A CONWAY
3	£100	Y ADEWAK
4	£25 VOUCHER	J G RAE
5	£25 VOUCHER	MRS D DEAN
6	£25 VOUCHER	J MCBARRON
7	£25 VOUCHER	N SMITH
8	£25 VOUCHER	M M CRANE
9	£25 VOUCHER	R FIELD
10	£25 VOUCHER	G MAYNARD
11	£25 VOUCHER	MISS P KEATES
12	£25 VOUCHER	MS A WHITE

**Donation in Memory of Ann Humphreys**

**" R C V K G P V U ø " C U U Q E K C V K Q P "**  
 Û P Œ S Á , [ ~ | á Á | ã \ ^ Á c [ Á c @ æ } \  
 Husband, for his generous donation.



**6 f ] U b ' h c [ Y h \ Y f ' k ] h \ ' G h Y d \ ' 7 f U k Z**  
 presenting a cheque to  
**Dave Spensley, Chairman of SHAK**

## SHAK COMMITTEE MEMBERS £2008/2009

### Hon. Chairman

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### Hon. Deputy Chairman

#### Satellite Liaison £West Byfleet

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### Hon. Treasurer/Satellite Liaison - Crawley

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### Minutes Secretary

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### Holiday Home Managers

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Tel: **020 8407 2525**  
Email: [ravi@shak-online.org](mailto:ravi@shak-online.org)  
[nita@nitapatel.com](mailto:nita@nitapatel.com)

### St. Helier Patient Liaison/Stock Controller

David Theobald  
10 Doveton Court  
Doveton Road,  
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CR2 7DH  
Tel: **020 8680 1821**  
**07813 940 340 (Mobile)**

### Self Empowerment & Involvement (EPP/PEP)

Mr. Michael Carpenter  
81 Ridge Road  
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email: [mike.sf@tiscali.co.uk](mailto:mike.sf@tiscali.co.uk)

### Press & Public Relations

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### Satellite Liaison - Mayday

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Mobile: **07957 343170**  
email: [eyeta56@yahoo.co.uk](mailto:eyeta56@yahoo.co.uk)

### Renal Social Worker/Amenity Sub.Committee

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

## **Memorial Donations** \*\*\*\*

All those individuals who have donated to SHAK in memory of:

David Windebank

Albert Curtis

Ann Humphreys

Brenda Thaxter

Clifton Beaver

John Stockton

Vera McMahon

Reginald Walker

Bernard Clarke

Margaret Ellenger

Daniel Morgan

Katy Smith

J De Almeida

C J Purkiss

Our thanks go to all those who have donated in memory of their loved ones.



## **John Edward Foxwell Memorial Golf Day**

**In Aid of St Helier Association  
For Kidney Patients (SHAK)  
(Registered Charity Number 266391)**



**Rookwood Golf Course  
(Nr Horsham)**

**Friday 19th June 2009  
(1st Tee approx 10.30 a.m.)**

**Cost — £35.00 Per Person**

**The day will comprise of:**

- **A Singles Stableford Competition (Full Handicap)**
- **Prizes for "Longest Drive" and "Nearest the Pin"**
- **Post golf meal**
- **Auction & Raffle**

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

**J G Rae  
SHAK Honorary Treasurer  
24 Beaver Close  
Horsham  
West Sussex  
RH12 5GB**

**Telephone: 01403 242601 or 07810 608678**

**Email: [raedar@supanet.com](mailto:raedar@supanet.com)**



**Cheques should be made payable  
to SHAK whose members thank  
you for your support.**



## ***Final total from sky dive is £420+ for SHAK***

After having the jump postponed four times due to bad weather and illness Annie and Nic, son and daughter of Andy and Val Milne (Andy helps on the coffee bar in the Unit) finally jumped on Thursday 25th September. (Reported in the last issue of Renality). Many thanks and congratulations to Annie, Nic and the family.



