

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
St Helier & Surrey Kidney Patients' Association
(Registered Charity Number: 266391)

Our Renal Unit celebrated the Day in style...



On 12th March 2009 St Helier Association for Kidney Patients Committee Members, Renal Unit staff members and the Renal Institute held an awareness day in the Retreat Restaurant at St Helier Hospital.

Our objective was to raise public awareness of Chronic Kidney Disease and promote organ donation.

The days' activities included:

- Renal Unit Nurses checking and advising on Blood Pressures
- Advice on diet and in particular the need for a low salt intake
- Promotion of organ donation information

The day was very successful and over 250 organ donor pamphlets were handed out. A quiz entitled "Know your Kidneys" was held with bottles of wine and a box of chocolates given as prizes and I am delighted to say two of the Renal Staff, a Registrar and a Nurse were two of the prize winners (it's good to know their training works!!!).

We hope to make this an annual event and my thanks to all those involved in the organisation of the event and those who helped to make the day so successful.

Dave Spensley

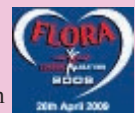


Dave Spensley, Jo Burley, Di Spensley, Rachel Addy, Mark Dockrell, Mike Carpenter and Cathy Wooley



Deputy Director of Nursing, reaffirming her organ donor registration

Stop press!



The Flora London Marathon takes place on Sunday 26th April 2009. Unfortunately, this edition of Renality will have gone to print by then. News of the Team self next edition.

If you have already supported our Kidney Fund Team. We thank you very much.

If you would like to sponsor the Team, you can go to www.justgiving.com/kidneyfundteam or send a cheque made payable to SWTKF to Anne Collard, Renal Unit, St Helier Hospital, Wrythe Lane, Carshalton SM5 1AA

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St Helier & Surrey KPA

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Jim Rae, Treasurer:

01403 242601

We were very pleased that Nick Lewis, our new Editor Designate, was able to help with this edition of *Renality*.

We will work together on the July/August issue and he will take over full responsibility for Editorship of the October issue.

Renality **Would you like to advertise in Renality?**

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

If you would like to advertise your business in this publication, contact the Editors. You will find the address at the bottom of this page.

Renality **is now available on CD and in PDF form**

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.

Graham Morrow produces the electronic version.

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 July 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.

9 Riverside Park, Farnham, Surrey
GU9 7UG
Tel: 01252 722771
Fax: 08707 702781
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.

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St Helier and Surrey Kidney (SHAK) - concerned with the welfare of patients of the Renal and Satellite Dialysis Units

A message from your Chairman

This is my first Chairman's message under our new Charity name. As of 1st April we are officially St Helier and Surrey Kidney Patients Association.

Firstly an update on three ongoing projects

1. Beacon Ward Upgrade at St Helier

The area of Beacon previously used for offices is being converted to provide nine additional renal beds and the necessary pipe work will be installed to allow patients to dialyse on Beacon.

Your Association have donated £100,000 to the Trust towards the cost of the refurbishment.

2. Additional Satellite Capacity

Planning permission for the first two units in Sutton and Croydon has been applied for. Sutton's had been granted but Croydon's has been refused so we are urgently seeking alternative premises and hopefully the opening date will not be affected.

3. Surrey Renal Service

Surrey PCT are finalising their service specification to allow tender documents to be sent to everyone who has expressed an interest.

Obviously St Helier will be bidding and hopefully they will be successful.

Surrey PCT have had a good deal of feedback from patients, careers and your KPA regarding the high quality of care that we expect from this new centre and the importance placed on continuity of care with regard to the Consultants, Nurses and Support Staff.

I, together with Jonathan Kwan and James Marsh, will keep you informed on developments.

Other News

Two fundraising events have been organised. Namely our Golf Day and a trip to Brighton races for the Ladies Day and further details on these appear separately in this edition.

The Association have donated funds to allow for the refurbishment of the Secombe Day Room and the Jubilee Room and both of these projects will benefit the patients and their families.

Finally on 12th March we successfully celebrated World Kidney Day at St Helier and a more detailed article can be found within this edition.

Best Wishes

Dave Spensley, Hon Chairman



Donations

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

- Wyoming Raiders
- Keith Haynes and Kim Clayton-Jones
- The Running Horse Public House, Bridge Street, Leatherhead who have kindly made us their Charity of the Year for 2009.

Memorial Donations

All those individuals who have donated in memory of :

Dennis Mallam

Doreen Stimpson

Terence Harvey

Betty Sinisi

George Lynch

Vera McMahan

Vera Belchamper

Praketh Patel

Derek Seaton

Malcolm Williams

Norman Haydock

Betty Underwood

John Attwood

Mary Herring

Dennis Champion

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

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-lounge*, shop, pool table* and launderette* (*chargeable). Some club entertainment may be chargeable.

To contact us:

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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.

CHANGE OF NAME OF THE ASSOCIATION

Please remember that with effect of April 1st 2009 the Association has a new name that being:

St. Helier & Surrey KPA (Kidney Patients Association)

There is no change to our charity appeals registration number that continues to be 266391

The Committee and the vote at the last AGM decided that we would not adopt any acronym; SHAK therefore, will cease in general public use albeit I'm sure it will be used by our long term members.

The Trustees and Committee however accept that it could be some time before all previous names and acronyms have been phased out. Therefore as a side-letter to our new Bank Mandate, we have asked the bank to allow us to continue to bank cheques and receive payments in the Association's various past names and acronyms.

All of our stationery has now been re-printed and our website will soon be renamed and revamped. A new pamphlet is currently being produced.

If you are already a member of SHAK there is no need to rejoin.

†

@

Jim Rae
Hon. Treasurer

15 B M C B 9 : C F : 5 : @ I H H 9 F 3 I

AN OUTING NOT TO BE MISSED!

THIS TRIP IS OPEN TO ALL RENAL PATIENTS, CARERS AND RENAL STAFF (INCL SATELITES)

DATE: THURSDAY AUGUSTTH6

VENUE: BRIGHTON RACES, LADIES DAY (SIX RACES STARTING 2:30 P.M.)

THE SUBSIDISED COST: £16 (INCLUDES COACH TRAVEL AND ENTRANCE)

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THAT BRIGHTON NORMALLY OFFER; AND BEING BRIGHTON YOUR COMPETITION WILL CERTAINLY COME FROM UNEXPECTED OR IS
THAT EXPECTED ATTENDEES!

1ST PICK-UP FROM ST. HELIER HOSPITAL APPROX. 11 A.M

2ND PICK-UP FROM OUTSIDE CRAWLEY HOSPITAL APPROX: 12 NOON

THIS SHOULD GET US TO THE RACECOURSE IN GOOD TIME FOR FOOD AND DRINKS READILY AVAILABLE AT THE COURSE.
BRIGHTON NORMALLY ALLOW YOU TO BRING A PICNIC, IT IS BEST THAT YOU CHECK THIS OUT WITH THE COURSE AT A LATER DATE

THE RETURN COACH WILL LEAVE BRIGHTON AROUND 6 P.M. AND WILL MAKE STOP CRAWLEY AND FINALLY ST. HELIER

TO BOOK YOUR PLACE CONTACT JIM OR SHIRLEY RAE ON 01403 242601,

7 < 9 E I 9 G : H C : 6 9 : A 5 8 9 : D 5 M 5 6 @ 9 : H C : I G H : : < 9 @ = 9 F : / : G I F F 9 M : ? D 5 I : F I C I F :
NAME FROM APRILTH]

PLEASE MAIL THEM TO: 24 BEAVER CLOSE, HORSHAM, WEST SUSSEX, RH12 5GB

D @ 9 5 G 9 : 8 C B N H : : C F : 9 H : H C : : = J 9 : I G : M C I F : : 5 B 5 : 5 C B H 7 H :
DETAILS (INCL MAILING ADDRESS), IN ORDER THAT WE CAN SEND YOU COACH
INFORMATION OF YOUR BOOKING

WE LOOK FORWARD TO HEARING FROM YOU, THERE ARE JUST 50 PLACES
ITS FIRST COME, FIRST SERVED!

JIM RAE, HON. TREASURER



**John Edward Foxwell
Memorial Golf Day**
In Aid of St Helier and Surrey
Kidney Patients Association
(Formerly SHAK)
(Registered Charity Number 284391)

**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
Honorary Treasurer
24 Beaver Close
Horsham
West Sussex
RH12 5GB**

Telephone: 01403 242601 or 07810 608678
Email: raedar@supanet.com

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

WILLEM KOLFF

Willem Kolff who died in February, aged 97, was one of the great creative geniuses of 20th century medicine, responsible for the invention of the kidney dialysis and instrumental in the development of the artificial heart and the artificial eye.

As a young physician in the Dutch city of Groningen in the 1930s, Kolff had witnessed the death of a 22 year old man from kidney failure. It struck him that if he could only have somehow removed the urea that the patient was creating, that he might have had a chance. Kolff immediately devoted himself to research and in 1941 he succeeded in developing a prototype machine. He fashioned a machine out of cellophane sausage skins wrapped around a cylinder resting in an enamel bath of cleaning fluid. In 1943 he tested the machine on his first patient who sadly died but he persisted. The breakthrough came in 1945 when Kolff treated Maria Schafstad, a 65 year old, who was in a coma due to renal failure. After many hours of treatment, she opened her eyes and spoke. She lived six more years before dying but not of kidney problems.

In 1950 he emigrated to America where he was involved in the development of heart-lung machines and he was instrumental in the development of the artificial heart. Willem Kolff was born in 1911. He held several prestigious posts in America and his skill and expertise was recognised world wide. He worked as a research professor until 1997.

Extracted from the obituary in the Telegraph by kind permission of the Editor.

Holiday Insurance :

The Insurance Surgery	0870 4587955	www.the-insurance-surgery.co.uk	moving to: King Edward House,1 Jordangate, Macclesfield,SK10 1ES 3rd Sept
Marrs Insurance brokers	0870 920 2222	Enfield, Middx	
Worldwide Travel	0870 112 8100		Worldwide
Colombus Direct	0870 033 9988	lines open 8am -8pm Mon - Frid (am - 4pm Sat	
Medici Travel	0845 8800168.	http://www.medicitravel.com/	
Tesco	0845 300 8800	w/wide travel and annual policies	w/wide
Clover Insurance Services	020 8805 1121		Europe
Preferential	0870 607 7277		
MBNA Trav Ins	0800 169 4438	email info@tpsLtd.com (Norwich based)	
Travellers Protection Services	0870 7744150		
Nationwide Trav Ins	0870 0055 622		
24DR Travel Insurance	01825 712 945	www.24drtravel.com	65-90+
SAGA	0800 0565 464	Specialise in travellers with medical conditions	www.able2travel.com
Able2Travel	0870 7506711		
Travelbility	0845 338 1638	Travel insurance for the disabled or those with	
Freedom Insurance Services	0870 774 3760	existing medical conditions and their carers	www.travelbility.co.uk
Direct Travel	01903 81234	* New to list (26/04/06)	Worldwide & Europe
RIAS	0845 234 0011	Rias House Deansleigh Road,Bournemouth	
	fax 0845 234 0112	Dorset BH7 7DU	for over 50s
Pulse insurance	0871 208 8630		
Easisure Insurance	0800 0832462		
City Bond	0870 220 3937		
Travel Assurance Premier	01404 830100		
Leading Edge travel	01892 836622		
All Clear Plus	0870 777 9339	these will pay out if holiday is cancelled	Worldwide
Axa	0800 068 3911		
Mediquote	01243 534438	New to List	Europe and Worldwide
Asda	0845 3007131	New to List	
Make Sure	0870 410 0650	New to List	Europe and Worldwide
Insure & Go	0870 420 4162	www.insureandgo.com	
Free Spirit	0845 230 5000		
Venture Sure 0208 2951 1234	Chislehurst, Kent	will pay out if holiday is cancelled for	
J & M Insurance Services	0845 230 5000	pat with Diabetes & med. conditions	Euro/
		68 High Street Chislehurst Kent BR7 5AQ	Worldwide
P J Hayman	0208 2951234	forms can be picked up from post office	
Travellers Protect	0239 241 9050	UK only	
Our Way	0870 751 7282	44 High St, Orpington Kent.	
Medicover	01603 467 699		
JD consultants Brokers	0208 3133 353		Euro/+ PEOPLE UPTO THE AGE OF 50
Health Lambert Travel Insurance	0870 735 3600		Worldwide

Holiday Insurance

Some people are preparing to go on holiday at this time of year and the National Kidney Federation has compiled a list of insurance companies that renal patients have found helpful. We asked permission to print it. We stress that each case is considered by the insurance company on an individual basis.



mesogeios⁺

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- Serres (North Greece)
- Kalamata (Peloponnese)

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For reservations at the above dialysis centers please contact our reservation department in Crete:

71 500 Ano Kalessa, Gazi, Heraklion, Crete, Greece - Tel.: + 30 2810 371.560, Fax: + 30 2810 371.570, mob.: + 30 6946 285615
 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

WWW.MESOGEIOS.GR INFO@MESOGEIOS.GR

Renal Unit News

A message from the Clinical Director ...

5 g i a a Y f U d d f c U W \ Y g z = c Z h Y b X Y j Y c d have survived another turbulent season and the year still feels fresh and full of opportunity. We have faced challenging times over the past six months, but I do feel that there continues to be progress.

We have secured 9 additional beds on Beacon Ward and, thanks to the ?] X b Y m D U h] Y b h N g 5 g g c W] U h] c b N g Y Z Z c f h facilities from all the beds on Beacon.

- The work to upgrade the side -rooms on Richard Bright is well underway.
- We are making progress with two new haemodialysis units.
- 7 ^] b] W U ^ b Y h k c f _] b [k] h \ G h ; Y c f [Y N proved co-operation between the two hospitals.

Surrey PCT continues to work on plans to develop a Renal Unit.

I would like to focus on two areas to discuss.

Surrey Renal Unit

As you are aware, Surrey is the largest county not to have its own Renal Unit with in -patient facilities. Surrey PCT is in the process of commissioning a new service which hopefully will reduce travelling time for many of our patients. A number of hospitals in Surrey are enthusiastic to host the service, and keen to work with us to provide treatment for the population of Surrey and its borders.

The Renal Unit at St Helier has helped shape Renal Services in Surrey, and we aim to continue to play an active role in the future. Unfortunately the wheels of the NHS turn slowly, and it is likely to be another year before Surrey PCT makes its final decision about what the service will look like. However, we wish to work with our colleagues at G h ; Y c f [Y N g h c X Y j Y c d h \ Y g Y f j] W Y] b G i f f Y m U b X c Z Z Y f W c b h] Renal Unit.

Haemodialysis

Over the next two to three years, we plan to open three new haemodialysis units. These will be located in Sutton, Croydon and Epsom. Work is progressing well with the first two of these units, and we anticipate that a new satellite unit will open in Epsom in 2010 / 11.

This fits in with the model of care that we have at the Renal Unit which is to try to offer as much care as close to your home as possible. When these units open, it will mean some changes to the organisation of dialysis at St Helier.

We plan to offer satellite dialysis to all patients who are medically stable, and the new units will hopefully mean that everyone will have access to a satellite dialysis unit within 30 minutes of their home. We want to reserve the dialysis unit at St Helier Hospital for those people that have just started dialysis, have become unwell and need to dialyse in the hospital, or have a very specific medical need to dialyse within the hospital. The new modern satellite dialysis units should offer state of the art facilities and more comfortable and stress -free surroundings for dialysis. In addition, we anticipate that our doctors can attend the new satellite units to perform clinics. We hope to strengthen the bond between every patient and their named consultant.

As the summer progresses, we will keep you informed of the development of the new units, particularly those of you currently dialysing at St Helier, as many of you will be using the new units in Sutton and Croydon. We do feel that this will offer the best standard of care, and free up space at St Helier for those people that have an absolute need to dialyse within the busy hospital environment.

As ever, I am very happy to receive comments and suggestions, and my door is open if you want to discuss any aspect of the Renal Unit.

Dr James Marsh, Clinical Director



Update from the General Manager

Spring has arrived, bringing a new financial year for the Renal Unit. The management team feel as though we have been working relentlessly over the last few months working toward achieving all of our targets and financial balance. Well we got there and are pleased to have received the *green* light for most of our services.

We have just agreed the budget for the coming year which will present us with new challenges but we know that we have a committed team in Renal who all work to achieve a high quality service which is efficient, effective and economic.

So to the new year. You will know by now that we are intending to commission 4 new HD satellite units, with St Helier sites being in Sutton and Croydon. We will also shortly see the completion of the work on Richard Bright Ward, creating more side rooms and updating the water plant. The Beacon Ward expansion will also gather speed in the next few weeks, increasing the number of beds and enabling patients to be dialysed at the bedside.

Our dedicated team of Technicians will also have their workshop upgraded in the next few weeks. This is long overdue and will make a big difference for them.

Many of our staff have also recently been moved out of the Renal Unit to facilitate the Beacon Ward expansion and we hope that they will all soon be settled into permanent office accommodation, with some returning to the vicinity of the unit.

One of our key priorities for the new year is to continue to improve our infection control procedures. Clinical and non clinical staff as well as all of our patients and visitors will need to play a role in achieving this goal.

We have also secured funding for new nurses and are currently actively recruiting to the different grades to ensure that all of our clinical areas are staffed by permanent people.

We are also pleased to let you know that the Trust has been working hard to ensure that as much Renal information is uploaded to the site as possible to provide you all with up-to-date information. Look out for the Trust's Annual Report.

Finally may I thank SHAK and the Trust's League of Friends for their support in recent developments within the unit.

With kind regards

Steve Simper

Meet Gill Thomas, Research Nurse

I have worked on Renal Unit for 17 yrs, 14 of those years in research. I started at the Unit as a Bank nurse, then worked in outpatients and moved on into research. I work part time and returned to work after having children. I am very pleased that Aileen Moore has recently joined me full time from Harry Secombe ward.

Our work consists of running trials for drug companies and academic institutions, both long and short term and also carrying out data collection studies looking at the long term safety of some medications. Because of the nature of the work, we liaise with many other departments within the Hospital Trust, but particularly with Pharmacy, Physiological Medicine and Pathology.

Patients are asked to take part but are only enrolled into studies once fully informed of the nature of the study and having signed a consent form. Patient information leaflets are provided and having had time to read these they have the opportunity to discuss the study with the doctor in charge before consenting. Patients are free to withdraw their consent at any time without compromising their care.

There are benefits to patients who take part in trials and studies. They have greater health monitoring and new products and practices are developed which can improve treatments and quality of life for many renal patients.

I'm married with two grown up sons and two granddaughters aged two and three years. I enjoy travelling, theatre, fine food, gardening and of course the grandchildren!

Gill Thomas



Sometimes it is just the little things which can be so annoying!

Statistics suggest that when customers complain, business owners and managers ought to get excited about it. The complaining customer represents a huge opportunity for more business. **Zig Ziglar**

Epsom and St Helier Trust have a formal complaints procedure and we are disappointed when we receive complaints as this often represents a serious failing in part of our service. We are delighted that these are few and far between. However, we know that we do not want to be unable or unwilling to let us know.

As well as the formal process the Trust also undertakes regular surveys and is currently introducing an electronic Patient Experience Tracker. But here in Renal we recognise that we have a partnership with you which is likely to last a long time, so we want to hear from you on a regular basis about how we can improve the services we provide for you.

You may just have a little niggle; not enough to complain about but which stands out every time you visit one of the units. Well, we want you to tell us but we are not sure how you want to tell us.

Perhaps we use the old fashioned suggestion box or set up a separate e-mail address for you to send comments. Perhaps we need a variety of different methods. Whatever we choose, we want to find a solution that allows you to feel safe and comfortable when commenting on the services.

If you have any thoughts about how we can best engage with you to improve the services then I would be delighted to hear your ideas. Either write or e-mail and I will feed back to you next time.

E-mail: steve.simper@esth.nhs.uk

or write to: Steve Simper, General Manager, Renal Unit, St Helier Hospital,
Wrythe Lane SM5 1AA

Remember, this is not intended to replace the Trust

Kind regards

Steve Simper

C i f ' B c V ` Y ' B i f g Y ' [Y h g ' 7 \] Y Z ' 9 I

On Monday April 20th Debbie Noble the lead nurse for our home \ U Y a c X] U ` m g] g ` d f c [f U a a Y ` k U g ` d f Y Award.

Debbie was nominated for the award after bravely trudging a 9 mile round trip in blizzard conditions (remember the February snow?), from \ Y f ` \ c a Y `] b ` 5 g \ h Y U X ` h c ` U ` f Y b U ` ` Z c f ` 8 Y V V] Y Ð g ` ` c b [` a U f W \ ` k U g ` h \ U to dialyse but neither was she fully competent to dialyse herself independently at home. As a result, no dialysis would have had very serious consequences.

Debbie was aware that the patient was in danger due to elevated blood chemistry, so, she pulled on her wellies and began the long march. When she finally got to Ewell, Debbie ironed out some technical glitches with the machine and then helped the patient to dialyse. She also returned the following day and did the exactly the same thing.

Debbie was not expected at work that day but knew the patient was in danger due to elevated blood chemistry. Indeed when blood tests were performed the d U h] Y b h ` k U g ` U h `] b W f Y U g Y X ` f] g ` _ ` c Z ` U ` \ Y U f h ` U h h U W _ `] Z ` ` Y Z totally within her scope of care, however her bravery and willingness to literally take those extra steps, was really above and beyond the call of duty.

Debbie is very humble and does not seek out praise even when deserved, for this reason the whole of the South West Thames Renal Unit are thrilled to see that Debbie has won this award.

Sue Woodcock, Lead Nurse Renal & Angela Wright, Senior Sister Kingston Dialysis Unit



LONDON TO BRIGHTON CYCLE RIDE

On May 31st Barrie Laverick (Transplant Sports UK Asst Team Manager) is organising a TSUK London (St. Helier Hospital) to Brighton bike ride, with the purpose of raising funds for individuals for The World Transplant Games, in Australia.

St Helier Hospital has agreed to donate 50 Free Car Park passes for safe parking in the hospital grounds while we cycle to Brighton and Michael Gates' father is providing a vehicle to repatriate bikes back to St Helier Hospital; There will also be a mini bus to return the cyclists.

Starting outside St Helier Hospital at 8.00am, cyclists will join and then continue on the actual London-Brighton route within minutes of setting off, taking in the Surrey countryside (refueling at a hostelry at the midwaypoint) before continuing on to Brighton and tackling the notorious Ditchling Beacon Hill and the rapid descent to the finish on the promenade.

The bike ride isn't restricted to transplantees, able bodied cyclists are encouraged to cycle and raise funds for TSUK (or SWTKF or SHAK). The only restriction will be complimentary parking within the St Helier Hospital grounds, therefore, it will work on a first come first served basis.

There is a non refundable entry fee of £25.00 to cover Mini Bus Hire, Fuel costs, admin etc. Prior to the actual day a route map and directions will be sent to all participants.

To enter or for more information contact Barrie at barrie.laverick@btinternet.com.

Graham Morrow



BRITISH TRANSPLANT GAMES 2009

The 32nd British transplant Games will be held in Coventry between 30th July and 2nd August 2009. Entry Forms are now available. For entry forms and/or more information please contact Graham Morrow at:

graham.morrow@ntlworld.com.

You have all read about it in previous issues of Renal

Graham Morrow

South West Thames Renal & Transplantation Unit

On the 24th April this year South West
Thames Renal Unit will celebrate its
40th birthday

Opened in 1969, the unit has cared for thousands of patients over the years and built up a reputation for excellence in the service it delivers

To commemorate this special year we are hosting a birthday party in the Whitehall lecture Theatre here at St Helier on June 22nd

There will be a buffet lunch and guest speakers, a host of special guests from years gone by, awards for long service to the Renal Unit and a rather marvellous cake!

Put the date in your diaries and look out for further news
Sue Woodcock, Joint Lead Nurse, Renal Unit

Did you see ...?

NHS Blood and Transplant worked with a TV production company on a week-long series of programmes which was broadcast in the mornings during the week beginning Monday 13th April.



The programme followed patients waiting for organ transplants, showed how successful operations transform lives and interviewed donors and their families and transplant recipients.

Great emphasis was laid on the importance of giving blood and platelets. Each day, an update was given on blood stock levels and the number of people who had signed up to the Organ donor Register.

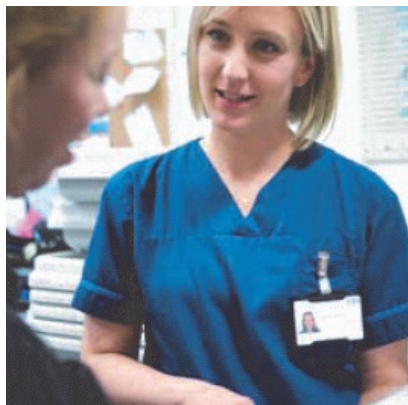
For more information on the programme, go to BBC.co.uk/lifegivers or try

www.uktransplant.org.uk/default.jsp

Listening to you - concerning Surrey's new renal services

I'm very lucky as I have no idea - and in my family has the disease. But I like to have learnt a lot recently. I heard the story of a young man when he then said he needed the loo, he was reminded how fortunate he was to be able to pee. He reflected on that fact while in the toilet and I have to say, I have too.

Your right to choose



Hearing that story makes me feel even more strongly that what we are planning for Surrey is absolutely right. NHS Surrey (the new name for Surrey Primary Care Trust) plans to buy a new renal unit in Woking to say first. If you are a Surrey patient and you want to continue to be treated at St Helier or St George's hospitals for example, you have now a fundamental right for patients in the NHS and your rights are protected in the new NHS Constitution.

More treatment and earlier

Our dream for this extra new unit is to have an expert kidney team in Surrey who will work with local GPs to create a better service for patients with earlier diagnosis and care. GPs are vital in identifying those people who maybe at greater risk of developing kidney problems. Another story I heard highlighted just how important it is that GPs understand better some of the symptoms that patients may experience and to take them seriously. The vision for this new service is that expertise is spread, so both patients and GPs can work together to improve the management of renal diseases.

What do you think?

Last time I wrote in this magazine I explained how we are now we're just about ready to start the buying process. Before we do, what we're asking is for your help to evaluate the bids for the location of the new unit. Patients have already helped with the service specification and in the consultation questionnaire, we have listed the factors they have said are important. For example: having the same team look after you; access to counselling and dietetics support and advice; quality of care. What you do is to rank those in order of importance as well as telling us what else we should take into account when making our decision.

Serious about delivering on our promises

We promised during our „Fit for the Future“ programme that we were serious about hearing what you think. You can:

Fill in the questionnaire in the consultation booklet

Or fill in it online at: www.surreyhealth.nhs.uk/kidney

Come and meet us at a co-design event on:

6 May at 1.30pm to 4.30pm

At HG Wells Conference and Events Centre, Church Street East

Woking GU1 6HJ

Please let us know that you would like to join us by calling **0800 6525 297** or drop us an email to communications@surreypct.nhs.uk

Write to us at:

Freepost RRLU-LXBH-YGES

Communications, NHS Surrey

Cedar Court, Guildford Road

Leatherhead, Fetcham KT22 9AE

Email us at communications@surreypct.nhs.uk

Call us on **0800 6525 297**

HOLIDAY ON LAKE GARDA - ITALY





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 E-mail: Gardadialysis@iol.it - www.gardadialysis.it

The Surrey Renal Unit

Margaret and I met Helena Reeves of Surrey NHS (formerly the PCT) to learn a bit about the background to the proposal to have a Renal Unit in Surrey. We were told that European Community competition rules meant that Surrey had to invite bids from interested parties and could not work with just one partner to build the Unit. This meant that Surrey had to be impartial and could not be seen to favour any one of the potential bidders. As a result St. Helier medics could not be on the Steering Committee nor asked for advice. Fortunately, after an initial hiccup, Dave Spensley, our patient representative, is included.

The plans for the new Unit are sufficiently advanced that Surrey are about to go to Public Consultation. They are about to publish the Memorandum of Interest which lays down the service specification, why the Unit is necessary, when it is to be operational and where it is to be sited. There are 4 hospitals in Surrey which have said they would like to house the Unit and three of them may bid to provide it. In addition, some of the surrounding Units are interested in bidding as well as the commercial firms which already provide similar services.

As part of the Public Consultation, all existing Surrey patients will receive a leaflet and questionnaire about the proposals. The forms will be sent out at the end of April. We have seen a draft of it and it seems a very fair document. **The questionnaire is the public consultation and we urge you to complete it.** The more St. Helier patients send in the form the more influence we will have on the proposed Unit and where it is located. If you want to say where you think it should be placed e.g. which Surrey hospital, put that in your answer to question 5. **But please, do take part. Your view does matter.**

Peter Simpson



South West Thames Institute for Renal Research



Once again I have the pleasure of starting my report from the Institute with a festive greeting; the festival this time, of course, being Easter. I start to write this on a wet Easter Sunday

afternoon from a barn on a French hillside. I hope you are all well and happy. It is a good thing.

Among the many things currently on our mind at SWTIRR is the forthcoming Renal Association meeting. As regular readers of the bulletins from the Institute and I hope there are a least one or two of you out there will know, the Renal Association meeting is the annual forum for updates in practice and research in the United Kingdom. A time to meet colleagues from all over the country and exchange ideas, learn from what they are doing and share progress from St Helier. Due to the cyclic nature of some of our projects, but we did have results from two particularly interesting projects that were new and we wanted to share so we submitted two abstracts. To my delight both pieces have been accepted for oral presentations. Only about 20-25% of abstracts are accepted for talks, so to have both of ours accepted is a real feather in our cap. I think this is truly justified recognition of the hard work of the researchers of the Institute and the fund raisers of the Kidney Fund.

Dr Phanish will talk on one of the projects. This is a very interesting and rather novel project that is attracting some genuine interest. When I spoke to a forum of European Renal Researchers on similar work there was a feeling that we were opening up a new avenue of work, so it will be very interesting to see how the work is received by the Renal Association at the Liverpool meeting. I have been trying to push this project because one of the things the Institute is building a reputation for is innovative research, and as I said this is really an original piece of work. Consequently, I was particularly pleased that the Kidney Fund agreed to fund a Post Doctoral Researcher for one year to develop this project. Earlier this Spring Dr Sima Shirali joined the Institute from Cambridge University to take on this role. I appreciate this because the salary for a post-doctoral research is not cheap but if we are to try and do it right it is worth the time to be in the lab as I used to. So good luck Sima!

James first came to work at the Institute during his industrial work experience year when he was an undergraduate at the University of Surrey. Later, when I managed to secure the Epsom & St. Helier University Hospitals Research & Development Research Fellowship for him James returned to do his PhD under my supervision. James has been a great addition to the Institute. He has worked hard on a blue sky project and published his first paper from this project last year, but in addition to his own work James is one of those people it is a pleasure to have around. He is always willing to help out with what ever needs to be done and always seems to have a pleasant disposition. I hope you are all well and happy. It is a good thing. I hope you are all well and happy. It is a good thing.

scientists in Europe who has decades of experience in the field who will come over from Dublin for the occasion.

One last word before sign off, I mentioned in my last bulletin that we were fundraising for a special new fluorescence microscope. I want to put in a special thanks to the family of one of our transplant patient, the recently deceased mother of the patient left a substantial donation in the form of a legacy to the generous donation next time. We still need to raise some more but this donation will guarantee that we proudly boast that we have been fighting Kidney disease for over 10 years now and with your help we

And remember

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Bc FYgYUf W\ 1 Bc 7i f Y

Mark Dockrell, Lead Scientist

Spreading the word - about the work of SWTIRR

While working as a specialist registrar in the West Midlands, I had the opportunity to join the South West Thames Institute for Renal Research to study for a PhD with Drs David Newman and Mark Dockrell. During the three years of research I studied the role played by protein in the urine in the progression of renal failure. It was an interesting time for me, I had never done laboratory research before coming to the Institute and I learnt a lot when I was there. There were times when I didn't think we were making any headway and there were times of great excitement getting positive results. I have now submitted my thesis to the University of London and will defend my thesis in the near future.



Dr Ramaswamy Diwakar at work at SWTIRR

This work also resulted in a number of talks and presentations at national and international conferences as well as the publication of two scientific papers and it was one of these papers that lead to me being invited to speak at the 13th World Congress on Advances in Oncology and 11th International Symposium on Molecular Medicine held on the 9-11 October, 2008 at Crete. Many of the signalling molecules we study in renal fibrosis have implications in other diseases such as cancer. Hence this conference provided a very interesting perspective to my work. It was interesting to see that research we did at the Institute on kidney disease has relevance in other fields of medical research.

I have now returned to the UK where I am a renal consultant at Royal Shrewsbury Hospital. I would like to thank the South West Thames Kidney Fund for the support during the period of research as well as for the Grace Wong bursary which allowed me to attend the above meeting and present part of my work done at the SW Thames Institute for Renal Research.

Dr Ramaswamy Diwakar

Late news from Frimley Park & Guildford Branch:

On Saturday 4th April, Craig Morrow organised a meal and fund-raiser at Aldershot Town Football Club. Supported by 21 friends and family, the day raised in excess of £700 for the Branch. Craig would particularly like to thank Darren Burbridge and Alan Clarkson for their generosity and Aldershot Town Football Club for their continued support.

Garry Oakley and his brother ran the Fleet Half Marathon recently and donated sponsorship of £88, received from their family, to South West Thames Kidney Fund. Their father was a former patient of the Renal Unit. Garry said "It was the hardest thing I have ever



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



Dear Kidney Funders

Since Paul Colville -Nash left the Institute Mark Dockrell has taken the lead and responsibility for administration as well as the science. Mark came to the Unit in 2002 to work under the late Dr David Newman who sadly died in a climbing accident a few months later.

David Newman had a national reputation in developing new markers for kidney disease to aid the early diagnosis of kidney disease in the general population. So many of you will appreciate that this would make an enormous difference to prevention of renal failure, or certainly in delaying its progress to the need for dialysis and transplantation.

Mark was appointed to extend and enlarge the work of the Institute to take on more complex research at the cellular level looking into the cause of kidney fibrosis and the factors which accelerate renal scarring once the disease process has been set up.

Mark has shouldered both responsibilities and his growth in stature as a scientist and as an administrator over the last seven years has been a delight to watch. Mark has guided seven young aspiring nephrologists towards higher university scientific degrees. Many of you will know these young registrars from meeting them in clinics around the region and at St Helier Hospital and four or five have them have already gone on to take up consultant posts on renal units in other parts of the country.

We are so grateful for everything that Mark has done for renal services and scientific nephrology in the past seven years and we must all support him by maintaining fundraising in the next seven years.

This is my last letter as practicing renal physician on the renal service at St Helier Hospital as I will be retiring in July. My 27 years at St Helier Hospital has obviously been a major part of my life. There is no doubt that many doctors and nurses are attracted to work on renal units because of the grit and determination and achievement of their patients, most of whom survive to a near normal life expectancy in the face of enormous medical challenges.

I will be remaining as Chairman of the South West Thames Kidney Fund for the time being to continue my work in fund raising.

With very best wishes to all,

Yours sincerely

Michael Bending, Chairman

Branch News:

Croydon Branch: The Dance held in aid of the South West Thames Kidney Fund on Saturday 21st March was a huge success with over 100 people enjoying themselves. The food and music was excellent. £633 was raised for the Kidney Fund and everyone had a good time as well. People who didn't attend missed out on a good evening.

Sutton Branch: The Branch held a dinner at Il Lagetto in Sutton in February which was very successful. The Evening was very enjoyable and £387.40 was raised for SWTKF.

The Branch will be holding a Thai Dinner in Sutton on 2nd June. For further information, please contact Bill Langham on 07984435324 or Richard Sammons on 020 8647 2882.

A Garden Party is planned for 1st August at the home of Richard and Carol Sammons. For more information, please contact Richard on 020 8647 2882.

On 15 July, the Branch will be running a stall at the Tipstead Flower Show. If you are in the area, do drop in. Further details can be obtained from Richard Sammons on 020 8647 2882.

Branch News, cont.



Frimley Park & Guildford Branch: It was Christmas 2007 when Budgens at Ash Vale made SWTKF their Charity for the year. Supported by Angie and Graham Morrow, they held various activities, including a draw, an Easter egg raffle and running a stall at the local Christmas Fantasia. Additionally, collecting boxes were kept at checkout points and the store sold carrier bags to customers at 5p each. Mike Duffey, Store Manager, presented a cheque for £1,252.69 to Angie and Graham in January - a fantastic result. We are very grateful to Mike Duffey and his staff. The good news is that SWTKF remains their charity for a further year.

SWTKF was invited to run a raffle in Farnham), monthly village lunch held in January. This was organised by Kate Shipton, a patient, who provided most of the prizes. The lunch was well attended and guests were very supportive, raising the sum of £112.50 for the Fund. We thank all who helped and provided prizes.

South West Thames Kidney Fund



You are invited to a party on
Sunday 12th July 2009 at 2.00 pm
in

The Whitehall Theatre, Post Graduate Centre,
St. Helier Hospital, Wrythe Lane, Carshalton
to celebrate the 65th birthday of

Dr. Michael Bending and to raise a glass of wine with us to wish him well in his
forthcoming retirement from the NHS.

There will be drinks and nibbles available after the AGM.

Dr. Bending is not retiring as Chairman of the Kidney Fund but will continue to
retain his interest in the Fund and the Institute.

The party will be preceded by the formal AGM of the Kidney Fund followed by the AGM of the Institute for Renal Research which will commence at 2pm and this will be followed roughly at 3pm with the party. The Agenda's and Minutes together with the Annual Accounts will be handed out at the beginning of the meetings.

If you would like to join us please complete the slip below so that we know how many people to cater for.

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**To: Mrs. Pat Godden
478 Wickham Road, Croydon CRO 8DJ
Tel: 020 8777 7371**

I/We would like to attend the AGM on Sunday 12th July and join in the birthday celebrations afterwards.

Name/s.....

Telephone number

We would like to thank ...

Tony Guyatt who donated £90 raised from his Talk to U3A Basingstoke & Basing.

The New Haw A Darts Team who donated £70 in fines collected from the Team. The Team finished 5th in the League, despite the fines.

The Sutton Luncheon Club who donated £100 via Richard Sammons

Surrey & Borders Partnership who donated £40 from their Christmas Card fund.

Also, we thank all the families and friends who donated so generously to South West Thames Kidney Fund in memory of:

Anthony Russell
Annie Sarah Beaton
Alan Penfold
Anthony Stiff
Alan Patey
Arthur Tiplady
Winifred Feist
Nancy Beaton
Brenda Wicks
Patrick Evans
Shirley Smith
Ian Charles Hodge

A Vacancy for Treasurer for South West Thames Kidney Fund (SWTKF)

To the Editor of Renality

March 2009

Dear Editor,

I have been Treasurer to the Kidney Fund for a good many years now. I took over on the death of Roy Godden who had guided the finances of the Fund throughout the early money raising stages and the building of the Institute. My firm had been the auditor during that period so I rashly swapped a fee paying assignment for a voluntary one!

However I feel the time has come for me to hand over. I no longer run my accountancy practice and have other interests which make it more difficult for me to attend the meetings regularly. I have never had any personal connection with the Renal Unit at St Helier, as neither I nor any member of my immediate family have suffered kidney disease.

The purpose of this letter is therefore to ask whether any of your readers might feel able to take on the job of Treasurer which involves attending the Trustees meetings every two months and making a report on the financial situation from the figures supplied by the very efficient secretary to the Fund; and preparing the annual accounts for examination and reporting to the AGM.

Readers also may be aware of friends or family members who might wish to take an interest and provide a voluntary service in this way. Please ask around!

I look forward to hearing from anybody who would like to know more. [Please contact me by telephone on 01372 277480](tel:01372277480) or by e-mail on simon@simonling.org.uk

Yours sincerely,
Simon J. Ling

For all garden and BBQ lovers:

On Sunday June 14 between the hours of 12:00 and 4:00 pm, Maggie Guitar invites you to a barbecue and fund raising event in aid of the South West Thames Kidney Fund and kidney research. It will be held in her beautiful Wimbledon garden - approximately 1/3 of an acre sub-divided into 'rooms'. The garden has been opened in previous years under the National Garden Scheme.

You will have the opportunity to meet Robin Williams, the acclaimed and Gold Medal award winning garden designer, who will escort you around the gardens. Also included in the ticket price of £ 10 per adult, £5 per child is a splendid barbecue with soft drinks, and a cash bar will be available.



You will get a chance to bid for some amazing auction prizes such as a week in a 5 bed/5 bath house on the Florida coast, a week in a 5 bed/2 bath house in Rock, Cornwall, a day's trout fishing (fly fishing) on the River Itchen, a stained glass panel by the leading designer Gerald Paxton, MA., beauty treatments and massages, etc. etc.

Please email mguitar@clara.co.uk or call Maggie on 0208 946 2073 for tickets and further information.



CONCERT TO CELEBRATE A MILESTONE BIRTHDAY, 30th WEDDING ANNIVERSARY, HER HUSBAND'S OBE!

Following a very long illness which left her with chronic renal failure, Susie Drage has decided to mark a triple celebration - a milestone birthday, 30th Wedding Anniversary, and OBE for her husband - by (in her own words) „performing a concert with a professional medical team of whom there are many and also all my friends and family. More importantly, I very much wish there to be benefit to t

Susie is planning a two hour concert starting at 4:00pm on the afternoon of June 28 at the Speech Hall of St Catherine's School, Bramley. The concert will benefit both the school and the South West Thames Kidney Fund.

Prepare yourself ready for a wonderful musical feast washed down with a glass of wine! Susie and her musical partner Matthew Smith (both piano, keyboards and vocals) are presenting a hugely varied programme with something to please one and all. The concert will progress from a gentle and romantic first half into the wild and exciting second half and as an even more special treat, a professional operatic mezzo soprano will be coming from London to enhance the entertainment.

Make a note of 28th June 2009, and try not to miss this concert! After only 7 months of performing together, Susie and Matthew have 104 forthcoming bookings in their diary – a true testament to the excellence of their act!

Tickets will be sold on a first come first served basis, and can be purchased from Susie Drage either by phoning her on 01483 892134 or emailing her at susiedrage@uwclub.net. Please contact Susie by Friday 5th June to reserve your place.

Go to: www.stcatherines.info/1.html for information on how to get there.

In order to save postage, tickets can be collected from

A Celebration Concert
 in aid of
St Catherine's School and South West Thames Kidney Fund
 (Charity Registration No: 806952)
 will be held on
Sunday 28th June 2009
 at 4 pm
 at
 The Speech Hall,
 St Catherine's school, Bramley,
 Nr Guildford, Surrey GU5 0DF

Susie Drage and Matthew Smith,
 (piano, keyboards and vocals)
 and a special guest

Will present a hugely varied programme ranging from a gentle and romantic first half into a wild and exciting second half

Enjoy this musical feast with a glass of wine

Tickets at £10 each are available from:
 Susie Drage on 01483 892134 or
 email: susiedrage@uwclub.net
 Please contact Susie by 5th June to reserve place



Another chance for women to meet the Challenge ... and enjoy the fun!

Once again, women of all ages and abilities have the chance to get together and have a fun day out taking part in the London Adidas Women's 5K (3 mile) challenge.

Each year, the girls and women who take part and run for the **South West Thames Kidney Fund** have a wonderful time, so why not get together a group of friends, colleagues, female family members (mothers, daughters, aunts, nieces, grandmothers) and enjoy the 2009 event which will take place in **Hyde Park on Sunday 6th September**.

If you're a runner, you can accept the challenge and try to beat your best time, but if you're not a runner, don't worry, - you can walk it. Just enjoy yourself while raising sponsorship for kidney research - a very deserving cause!

It costs £15 to enter - £5 of which will go to the South West Thames Kidney Fund if you select it as the charity of your choice. You can enter on-line now by going to <http://www.womenschallenge.co.uk/onlineentry/register/1/>. Be sure to select the South West Thames Kidney Fund from **List B, and contact Anne Collard at 020 8296 3698 for a sponsor form and a T-shirt. If you would rather enter by mail, contact Anne and she will send you an entry form in May when they are issued.**

*****A CHANCE TO WIN
TWO INVITATIONS*****

**to the fundraising event to mark the retirement of
Dr Michael Bending, Consultant Nephrologist, from the National Health Service**

The Event will be held at the Globe Theatre, New Globe Walk, Bankside, London SE1
on Monday 6th July.

“Banquet on a Sumptuous Feast”

***Be enchanted by multiple entertainments
with one or two ‘surprises’!***



Two pairs of tickets are available.

**A £2 donation will give you one entry into a
draw in which there is a chance to win two tick-
ets. A £4 donation will give you two entries -
and so on.**

DEADLINE for receipt of entries is 15th June 2009. The Draw will take place on 18th June 2009.

Winners will be notified personally and will be published in the July issue of Renality

I would like to enter the draw to win a pair of tickets to the Globe Theatre event on Monday 6th July 2009.
Please find enclosed my donation of £ _____ made out to **South West Thames Kidney Fund**.

Please reclaim the gift aid on my donation (*please tick*) Signature _____

Please complete according to your donation and return this form together with your cheque to:

Peter Simpson, The Promoter, South West Thames Kidney Fund, Renal Unit, St Helier Hospital, Wrythe Lane, Carshalton, Surrey SM5 1AA. Tel: **020 8296 3698**.

Entry 1 = £2 donation
Name: _____
Home phone: _____
Mobile: _____
Email: _____

Entry 2 + entry 1 = £4 donation
Name: _____
Home phone: _____
Mobile: _____
Email: _____

Entry 3 + entries 1&2 = £6 donation
Name: _____
Home phone: _____
Mobile: _____
Email: _____

Entry 4 + entries 1,2 &3 = £8 donation
Name: _____
Home phone: _____
Mobile: _____
Email: _____

Entry 5 + entries 1,2,3&4 = £10 donation
Name: _____
Home phone: _____
Mobile: _____
Email: _____