

RENALITY

The NEWSLETTER of...

May 2015

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



AVA, CAKE & EAT IT

LITTLE Ava Abdeen tucks in to a delicious chocolate bun at a bake sale organised to raise funds on World Kidney Day by Guildford based video games development studio Media Molecule.

The event raised £400 for the SWT Kidney Fund after the Media Molecule staff got into their Mary Berry or Paul Hollywood alter-egos for a great British bake off - and sold the delectable delicacies at work the following day.

Ava's mum Gemma Abdeen, 31, has been a kidney patient since she was just 15 and her precious 14-month-old daughter has been her own little miracle.

"Words can't describe how lucky I feel," says Gemma, who went through the pregnancy with her fingers crossed that her failing kidneys would remain healthy enough to see her through.

In the event Ava was born at 34 weeks...a healthy 5.13lbs. Gemma tells her story on Page 11.

HARD TIMES AHEAD

Richard Sammons, Chairman South West Thames Institute for Renal Research writes:

We are all aware of the financial difficulties in health care.

No matter what all the political parties say about ring-fencing the NHS, we still feel the cuts.

Last year despite 'no cuts in the NHS budget' the government cut the dialysis funding by over 10per cent.

Within the Epsom and St Helier NHS Trust there is also a big push for efficiency savings.

Unfortunately for us a lot of these savings seemed to be disproportionately aimed at our hopes for a better future, with about a 25per cent cut in the Renal Unit's contribution to the Institute budget.

Seventeen years ago we opened the



South West Thames Institute for Renal Research, a collaboration between patients and the Renal Unit, at St Helier hospital.

Our ambition for the Institute was to offer real hope for the improvement in the care and treatment of renal patients.

We all knew it wouldn't be easy and that it would take time. Now as so much of our work begins to come to fruition with pre-clinical test of novel treatments, the development of new tests and funding

from national organisations like the NHS and Kidney Research UK, the Renal Unit and the Trust seem to be taking away its support.

The support of the Epsom and St Helier NHS trust has been invaluable to us at so many levels, not only the direct financial support but all the other little things like the last Chief Executive and his wife taking part in sponsored events to raise much needed funds.

Continued on Page 3

In this issue:

Renal Unit News:

Clinical Director	5
Feedback	14

SHSKPA News:

Memorial Donations	4
Donations	4
Holiday Home	6
Chairman's Report	7
KPA Committee	8
Golf Day	9

SWTIRR News:

Institute Director's message	10
------------------------------	----

SWTKF News:

Chairman's Letter	3
G4 IT	11
Celebrity Cricket	13
Donations	13
Thanks To...	13
Quiz Kings	14
Lottery results	14
London 10k places	15
Book for Bunbury	16

Useful Contacts:

RENAL UNIT reception:

020 8296 2283,

020 8296 3100

SWTIRR & SWTKF,

Anne Collard, Administrator:

020 8296 3698

SOUTH WEST THAMES

KIDNEY FUND,

HayleyAnne Fitzgerald,

Secretary: 07974 422424

ST HELIER & SURREY KPA

Dave Spensley, Chairman

01483 426276

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

Make a **one-off donation** online, by text to SWKF22£_ to 70070, or by cheque to SWTKF, Renal Unit, St Helier Hospital, Wrythe Lane, Carshalton SM5 1AA

Create a **standing order**

Donate via **payroll giving**

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

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

Recycle your old car at no cost via **GiveaCar** Call them on 020 0011 1664

Sell an item on **ebay**

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

Buy our **Christmas Cards**

Donate **shares**

Donate your **tax refund**

Please join our Kidney Research supporter email group! We will keep you up to date with our news, fundraisers and any volunteer opportunities that may appeal to you. Email anne.collard@kidneyfund.org.uk to ask her to add you to the group. You will not be bombarded with emails and can ask to be removed from the group at any time.

'Like' us at www.facebook.com/kidneyfund and...

follow us at www.twitter.com/renalresearch

RENALITY

is now available on CD, PDF form & large print

Our thanks go to Joanna Bending who reads and edits the Newsletter and to her colleagues. Thanks must also go to Richard Sammons who produces the CDs and distributes them.

We thank Graham Morrow who produces the electronic version.

If you know of any patient who would like to use these services, please contact: Steve Purcell on

07970 675087 or

email: steve_purcell@btinternet.com

REMEMBER...

our website addresses are:

South West Thames Kidney Fund:

www.kidneyfund.org.uk

South West Thames Institute for Renal Research:

www.swtirr.org.uk

St Helier & Surrey Kidney

Patient Association

www.shskpa.org

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

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

We would like to thank Riverprint Ltd, Farnham for their help in producing this Newsletter. Riverside Park, Farnham, Surrey GU9 7UG Tel: 01252 722771 Email: www.Riverprint.co.uk.

Newsletter Editor: Steve Purcell: 07970 675087 steve_purcell@btinternet.com

CAN YOU HELP US?

Dr MIKE BENDING, Chairman of the South West Thames Kidney Fund writes:

THIS year marks the 30th anniversary of the founding of The South West Thames Kidney Fund.

In those days we were beginning the journey of expansion that was going to lead to one of the top ten Renal Units in the UK.

It was clear that if the clinical service to patients with kidney disease was going to thrive it had to be backed by a Research Institute that would attract some of the brightest young renal doctors and nurses in the country. This is ancient history. The challenge now is that we have to raise £250,000 a year to keep the show on the road.

We are very much in need of active committee members with fresh ideas. The commitment is to



attend four or five meetings a year.

All of the supporters over the past 30 years have been patients, family or friends with a big personal interest in making kidney failure treatment better and safer, and this is as it should be.

Many have been patients putting new energy after a kidney transplant to good effect.

Some of our most energetic supporters have been kidney

donors for loved-ones, and then still had even more determination to improve things.

Wherever our supporters have come from, they would all say that the work of the Fund has brought them new insight into kidney failure treatment, and many new friends and a lot of extra laughs.

If you feel you could support our work feel free to contact one of our existing committee. The best email contact addresses are below....

Kathryn.Harrison@kidneyfund.org.uk

anne.collard@kidneyfund.org.uk

Margaret.Porter@kidneyfund.org.uk

Mark.dockrell@esth.nhs.uk

Helen Green:

helen.green@kidneyfund.org.uk



HARD TIMES: WHAT YOU CAN DO

CONTINUED FROM PAGE 1

The new approach that the hospital is taking could be a real threat to our efforts to make a better future for renal patients both locally and nationally.

It is imperative that you talk to your consultants, write to the renal unit, email or write to the Trust's chief executive Daniel Elkeles, who started his NHS career as the renal administrator at St Helier Hospital, and also do not forget your new MP.

Let them know that you appreciate the great care you receive but that you also need hope for a better future.

You can also remind them that over the years patients groups have raised over 5 million pounds to make the Renal Unit what it is today.

They built the SW Thames Institute, and raise much of the money to help run it with the full support of the Trust. They raised the money to improve the infrastructure and buildings at the unit, again with the full support of the Trust.

We understand and welcome the savings that can be made in improving the efficiency of the health service and negotiating better contracts with suppliers but not at the expense of important services.

**Richard Sammons
Chairman
South West Thames Institute for Renal Research**

KPA Donations

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

Mr & Mrs P Steele

Helena Shiatis

Trudie Peel

Ken Easton

Michael & Barbara Dale

David Phillis

B Dale

Stragglers Running Club

KPA Memorial Donations

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

George Sliney

Clive Bradshaw

Alwyn Elizabeth Alexander

Barbara Lucy Boyson

Sally Anne Mead

It's a Dog's Life: The further adventures of ELSA

So here I am looking rather less sophisticated than usual, just to show that mud is no respecter of beauty.

It's a bit like one of those before and after photos...

Easter was a disappointment. Can't understand all this nonsense about the Easter Bunny. He was rubbish at running away, and mostly smelt of chocolate!

On another embarrassing note, I understand my pet has been regaling you with his favourite songs. How boring! These are my favourites:

- Who Let the Dogs Out?
- Hound Dog
- Puppy Love
- Hungry Like the Wolf
- Anything by Boney M, the

Rolling Bones, or Bone Jovi. Also Snoop Dog. But NOT Atomic Kitten (scary thought!)

I'm also a bit of a film buff. Favourites are 101 Dalmatians, Lassie, and Grounddog Day (I may have that one a bit wrong). And I'm especially looking forward to the new James Bone film!

Hope you all have a lovely summer.

I hope to shake paws with some of you at the charity Bunbury cricket match in August.

In the meantime, life will be busy around here as we are about to start building a new kennel complex for the family. It's all very exciting, though I think the rest of my master's hair has already turned grey at the thought (what's left of it!).

Elsa x



Groundhog Day (again)

Peter Andrews, Clinical Director

I thought that we would start today with a history lesson.

- Do you remember the plans to develop a Renal Unit at Guildford?
- Do you remember the plans to move services from the St Helier and Epsom sites to a new hospital in Sutton?
- Do you remember the Budget of 2010, when the Chancellor of the Exchequer announced a £219 million redevelopment of St Helier Hospital, and the banner that hung outside the hospital for three years afterwards?
- Do you remember BSBV, which threatened to close A&E and acute services at both Epsom and St Helier?
- Do you remember plans to sell the Sutton Hospital site?
- Do you remember plans to build a new Renal Unit at St Peter's Hospital?
- Do you remember plans to combine the Renal Units at St Helier and St George's?

If you remember all of the above, well done! You also probably need to get out more, or develop some hobbies!

I raise the above because, like Groundhog Day, the Trust is yet again in a cycle of re-examining its future. And again, we have the options of merging services with St George's, moving services to Surrey, moving to Sutton, repelling all borders, and the status quo.

It is tempting – very tempting – to disengage from these activities on the basis that nothing has changed, and nothing ever will. But that would be a mistake.

The Trust has made enormous strides in the last five years, and I do believe there is a road map for development that – finally – has a chance of success.

As ever, there will be setbacks, but the biggest mistake would be to do nothing. Irons are in the fire, and I will keep you informed of progress.

There are a number of markers of progress that I can report already. The long-awaited new dialysis units at Crawley and Farnborough have now opened, and are looking magnificent. Together, they have truly brought HD in West Surrey and East Sussex into the 21st century.

My thanks to all who have effected a smooth and effective transition.

Other important news includes the announcement that two of my medical colleagues have been appointed to senior positions within the Trust.

Pauline Swift has been appointed Associate Medical Director for Research and Development, and Rebecca Suckling has been appointed joint Associate Medical Director for Quality.

These are important positions which were keenly contested. My congratulations to them both.

And not to be outdone, our Head of Renal Nursing, Susie Mallinder, has recently been promoted to acting Head of



Nursing for the whole Trust. Again, this is very well deserved and a marker of the excellence of our nursing staff on whom we rely so much.

I finish today by saying goodbye to Nihil Chitalia, who has worked with us for the last year to cover the sabbatical leave of Mysore Phanish.

Nihil has secured a Consultant post working with a certain Dr Jonathan Kwan (remember him?) at Derwent Valley Hospital in Kent. We wish him well for the future.

Phanish will be re-joining us in May, and we very much look forward to welcoming him back. I have already dealt with the person who suggested he return his leaving gift, having returned after only a year away!

To match this article's theme of change, I am currently humming 'The Circle of Life' from the Lion King. I guess it could equally have been 'Bridge Over Troubled Water'.

I wish you all a happy and healthy summer.

**Peter Andrews,
Clinical Director**



S.H.S.K.P.A Holiday home
St Helier and Surrey Kidney Patients Association



Come and enjoy a relaxing and fun-filled family holiday in our new holiday home for up to six people, to suit all ages. The Holiday Home has a newly constructed ramp with decking to enable all patients to enjoy its facilities.

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

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

2010 Patient Rates

March	£150
April	£150
May	£150
June	£200
July	£200
August	£200
September	£190
October	£180

To contact us:

Nita and Ravi Patel

3 Darcy Road, London, SW16 4TX

Tel: 020 8407 2525 Email: nita@nitapatel.com

Web: www.shskpa.org

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



© Niyam Patel

A message from your Chairman

Hopefully by the time you get to read this it will have warmed up and the sun will be shining. This is a generally quiet time of year for the KPA but there is one important date for your diary

Friday 19th June, Golf Day

Following the success of our previous golf days we are holding another event playing the superb Milford Golf Course in Surrey.

The event will be held on Friday 19th June 2015.

This is a lovely venue which will provide a great day of golf for players of all abilities. 2014's event was a great success and raised a significant amount for the KPA.

It would be great to get 72 players for this year. If you are a golfer please book your place and bring a friend. A poster on the event is included within this edition.



Purchase of Equipment

Since the last Renality we've purchased the following items

- Wheelchair Adapted Weighing Scale for St Helier
- Overlay Mattresses for St Helier and its Satellites.
- A Profiling bed for Kingston Satellite
- A Tabs Fall Monitor System for St Helier
- 2 Dialysis Chairs for St Helier
- Patient Training Manuals/Information Booklets
- We have also agreed to provide 6 No 24 Hour Blood Pressure Monitors.

This has only been possible due to the generous donations that we receive from patients, their families and friends, together with what we make on our Grand Draw at Christmas and our Golf Day so as always thanks to everybody who supports us and helps us to improve patients' lives.

Other Matters.

The KPA Committee still doesn't have patient representatives for Sutton and Crawley. Ideally we would love to have some younger Committee Members to enable us to represent the entire age range of St Helier's patients.

The position isn't onerous; we meet once a month in the Blue Room within the Renal Unit at St Helier at 7.30 on the first Wednesday of the month.

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

Best Wishes

Dave Spensley, Hon Chairman

St Helier & Surrey KPA Committee Members—2014/15

Hon. Chairman

David Spensley
L'Alise, Guildford Road
Godalming
Surrey GU7 3BX
Tel: **01483 426276**
Mobile: **07836 750 433**
email: daspensley@btinternet.com

Hon. Treasurer

Ghansham Patel
7 Waterer Rise
Wallington
Surrey SM6 9DN
Home: **0208 395 8037**
Mobile: **07967 387 474**
email: gk_patel@blueyonder.co.uk

Minutes Secretary

Jackie Moss
7 Little Roke Avenue
Kenley, Surrey, CR8 5NN
Tel: **020 8668 7435**
email: j.moss149@btinternet.com

Membership Secretary

Diane Spensley
L'Alise, Guildford Road
Godalming, Surrey GU7 3BX
Tel: **01483 426276**
email: dispensley@btinternet.com

Holiday Home Managers

Ravi & Nita Patel,
3 Darcy Road
Norbury, London SW16 4TX
Tel: 020 8407 2525
email: ravi_g_p@hotmail.com
nita@nitapatel.com

Satellite Liaison - Mayday

Emmanuel Eyeta
204 Galpins Road
Thornton Heath
Surrey CR7 6EG
Tel: **020 3601 18137**
Mobile: **07957 343170**
email: eyeta56@yahoo.co.uk

Satellite Liaison - Epsom

Leo Kelliher
37 Sopwith Avenue
Chessington, Surrey KT9 1QE
Tel: **0208 397 3059**
Mobile: **07702 045 703**
email: flk20aa@aol.com

Hon. Deputy Chairman

Satellite Liaison – West Byfleet
Paul Connolly
5 Acorn Grove
Old School Place
Woking, Surrey, GU22 9PB
Mobile: **07837 344 732**
email: connollypaul@hotmail.co.uk

Hon. Secretary/Social Events

Pat Harris
10 The Gables
Banstead, Surrey, SM7 2HD
Tel: **01737 352 154**
Mobile: **07732 110767**
email: patricia.mike@virgin.net

St. Helier Patient Liaison/Stock Controller

David Theobald
10 Doveton Court
Doveton Road,
S, Croydon, CR2 7DH
Tel: **0208 680 1821**
Mobile: **07813 940 340**
email: d.theobald@btinternet.com

Press & Public Relations

Fay Eves
Willow Cottage
Church Street
Rudgwick, West Sussex, RH12 3EH
Tel: 01403 822537
email: fayeves@aol.com

Satellite Liaison – Purley

James Edgar
8 Cranmer Road
Croydon, Surrey CR0 1SR
Tel: **020 8667 9952**
Mobile: **07851 589228**
email: jamesjohnedgar@gmail.com

Satellite Liaison – Farnham

Barbara Parker
32 Eastwood Road
Bramley, Surrey GU5 0DS
Tel: **01483 898896**
Mobile: **07835 344466**
email: beparker32@gmail.com

Renal Social Worker/Amenity Subcommittee

Celia Eggeling
Renal Unit, St. Helier Hospital
Tel: **0208 296 2940**
email: Celia.Eggeling@esth.nhs.uk

St Helier & Surrey ***KPA Golf Day***

In Aid of St Helier and Surrey Kidney Patients Association
Registered charity no 266391

***To be held on Friday 19th June at
Milford Golf Course (Surrey)***

The day will comprise of:

A Shotgun Start

A Singles Stableford Competition (full handicap)

Bacon Roll upon arrival

*Three Course sit down (post golf) meal
(advise any dietary needs)*

Auction & Raffle

All for just £45 per person!

For further details or to book a place
please contact:

Paul Connolly

Hon. Vice Chairman

St Helier & Surrey KPA

5 Acorn Grove

Woking

Surrey

GU22 9PB

Phone: 07837 344 732

email: connollypaul@hotmail.co.uk



Cheques to be made payable to St. Helier & Surrey Kidney Patients Association

By MARK DOCKRELL
Institute Director

As I write this it is the beginning of April, March seems to have whizzed by, there seemed too much to do that I hardly had time to stop.

Yet for me, March has two particularly memorable days; world kidney day falls in March as does the anniversary of the opening of The South West Thames Institute for Renal Research.

Usually on World Kidney day we head out to somewhere in the St Helier Renal patch to set up a stall and talk to the general public about kidneys and kidney disease. There are members of the research team, nurses and even the occasional consultant lurking in a shopping centre somewhere ready to pounce on innocent passers-by.

It's a really useful exercise to get out of the hospital and find out what the general public know and what they don't, testing for blood pressure, talking about early signs of disease and getting people to sign up to be on the transplant list.

Unfortunately, this year we didn't quite make it. Stalwarts of the team like Anne and Nimmy weren't available and there were fewer members of the Kidney Fund around to help, but I'm determined we will be back next year.

So, watch out for us in Croydon, Kingston, Wimbledon or Sutton, you never know where we will pop up.

And the anniversary of the Institute! Well, what can I say? I remember coming to the opening of the Institute.

I was working at King's College London at the time and to be perfectly honest with you I hadn't even heard of St Helier Hospital in those days and names like Mike Bending and Jonathan Kwan were like mythical figures from some far-away land.

I was very impressed by the beautiful suite of labs that the patients had funded and the dynamic Dr David Newman who was taking on the not inconsiderable tasks of launching this brand new Institute dedicated to serving the patients desire for research into better treatments and the search for a cure. What I didn't expect was that less than four years later I would be coming to join you.

After navigating the early years of getting the Institute going and laying some foundations on what was to follow, David Newman decided it was time to expand, so he lured me down from King's to

FUNDING



RESEARCH



CURE

drive the laboratory based research forward. I had already worked in a few hospitals and medical schools in the UK and France, but I don't think I had ever spoken to the patients.

So, you can imagine the culture shock for me of being somewhere they did research that was located bang in the centre of a clinical unit and integrated in the everyday workings of a busy renal team. It was fabulous.

The next few years brought various challenges. Sadly only 4 months after I arrived David Newman tragically died in a climbing accident. I vividly remember the situation as various people wondered what would happen to the Institute without its forward thinking and hardworking director.

Yet I could see that there was a real determination to carry on and not be set back by this tragedy; I knew I wanted to be part of this and so I agreed to stay on and pick-up the reins till someone else could be found to run the Institute.

Dr Paul Coleville-Nash came in as the new director, but sadly Paul only stayed a few years before moving on to bigger things at the MRC.

So once again I stood into the breach after some discussion and an interview with the then clinical director, Dr James Marsh, I was appointed as a senior scientist in the renal unit to lead the research in the Institute.

And with my good friend and colleague Dr Mysore Phanish as a clinical research lead we set off on the next phase of development of SWTIRR.

Phanish and I certainly had our own core interests that we wished to pursue but the Institute is here for the whole of the St Helier Renal family.



Consequently, we developed quite a wide portfolio of research. There are some who thought it a little too diverse and that we should have stuck to our interest in fibrosis but I'm proud of our diversity.

I'm proud that we supported the dietician project looking into risks of malnutrition in renal patients. I look back fondly on the work we did with urology on markers of prostate disease.

I always enjoy working Dr Marta Lapsley, our consultant chemical pathologist, on markers and mechanisms of renal tubule dysfunction and of course Marta was part of that great study that Phanish and I did looking at new markers of progressive diabetic kidney disease, work that is still bearing fruit.

As many of you know we are still carrying out a range of research projects, doing pre-clinical trials into new therapies for fibrosis in collaboration with King's.

We are looking at how kidney disease affects the ability of liver to break-down drugs with colleagues at St George's and new quicker ways of diagnosing peritonitis with Prof Bob Price.

Of course, in these difficult financial times I have had to cut the Institute's coat according to our cloth but we will always continue to try to take up the challenges that are important to you and the renal family.

As many of you know cardiovascular disease is a huge problem in patients with chronic kidney disease and because of this we are investigating whether our expertise could be useful in this area too.

As I'm sure you all know, I believe that research will bring real advances in our understanding of disease and through this understanding we will find a cure, we mustn't give up.

Funding - Research - Cure



Cakes and Football, a different mix!

G4S raised over £1,060 to help the renal patients transport lounge look a little more inviting, whilst they wait for their journeys home after treatment

The transport team from G4S sold cakes for over a month in October to all the patients and staff throughout the hospital. Just to add a little competition to the recipe, they then challenged their St Georges counterparts to a football match with winner takes all.

The muddy pitch was “spongy” underfoot, but flat as a pancake.

A hard fought match saw G4S St Helier take on the might of G4S St Georges.

Both goals took a real “Battenburg” but under enormous pressure from the Renal department to win, G4S at St Helier dutifully obliged and came home with proceeds.

A resounding victory of 10-6 meant the winning pot came to ESTH, which was the icing on the cake.

Kelly Francis presented the cheque to the Renal department General

Manager, Alison Jones and Matron Rachel Addy and a group of patients: Jeneta Clarke, Vivien Manu and Maryiam Olaynian. James Glennister, the winning G4S captain said it was the most tense game he has played in with both pride and money at stake.

Alison Jones reported that the money would be spent on updating and providing better facilities in the waiting lounge.

A perfect Bake!

HOW AVA ENJOYED MEDIA MOLECULE’S BAKE-OFF!

FROM FRONT PAGE:

Gemma Abdeen, 31, writes:

I've been under the care of Dr Andrews since the age of 15 and I have stage 3 renal failure.

Since I was very young I always wanted to be a mum something I wasn't sure I was going to be allowed to do with my health.

Dr Andrews approved for me to start trying and I fell pregnant a few months later. Pregnancy although very straightforward for me I found very stressful as I was monitored every

month and I just prayed my kidneys held up so I could grow my baby safely and also keep my health intact! I sailed through the first 7 months with my kidney function even improving! At 8 months my kidneys started to suffer so they took the decision to induce me.

I told my husband and we started to get ready to have our baby the following week. Our baby had other ideas and decided to come that very night! 24 hours later we were parents of a very health little girl weighing 5.13lb which for 34 weeks was a great weight!

With the support of Dr Andrews and the

team at Royal Surrey Guildford, my husband and I have a very happy 14 month old daughter called Ava who makes me feel complete. Words can't describe how lucky I feel.

Even after a few biopsies we still don't know why my kidneys are failing which is why the work the South West Thames kidney fund do is so important and I try and support them as much as I can.

My work, Media Molecule are the most supportive group of people and last month we held a cake bake to raise more money for the fund which Media Molecule doubled.

PURLEY SPORTS CLUB

'Wates Giving' presents

Celebrity Charity Cricket Match!

In aid of South West Thames Kidney Fund
based at your local St. Helier Hospital, Carshalton

Sunday 9th August

ALL STAR BUNBURY XI vs PURLEY CRICKET CLUB

**Acting and Sporting personalities
playing for The Worlds No 1
International Charity Cricket Team!**

(Subject to availability)

- ★ **Alec Stewart** (England & Surrey)
- ★ **John Salako** (Crystal Palace & England)
- ★ **James & Oliver Phelps** (Harry Potter Twins)
- ★ **Mick Harford** (England & Chelsea)
- ★ **Paul Nixon** (England & Surrey)
- ★ **David Smith** (England & Surrey)
- ★ **Steven Crook** (Northants)
- ★ **Graham Cowdrey** (Kent)
- ★ **Darren Cousins** (Northants)
- ★ **Barry Fry** (Manager & former Busby Babe)
- ★ **Perry Groves** (Arsenal)
- ★ **Andy Jacobs** (TalkSport)
- ★ **John Keeble** (Spandau Ballet)
- ★ **Peter Leete** (AKA The Stig)



Tickets

Tables of 10 available £650.00
Individual places £65.00
(To include 3 course lunch
with wine and afternoon tea)

wates
giving

SOUTH WEST
THAMES
KIDNEY
FUND



HOWZAT!



A fun filled day for all the family

ANYONE FOR (CELEBRITY) CRICKET

Nick Ford writes: After the fantastic care that I received from the Doctors and Nurses at St Helier Hospital's Renal Unit following the failure of my kidneys last year, I am arranging a Bunbury Cricket game on August 9th at Purley Sports Club to raise much needed funds and awareness for the South West Thames Kidney Fund.

The Bunbury's are the World's No. 1 International Celebrity Charity Cricket Team. Over the past 29 years they have raised over £17m for various charities.

The Bunbury's were founded by Dr David English CBE 29 years ago after he retired from managing Eric Clapton and The Bee Gees.

We are expecting at least 700 people to attend the event with 300 in the marquee and another 400 paying for admission on the day. Tables in the marquee will include a 3-course luxury buffet lunch with wine plus afternoon tea between the innings at a cost of £65 inc. VAT per person. Tables are available at the very reasonable cost of £650 inc VAT for a table of 10.



Although not confirmed at the moment, we are hopeful that both Kevin Pieterston and Ian Wright will be two of the celebrities present.

We have already secured a Main Event Sponsor in Wates, one of the largest UK building and construction companies, but other opportunities exist to become part of what we hope will be an amazing day!

The event will be mentioned on Talksport National Radio and local press will be in attendance.

There are still some sponsorship and advertising options available including Matchball Sponsor.

To discuss becoming part of this fantastic event, email Bunburycricket@hotmail.co.uk or contact @Bunbury Cricket on Twitter.

A reservation form is on the back page.

Hurry and book your place for this fantastic event!

The South West Thames Kidney Fund is very grateful for the donations made in memory of:

Brian Dean

Sylvia Ellison

Robert Edwards

Valerie Barnett

Nobby Pash

John Robert Aplin

Alfred Ronald Clarke

Alexander Henry Fraser-Mitchell

We would like to say a huge thank you to:

Beck Interiors and **Michelle** who nominated us for their wonderful donation of £2,000

NG Bailey and their employees for the donation to the Kidney Fund representing the money saved by sending Christmas e-cards

The Mount Caburn Lodge for holding a raffle to benefit the Kidney Fund

Mark & Collette Jones for raising £782.50 at their charity quiz night

And to everyone who has contributed in any way great or small to the continuation of our work!

Remember, our research cannot continue without you!

Charity Quiz Night with live music – Sat 28th March 2015

A great night was had by all at the Chertsey Road Hall in Windlesham!

Six rounds of quiz questions, including one question in each round that was preceded by a song played by our band - 'The Practice'; plus a picture round of album covers and their artists to add extra marks!

Fish and Chips were served half way through the quiz, followed by a raffle draw and small auction. The band played some more songs to end the evening – encouraging the audience to sing along too, before final results were announced.

The winners were presented with Easter Eggs as prizes.

Mark and Collette Jones organised this event with the help of Sue Champion and the other band members – Keith Champion, Steve Jefferies & Mark Sugden-Best.

Mark's father, Gwynfi Jones was an in-patient at St Helier's Hospital from mid-September to December 2013. When at last he was able to come home, just before Christmas, he continued to be transported back to St. Helier's three days a week for dialysis.

Sadly, Gwynfi died on January 9th 2014 and in remembrance of him we decided to organise this event to raise money for the 'South West Thames Kidney Fund' and their valuable research. The event raised more than £1,000 for the SWTKF.

With all our thanks to the staff at St Helier's Hospital Renal Unit, especially Beacon Ward.

Mark & Collette Jones

LOTTERY WINNERS

Here are the winners since the beginning of October 2014:-

03/10/2014	101029	Purley	£126.50
10/10/2014	101152	Badgers Mount, Kent	£126.50
17/10/2014	101140	East Horsley	£125.00
24/10/2014	101250	Horley	£124.50
31/10/2014	101044	Shepperton	£128.50
07/11/2014	101013	Crawley	£128.50
14/11/2014	101022	Woking	£132.00
21/11/2014	101135	Sutton	£135.00
28/11/2014	101008	Addlestone	£136.50
05/12/2014	101126	Belmont	£142.00
12/12/2014	101199	Purley	£143.50
19/12/2014	101095	Guildford	£143.50
26/12/2014	101205	New Malden	£142.50
02/01/2015	101037	Wimbledon	£143.50
09/01/2015	101026	Charlwood	£146.00
16/01/2015	101109	Dorking	£146.50
23/01/2015	101137	Banstead	£147.50
30/01/2015	101011	Wimbledon	£148.50
06/02/2015	101116	Camberley	£147.00
13/02/2015	101134	Tadworth	£146.50
20/02/2015	101125	Sandhurst	£148.50
27/02/2015	101173	West Molesey	£148.50
06/03/2015	101079	Walton on Thames	£150.00
13/03/2015	101221	Addlestone	£152.00
20/03/2015	101267	Guildford	£151.50
27/03/2015	101258	Carshalton	£151.50
03/04/2015	101214	Merton	£152.50
10/04/2015	101251	Woking	£151.50

We have been going 250 weeks this week and have paid out £24,695.50 with the same going to The Kidney Fund at an average of just under £100 per week.

GREAT FEEDBACK ON FACEBOOK

Staff at the St Helier Renal Unit were delighted to receive this lovely feedback on Facebook from the family of one of our patients.

It is such a nice message that we wanted to share this with you all, so here below is a screenshot.

Feel free to use social media to let us know how YOU feel about your care.

Elaine Pamment MacPherson - St. Helier Hospital
2 hours ago

Thankyou to every single staff member. From the receptionists who answer the phone, through to the Renal, Vascular, Podiatrists, Anemia Team, Dieticians, Catering and Patient Transport. My husband was promised and booked for surgery at Brighton hospital, repeatedly for more than 18 months. Beds were booked for him and every single time Brighton cancelled. My husbands health deteriorated badly. Then with the help from our Renal Consultant, my husbands ails were all put under the care of St Helier. I have not seen my husband as happy as he now, for years. If I have any cause for concern now, I know I can ring St Helier. During these past 3 weeks my husband is at St Georges hospital. Staff were not giving my husband the correct insulin, iron, EPO or iron injections. I constantly battled with St Georges as I saw and heard my husband rapidly deteriorate. Bit by bit St Heliers hard work was being undone. In desperation I rang St Helier who contacted St Georges and supported me. Now with their help, hubby is getting back on track. Thankyou all.

Like Comment Share

GRAB A SPOT IN THE LONDON 10K



The Kidney Fund has 12 places in this year's British 10k London Run on the 12th July – a wonderful event through the heart of London where lucky runners will pass many iconic London landmarks

Do it yourself, or with a friend or your family and have a terrific day out!

Up to 25,000 runners from all over the UK and overseas take part raising millions of pounds for worthy causes! All abilities are represented from seasoned runners to beginners.

THE ROUTE

The route, starting on Piccadilly outside the Calvary & Guards Club, is dressed with Union flags.

Each year there is live entertainment including ceremonial bands which in the past have included the King's Troop, Royal Horse Artillery, the band of Her Majesty's Life Guard and the mounted band of the Blues & Royals.

Significant landmarks include the Bomber Command Memorial on Piccadilly with Wellington Arch at Hyde Park Corner forming the back-drop. Next is the famous St James's Palace.

Runners will then pass Trafalgar Square and Nelson's Column.

From here runners pass Golden Jubilee Bridge and the magnificent St. Paul's Cathedral, then along the Victoria Embankment towards Big Ben.

As runners approach Big Ben they will pass the Battle of Britain Memorial with the London Eye to their left.

After crossing Westminster Bridge runners perform a U turn adjacent to the London Eye heading back towards the British Houses of Parliament and the Westminster Abbey.

After circling Parliament Square runners head towards the finish line on Whitehall, past the entrance to Downing Street, then The Cenotaph.

The finish line is at the junction of Royal Horse Guards with Banqueting House, the last building associated with the palace of Whitehall.

This year is the 15th Anniversary of the Vitality British 10k London Run, and the new route to mark this special year will incorporate even more of the London landmarks!

What a brilliant way to see London! Why don't you do it with a friend or family members?

Hurry and register before all the places go. Runners must be 15 or older on race day.

In return for one of our places, we are asking our runners to raise a minimum of £50 in sponsorship for the South West Thames Kidney Fund and pay a non-refundable £5 deposit to secure their place.

Please email british10k@kidneyfund.org.uk to ask for a registration form.



The SOUTH WEST THAMES KIDNEY FUND

&

THE BUNBURY CRICKET CLUB

(who have raised £17 million for charity)

invite you to join them for a fundraising lunch, celebrity cricket match and tea hosted by

PURLEY SPORTS CLUB

on Sunday, 9th August 2015

@ £65 per person

Your ticket will buy you a fabulous three course buffet lunch with wine, auction, raffle and varied fun-filled entertainment

After lunch you will be treated to a great charity cricket match with the Bunbury Celebrity Cricket Club v Purley CC
and a traditional cricket tea served between innings

The Bunbury's are the Worlds No1 international Charity Cricket team and will contain an array of well-known entertainers; actors; top names from the cricketing world; professional football players and other entertainment personalities

THIS IS AN EVENT YOU WON'T WANT TO MISS!

I wish to reserve _____ place(s) for lunch @ £ 65.00 per person £ _____ (total cost)

Total enclosed (cheque made out to South West Thames Kidney Fund): £ _____ (thank you!)

Guest Information (please put **contact person first**) If you would like more than 6 places please contact email/ phone below

(1) **Title:** _____ **First** _____ **Last:** _____

(2) **Title:** _____ **First** _____ **Last:** _____

(3) **Title:** _____ **First** _____ **Last:** _____

(4) **Title:** _____ **First** _____ **Last:** _____

(5) **Title:** _____ **First** _____ **Last:** _____

(6) **Title:** _____ **First** _____ **Last:** _____

Contact person's address:

Post Code: _____ Home phone: _____ Mobile phone: _____

Email: _____

I am unable to attend this event, but wish to join the South West Thames Kidney Fund in the fight against kidney disease. Please find enclosed my donation of £ _____ on which gift aid may _____ may not _____

be reclaimed. Your name: _____ Address: _____

Post code: _____ email: _____

Please add me to the Kidney Research Supporter Email Group. I understand I can ask to be removed at any time.

Please return this form and your cheque made out to the 'South West Thames Kidney Fund' (charity no. 800952) to: Bunbury Event, South West Thames Kidney Fund Renal Unit, St Helier Hospital, Wrythe Lane, Carshalton SM5 1AA

Any questions? Please phone 020 8296 3698 or email: bunbury@kidneyfund.org.uk

