

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)



Westfield Health British Transplant Games Coventry Thursday, July 30 – Sunday, August 2 2009

by Graham Morrow, Team Manager

A team of eleven competitors from St Helier (Wesley Booth, Louise Cook, Sholto Downs, Helen Hayton, Moray Laing, George Lebon, Craig Morrow, Matt Rogers, David Slater, Peter Warren and Bernard White) and eight supporters attended the 2009 Games which were attended by over 1500 athletes and supporters and were held in Coventry for the first time.

This year's team included three new members, two who had never attended the Games before and one who transferred to the St Helier team from Royal Free. The new members were Wesley Booth and Moray Laing, both who have said they will attend next year's Games in Bath and Matt Rogers was our transferee.

Each team member has their own reason for taking part, whether to keep fit and their transplanted organ healthy, make loved ones proud, or just to be in the company of others who have been through similar experiences. Although they are from different walks of life, they are united by the fact they have all undergone at least one life-saving transplant.

Helen, although having to scratch from her track events due to an anterior cruciate ligament injury, was awarded the NKF Trophy again this year as the most successful female Senior swimmer, (which was very fortunate as Helen had forgotten to bring the trophy she won last year with her!).

Other events competed were Archery, Squash, Snooker, Golf, Fishing, Darts, and two supporters also ran the 5k Donor run.

On behalf of the team, a huge THANK YOU to SHAK for their financial support and to the SHAK committee and our supporters for their encouragement, we really do appreciate it.

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Contacts:

Renal Unit reception:

**020 8296 2283,
020 8296 3100**

SWTIRR,

Anne Collard, Administrator:

020 8296 3698

SW Thames Kidney Fund,

Pat Godden, Secretary:

020 8777 7371

St Helier & Surrey KPA

Dave Spensley, Chairman

01483 426276

Jim Rae, Treasurer:

01403 242601

I am delighted to be editing my first issue of Renality and would like to thank everyone for being very supportive. I am well aware that I have a tough act to follow in Margaret and Peter Simpson as former Editors of Renality and wish them all the best for the future - Nick Lewis, Editor

***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,
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.

Graham Morrow produces the electronic version.

If you know of any patient who would like to use these services, please contact: Nick Lewis

**01252 546569 or email:
nickeblewis@gmail.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 Association for Kidney
Patients (SHAK):*

www.shak-online.org

Newsletter deadline:

**We welcome letters, articles
and opinions from our readers.
If you wish to contribute, all
items for inclusion in the next
Newsletter must reach us by
Friday 8th JANUARY 2010.**

**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
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individual.**

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.**

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

Newsletter Editor: Nick Lewis 22 Union Street, Farnborough, Hants. GU14 7QB
Tel: 07747 792440
Email: nickeblewis@gmail.com
Web: www.nicklewis.net

Westfield Health British Transplant Games

Total of 27 medals (10 Gold, 2 Silver and 15 bronze).

Congratulations to all who took part at this year's British Transplant Games, the following medals were awarded...

Wesley Booth	Tennis	Bronze	Moray Laing	50m Backstroke	Silver
Wesley Booth	Table Tennis	Bronze	Moray Laing	Discus	Bronze
Wesley Booth	4x100 track relay	Bronze	Moray Laing	Shot Putt	Gold
Louise Cook	50m Breaststroke	Bronze	George Lebon	Tennis	Bronze
Louise Cook	50m Backstroke	Bronze	George Lebon	Badminton	Gold
Louise Cook	50m Freestyle	Bronze	George Lebon	4x100 track relay	Bronze
Louise Cook	100m track	Bronze	Craig Morrow	Volleyball	Bronze
Louise Cook	200m track	Silver	Matt Rogers	Table Tennis	Gold
Louise Cook	4x100 track relay	Bronze	Matt Rogers	Badminton	Gold
Helen Hayton	200m Freestyle	Gold	David Slater	Badminton	Bronze
Helen Hayton	50m Backstroke	Gold	David Slater	4x100 track relay	Bronze
Helen Hayton	50m Freestyle	Gold	Peter Warren	50m Butterfly	Gold
Helen Hayton	100m Freestyle	Gold	Peter Warren	50m Backstroke	Gold
			Bernard White	100m Breaststroke	Bronze

Comments from a new team member:

"It was my first year competing in the games this year having had my transplant in Feb 08. I was very nervous about how competitive it would be as I am no Andy Murray or Linford Christie! But my fears were quashed when it soon became apparent that everybody who attends are there to a) have fun and b) celebrate the gift of life. I was astounded to win three bronze medals for the team in tennis, 4x100m relay and table tennis. My family came to Coventry with me and we had a wonderful weekend, with lots of laughs and by the end lots of stiff muscles (which were of course well worth it!!). Taking part has definitely encouraged me to keep exercising and keep fit ready for next year! It was great to meet others from St Helier and different hospitals and hear about their experiences.....I am looking forward to next year's games in Bath".

Wesley Booth

33rd BTG 19-22 August 2010 - Bath

The Games are a wonderful experience, so please remember it really is the taking part that counts. While a high level of sportsmanship is often shown at the Games, which started 33 years ago in Portsmouth, the most important aspect is being alive to take part.

If you are interested in taking part next year and wish to be on the mailing list, contact me on 01252 325230, George Lebon 0208 785 2561, any team member, SHAK committee member, or Christina Ho at St. Helier Renal Unit.

You may already have received your "Gift of Life" - why not help promote awareness into the need for more organ donors and ensure someone else can receive this precious Gift!

Breaking News from the 16th World Transplant Games held in the Australian Gold Coast

For the first time in the history of the World Transplant Games the United Kingdom failed to top the medal table!!!

United Kingdom came second to Australia (86 Gold, 54 Silver, 50 Bronze) with 216 medals (85 Gold, 71 Silver and 60 bronze) Just one more gold would have retained unbroken our record!

Medal winners from St Helier were Helen Hayton (silver and 2 bronze) and Ran Pulik (4 gold). Congratulations to all who represented St Helier and the United Kingdom - **Graham Morrow**

Renal Unit News

A message from the Clinical Director ...

We appear to be living in increasingly changing times. The summer has been a period of comings and goings on the Renal Unit. Dr Bending provided fantastic service to the renal community and St Helier in particular. He has been an ever-present figure of continuity at St Helier over the past 27 years, and will be a hard act to follow following his retirement in July. At the time of writing, we are preparing to interview for his replacement. There has been a huge amount of interest in this job, and we have an extremely strong group of doctors coming to the interview. I am confident that we will be able to appoint an excellent new young consultant who will be able to take on the ever-increasing work within the Renal Unit and stamp their own personality into the role. One responsibility for this new consultant will be to help establish the soon to be opened dialysis unit in Sutton. In addition, we recognise that doctors in training need strong leadership and guidance. The new consultant will have an important role in helping to develop the renal consultants of the future. In August, we increased the number of junior doctors working on the wards, so hopefully the level of care can be improved.



I would like to welcome Dr Pauline Swift back to the Renal Unit. As many of you know, she has been away for a little while on maternity leave, enjoying her expanding family. We are delighted to see her looking so well and full of enthusiasm, and I know that many of you receiving haemodialysis treatment, or attending the pre-dialysis clinic will welcome her return.

Over the past few months, I have devoted a lot of my energy and spare time working on our bid to develop a new renal in-patient unit in Surrey. You will recall that we have formed a partnership with St George's Renal Unit and Ashford and St Peter's NHS Trust to develop a new Renal Unit in St Peter's Hospital. We have gathered a fantastic team of people from the three hospitals, and we are making very good progress developing our bid. Patient representatives from the KPA's have been invaluable in guiding us in this process. If we win the bid, we look forward to using our existing expertise to create a local renal service for patients living in Surrey and beyond. As we have worked through the options, it has become abundantly clear that patients want the service to look 'seamless', whether they are treated in Surrey, St Helier or St George's. I think that this is very sensible, and I look forward to much closer co-operation with our partners in St George's. We are all aiming for a truly integrated service operating across Surrey and south west London. We share the ambitions of NHS Surrey who have given us 7 critical success factors:

- Good access to renal services
 - High levels of clinical quality and patient safety
 - Excellent patient experience
 - Fast and safe transition of services to the new unit
 - Flexibility to adapt to future changes
 - Good quality buildings and equipment
- 'Value for Money'

We are still working on this bid, and we will be very grateful to receive any comments or views from patients; either directly, or via the Kidney Patients Association. This is Your service, and we want you to help shape it. Hopefully, we can report some positive news on this project in the next edition of Renality.

James Marsh, Clinical Director

A message from the General Manager

Well, as I sit at my home computer on a Sunday night I wonder if Nick Lewis is going to be as generous to me as Peter and Margaret as my submission for Renality should have been done on Friday! (*You are forgiven!* - Ed)

Although it is only early evening, it is already dark, a sure sign that winter is on the way. Unfortunately the shorter days do not mean less work. As James Marsh has said in his notice the work to secure a successful outcome for continuing to provide the Surrey service is very time consuming, for some, like James it is almost all consuming and he is commended for his commitment.



But what else is happening? Well:

- Richard Bright Ward is almost finished with just a few days to go;
- The Beacon ward development is now well into planning stage;
- A new transport contract for the new satellite units is about to be awarded;
- We should soon be appointing a replacement for Dr Bending;
- All of our locum staff are now booked through a wonderful new electronic booking system ; and,
- We have early plans for developing our home haemodialysis programme.

At our monthly performance meetings with ‘those up stairs’ in the Trust, the renal unit has consistently performed well in areas of finance, patient experience, human resources and clinical work. Sometimes it seems very difficult to achieve one area without compromising another. Improvements often cost money which puts a dent in our budgets and we all work hard to ensure every penny is used to deliver good services to our patients.

Due to this, we are c£130k overspent at month five but as this mostly relates to increased activity we are not worrying too much at the moment – I hope these will not be my ‘famous last words’.

During much of the last year, a number of patient representatives have been supporting the renal team to develop our services, attending many meetings and reviewing hundreds of documents. The management team are really extremely grateful to these members for their time and commitment to the process.

Lastly, please let me remind you all that the newly launched renal section of EStH website is a good place to find out more about what is going on here, including updates on the development of the new satellite units. You can also use the website to make comments about the unit or any other part of the Trust. Your comments will be passed to me and are encouraged as they help us shape the future of your service.

It is my middle daughter’s 18th birthday today so I am being called away for candles and cake, however, if you would like to speak with me about any aspect of the renal unit you will find all of my details on the website.

Kind regards

[Steve Simper](#)



Party 4 Patrick

By Maire Standerwick

My lovely nephew Patrick, and I used to laugh about our, 'Kidney connection' as he and I were both outpatients at Guy's kidney clinic. When, in February, aged 21 years, he was tragically killed in a skiing accident, my sister and her husband chose

South West Thames Kidney Fund as one of two charities for which they would raise funds in his memory.



They and his brothers and sister have gained some comfort from the amount of money that has been raised so far, a total of £13,732,64! They

were delighted when one of his university friends, Mike and his girlfriend Laura, decided to organise a Party 4 Patrick to be held on August Bank Holiday Monday to raise money for Patrick's two charities.



The party was to be at Horton Country Park and was to involve a small entrance fee for which everyone would receive a P4P wristband. There was to be a barbeque, a five mile run, a rounders tournament, a sack race combined with egg and spoon and various other activities all with a small

entrance fee. Everyone was to bring a picnic and drinks and could buy more food from the barbeque if they wished. In the evening Patrick's cousin's band played in a small hall in the grounds which rounded off the evening perfectly.



I took part in as many activities as I could and lined up for the sack race feeling very competitive whilst forgetting that I hadn't done a sack race for many years! No sooner had I started, than I went flying and somersaulted halfway down the track, breaking two toes in the process!! My husband said it served me right for not acting my age but my doctor, being more sympathetic, said it was what my nephew would have expected of me! Indeed it was!

There was a great turnout and we were blessed with beautiful weather. In spite of the sadness that was behind the motivation for the event, everyone had a fantastic day and it was lovely for Patrick's large extended family and his big group of friends to get together and celebrate his short but fun filled life.

The final total raised, to be shared between the two charities, was £3,917,32p, an amount which Mike's company, a city firm, Marshall Wace, have kindly agreed to double.



Stop Press!

Maire Standerwick and her husband are organising "Pedal for Patrick" which will be taking place on the 11th October. We shall bring you news and photos in a future issue of Renality.

At the time of going to press a sum total of £5285.82 has been raised in the memory of Patrick Evans via his Kidney Fund Justgiving page at www.justgiving.com/patrickevans, one of the events being the aforementioned Party 4 Patrick.



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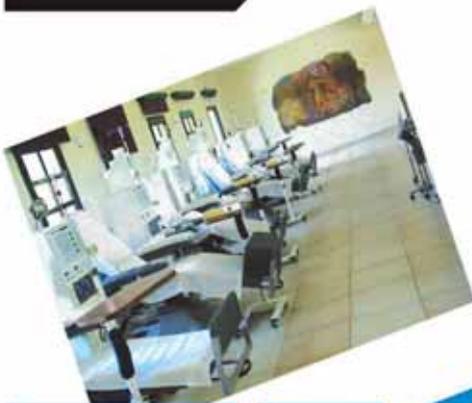
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E111 accepted as full payment for dialysis cost. Booking also available through: Freedom, The Dialysis Holiday Specialist, 5 Middlefield Road, Cossington, Leicestershire, Le7 4UT. Tel. 01509815999 Fax. 01509815888



St Helier and Surrey Kidney Patients' Association

- concerned with the welfare of patients of the Renal and Satellite Dialysis Units

Message from your Chairman

I am nearing the end of my third year as Chairman and I am more than happy to continue. I hope that everyone is pleased with the work that the Committee has done on your behalf and on a personal note I would like to thank all of the Committee members, all of our Volunteers including those on the Servery and the gardens together with the Renal Unit staff all of whom provide invaluable support throughout the year.

We have almost 800 members so we're kept pretty busy dealing with the many and varied requests which we receive so I thought a review would be in order to show how we have distributed our funds during the past year. These include

- £100,000 towards the redevelopment of Beacon Ward
- Refurbishment of Secombe Ward Day Room
- Refurbishment of the Jubilee Room
- Replacement televisions for Kingston Satellite Unit
- New televisions for the Buttercup Dialysis ward
- New P.D. Training Room Chairs together with help on the PD Garden
- Financial assistance with Holiday Allowances, Travel Benefits and Amenity payments to a greater level than any other year

Financial support of the participants in the St Helier Team at the Transplant Games

This has all been possible due to the generous donations that we have received and fund raising events reported upon in previous editions.

With this edition you will find our Grand Draw tickets and whilst I know that the dreaded Credit Crunch is affecting everyone could I please urge you to purchase them as this makes a huge difference to our funds and our ability to continue to help the Unit, its Satellites and its Patients.

If you feel that you are unable to purchase your book then can I please ask you to return it to the address printed on the tickets as we had requests for additional books last year.

The draw will be made at our Patient Christmas Lunch which will be held in the Blue Room at St Helier on Saturday 12th December between 12 noon and 2 p.m. and as always you are all welcome to attend.

Christmas cards will be on sale from early November.

I would also like to take this opportunity to provide you an update on three ongoing projects

Proposed Surrey In-Patient Centre

Over the last couple of months several of the Renal Unit Mangers, Consultants, Nurses and Administration staff of St Helier and St Georges have been working long into the night and at weekends preparing our response for the Surrey NHS tender so if you've seen any of them looking bleary eyed you now know the reason why!!

I together with four other Patient Representatives are part of the various steering groups formed to enable our bid to be submitted on what is a very thorough and complex document.



I'm confident that the tender process will result in a much needed state of the art additional Renal in-patient centre in Surrey and I sincerely hope that it's St Helier and St Georges providing the service but that decision will be down to Surrey NHS. Let's all hope that they make the right decision, they are under no illusion as to the patients choice and it's the patients that matter.

Richard Bright and Beacon Wards

The refurbishment of Richard Bright and Beacon wards are nearing completion. Both of these projects have been plagued by problems beyond the Renal Unit's control but I'm sure you will be happy with the finished articles.

Additional Satellites

The redevelopment of the Sutton Satellite is progressing well and should be open late November/early December.

The North Wandsworth Satellite is also progressing well and should be open by the end of the year.

We now have planning permission for the Croydon Satellite and hopefully this will be operational by April 2010.

Other Matters

We are still looking for Patient Representatives for Kingston and Farnham and also younger committee members to allow us to represent the entire age group of our members. If you are interest then please contact me.

I think that it all I have to report and as this is the last edition for 2009 may I be one of the first to wish you all a very Happy Christmas.

Best Wishes

Dave Spensley, Hon. Chairman

Donations

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

- Waitrose Community Matters
- Kathleen Sailes who donated in lieu of presents for her 75th Birthday
- Year 6 Auriol Junior School
- Kay Abbott
- Emily Broyd
- Claire McAlister
- The T R Drivers Club
- Christchurch United Reformed Church
- 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:

Hilda Thripp

Stanley Price

Margaret Hewing

Reginald Anthony Walker

John Donavon

Eileen Chaffe

Geoffrey Hawkins

Douglas Knight

Mr Franklin Watson

Mr Phillip Marshall

Mr Kenneth Edward Wells

Mrs Emerald Queenie Stratford

Mr Francis Walter Lindsay

Joan Sherwood

Joan Groves

Mrs Joan Murphy

Nicholas Elliott

Marion Elizabeth Bourne

Frederick James William Iles

Ian Charles Hodge

Joan Constance Murphy

Mrs Margaret Stacey

Mrs Patricia Dreidger

The KPA's thanks go to all those who have donated in memory of their loved ones.

We would like to thank...

Many thanks to last year's Year 6 at Auriol Junior School who raised a total of £1048 from their three performances of 'Blackout' and the activities of their 'Enterprise Week'. The money was divided between the South West Thames Kidney Fund and StH&SKPA. Megan Beal who is the daughter of our Renal Unit's Diabetes Specialist Sister was in Class 6W.



The 1st Year group of Reigate Grammar School raised £65.49 to benefit Kidney Research.

The Kidney Fund was the happy beneficiary of monies raised by the Chobham FRC through their annual Boxing Day Windlesham Pram Race and other fundraisers. So far they have raised £1,876.44, and we are waiting for an additional £1200 in matched giving from UBS. Our thanks to all who have taken part in the fundraisers, and especially to Jackie Edwards and Clive Wilkinson.

The sponsorship resulting from the efforts of the Sweaty Kidney Scientists in the 2009 Dragon Boat Race was a very creditable **£5,458.78**.

Dr Michael Bending's retirement do at the Globe raised a net total of **£12,869.38**.

We are hugely grateful to Dr Jeff Barron who, on his retirement from the Trust has donated the extremely generous sum of £18,850.10 to the Kidney Fund. Dr Barron is moving to New Zealand and we wish him all the very best in his retirement.

We would like to thank the Yorkshire Building Society who, following a recommendation from one of their members, has made a £50 donation to the Kidney Fund to aid our research.

Once again, Brian Searl and the Book People remembered Simon Evans at their annual '**Loud Shirt Day**' which raised £235 in aid of the Kidney Fund.

So far, Kevin Connolly and his teams have raised **£3998.02** from their 2009 Three Peaks Challenge. This is the fourth year that Kevin has organised and taken part in this event, and he is threatening to put himself through further punishment again next year! Many many thanks Kevin to you and all your teams.

This is the sixth year that Sheila Smith (the mother of transplant patient Jill Wright) has sold her summer fruits and jams. This year she raised **£120** for the Kidney Fund - thank you Sheila!

Donation to the Kidney Fund to celebrate the Renal Unit's 40th birthday from Mr David Tuffield.

Legacies

St Helier and Surrey Kidney Patients' Association is very grateful to have received legacies from the estates of:

Brenda Wicks
Edward Furbear



The Sutton Branch SWTKF

Gourmet Christmas Supper

24th November
7pm for 7:30pm

The Chateau
Coombe Lane
South Croydon
CR0 5RE

Contact Richard
Sammons on
0208 647 2882



St Helier and Surrey
Kidney Patients Association

Christmas Luncheon

Saturday 12th December
12.00 p.m. to 2.00 p.m.

The Blue Room
Renal Unit
St Helier Hospital

All Welcome

The Christmas Grand Draw
will take place
during the Luncheon

Advertising Manager Required

We are actively seeking a new volunteer to take over from Peter Simpson to take care of advertising in future issues of Renality.

We need to find new businesses, organisations and other groups who wish to place adverts in this publication. It is a great opportunity for them to speak out to a growing circulation of readers. Not to mention plenty more fundraising opportunities.

If you have a little bit of a passion for marketing and feel that you have what it takes to become the new Advertising Manager for Renality, please get in touch:

Nick Lewis, Editor
Email: nickeblewis@gmail.com



*A Plea for your
help from the
NKF....*

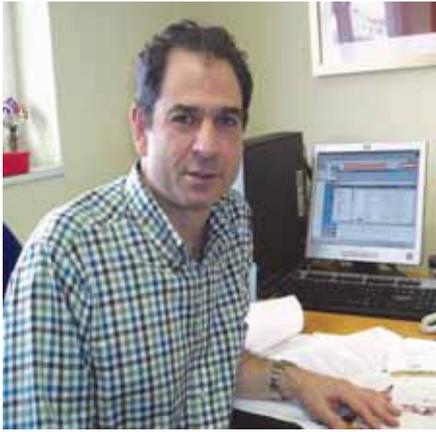
The number of people completing online surveys for the NKF has fallen well below the expected level. Unless we can increase the numbers of patients and carers who complete these, they will not have sufficient responses to be regarded as statistically relevant and that will be an enormous shame.

We urge all patients, carers and other contacts to go to www.kidney.org.uk and click on "Tell the NKF" in the top left hand corner of the screen. There is a choice of surveys to complete – currently (and they are always changing) they are :-

- Dialysis Patient Choices Survey
- Post-Kidney-Transplant Medication Survey
- The NKF — Its Future Direction Survey
- Hospital Haemodialysis — Quality of Treatment Survey
- Anaemia Survey

It would be much appreciated if you could spare a few moments of your time to complete a survey.

Dave Spensley



South West Thames Institute for Renal Research



As I prepare this Autumn 2009 bulletin from SWTIRR for Renality I am aware that yet again changes have been afoot. As I'm sure you are aware Renality has a new editor, so let me add my thanks and appreciation to Margaret and Peter Simpson for all their hard work and particular for their indulgence. I am often a little late in submitting by letter and they have always been very understanding. I would also like to add my best wishes to Nick,

our new editor, who takes on the task and I look forward to working with him in keeping all of our readers informed and up to date with our news.

Since my last letter the Institute has published a couple more papers describing exciting findings in the field of the pathology of the Kidney. Although none of you get the honour of authorship on these papers, the work wouldn't have been possible without your help through the support you give to the South West Thames Kidney Fund, for which I am very

grateful; every sponsored walk, can rattle and fund raising event you take part in helps us better understand what is going wrong in the diseased kidney and how it might be treated. I think it's easy for a lot of people to forget that this little Institute built and supported by your generosity is constantly expanding our understanding of kidney disease and doing valuable work towards better care and treatment. I am very proud of one particular paper we published this summer, it was published in the American Journal of Physiology and it describes some new insights into how kidney diseases



progresses but also it has identified a new potential target for treatment. The lead author on this paper was Dr Mangal Veerasamy, an extremely bright and hard working registrar. Some of you might know him; while he was doing his three years research with me he was also doing some clinical work. One of the features of this paper that makes it particularly special is that it is the first time that we have published with our Dutch collaborators. One of the ways I have sought to increase the impact and scale of our work is to collaborate with researchers in other countries that share our interests. Dr Roel Goldshmedding and I have been collaborating for a

few years now and this

paper should cement the collaboration for a few years to come. Working with Roel also has other advantages; Roel has a very strong international reputation and is one of the leading renal pathologists in Europe. Publishing a shared paper with him is more proof that we are working in the top echelon of European renal research.

I also wanted to up-date you on a couple of other pieces of news. First is the work I have been doing with Caroline Lawson. I'm sure many of you know Caroline; she is one of that great team of renal dieticians that are based here at St Helier. In addition to the excellent clinical work they do supporting renal patients and advising on diet the dieticians are also

interested in research. Caroline and I were awarded an externally funded grant to study nutritional screening in our renal in-patients and the work went extremely well. In addition to obvious talents as a dietician I think Caroline could be a very skilled researcher. I'd better watch my back otherwise she might have my job. Well Caroline has written-up the project and submitted some of it as part of her Master of Science in Nephrology, and we wish her lots of luck with that. The project went so well that the dieticians are thinking of extending it. So watch this space.

And while we're talking about qualifications and students and such matters, I'd like to mention again our South West Thames Institute for Renal Research young scientist PhD studentship. I mentioned it in the last newsletter and I said then that we needed £90 000 to fund it over the next three years, well we may have managed to find almost half of that money, but we're still short £50 000. I know this is a lot of money and although it would be great for some generous soul to donate the lot, I'm not sure that's going to happen. So once again I'm asking for your help, with any ideas and donations that you might be able to give us. I grew up in Scotland and there we have a saying "many a mickle makes a muckle", which basically means many little bits make something big; every donation of any size will help. Our last two young scientist PhD students were Alex Pearson and James Browne and they both did a lot of great work and were important parts of SWTIRR's success in many different ways, we're looking for a third exceptional graduate to follow in their footsteps and I need your help. I know I often seem to be asking for money; I do appreciate the generosity you have all shown already but working towards a cure for kidney disease is expensive and remember

“No Funding = No Research; No Research = No Cure” - Mark Dockrell, Lead Scientist



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



Dear Kidney Funders

It is now just over three months since my retirement on my 65th birthday on the 6th July. It was great to see so many of you at what was quite a memorable occasion at the Globe Theatre. I could never have imagined that so many of you were so keen to turn up, and make sure that I was really going!! Many of my non-renal medical friends were present, and they have been quite impressed with the way that Kidney patients, nurses, social workers, secretaries and doctors all get on so well together. The general comment was that the kidney community really know how to party.

Retirement for me is not very easy. After twenty seven years at St Helier it is quite difficult to suddenly switch off over night. I am obviously wondering how so many of you are getting on. Perhaps I should have gone on one of those courses that tell you what to do in God's waiting room. At least we will never lose a naughty sense of medical humour. That is of course what holds us all together. However bad things are, we always manage to find something to laugh at, often ourselves.

The party at the Globe was a result of amazing planning and conniving by the incomparable Anne Collard. Anne spent eighteen months planning, and persuading people to shave costs to the benefit of Renal Research. We are all secretly hoping that Anne will take an increasing role in Fund Raising as she moves towards retirement herself.

In the twenty seven years I was at St Helier I had the privilege of working under three remarkable Directors of Renal Services. Anthony Eisinger, Jonathan Kwan and James Marsh. All very different personalities. Without their behind-the-scenes politics, the Unit would never have grown to the size and prominence it holds now. Second busiest Renal Unit within the M25, and seventh largest out of seventy on the National scene. The great leaders would have got nowhere, however, without the commitment and dedication of all of our cleaners, orderlies, care assistants, technicians, secretaries, clericals, social workers, nurses and researchers. So many of our junior trainee doctors, over the years, have gone on to senior medical posts on their own renal units, up and down the country. There can hardly be a renal unit in the land that doesn't contain some member of staff who hasn't worked at St Helier at some time in their career.

Before I sign off I must say a special "thank you" to my two secretaries over the past twenty years. This is particularly at the front of my mind this Sunday afternoon as I sit here typing my own letter. Jean Shaw was in my office for twenty three years. She only had one significant deficiency as a secretary; she just couldn't keep the place clean and tidy. After twenty three years I got so exasperated we just had to let her go! Jean was followed by Wendy Playle. Wendy had never worked on a medical firm before, what a nightmare. I must be a wonderful boss, however, because in four short years she is right up there with the best of them. Same basic failing, however, she just can't keep things tidy, either.

Dr Mark Dockrell gave an inspired lecture to the academic community at St Helier on the 8th October, highlighting all the scientific achievements of The South West Thames Institute for Renal Research, under his leadership over the past seven years. That must spur us on to ensure his funding for the next seven years.

Yours sincerely

Michael Bending, Chairman

Branch News:

Sutton Branch: See page 11 for details of a Gourmet Christmas Supper to take place on 24th November.

Frimley Park & Guildford Branch: Kate and Guy Shipton were at the Tilford Fete on 11th July. They ran a tombola and name-the-doll competition which raised £240 in total. Many thanks to you both.

Angie and Graham Morrow ran a stall at the Ash Summer Fair on 25th July, raising £205.62. The Morrow family are

an inspiration to us all in their active role within the branch.

On the 15th August Angie recruited a team of 4 collectors to take up stations outside the entrance of the Meadows supermarket. I (the Editor) was one of them! Total raised was a delightful £779.21. A grand effort!

On the 5th September Angie and Joanna Booth-Mason ran a collection at the Brookwood Sainsbury's store along with some volunteers. Thanks to you all for raising £763.25 which is fantastic.

NOTICE TO ALL ST HELIER & SURREY
KPA MEMBERS

Annual General Meeting of the

St Helier & Surrey Kidney Patients Association

will be held on

Sunday 15th November 2009

3:00 p.m.

in the

**Blue Room, Renal Unit
St Helier Hospital**

Tea, Coffee and Biscuits will be available

Branch News cont.

Christmas is not far away and in the run up to the festive season, there are plenty of great events to look forward to within the branches:

There will be a sale at Farnham Hospital on Tuesday 24 November from about 9am to 3pm. You will find Angie, Graham, Margaret & Peter in the Foyer. They will be selling all sorts, including Christmas cards, books and plenty more.

Angie and Graham will be sending out the tickets for the SWTKF Grand Draw in early November. Please sell as many of the books as you can. Even better if you can get them into new places where they've not gone before, not only to sell more of them but also to spread the word further about the SWTKF.

The Draw will take place on the 5th December at the Ash Christmas Fair where Angie and Graham will have a table. You will also have the chance on the day to buy more of the tickets. So do pop along as there will be plenty of festive fun to be had!

Oh and one more thing!! Budgens in Ash have been fantastic in their support. The total back in July was £1608 and they will continue up until Christmas as they are determined to make a massive difference. Thanks to all of their staff for such relentless support.

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

The job of Treasurer 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.

If you would like to know more, please contact **Simon Ling** by telephone on **01372 277480** or by e-mail on simon@simonling.org.uk

Concert

to be held in aid of

***South West Thames
Kidney Fund***

to be given by

Weybridge Male Voice Choir

at

Egham United Church

on

Saturday 14th November 2009

at 7.30 pm

Tickets from:

Ken Browning on 01932 342519 or

Carol Lofthouse on 01252 541577

(Ken Browning's Grandson had a kidney transplant recently)

2009 Adidas 5K—Women's Challenge



This year's Women's challenge took place in Hyde Park on Sunday 6th September. We report on how the ladies got on with some of the comments they had to share with us:

Liz Heyburn & Jan Munns

“Jan and I did well. We had intended to try to do in under an hour which we would have done had we not walked with a friend who has end stage Cystic Fibrosis and is waiting for a double lung transplant. She is seriously ill but was determined to walk 200 metres in every km, thus walking

1km overall which she did though very slowly and we did it as a team in 1hr 14mins.

We have taken part in a photo project raising awareness of organ donation generally and particularly living kidney donation as the photographer herself received a live kidney last October. We seem to be doing well at raising awareness of organ donation but less so at getting the publicity for St Georges and Jiri Fronck that he seemed so keen on but never mind, it's all awareness raising!

A few more photos and an account of the day by our photographer can be found here: <http://giveandletlive.blogspot.com/2009/09/gol-shoot-13-liz-and-jan-after-shoot.html>

We decided Jan was the star of the event being 10 weeks post transplant (and 5 days post-biopsy) so that's her in the middle (with the arm splint - carpal tunnel being an unfortunate side effect of kidney failure).



Linda Sylvester, Mandy Watson, Marjorie Campbell, supported by Angie Morrow enjoyed and completed the run. Angie went up to cheer them on and they met up with a few more of the team before the race and had their photo taken. It was a good sunny day with 17,000 competitors.

Debbie Poulter: I completed the run in 25 mins 13 secs yesterday. A huge thank you to everyone who sponsored me. The Renal Research Institute will be delighted I am

sure.

Sarah Yates: It was a fun day. Great atmosphere.

Claudine Cleaver: It was just a very nice day out, with lots of ladies running for all different charities. It was also lovely to have a lady who had a kidney transplant in our team ... made it all the more worthwhile.

HOLIDAY ON LAKE GARDA - ITALY



CENTRO EMODIALISI GARDA

Under the direction of Dr. Poli offers:

- Machines: 20 Fresenius 4008
- Constant presence of the doctor
- Medical assistance of English speaking staff
- 24 hours call service
- Only for HBs-Ag negative patients
- Hepatitis C positive patients are dialysed in a separate room with separate staff and machines
- Open all year long
- Dialysis without costs on presentation of The European Health Insurance Card (EHIC)



SPECIAL OFFERS ON ACCOMMODATION

From 01.06.2008 till 15.09.2008

FROM 10% UP TO 20% REDUCTION ON ACCOMMODATION IN A GOOD 3 OR 4 STARS HOTEL OR RESIDENCE ON LAKE GARDA, NEAR OUR UNIT. CONTACT US FOR DETAILS.

CENTRO EMODIALISI GARDA

Via S. Caterina, 94/D - 38062 Arco - Lake Garda - Italy
Tel. 0039 0464 531153 - Fax 0039 0464 531414
E-mail: Gardadialysis@iol.it - www.gardadialysis.it

Do you have email access?

There is sometimes news that you may find interesting or beneficial that we are unable to get to you in a timely way because it falls between the quarterly editions of Renality. If you would like to be kept up to date with events (including fundraising events), research news etc. we will need your permission for us to send you occasional email updates.

Please email Anne.Collard@esth.nhs.uk requesting her to put you on our email list.

A cost free way to help the SWTKF.

The Giving Machine is an online shopping site with over 180 major retailers. If you register with the site as a "Giver" it costs you nothing but a percentage of what you spend at the site is given to the Charity of your choice. Stores include Tesco, John Lewis, Amazon.

Please register at www.thegivingmachine/giver, chose the SWTKF as your charity and buy through the site.



A DAY AT THE RACES RECEIVES FULL MARX

In August the KPA arranged its first patients outing for a very long time, to Brighton Races Ladies Day Meeting and what a fun-filled tremendous success it turned out to be!

About 30 patients, carers, friends and Committee members took the luxury coach either from St. Helier or Crawley Hospital pick-up points arriving at the race course about 1 p.m. in plenty of time to settle in (and some did this in style) before the first of 6 races at 2:30 p.m.

The ladies turned-out in force, outnumbering the men and “glammed-up” for this popular Brighton annual racing/social event. Although our ladies looked perfectly wonderful, none of them were picked by the judges to receive either the £3,000 unique necklace or the champagne cruise for 10 put up by the sponsors of the meeting. They may have been unlucky in that respect, but most of the ladies (and us largely ignored men) had some luck picking winners where it truly mattered – on the race course!

Dave and I could see that those attending this KPA sponsored outing were enjoying themselves, the proof was not long in materialising. Well before the day was at its halfway point, we were approached and told (not asked please note) point blank “We must do this again next year”.

It would be good to repeat such a successful outing which likely to be Thursday August 5th 2010 (put it in your diaries – now) hopefully we would like greater participation from patients, carers and staff of St. Helier Renal Unit and its satellites. It would be wonderful to go with 50 and hugely satisfying if we were “forced” to put on two coaches due to an overwhelming response from the patient base.

I wouldn't say that a repeat is totally on the cards for next year, but I would not bet against it.

Jim Rae



The Day fire Broke out at Mayday

The 8th July 2009 started as normal. It was a drizzly overcast July morning. I was due for work at 07.30 am but

something urged me to go in for 7.00 am which I often do. On the way to work at 06.35 am, my mobile rang. When I heard Dr De Silva's voice, I knew something had happened to the Unit. He calmly informed me, that there was a fire at Mayday and the Unit had been cordoned off, and no one is allowed in. My first thoughts were for my staff, the HCA's who are in the Unit at 6.00 am and my Early Shift trained staff and patients.

I informed him, that I will be at the Unit to co-ordinate the situation. The next call I received was from Angela Wright who had heard the news and offered the use of Kingston Unit.

When I was on Bensham Lane and entering Mayday Road, I could smell burning. Mayday Road was cordoned off and all traffic was diverted. Having spoken to the policewoman, I met up with my staff outside Mayday A&E. The fire brigade was everywhere with staff from various Departments trying to gain access into the Hospital. Some of our staff and patients were in a different section of the hospital; therefore we had to contact them to meet-up at a specific point. Using our mobiles, my staff and I contacted the rest of the early shift patients regarding their dialysis schedule.

Having done that, I took S/N Flo Lastimoso, Rolando and Raj with me to St. Helier to organise slots and contact the rest of the patients. I was met by Sr. Angie (who was on her day off) but came to help, talk about dedication and loyalty. We set about identifying patients who would require dialysis and those who could miss their sessions, as it was mid-week. With the help of Sr. Julianna Egbe and Sr. Maura Pinkney, we created slots for patients on the middle, late and night shifts.

Dr De Silva kept in touch with us with up-to-date information so that we could plan for patients to be dialysed on Thursday at Kingston as we could not re-open EWDU. Staff had to be informed to go over to Kingston to work. S/N Rinson Joseph, Jaya and Florinda were scheduled to go.

On Thursday Sister Angie and myself met Dr De Silva at the Unit at 10.00 am. Power was re-stored and entering the Unit, it was a big shock. The whole Unit was covered in black soot; the floor was all blackened, the machines, folders, rest room had black streaks down the walls and everything was sticky and black. The stench of burning hits one's nostrils. The atmosphere was one of eerie silence. We wondered how we could get the place ready for Friday 10th July 2009. The Management of Mayday came to do their walkabouts and assessed the area. It took us sometime to take stock of the situation and to put our plans into action to get the Unit cleaned up.

The loyalty of the Mayday team (Pep, Jessie, Vivian Kannin and Raj) cannot be underestimated; they came in to help clean up the Unit. We had help from staff from MAU and A&E and even our patients Ingrid C. Ritch and Lyn Hooper helped with the clearing up.

At times like this, I know I can count on my colleagues at St. Helier and Kingston and my own Team to come and offer help.

I would like to express my appreciation and say a BIG THANK-YOU to each and everyone who offered their assistance in every which way they could; from the cleaners to the Management who made it all possible for us to restore the Unit to normality. When the Unit was re-opened on Friday 10th July 2009, the rest of the EWDU team used a lot of elbow grease to scrub the place down and worked tirelessly to clear up the after effect of the fire. Thank you to all of you.

I am so proud to work with people who resolve to do something rather than resolve to be someone and I am glad to say that old fashioned hard work and true grit still exist.

WELL DONE - Sr. Doris Khaw

A Fun Way To Learn

Ruple Patel, the Renal Dietician from St Helier Hospital organised a Potassium Quiz Session for the Haemodialysis patients at the Mayday Satellite Unit on Thursday 6th August and Friday 14th August with the morning and afternoon patients

She came around with the tea trolley laden with different foods, and a questionnaire based around potassium. As she went around the unit, the patients were asked to mark down and then shout out whether the displayed foods were allowed to be eaten or to be avoided on a low potassium diet. There were lots of interaction among patients and many achieved high scores. The patients had a jolly good time doing this exercise with the help of Mayday dialysis staff.



It was a well organised and well co-ordinated session.

Thank you to all patients and staff for their involvement and making the 2 days a fun filled beneficial way to learn.

Well done to one and all.

Ruple Patel
Renal Dietician

Flora London Marathon 2010

By the time you read this issue, the 5 Golden Bond places will have been filled. Each one of these lucky individuals will need to raise at least £1500. We would therefore urge you to give them your support by sponsoring them. We shall be revealing more details on the Marathon in a later issue.

Contact Anne Collard 020 8296 3698 or email anne.collard@esth.nhs.uk for further details

At the time of going to press the final total for the 2009 Flora London Marathon is £19,638.12 which is a fantastic result for all those involved. Congratulations!

LEGACIES

LEAVE A LEGACY TO THE SOUTH WEST THAMES KIDNEY FUND. REMEMBER THE FUND IN YOUR WILL.

One of the best ways to ensure the vital work to arrest and alleviate kidney disease continues is to include the Fund in your will. It will help to secure the future research at the Institute as well as allowing the Fund to plan to extend its work.

Whatever you give will make a great difference. It will cost nothing in your lifetime but will be a permanent memorial. It will be a legacy to all the other present and future kidney patients. It may be a gift to your children and grandchildren.

Making a will is simple but you should seek independent advice from a solicitor or other qualified person.

Charity Dance



The Fab Five invite you to Dance and Dine (on a Fish and Chip Supper)
at our Autumn Dance, including Live Music & Raffles.

All the proceeds will go to SW Thames Kidney Fund.

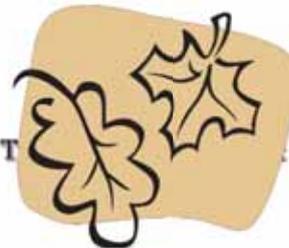
Please bring your own drinks



7.30pm – 11pm 7th November 09
St John The Baptist Church Hall
Dale Road (Off Godstone Road)
Purley CR8 2EF
0208 660 3815



Tickets £10 each, available from the St Helier Transplant T
Reception desk



We need your help...

Christina Ho is looking for people who would be happy to donate items for a raffle to take place on this evening. She is also organising a “Promise Auction” for the evening, in which people offer to do something for whoever bids the highest. The services on offer can be anything from car cleaning, gardening, cooking to doing someone else’s ironing! Naturally any other good ideas will be welcome, be as novel as you like! Sounds like fun!

Please get in contact with **Christina Ho** via email: Christina.ho@esth.nhs.uk or call the Renal Unit at St Helier.