

## 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)

\*\*\*\*\*

## Purley Dialysis Centre is Officially Opened

Many patients, carers and staff gathered to see the official opening of the Purley Dialysis Centre being opened by Richard Ottaway, MP for South Croydon, on Wednesday 6th October although the Unit has been operating since February. The Unit is on the fifth floor of Capella Court, Brighton Road and is near to Purley station which means that dialysis patients living in the area are able to dialyse locally rather than travelling to St Helier. The Unit is on the top floor of the building and because of its oval shape, there are windows all round, making it very light and airy.



*Samantha Jones, Chief Executive, James Marsh, Clinical Director, Richard Ottaway, MP and Sue Willetts, Dir. Clinical Operations, Fresenius*

The Unit is run in partnership between Epsom & St Helier University Hospitals NHS Trust and Fresenius Medical Care Renal Services. Dr Vip de Silva and Dr Phanish are the two consultants



*Christiana Pena, the Unit Manager (Fresenius), Sue Willetts, Richard Ottaway, MP, James Marsh and James Clarke, Medical Director of the Trust*

who will be responsible for the medical care of patients.

There are 24 dialysis stations, all of which have fully adjustable electronic chairs with their own flat screen TV and Freeview box so patients can view their favourite programmes or listen to digital radio in great comfort.

The Centre also has eight single rooms, all of which come with their own en suite facilities. These rooms can be used for patients who need privacy for medical reasons. Currently, there are 42 patients dialysing at the Unit.

Mr Ottaway was given a tour of the Unit by Samantha Jones, Chief Executive of the Trust, before officially unveiling a plaque. He said he

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**St Helier & Surrey KPA  
Dave Spensley, Chairman  
01483 426276**

**Jim Rae, Treasurer:  
01403 242601**

*Purley Opening, cont ...*

was delighted to have been invited to formally open the new Purley Dialysis Unit.

Sue Willetts, Director of Clinical Operations at Fresenius, also attended the Opening. She said "We are proud to work with Epsom and St Helier University Hospitals NHS Trust and to be able to offer patients excellent care and treatment in brand new, specially designed units like Purley. We involved patients in the design of the Unit to make sure it met their needs. This Unit uses the latest equipment, which helps reduce the time it takes for patients to dialyse and reduces side effects such as sickness and tiredness.

Carl Fuller, a patient at the Unit said "I've been dialysing at this Unit for a few months now and quite honestly, it's the best thing that ever happened to me. It's fantastic."

*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: Peter or Margaret Simpson on*

**01252 792196 or email:  
mps@mpsimpson.demon.co.uk**

**Newsletter deadline:**

**We welcome letters, articles and opinions from our readers. If you wish to contribute, all items for inclusion in the next Newsletter must reach us by Friday 7th January 2011.**

**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**

**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.**

*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.

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## **Renal Unit News:**

### **Message From the Clinical Director**

As summer recedes into the past and the new football season is just underway, I always have an unfounded optimism that this year things really will be better. However, with five games gone, one point (away to Stoke) and bottom of the league, West Ham are clearly going to have a difficult year. My son's team, Walton Casuals, have got off to a winning start (without him and his broken toe). Fortunately, my lack of realism does not extend to The Renal Unit, and I certainly do recognise the challenges ahead of us.

Our big drive has been to improve infection control measures, and you may have noticed changes in the haemodialysis unit and wards. The lead nurses are describing these in more detail.



### **Choice of Renal Replacement Treatment**

Our aim has always been to promote care close to your home. We recognise that for many of you, the transition into renal replacement therapy (dialysis or transplantation) is difficult, stressful and often bewildering. The number of St Helier patients receiving kidney transplants is increasing year on year, and this is a reflection of the dedication and hard work of the whole of the transplant team, especially Christina Ho, Kirstie Ellis, Tracy Norton, backed up by Debra Burgess. In particular, we have seen a welcome increase in the number of people receiving live donor transplants.

However, we recognise that transplantation is not suitable for everyone. For many of you haemodialysis in one of the satellite units close to your home is the best treatment, but we are also interested to offer home-based treatment such as peritoneal dialysis and home haemodialysis. We are embarking on a drive to make sure that all patients preparing for dialysis, or who have started dialysis in an emergency receive better education so that you can make a real choice.

### **Home Haemodialysis and Minimal Care**

The numbers of patients performing haemodialysis at home has increased over the past 18 months. There are a lot of myths about how difficult this can be, but Debbie Noble and Maura Pinkney are breaking down these barriers. One of the first patients to start haemodialysis at home is 84 years old! We have been offered some money from the Department of Health and plan to use this to employ a 'home haemodialysis nurse champion' who will work to change the culture within the dialysis units to raise awareness of alternatives to conventional dialysis, to promote home haemodialysis, and also to raise awareness of minimal care and self care haemodialysis. Under minimal care dialysis, we will train you to perform a number of the tasks that are currently done by the nurses, starting with the very simple things such as weighing yourself, and potentially all the way to inserting the dialysis needles. There is good evidence that active participation in your own dialysis is very empowering for many people.

### **New Haemodialysis Unit in Epsom**

Work is well underway with the new dialysis unit close to Epsom town centre. We have recognised that dialysis patients living around Epsom, Dorking and Leatherhead and Cobham have been some distance from a satellite unit, so we are pleased to be able to develop this new modern local facility.

### **Transport**

Each year, the Renal Service spends about £2 million pounds on transport. We know that the service is not ideal, but it certainly is not cheap, and we have a responsibility to spend this money wisely. We plan to undertake a detailed review this autumn on our use of transport to see how we can make the best use of this resource, reduce journey times, and hopefully reduce our costs.

### **Surrey Renal Unit**

At the time of writing this article, I have just come back from a constructive meeting with NHS Surrey. They are still committed to developing a new in-patient centre in Surrey and plan to make a final decision on the location and nature of the service in the spring of next year. By which stage, I will be booking my tickets for Wembley.....

### **James Marsh**

## *Message from the General Manager*

Well if you have read the message from Dr James Marsh, you will see how he has sneaked in references to football. As General Manager I find life so difficult keeping the doctor's minds on the business in hand. When they talk about shots, I am unclear if they are talking about strikers or injections. I was encouraged to hear them discussing our goals at a strategy meeting only to find they were referring to the ball being in the back of the net!

Furthermore, in the Lead Nurse report there are two references to Christmas, including Christmas shopping. Also, I think the lead nurses have admirers in the Estates department as they are always on the unit working to make the fabric and facilities better for our patients.



So as you can see, my role as General Manager is tough as I do not have time for football and early Christmas shopping. The strange thing is, despite their apparent distractions, our team have managed to put Renal ahead of so many others in the Trust in a number of areas, such as:

- We have the lowest sickness record;
- One of the highest attendances at statutory and mandatory training;
- Good control of our expenditure budget (although we haven't made our savings... Shhhh!;
- We have greatly improved the cleanliness and fabric of the patient and staff areas;
- We meet all of our external standards, such as the 18 week time between referral to treatment, recording the outcome of clinics and clinically coding all in-patient episodes;
- We have greatly improved the turnaround time for clinic typing;
- We have embraced the Electronic Discharge Summary system (EDS) improving the information we give the patients and GPs immediately following an in-patient episode;
- Have one of the lowest DNA rates – but don't forget my message from last time about this standard, as we can only achieve it with your help; and
- A whole host of other performance areas.

The renal Management Team have to attend many many Trust meetings and we are all very proud to represent renal as a shining light of good practice. I know that we are all committed to continuing to develop and improve the renal unit, not so that we achieve the targets, but so that we provide you all with the very best service you deserve.

It is just a shame my colleagues are not more interested in proper sport such as the Badminton Horse Trials. Oh well I will just have to struggle on with them !!!

**Steve Simper**

*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 Sue Beesley on 01483 724615

## Letter from the Renal Lead Nurses

The last time I wrote Spring was upon us and we had the Summer to look forward to. Now, we have passed the Autumn Equinox and we have Christmas to look forward to.....

As Susie mentioned in the previous edition of Renality we are making great strides on the Renal unit to improve our levels of cleanliness and infection control. Not only are we improving practices around particular clinical procedures, we are also planning significant building work on Beacon Ward that will create a new clinic and storage room along with an extra sluice room. This work should commence in the next 4 to 6 weeks and will make a real difference to the way our renal nursing staff can deliver care to patients admitted to Beacon Ward.



As well as the building work and despite the tough financial position we face, we are also continuing to recruit nursing staff to the Renal Unit. As Lead Nurses we understand the value of having our own renal trained staff and so will also continue with our plans to develop nursing staff through our renal in-house training programmes and sponsoring our more established staff to study the renal degree modules at Kingston University.

Continuing with the theme of staff development and recognition of good practice - at the end of July we awarded the Koo-Akinsanya Memorial Book Prize to our two Education Sisters Rachel Addy and Josie Murphy. The Koo-Akinsanya Prize was set up by one of our (now sadly passed away) patients, Professor Justus Akinsanya in memory of Mr Christian Koo, the eminent surgeon who carried out Justus's transplant. Justus was an equally eminent professor of nursing and his wish with this prize was to recognise excellent practice amongst our own nurses. In awarding this years prize to Josie and Rachel we have done just that, recognising the fabulous work that both of these hard working sisters have done to help raise standards of care in the Renal unit.

Anyway, enough from me, it might be time to start thinking about Christmas shopping!

Kind regards

**Sue Woodcock**

**This much appreciated letter accompanied a donation to South West Thames Kidney Fund**

***"A Thank You"***

***I have just spent 3 days in Sir Harry Secombe ward, bed 15, being spoiled and looked after so well and the fistular I had done just happened without any worry for me.***

***I have been through my 'ditty bag' and wish you to accept a small token towards your renal charity - I wish it could be more.***

***Thank you again for making an old man feel wanted and loved.***

***Yours sincerely,  
Peter Holden***

# St Helier and Surrey Kidney Patients' Association

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

## A message from your Chairman

I am nearing the end of my fourth 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:

- Assistance towards the refurbishment of Beacon and Richard Bright Wards
- Refurbishment of the HHD Training Room
- Renal Overlays for Sutton and Purley Satellite Units
- Replacement televisions for Kingston Satellite Unit
- New televisions for the Link
- Patient Furniture for Mayday Unit
- Financial assistance with Holiday Allowances, Travel Benefits and Amenity payments
- Financial support of the participants in the St Helier Team at the Transplant Games
- Supporting of a number of buffet lunches and PEP's

This has all been possible due to the generous donations that we have received and fundraising 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 still affecting everyone could I please urge you to purchase them as this is our main fundraiser and 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 11<sup>th</sup> December between 12 noon and 2 p.m. and as always you are all welcome to attend.

I'm afraid that the KPA will not have Christmas cards this year. Our cards have been generously donated for a number of years but this is no longer possible due to a change in our donor's business model. Hopefully we should be able to find another supplier for 2011.

## Additional Satellites

2009 -2010 saw the opening of 2 new satellite units serving St Helier patients, namely Sutton and Purley. A further Satellite Unit will open in Epsom early in 2011.

## Surrey In-Patient Centre

We are on the final stage of the tendering process and hopefully, we should know the outcome by Christmas.



### Treasurer's Position

Jim Rae will stand down as our Treasurer at our AGM on 2<sup>nd</sup> November and we will obviously need a replacement. If you have a financial background, or have a family member or friend who may be interested, then please contact me on 01483 426 276.

### Other Matters

We are still looking for Patient Representatives for Kingston, Farnham, Sutton and Purley and it would be lovely to have some younger committee members to allow us to represent the entire age group of our members. If you are interested then please contact me on 01483 426 276

I think that it all I have to report so may I be one of the first to wish you all a very Happy Christmas and New Year.

Best Wishes

**Dave Spensley**

## ***KPA Memorial Donations***

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

- Victor Harry Ramgoolam
- Peter Maryan
- Rex Harding
- William Watson
- Peter Seaman
- Douglas Cecil Rustom
- Clive Bradshaw

**NOTICE TO ALL ST HELIER & SURREY  
KPA MEMBERS**

***Annual General Meeting***

**of the**

**St Helier & Surrey Kidney  
Patients Association**

**Will be held on**

**Tuesday 2nd November 2010  
at 7.30 p.m.**

**In the**

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

**Tea, Coffee and Biscuits will be available**

# KPA Donations

St Helier and Surrey KPA would like to thank the following people for their much appreciated donations:

Waitrose Limited

Mr and Mrs Burrough

Worth Masonic Lodge and Alf Bridges

Popes Mead Bowls Club

**St Helier and Surrey  
Kidney Patients Association**

**Patient  
Christmas Luncheon**

**Saturday 11th 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**

## **KPA TREASURER**

FOLLOWING THE DECISION OF OUR EXISTING TREASURER TO STEP DOWN AT THE AGM IN NOVEMBER 2010, ST HELIER & SURREY KPA REQUIRE A NEW TREASURER.

ANYBODY INTERESTED IN THE POSTION SHOULD IDEALLY HAVE A KNOWLEDGE OF BOOKEEPING /ACCOUNTING TO AAT STANDARD, AN UNDERSTANDING OF CHARITY ACCOUNTING AND STATEMENT OF RECOMMENDED PRACTICE (SORP) AND MICROSOFT EXCEL WOULD BE AN ADANTAGE.

THE ROLE WOULD CONSIST OF:

- 1) ACCURATELY RECORDING INCOMES AND EXPENDITURES IN AN EXISTING EXCEL WORK-BOOK FORMAT INTO THE VARIOUS CATEGORY HEADINGS AS REQUIRED COMPLYING WITH SORP ACCOUNTING STANDARDS.
- 2) COMPILING A SHORT CASHBOOK REPORT ON INCOMES AND EXPENDITURES TO THE TRUSTEES AND COMMITTEE OF THE KPA ON A MONTHLY BASIS.
- 3) ASSISTING THE TRUSTEES WITH THE SELECTION OF INVESTMENT OPTIONS FOR THEIR DECISION IN ORDER TO SAFELY MAXIMISE THE RETURN ON RESERVES.
- 4) RAISING A SMALL NUMBER OF INVOICES IN RELATION TO THE DISTRIBUTION OF COSTS AND INCOMES OF THE RENALITY MAGAZINE.
- 5) COMPILING A NUMBER OF SIMPLE ANALYSIS WORKSHEETS TO ASSIST WITH YEAR-END REPORTING WITHIN THE EXISTING EXCEL WORKBOOK PACKAGE.
- 6) COMPILING FULL YEAR-END TRUSTEE REPORT AND ACCOUNTS FOR INDEPENDENT REVIEW BY EXTERNAL CHARTERED ACCOUNTANTS.
- 7) THE FILING OF THE SIGNED-OFF ACCOUNTS AND ANNUAL REPORT WITH THE CHARITIES COMMISSION.

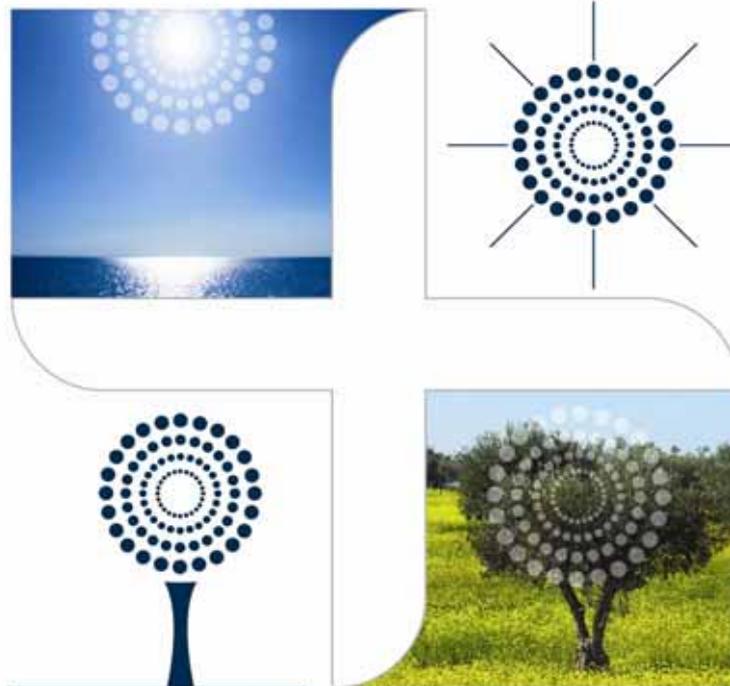
FOR FURTHER INFORMATION ON THIS POSITION PLEASE CONTACT DAVE SPENSLEY, HON. CHAIRMAN ON 01483 426276 OR [daspensley@btinternet.com](mailto:daspensley@btinternet.com)

# mesogeios<sup>+</sup>

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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, T 01509815999 F 01509815888

*\*The Mesogelos dialysis center in Halkida will be opening in September 2010*

#dmore

# The 33<sup>rd</sup> BRITISH TRANSPLANT GAMES -

## Competition and Life-long Camaraderie

**Bath 19-22 August 2010**

St Helier was represented by Wesley Booth, Louise Cook, Helen Hayton, George Lebon (Captain), Craig Morrow, Matt Rogers, Bernard White and John Wills and sixteen (yes 16!) travelling supporters. Unfortunately, this year we really missed, due to illness and/or other commitments, Sholto Downs, Moray Laing, Nick Martin, David Slater and Peter Warren. But wasn't it great to see Christina & Ron Ho and Vikki Kiang from the Unit and especially Nick & Clare Martin and their daughters cheering on the Sunday? Without them and the other supporters it would be far less enjoyable for the competitors and certainly would make the impact the Games makes in the local community so much less. We all need their voices if we are to get the message out!

The Team medal total was 11 gold, 5 silver, 7 bronze medals (every team member winning a medal) plus Helen who again won the NKF Trophy - Victrex Ludorum Swimming - Female Senior and Louise the Interloq Trophy - Outstanding Colt Female. What a wonderful tally!

If more people can hear the words of others who have already attended the Games, then perhaps we can encourage more of our transplantees to attend. Wouldn't it be great to have a "B" or even a "C" Team? So, as a change to previous years, I am leaving the Games Report to the words of two of the competitors:-

“ I know as a kidney patient it is important to try and keep fit, so after being lucky enough to be given a kidney by my wife two years ago, I decided that the best place to try out my fitness would be at the British Transplant games in Bath. These were held at the University of Bath's superb sporting complex on 18<sup>th</sup> to 22<sup>nd</sup> August. I have always been quite sporty so decided to try my hand at tennis and badminton. Although each competitor can choose up to five events I thought that being the 'new boy' I would just choose the two. Little did I know that I would be called upon to join the relay team for the last athletics race on Sunday afternoon! I originally found out about the games from Graham Morrow, the very hardworking Team Manager, at Michael Bending's retirement do at the Globe. It was too late to participate last year so I put my name down for this year's games. Without Graham I don't think that St Helier would be able to put forward a team so I offer my thanks for all his badgering, administrative and managerial skills for getting the team to Bath on time. The Games is not just about trying to win medals but really is a celebration of life, making and meeting new friends with something in common and most importantly to promote organ donation as an answer to a new lease of life. You don't even have to be sporty to join in, some more sedate sports such as fishing, darts, bowls, golf and snooker can be played.

I was quite apprehensive on getting to Bath but after meeting Graham and seeing how much everyone from all of the 53 hospital teams were enjoying themselves and noticing the friendly atmosphere, I relaxed. My first event was the singles tennis on Friday and I managed to win a silver medal in my age group which was a surprise. I had a more enjoyable day on the Saturday when I played badminton doubles with a fellow patient Wesley Booth who I had met at the outpatients' clinic before and after our operations. We did not win a medal but played four very close games against the other teams and my wife and parents and Wesley's family and friends, totalling ten supporters, were all cheering very loudly.

The real highlight of the weekend was being asked to join the 4 x 100m relay team on the Sunday. Not having run a relay for 32 years I was again nervous, but with Louise Cook running the first leg, and the calming words of Wesley and team captain George Lebon, we won our heat and were through to the final. The final was the last race of the whole games and the atmosphere was electric. We had some good baton changes and on the final leg, George was just a couple of metres behind and catching the Belfast team anchor runner when the unlucky Irishman went down suddenly with a pulled hamstring, leaving George to glide past on his way to the gold medal.

To sum up I would say the games were one of the most positive experiences I have ever had. The camaraderie within the team and other competitors was tremendous. You don't have to be a super sportsperson to participate. Everyone is applauded for their efforts and the fighting spirit we have demonstrated through our illness shines through and everybody leaves with a smile on their face.

St Helier really needs more people to join in the fun. If you think you may be interested please give me a ring and I would be more than happy to tell you all about it. ” **John Wills 07767 345666**

“ I would like to thank all the supporters who came to support us (Christina and co, David, Mum, Debs, Nick and Family and the Booth hoards), and say well done to the team in general. I was really pleased to win the 2 bronze medals this year as I wasn't expecting to get anything. As someone who does not have sports running through my body it can be tough to get motivated to attend what is seen as a sports event, however this tournament is so much more than just sports.

I really cannot say enough about how much this event means to us as a team, and to all the teams that take part. It is a chance to meet up with people who have been through the same, and sometimes more than you have. A chance to say thank you to your donor and the family of your donor; seeing old friends, making new ones and feeling a part of something so worthwhile gives you such a massive buzz. Knowing you are helping by raising awareness of the need for more donors really puts the icing on the cake.

The tournament in Belfast (1998) for me and many others is a favourite. The amazing welcome, the friendly people, the beautiful scenery and the first class entertainment added up to an unforgettable time for all of us. Once again we are being welcomed back, and we would love more of you to experience what we did back then. Whether you are sporty and feel like taking part or not sporty and simply would like to see what it is all about and come as a supporter you will be welcomed the same way. Give it a try..... I really hope to see you

there in 2011 ” **Craig Morrow**

Thanks to everyone who came along and made the 2010 British Transplant Games in Bath a great success. It was fantastic to see so many people cheering on the participants at the numerous sporting events. Also, seeing Bath Abbey packed out with athletes and supporters from all over Britain for the magical opening ceremony was truly very special. And from the Team, again special thanks to SH&SKPA for their continuing support.

I hope everyone in the Team and our supporters have enjoyed the event and I look forward to seeing you all again in Belfast (4th – 7<sup>th</sup> August 2011). **Graham Morrow (01252 325230)**





## South West Thames Institute for Renal Research



As I sat down to write my quarterly up-date from the Institute for you I had in mind to talk about the mellow pleasures of autumn, my favourite season, but I think I have more pressing and exciting news to share with you; so let me bound straight in. Since I last wrote to you there has been quite a lot going on at SWTIRR but there are two matters in particular I'd like to talk about.

**The first is something we call the Quinquennial Review.** Now, strictly speaking this is a Kidney Fund matter, so I apologise if there is a little repetition between this article and that of our charismatic Fund chairman, Dr Bending. We haven't had time to compare notes I'm afraid but I'll try and give you a SWTIRR perspective. The Quinquennial Review, as the name suggests is a five yearly review, and as I say strictly speaking it is a review of the Fund but as the vast majority of the Fund's work is in support of the Institute I personally felt that the Institute had to put on a good show. For me part of the point of the review is to have a group of external experts whom I respect looking critically at our work and giving us advice on how to do the best with the money you all help to raise for us but just between you and me, I also wanted to show off in front of the panel how well we do.

Our review panel were four eminent academics in the field of medical and renal research representing St George's University of London, King's College London, University College London and the director of the Research Institute for Science and Technology in Medicine at Keele University Medical School; well if we were going to do it we might as well do it properly. So after a good introduction by Dr Bending and a tour of the Institute we all moved to the Institute seminar room to hear three research talks from our laboratories. Drs Nilesh, Winn and Phanish put on a splendid show demonstrating how we're taking work from the bedside to the bench, using high quality technology and tackling tricky questions in the area of diabetes and renal disease. I know that much of technical detail is a little difficult for the average lay person to follow but I wish that you all could have been there to see the impressive work these guys have been doing. After the talks came the nitty gritty; the panel were going to ask some probing questions to representatives of the Fund and the Institute but before a shot was fired Professor Hendry of King's College opened by stating how impressive he thought all your and our work in funding and carrying out this research was. Well, we haven't got the final report yet but in their summing up the chair of the panel, Dr Jill Norman of UCL, told the Fund representatives how proud they should be in their achievements, and I for one second that. All of you who have contributed over the years to supporting the work of the Fund should in deed be very proud.

**Now, to the second matter - the review was largely about what we have done, what about the future?** One of the next contributions to our future work will start on Monday the 11<sup>th</sup> of October. A promising young scientist by the name of Irbaz Badshah will arrive to start his PhD work as the South West Thames Kidney Fund Research Fellow. Irbaz is coming to work on a project entitled "The role of the atypical MAP kinase ERK5, in renal epithelial cells in response to diabetic stimuli" or as the lay title says "**A new role for a novel signalling molecule in diabetic kidney disease**". This work is a continuation of some exciting work that Dr James Browne did with us for his PhD when he was the Epsom & St. Helier University Hospitals NHS Trust Research & Development Research Fellow. This novel signalling molecule Erk5 has been an interest of mine for some time and James was trying to find out what its function was in human kidney cells. When we started the work people used to say to me at conferences, "this is really interesting Mark, but does it have a role in diabetes or kidney disease?" Part of the answer to that question came from a group in the US who study diabetes and the heart and blood vessels. Many of you will know that having diabetes increases the risk of heart attack the A and people with diabetes are also twice as likely as non-diabetics to die following a heart attack. What the American group demonstrated was that Erk5 activity is lower in people with diabetes and this directly contributes to diabetes related vascular problems. Of course we know that diabetes also increases your risk of kidney problems and that diabetes is the single biggest cause of kidney disease in the UK. So what Irbaz will be doing is trying to investigate the role of Erk5 in diabetic kidney disease; is its activity lower?



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



Dear Kidney Funders.

This last year has been a good one for the Fund and a particularly good one for research in South West Thames. As you will read from Mark Dockrell elsewhere in this journal, the Institute and Kidney Fund sailed through a five year review of our progress on Monday 20<sup>th</sup> September. The audit was performed by four visiting Professors of Nephrology from around the country.

We are also very pleased to announce that within the same week Simon Winn passed his conversion viva and important step towards his PhD.

In a previous issue of *Renality* I talked about the importance of bequests to the work of the fund. I said that I was planning to end my forty years of total involvement in the kidney world by making a bequest in my will to the benefit of the fund. I was very appropriately warned by an astute reader of *Renality* that it is very important for any bequest to be drawn up by a solicitor and to avoid any “top sliced” percentage donation which can lead to all sorts of legal problems for ones family....the major benefactors. I stand corrected, as so often !! Reminds me of the old Music Hall joke . . . . If a town has one lawyer, he will soon starve. If a town has two lawyers, everyone else will starve ! ! ! !

Once again I have discovered, quite by chance, that we have yet another reason to be thankful for the contributions that Anne Collard makes to Renal Research. Anne is employed as administrator to the Institute, and right hand assistant to Mark but she also spends hours of essentially unpaid time helping all in the Kidney Fund to maximize research income. Anne’s latest contribution is to have secured an award from “Google” which ensures that the Fund’s website is thrown into prominence to anyone, world wide, who types into a Google search Kidney or Renal Research. Try this for yourself. What an asset. The value of this award to a commercial organization would amount to nearly \$ 300 a day. ( Can we take the money.....Chris ? ? ! ! )

We are still, and ever will be, searching for new ways of raising funds for Renal Research. Every time you read of an ingenious or dare-devil, or novel method of fund raising you must let me know immediately. You always have an immediate hot line to the Kidney Fund:

**0774 780 2494**

We are never too proud to plagiarise other peoples’ brilliant ideas.

Happy fund raising

**Michael Bending, Chairman**

*A signalling molecule in diabetic disease, cont ...*

Does this contribute to the damage diabetes does to the kidney? And will targeting Erk5 help protect the kidney? All big and important questions, but those of you who know a bit about our work know that the Institute does not shy away from difficult problems, particularly if they might be important in treating kidney disease.

I have over the last 12 months or so made a number of appeals for donations towards this 3 year fellowship and we still need support for this. I know times are difficult but if you can help or know anyone that can your support will be greatly received, after all,

**“No Funding = No Research;  
No Research = No Cure”**

**Mark Dockrell, Institute Director**

## **SWTKF Branch news:**

**Sutton Branch:** The Branch will be holding a Christmas Dinner at **Chateau Napoleon, Croydon on Tuesday 23rd November**. The evening is being organised by Gillian Hynd. For further information and tickets contact:

Gillian Hynd on 020 8647 1985  
Richard Sammons on 020 8647 2882  
Bill Langham on 07984 435324

**Frimley Park and Guildford Branch:** The Branch held a one day collection at The Meadows, Camberley, in August. £852 was raised and our thanks go to all who helped Angie and Graham Morrow who organised it. Budgens in Ash Village continue to support SWTKF - the third year running. The total raised by the store to the beginning of September 2010 is £2873. Their support is very much appreciated.

There will be a **SWTKF sale** in the reception area at **Farnham Hospital on 17th November**. Please drop in to see us.

Angie and Graham are organising their usual **Christmas Draw for the Kidney Fund**. The 1st prize is £200, 2nd is a trial flight and 3rd is a bottle of malt whiskey and many

more prizes. Prizewinners will be drawn at the Ash Parish Christmas Fayre on the first Saturday in December. Draw tickets will also be on sale at the SWTKF stall which will be run there by Angie and Graham.

On the same day, Dennis Amy will be selling his marmalade and chutneys at the **Godalming Christmas Fayre**, held in the Town Centre. This is always a popular stall so if you are in either area, please make yourself known to the stallholders.

A concert given by the Waverley Singers, conducted by Richard Pearce, will be performed in Guildford Cathedral on Saturday 23rd October in aid of St George's Kidney Patients' Association and South West Thames Kidney Fund. The programme includes Bach's Magnificat,, Handel's Coronation Anthems, Zadok the Priest, My Heart is Inditing, Bach's Orchestral Suite No 3 in D and Handel's organ Concerto Op 4, no 4.

The concert has been arranged by Kate Shipton.

Unfortunately, the date of this concert falls between editions of Renality and readers will be unable to make use of this information.

## **SWTKF would like to thank ....**

The Benhill Social Club who raised £25 for South West Thames Kidney Fund

Mr and Mrs Foulsham for their very generous donation to the Kidney Fund.

Mr and Mrs Richard Lee for donating their wedding anniversary gift to the Kidney Fund.

John and Deborah Mills for the sponsorship they donated to South West Thames Kidney Fund, raised from their Richmond Park to Windsor Cycle Ride.

Sheila Webb for the £110 raised through her Tadworth History Walks which she donated to SWTKF. Sheila has been raising money from these Walks for several years.

Thank you also to the many people who have made donations during the last few months.

## **We would like to thank those families who gave donations in memory of:**

*Mrs Phyllis Corrigan*

*Mr Anthony George Maynard*

*Mr Ralph deSouza*

*Mrs Marie Gertrude Patey*

*Mr Peter Lines*

*Mr Efremi Yorkas*

*Ms Margaret Broad*

## **Thank you to ...**

Ian and Kathryn Harrison who donated £500 to SWTKF via The Big Give Kathryn says "The donation was a way of my husband and I saying thank you for all the care and support we have received from the staff at St Helier Renal Unit and at St Georges where our "his and hers" kidney transplant was carried out last month - I was the donor, he was the recipient. All of the staff we encountered during the process were wonderful and we could not have asked for better treatment.

We both had complications which made the procedure more difficult and we really do appreciate the lengths that the team went to for us.. All of the staff were wonderful but a special thanks goes to Christina Ho for the support she has given us during the last 2 years and to the marvellous Jiri Fronck for everything he did."

## **Have you seen the ad. on TV?**

**REMEMBER A CHARITY  
IN YOUR WILL**  
Help the work live on...

**It's easy!  
To find out  
more .....**

Why leave a gift in your will?

How to leave a gift in your will

Find a charity

... go to [www.rememberacharity.org.uk/index.jsp](http://www.rememberacharity.org.uk/index.jsp)

**Could it be South West Thames Kidney Fund?**

Play your part in helping us find  
a cure for kidney disease



Join in .....

The Kidney Fund  
Lottery

lucky  
13 winners  
from July to  
September!

PLAY and YOU could be a

\*\*\*WINNER\*\*\*



Lottery leaflet with application form can be obtained  
by downloading from [www.kidneyfund.org.uk](http://www.kidneyfund.org.uk) OR  
at Renal Unit Reception OR  
Tel: 020 8296 3698 OR  
email: [lottery@kidneyfund.org.uk](mailto:lottery@kidneyfund.org.uk)

NO FUNDING = NO RESEARCH  
NO RESEARCH = NO CURE



## The Kidney Fund Lottery

The Draw takes place each Friday. The winning numbers drawn during August and September were:

August:

6th 101101, Farnham

13th 101072, Ash Vale

20th 101053, Sutton

27th 101127, Farnborough

September:

3rd 101004, Camberley

10th 101046, Chilworth

17th 101014, Caterham

24th 101031, Bramley

Each winner has received a cheque. Prizes have increased over this period from £50 to £62.

*Are you willing to add your name to our database?*

The South West Thames Kidney Fund NEEDS and APPRECIATES your support for the continuing future of their research into kidney disease and diabetes.

We would like to be able to contact you to keep you up to date with renal news, renal events (including fund-raising events), research news etc. If you would like to receive the news, please email [anne.collard@esth.nhs.uk](mailto:anne.collard@esth.nhs.uk) and she will add you to our database.

We PROMISE not to bombard you with information and you can ask to be removed from the database at any time.

We mentioned in the last edition that a promotional CD for SWTIRR had been prepared. It is expected to be sent to patients with the January issue of Renality.

## Katie Stronge ran the British 10K Run ....an update

Katie ran the British 10K Run earlier this summer in loving memory of her Mum who had had a long battle with chronic lymphatic leukaemia and was on dialysis at the Renal Unit.

Katie had never run this distance before and she completed it in 1 hour 7 minutes.

The grand total raised in sponsorship by Katie was £355. She said "It was difficult but enjoyable".

Congratulations Katie and thank you.

*A very successful Organ Recital ...* was held at Our Lady's Church, Fleet. Stuart, son of Derek McSweeney, a renal patient, raised £650 before Gift Aid! The proceeds were shared between the Church and the Kidney Fund.

A CD has been made of the Recital, which included music by Bach, Franck and Debussy, Frank Bridge, Mendelssohn and Rawsthorne, and is available free of charge to anyone who would like to listen to the Organ Recital, though a donation to the Kidney Fund would be most welcome. If you are interested in the CD, contact: Chris McSweeney on 01252 684005



### *....and a popular Musicathon*

Stuart McSweeney, from the Catholic community of Fleet and Church Crookham, hosted and organised a 'Musicathon' in aid of the Philippine Community Fund and the SWTKF on Saturday, 1 October at the Church of Our Lady, Kings Road, Fleet.

The ages of the performers ranged from 7yrs to Stuart's grandmother, Peggy McSweeney aged 87. Professional entertainer Ray Swinburne delighted the audience with a wide variety of music from the hits of Frank Sinatra, Johnny Ray and other easy listening classics and the songbird Nadia hit just the right notes (and the heartstrings) with renditions from Andrew Lloyd Webber, engaging the audience in the chorus of 'Don't Cry for me Argentina'. Also, she performed songs from Eva Cassidy and Les Miserables. Stuart and his dad Derek thoroughly enjoyed performing a duet.

The choirs from the two Catholic Churches in Fleet supported the Musicathon as did a number of soloists from the congregation: it was truly amazing to see the breadth of talent and to pass a wet Saturday afternoon in such an enchanting way.

Cakes were kindly donated from the friends of Liz Hardless and Stuart's friend Kim.

Stuart was assisted in the organisation by Chris McSweeney, his mother - a truly family affair.

The Musicathon was hailed by everyone as a great success and requests were made to hold another as soon as possible.

The total raised from the Event so far is £533 which will be split between the two charities.



**We need a**  
*willing person to run the*  
**Kidney Fund Lottery**



***The Kidney Fund Lottery is becoming established and we would very much like a volunteer to come forward to run the project***

**An ability to use Excel spreadsheets would be useful**  
The work is not arduous, the person would contact the winner drawn weekly from the Random Programme which is part of the Excel programme  
There would be some other correspondence  
The volunteer would work closely with Anne Collard, Administrator to SWTIRR

***50% of Lottery proceeds is given as prizes***  
*The remainder goes to support the valuable work of South West Thames Institute for Renal Research*

**If you are interested in supporting the Kidney Fund, please contact: Anne Collard on 0208 296 3698 OR Peter Simpson on 01252 792196**





### *A Grand Banquet and Ball .... (see advert, left)*

Glen Grant is the president of the Society of London Toastmasters and has nominated the S W Thames Kidney Fund as the charity to benefit from the proceeds of his outgoing banquet and ball in January (he was a patient in the Renal Unit some time ago).

Tickets are £75 per person and we hope we will get some Kidney Funders to make up a table

The Society's Banquet and Ball will be held on Saturday 15th January 2011 at the Lancaster Hotel, London W2. (formerly the Royal Lancaster) and will consist of a drinks reception, a four course meal with half a bottle of wine per person, cabaret and dancing to one of the country's finest nine-piece function bands "STAR".

We have negotiated with the hotel to ensure that their bar prices are kept to a very reasonable level and they have agreed to this. This promises to be a wonderful evening.

A booking form can be downloaded from:  
[www.kidneyfund.org.uk](http://www.kidneyfund.org.uk)

### *..... and a successful Quiz*

On Sunday 19th September a team of five represented SWTKF at an evening of Wine and Wisdom arranged by Glen Grant, President of the London Society of Toastmasters and his wife Beryl at Denbies Vineyard near Dorking, Surrey in aid of SW Thames Kidney Fund. The setting was glorious, attendance was good with 15 teams, the food good, the questions challenging (but not impossible) and the evening raised over £350 for the Fund. However, our performance was not the best finishing 13th (but with another three points we would have been 8th!) . In spite of that we all thoroughly enjoyed the evening.

**Graham Morrow**

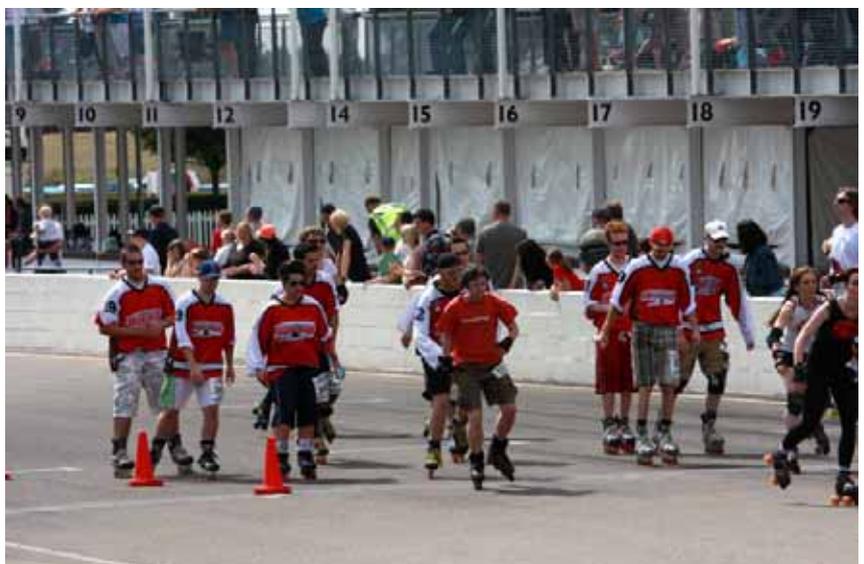


### *The Farnborough Arrows Inline Hockey Club roll to the finish*

On Sunday 8th August, the Farnborough Arrows Team completed the 26.6 miles of the Goodwood Roller Marathon in times ranging from 1hour 56 mins to 2 hours 30 mins.

Bradley Williams said "The Roller Marathon went very well. It was a very enjoyable (yet painful) day and the weather stayed good which is always a bonus, a few people even had sun burnt faces including myself. I hope our sponsorship can help in some way.

Our total is currently standing at £2,589.21 inc. gift aid! So we are all really pleased.



## *A trek to the “Roof of the World” - when Jim Gooden reached the summit of Mount Kilimanjaro, he said “it’s got to be one of the hardest things I’ve ever done, but a magnificent day”*

It had taken four days to reach the top but it was harder to come down - and took six days! **Many Congratulations!**

Jim Gooden started his trek to the summit of Mount Kilimanjaro on 21st July in memory of his great friend, Ken Wells. He said “I was privileged to have been able to call Ken my 'Best Friend'. Ken was a wonderful Brother, Son & Husband and countless others were equally blessed to have known him and spent many happy hours in the company of a man without equal, whose worldly knowledge could never be surpassed (well almost never ! ) & and whose humour was irrepressible. On Sunday 12th July 2009, Ken very sadly lost his battle with Kidney disease at St. Helier Hospital, Carshalton Surrey. He was just 54. Ken spent his final weeks on Harry Secombe Ward at St.Helier, being cared for with extreme dignity and compassion by their wonderful staff.



*Jim (right) with Ken in 2007*

Ken said “Mount Kilimanjaro has always been for me a long-held dream; at 19,340 feet high it is the highest walkable mountain on Earth and presents the biggest physical and mental challenge of my Life - 55 hours of High Altitude trekking in 6 days, oxygen levels thinning to 50% of those found at sea-level, temperatures varying from tropical to -20 C, wind speeds rising to 75mph, chronic muscle fatigue and blackened toenails endured. It was long hours of walking each day. It was the support from friends and colleagues that kept him going.” On ‘summit day’ they had walked for 15 hours - small, slow steps because of the low oxygen levels. At the summit, Jim scattered Ken’s ashes.



*Approaching the summit*

“In taking on this challenge, I asked Ken's wife Auriole to choose a Charity for us all to support; she selected the "South West Thames Kidney Fund (S.W.T.K.F.)" who work to raise much needed funds to support research at South West Thames Institute for Renal Research.”

Auriole said "Ken loved life, he loved people and they loved him. But above all he loved a challenge, from parachuting out of, or flying planes and helicopters to bungee-ing off Vic Falls Bridge, Ken was your man ! I think Jim's challenge is an amazing gesture and Ken would have heartily approved. I feel very strongly about the need for more research into chronic kidney disease and its related conditions. I know that, had he lived, Ken wanted to find ways to raise money for the fund and the unit and stimulate more awareness of this devastating illness, which affects so many people".



A massive total of £7344.79 (including Gift aid) was raised for SWTKF as a result of Jim’s efforts. This has gone towards a much needed cell culture incubator for SWTIRR.

On Monday 27th September, Jim and Auriole, together with friends, Fran and Sue paid a visit to the Institute to see the incubator.

Jim said

“From the 'Kili-4-Ken' inception last December moving forward 9 months to now, to actually see the machine that over 200 amazing contributors helped to buy (that will hopefully help improve the lives of kidney patients and their families in the future), really brought a large lump to my throat. I felt that the journey that Auriole and I had been on together this year had now come full circle and to see something so tangible resulting from the journey & best of all in Ken's memory, was an amazing feeling



second only to when I was actually at the Summit with him.”

Auriole said

“To see the new machine up and running and hear about the fantastic work that Mark and the team can now do with it, made us all feel incredibly proud and positive. The plaque is beautiful and on a personal level a fitting testament to my lovely man, so on behalf of all of us in Ken's family, a very heartfelt thank you. I'll make sure that we keep the fundraising coming - no going back now!”



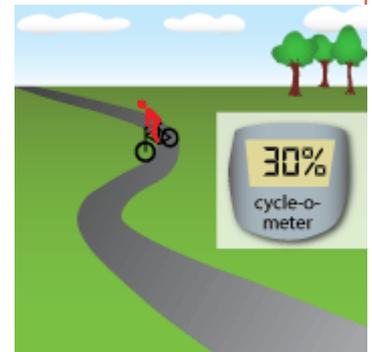
## John's London to Paris Cycle, May 2011 - over 300 miles to Paris in four days

John's says "Deborah very generously donated one of her kidneys to give me the chance of living a normal healthy life.

Her gift to me had me thinking I really should try to pay something back to the people who helped make the transplant successful by doing this ride. It will be difficult, but possible with my new found health and fitness."

If you would like to visit John's fundraising page, it is:

<http://www.doitforcharity.com/JohnW>



The Pizza Express quiz night is usually in aid of The Childrens Trust in TadWorth. John Will's friend and neighbour Jay Poole does a lot of volunteer work for the Children's Trust and this year he has offered to hold the event with half the proceeds to go to The Children's Trust and the other half to the South West Thames Kidney Fund in support of John's London to Paris cycle ride. The quiz night will be held on 17th November and Pizza Express in Reigate very generously offer free food and use of their premises. There will be eleven teams and the tables are already sold out and there will be a raffle, so it should be a very successful evening.



To run in the Virgin London Marathon, you either have to be awarded a place through their ballot, or you can apply for a charity 'Golden Bond' place.

The South West Thames Kidney Fund has six guaranteed 'Golden Bond' charity places available for 2011. In return for a place, we ask the 'Golden Bond' runner to commit to raise a specified minimum amount of sponsorship for our charity.

**This year we are fortunate to have Dr Vip de Silva, one of the doctors responsible for renal patients at Mayday and Purley Dialysis Units, leading our South West Thames Kidney Fund Team.**

If you, or anyone you know, is interested in running on the South West Thames Kidney Fund team and raising the required amount of sponsorship to benefit the kidney research at St Helier, please contact Anne Collard on 0208 296 3698 or email [anne.collard@kidneyfund.org.uk](mailto:anne.collard@kidneyfund.org.uk).

Please note - if you or anyone you know has been awarded a balloted place in the Marathon and would like to raise money for a charity, please let Anne Collard know - we would LOVE to have you on the Kidney Fund Team!



*Our South West Thames Kidney Fund 2010 Adidas Women's Challenge Team made it - despite the obstacles. Many congratulations to you all!*

The 3 mile (5k) challenge took place in Hyde Park on Sunday 5th September 2010. (It can be done at any pace, on your own, or with as many female friends, family, colleagues as you like.)

We had a smaller team than usual this year and the Mayor's bike event on the same day added to the crowds. This caused difficulty for some Team members getting to the Event. Unfortunately, the Team weren't able to get together for a Team photo, but the weather was ideal.

Runners this year were:

Carley Rollins  
Val Rollins  
Elizabeth Dhliwayo  
Keira Watson

Dawn Voller  
Sheila Hannan  
Mandy Watson  
Liz Heyburn

Josie White  
Sarah White  
Paula White  
Jan Munns

Josie Jayco White did her 'birthday run' with her daughters, Sarah and Paula. She says "I have achieved something I thought was unachievable after spraining my ankle a week before the event.

I had my Kidney transplant at St Helier in Nov 1993. Dr Harris and the team and in fact everyone at the Renal Unit and the Research team deserve a lot of praises doing the best they can for the renal patients.

And now it is time to give back something in return.

In the pictures with five runners, the one on the left is Mandy (one of Angie Morrow's close friends, Sarah (my eldest daughter), myself, Paula, my youngest daughter, and Ellie (Mandy's daughter). They were the only ones we saw at the agreed meeting point by Lido Cafe.

The event itself was electrifying, awesome and all fun. I did not get any pressure as everybody does the same thing, walk, jog, run, then walk, jog, run in a social manner. The crowds were cheering as you cross the start line and all the way through, the bands were playing (at some point, I was doing some dance steps whilst walking), my girls were smiling enjoying the atmosphere and at my side throughout; there was this big board saying we have crossed 2K and it just encourages you to go on. My girls say "we are nearly half way Mum". Then we saw 4K. At this point, I was feeling a bit dizzy but just kept on going, as we got nearer to the finishing line, the crowds became thicker and thicker and more cheering then lo and behold, we crossed the finish line.

I joined this fundraising event because I want to share and contribute to the people's awareness about kidney disease. To carry their donor cards and remind people that each year, nearly 8000 patients are on the waiting list for a kidney."



*Josie and Daughters*



*Some of the Team*