

RENALITY

The NEWSLETTER of...

November 2011

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



BY GEORGE

THIS magnificent man falling OUT of his flying machine is 80-year-old George Jenkins who has made his first parachute jump for the SWT Kidney Fund. FULL STORY: Pages 4&5

River Deep Mountain High

ENERGETIC supporters of the South West Thames Kidney Fund headed for Kingston on Thames and piled into the Kingston Rotary Dragon Boats to raise funds for Kidney Research.

This year we had two 17-strong teams - the Red Hot Kidney Beans made up of colleagues of kidney transplant patient Ian Harrison and his colleagues from the UK Border Agency and the Sweaty Kidney Scientists.

The day raised more than £11,000!

Full story and Pictures: Page 3

FORGET planes, trains and automobiles (even Dragon Boats) as intrepid duo Sue Scarlett and Sue White took to the fells on FOOT to raise over £500.

The pair tackled three of Britain's majestic peaks one after another in a "before we hit 50" challenge.

They conquered Ben Nevis, Scafell and Snowdon in a fabulous feat of endurance - not including the EXTRA mountain they climbed in error!

Full story and Pictures: Page 15

In this issue:

Renal Unit News:

Steve Simper's message	6
Anaemia unit changes	6
Clinical Director's diary	7
Lead Nurses' Report	2

SHSKPA News:

Xmas luncheon	8
Chairman's Report	8/9
Triathlon triumph	10
Donations	11
AGM Notice	12
Transplant Games	13

SWTIRR News:

Institute Director's message	14
------------------------------	----

SWTKF News:

Dragon Boat day	3
Skydivers for charity	4/5
Three Peaks Walkers	15
Lottery winners	16
Donations/Legacies	17
Chairman's message	17
Fund raisers	18/19
Burns Night Supper	20

Useful Contacts:

RENAL UNIT reception:

020 8296 2283, 020 8296 3100

SWTIRR,

**Anne Collard, Administrator:
020 8296 3698**

**SOUTH WEST THAMES
KIDNEY FUND,**

**Pat Godden, Secretary:
020 8777 7371**

ST HELIER & SURREY KPA

**Dave Spensley, Chairman
01483 426276**

**Jim Rae, Treasurer:
01403 242601**

LEAD NURSE SUE WOODCOCK WRITES...

As I look out of the window its hard to believe we are entering Autumn, it seems only 5 minutes since I wrote about my London Marathon experience in April! I think its fair to say its been a busy summer.

As some of you will be aware, the Taking Stock consultation has been taking place in the Trust. The consultation has specifically looked at Clerical, Administrative and Managerial staff and aims to improve patient care whilst being financially efficient, this has been a difficult time for the Renal Unit particularly our wonderful Clerical and Administrative colleagues.

But what always surprises me and makes me feel tremendously proud, is the amazing team spirit and dedication that prevails throughout the Renal Unit. We are fortunate to have this in abundance and never once have the team been distracted from their focus to keep our patients at the centre of our priorities. This is a typical and very real demonstration of the loyalty and dedication of our staff to the Renal Unit, it is also what provides the Renal Unit with its strength through good times and bad.

On a more positive note, we continue to develop our Renal Procedures Room, shortly to be christened The Carpenter Suite. We plan to extend the opening hours and carry out more procedures there so we get the best out of this very valuable KPA funded asset! We will also shortly be publishing our new patient information leaflet on Patient Transport with a much easier to use eligibility and assessment criteria. We currently spend almost £2 million on transport, this goes on tens of thousands of journeys per year, so anything we can do to try and simplify and streamline this process is very welcome.

Finally, my application for the London 2012 marathon has been successful, which I didn't expect. Guess it's time to get the trainers out again!!

RENALITY

***is now available on CD, PDF
form & large print***

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

We thank Graham Morrow who produces the electronic version.

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

07970 675087 or

email: steve_purcell@btinternet.com

REMEMBER...

our website addresses are:

South West Thames Kidney Fund:

www.kidneyfund.org.uk

South West Thames Institute for Renal Research:

www.swtirr.org.uk

St Helier & Surrey Kidney

Patient Association

www.shskpa.org

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

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

We would like to thank Riverprint Ltd, Farnham for their help in producing this Newsletter. 9 Riverside Park, Farnham, Surrey GU9 7UG Tel: 01252 722771 Fax: 08707 702781 Email: www.Riverprint.co.uk.

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



DRAGONS' DONE

...and they raised a fire-breathing £11,000

Once again energetic supporters of the South West Thames Kidney Fund headed for Kingston on Thames and piled into the Kingston Rotary Dragon Boats to raise funds for Kidney Research.

This year we had two 17 strong teams - the **Red Hot Kidney Beans (below)** and the **Sweaty Kidney Scientists (above)**. The weather varied between bright sunshine and heavy downpours all day. Spirits stayed high despite several soakings (some from the rain, and some from a paddle full of water dumped by the team mate in front or behind!) and both teams did really well despite the fact that they had never previously paddled as a team. Although their final positioning was close to last of the 52 teams, neither actually came last!

The Kidney Fund's charity stall was run by volunteers – Joanne and Simon Booth-Mason, Pat Godden & Ron Hobdell, Deborah Wills, Helen Wood and Kathleen Black and her granddaughter, Danielle. Many passers by bought tickets for the tombola and the children particularly enjoyed the 'Pick a Lolly' game (thanks to Les Burton for building the game!). Wes Booth and his family organised the Face Painting section of the stall, and produced some wonderful faces on the children while dodging between showers. (Wes, a transplant patient, was also a member of the Sweaty Kidney Scientist team). We also had a 'Health Awareness' stall manned by Renal Unit nurses who volunteered their time for 'Free Blood Pressure Checks'.

Thanks so much to all the fantastic people who donated items for our stall, who volunteered on the stall, and who joined the team and raised sponsorship. It was a very good day and in total **over £11,000 was raised to benefit kidney research!**

If you would like to volunteer to be on next year's team, or if you think you know enough people to fill a boat and would like a boat of your own, please contact me for details. I can be reached via email at anne.collard@kidneyfund.org.uk or by phone on 0209 296 3698.

RED HOT KIDNEY BEANS

Kidney transplant patient Ian Harrison showed his new-found fitness by taking part in the Dragon Boat Race for the SWTKF.

Along with a team of friends and colleagues from the UK Border Agency, the Red Hot Kidney Beans took to the water in their distinctive red dragon hats and raised over £1700.

"As none of us had ever done this before our main aim was to complete the course without falling in," said Ian, "but raising the amount we did thanks to the generous sponsorship we received really made our day." The team (BELOW) are already talking about entering again next year. Ian received his new kidney in July 2010.



SKY'S NO LIMIT

In the autumn of 2010 Jane, a long-term friend of mine since her student days and almost blind for the last few years, was in desperate straits.

The degenerative kidney disease she had inherited from her mother had progressed to the point where little further could be achieved with established techniques. I didn't expect her to survive to see another Christmas. But the good people at the renal unit did not give up on her; despite her extreme physical weakness a new method pioneered in Europe was decided upon and a kidney donated by her partner Mark was used.

Well, there followed what seemed like a miracle to the layman. Jane's body accepted the kidney and now, ten or eleven months later, she is still with us; she is active, 'get-up-and-go', and sassy - to all intents and purposes her old self. Something wonderful had been done, and I felt the need to make a gesture.

My eightieth birthday was approaching. One day I remembered a lady in one of my U3A French classes, who told me of the skydive she had made, buckled to an instructor, to mark her eightieth birthday. I determined to do the same, using the occasion to raise money for the kidney research and the renal unit that had kept Jane alive. I got cracking with a 'JustGiving' site on the Internet. Jane's story struck an answering chord with my students and friends with the result that I was able to exceed my target and raise some £800 (<http://www.justgiving.com/GeorgeHJenkins> and it's still open!)

I got in touch with the Skydive South Coast company, and on the Big Day I travelled to a World War I grass airfield at Old Sarum in Wiltshire together with Jane, my two children with their spouses, and another old friend, Cassie. There was an introductory talk with graphic instructions and basic tests... then we waited. I was one of the last to go. We sat around for a few hours watching light monoplanes landing and taking off; at last I found myself in a pretty blue Cessna grinding its way painfully up to 10,000 feet. I'd been given a one-piece



George Jenkins celebrates 80th birthday with skydive

jump overall, goggles, and a pointy little leather helmet.

Would I be able to do this? Able to leave the plane and jump out into the rushing nothingness? Oddly enough the qualms disappeared when, backed up between my ex-Royal Marine instructor's legs, I was firmly and decisively buckled to him and given a last few simple reminders, especially about landing - NOT feet first!!! Also in the plane was the camera-man who was going to record it all - he jumped out with his camera apparently screwed into his head.

We humped our way to the opening in the side - legs out, tucked back under the

fuselage, the air suddenly much colder, hands over shoulder straps, and, before I had time to think, we were somersaulting out.

A tap on the shoulders from my good friend - ah, yes, hands out and splayed, correct diving position - and we were plummeting down at 120mph towards the cloud layer below. Glimpses of Wiltshire appeared here and there, but I was concerned with the way that the rush of air was snatching my breath from my mouth. Cold air, and noisy air too.

Ah - I'd forgotten to keep my head up and back (mainly for the purposes of the video being shot, it seems) and wondered vaguely if we could be hauled back up to

FOR QUARTET..



Rob Kinsey, Ian Heinze & Debbie Racki

Sunday 3rd July 2011, The Jump to say **THANK YOU** to the all the staff that made our lives change for the better, writes IAN HEINZE

Our words of praise are small compared to the task undertaken. I was blessed to be able to donate my kidney to my wife, something that doesn't happen very often.

So to be able to give something back a few good friends got together to raise funds to assist in

the ongoing development of cure. On the 3rd of July we did a charity jump from 25 thousand feet and free-fall for 45 seconds reaching speeds of up to 200 km/h.

Family and friends supported us and we were sponsored by Andy Eeles who willingly paid for the jumps, but was deeply gutted when he was unable to take part due to high blood pressure, so Andy thanks for making it happen.

Debbie Racki, close friend and work colleague of Debbie-ann (Recipient) and myself Ian (Donor) and Rob Kinsey went ahead and managed to raise £1360.00 in cash and donations through the just giving website.

We celebrated our one year anniversary of the transplant and are looking for many more. Being a donor has been very special and amazing, especially being able to give my kidney to my wife.

start again - I'd get it right this time... Then a sudden jerk as the parachute opened. We were through the clouds; there below was the sunny expanse of the airfield, the mown landing circle (large!) and, over to one side, the mound of the old Norman castle with, alongside, the ruins of the abbey.

There, apparently, had been the original Salisbury until the monks decided that the winters up on that ridge were just too awful to put up with; they built a new abbey lower down to the south, around which a new Salisbury grew. But while I had been mulling this over, several seasick-threatening swoops had lined us up with the landing circle.

Skilfully, my instructor brought us down to a slow hover, up went my legs as required and we touched down bum-first with scarcely a tremor.

Well, I had done it. I'd been wondering for some weeks, but now I was mighty pleased with myself!

A big adrenalin rush; I felt somewhat shaky in the legs and overfull in the chest, but much tea and a Dextrose from Jane settled that.

I drove Jane and Cassie home, feeling somehow that I had gone past a milestone in my life which had nothing to do with any birthday.

So to all those thinking of donating I can tell you I feel better now even with one kidney. I am staying fit doing sport, riding motorcycles, just as if nothing had taken place, so I encourage all of you to do it.

I am grateful to have had such great support from all of our friends during this time and the team and staff. Thank you.

We wanted to give something back to say thank you to the South West Thames Kidney Fund for making it all possible by raising funds for much needed research.

A Word from the General Manager, STEVE SIMPER



Well as I think about my contribution to the autumnal edition of Renality, we have just had a week of weather offering us all four seasons in 7 days. It has been said that the only predictable thing about British weather is its unpredictability. Well we might also say the same about the NHS.

In May, the Trust launched a consultation with our staff (called 'Taking stock') which focused on addressing three key issues within our hospitals: our patients have told us that they find our systems confusing and often feel like they're passed from pillar to post; Our staff have told us that many of the processes we have in place impact negatively on the care we provide to our patients; Like hospitals across the country, we face extremely tough financial times and need to improve the efficiency of our services.

The consultation, which lasted 90 days and was led by our Medical Director, focused on redesigning the way in which we support patients as they move through our hospitals, ensuring they get the best care as quickly as possible.

More than 1,500 staff from across our hospitals got involved in the consultation and, we recently published our response to their feedback, including details of where the original plans have been changed thanks to the input of staff. Importantly, our clinical directorates and lead clinicians have been heavily involved too, especially in relation to the clinical pathway changes. In addition, a special committee, called the Clinical Assurance Panel and led by our new joint Medical Director, Dr Martin Stockwell, has reviewed the proposals to ensure that they do not negatively impact on the care we provide to our patients.

Along with the rest of the Trust the Renal department is undergoing some changes to the way we structure our administration and clerical staff. Subject to any changes, we are proposing to introduce a new administration POD (point of delivery) unit. This will comprise many of the admin staff you will already know with many taking on new roles, more focused on the patient pathway through our services. We will explain this in more detail in the near future.

We fully expect this process to improve upon the services we already provide and would not anticipate any problems with the implementation. Your clinics, dialysis units, nurses and doctors are not going to change as a consequence of these changes.

One or two people have asked the question: 'Why fix it if it is not broken?'. Whilst this is a valid question, there was nothing wrong with horse and carriages in their time but I am grateful that I can now jump on and off of buses!

And whilst I am talking about transport, we are pleased to confirm that the Trust has awarded our main transport contract to G4S, our current provider for most of you. This will lead to some exciting changes, including improved services in newer vehicles. You should begin to see some positive changes in the new year.

Finally, we are also please to let you know that we have re-tendered the Crawley Dialysis contract and this has again been awarded to Diaverum. This will also lead to some improvements to the existing arrangements due to commence in the new year.

If you wish to learn more about these changes, you can visit the Trust's website, contact your local unit, e-mail renalfeedback@esth.nhs.uk or contact me directly by e-mail to steve.simper@esth.nhs.uk or phone me on 020 8296 3226.

With very best wishes to each and all.... Steve Simper.

Changes to the Anaemia Service

We are currently introducing some minor changes to how the Anaemia Service is managed. We realise that some people have been having difficulty accessing a blood form to have their monitoring bloods taken in order to receive their next delivery, or have not had all the blood tests required to do this.

For this reason, we have made the decision to start sending out the relevant local blood form when the blood test is required. We would then ask that you arrange to have this within two weeks, either at your GP surgery or local hospital, and then ring the office to advise us when it has been taken.

We now have a designated phone line with voicemail for you to do this. Please continue to use the existing phone numbers for any other queries.

Blood test Hotline: 020 8296 3307

General queries: 020 8296 3466 020 8296 2617

Email: est-tr.renalanaemia@nhs.net

A WEEK IN THE LIFE OF...

Peter Andrews, Clinical Director

MONDAY

Hurrah! The end of the weekend and a chance to get back to work.

I have been checking emails surreptitiously over the weekend and deleting the rubbish ones, including the three which slipped past the Trust's firewall and which offered me the chance to 'stay up all night', 'go for gold' and 'increase my talent'.

Although the last might have come from the Trust management... (Email count 52)

Morning transplant clinic. My favourite part of the week, seeing patients who have recently been transplanted and whose lives are quite literally transforming in front of me.

Lunchtime sandwich either at the Journal Club or at the desk. (Email count 74).



Afternoon Renal Management Meeting, admin, and checking of results. Phew! No nasty surprises this week. (EMC 21)

TUESDAY

Long drive to be at Frimley Park for 9.00 am start. Busy clinic, though my excellent registrar keeps things ticking over when I have a long consultation over a request to withdraw from dialysis.



Sandwich in the car on way to Farnham. Then results review, meeting with dialysis team, dialysis clinic. Return to Frimley to see two ward patients referred during the afternoon.

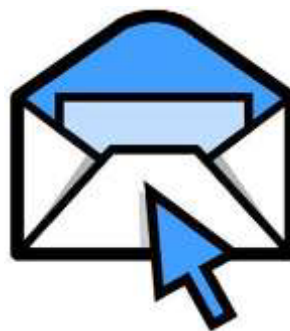
Home just in time to catch the washing up, dinner in the neighbour's dog. EMC 88, so might as deal with them...



WEDNESDAY

Morning consumed by meetings with Clinical Directors' meeting at Epsom at 8.00 am, followed by Trust Executive Board. Sandwich in the car, then Renal lunchtime meeting.

Afternoon recovering! EMC 73. Joint pathology MDT meeting at 4.00 pm with colleagues at St Georges's. Admin and letters. EMC down to 20!



THURSDAY

Another busy Frimley Park Clinic. Runs nearly to time for a change but still manages to finish at 1.30 pm.

Time for a sandwich, then wandering the wards and a visit to the ITU. A really impressive hospital, always enjoy working



there, excellent clinical teams. Like St Helier, though, it really needs to work on the car park...



Evening brushing up on my children's maths and physics homework before a large glass of wine while writing questions for the MRCP examination...

FRIDAY

8.00 am start at St George's for the Sector Transplant meeting. Then to St Helier, amazingly find a place in the car park, then morning for management and admin. EMC 101 to start, but soon whittled down to 40. But these of course are the ones that take all the time...



12.30 pm to the Postgraduate Centre for the weekly X-ray meeting and Academic Seminar. Interesting presentation on vascular access accompanied by, yes, the inevitable sandwich.



Afternoon at the desk, a sort of 'open house' when colleagues pop by and chat about problem patients, holiday plans, and my receding hairline/expanding waistline.

Must practice what I preach – now where was that entry to the London marathon? In between, the aim is to clear the desk by 6.00 pm.

7.00 pm. Failed again, but desk now clear, email count 12, nothing I need do tonight. A huge sense of satisfaction and relief as I turn off all the computers, printers, lights and other paraphernalia my less green colleagues have left behind.



Home. Neighbour's dog is staying with us while they are away. Hurray! At least someone rushes expectantly to the door and is pleased to see me!

NB: Not the actual dog

St Helier and Surrey Kidney Patients' Association

A message from your Chairman, Dave Spensley...

I am nearing the end of my fifth 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 850 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:

- Urinalysis machine and weighing scales for St Helier
- Assistance towards The Mike Carpenter Procedure Suite
- Flooring for Mayday kitchen
- Renal Overlays for Kingston, Farnham, Epsom and Byfleet Satellites
- Replacement televisions for Kingston Satellite Unit
- New televisions for the Link and Beacon Ward
- Ice maker, microwave and wheelchair for Mayday
- 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 a number of buffet lunches and PEP'S



S.H.A.K Patient Christmas Luncheon

Saturday 10th 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

SHSKPA NEWS...

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 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 10th 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 next year.

Summer Draw

This event raised over £3,000 towards our No Place Like Home appeal. Details of the prize winners are published separately.

No Place Like Home Appeal

This appeal, to help home dialysis patients, has been really successful.

It was started with a donation by the Sussex for Sussex Freemasons of £10,000 and thanks to our summer draw, half of our golf day profit and donations from patients, carers and relatives our total stands at around £18,500.

In addition to this we have been awarded a grant of £8,000 - £10,000 by the British Kidney Patients Association and my sincere thanks must go to them for this most generous award.

Committee/Patient Representatives

The KPA Committee is desperate for new members and patient representatives for Kingston, Farnham, Purley, Epsom and Sutton.

The present Committee has served for a number of years doing an excellent job but it would be lovely to have some new members, with fresh ideas, to enable us to continue to represent you, the patients.

Ideally we would love to have some younger Committee Members to enable us to represent the entire age range of St Helier's patients.

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

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

Other Matters

The Trust has been involved in a recent exercise called "Taking Stock" which is a consultation process aimed at improving efficiency and reducing bureaucracy with the Trust.

This exercise will lead to changes within hospital procedures and hopefully improve booking times for appointments across the Trust.

I'm sure it will also result in some staff changes across the Trust but at this moment in time I don't know how it will specifically affect the Renal Unit.

I'm aware that Steve Simper the Renal units General Manager will mention this "Taking Stock" exercise within his report.

Suffice to say there are some tough financial times ahead for all hospitals.

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, Hon Chairman



SPECIAL THANKS:

The JEF Golf Day 2011 was a huge success in terms of the number of golfers turning out to support the charity (75), but also in financial terms where we made almost £3,000 from the event. We could not hope to achieve such a return without the generosity of sponsors and donors such as Dennis Court.

Dennis not only entered but also generously sponsored a hole in the memory of his brothers.

TRI HARD

SUE GRAVES put herself through a gruelling 2k SWIM, 53-mile CYCLE and then RAN a half marathon at the Vitruvian Triathlon for the Farnham Dialysis Clinic

I can honestly say, that I do not remember putting my hand up for this!!!! All of a sudden, I hit the "send button" on the completed entry form and I was in.

The reality of the whole thing took over when I started the training. A 16 week programme used by one of the top Triathlete coaches and I was on my way.

A few problems along the way, the loss of my sister, a fall in the woods, (tree roots are a pain when your legs are tired,) then a water infection. But you know the saying, "What doesn't kill you makes you stronger". I kept thinking of my sister every time the going got tough. I wanted to train hard for the event, but not to the cost of illness or injury, so treated this new distance with respect. I had only ever done sprint distances before, so a whole new ball game lay ahead of me.

Gillian and I tried to meet up to train, as it is easier to have a training partner than go solo. Early morning lake swims, followed by long bike rides became the norm for a Sunday morning. At this point I would like to say a huge thank you to Derek and David who were bike carriers, mechanics and general dogsbody to us!!!

The race itself was awesome, I loved it. I was very nervous at the start, as the day before the lake was being dragged for WEED, huge piles were being dragged out and placed on the waters edge. If Claudia and Ali saw it, they would have known what I was going through, as I have an issue with the stuff. The race was held in Rutland Water near Leicester.

We had to rack out bikes between 5am and 6am, but we camped a few hundred meters from the start, so no problem. It was still pitch black, as we were in a field, and it was eerie

seeing all those head torches heading towards you. The night before, Mark & Ali Richardson were in the tent next to us. It was good to have a chat to them, as they have done this event a few times. The advice Mark gave me about what to eat and drink was very informative and certainly helped. THANKS.

The men went off first at 6.20am in swim wave's of 10 minute intervals, just after sunrise, until ALL the female's went off en mass at 7.10am (186) of us all making our way for a deep water start. The water was pretty well churned up by then and was as Black as Welsh coal. You had to swim 1 loop of 950m, get out of the water, run around some barriers, then get back in and do another 950m loop.

I did not "race" the swim, as for me, it was all about survival, keeping calm and most of all, finishing the whole event. I managed a 52 minute swim so well pleased, as the cut off time for the swim was 1 hour and 10 minutes. A lot slower than training at Mytchett lake, but did not have the luxury of Gillian, Claudia or Ali at my side!! Thanks you girls.

Part 1 completed, then into transition for part 2, the 53-mile bike. Wet suit off, bike shoes, helmet, warm top a bag of gels and off I went. The first 5 miles were a wake-up call, the mind was willing, but the legs had other ideas. When I hit the "Rutland Ripple" aptly named for the 3 hills, I just found my easy gear and just turned the legs.

I was told that there was a long easy stretch after, so enjoyed that very much. I could not believe how quick the first lap, of just over 25 miles went. On the second lap of the bike. I was delighted when I overtook a young girl walking, pushing her bike up the hill.

I encouraged her, but never saw her again. I then started overtaking other females, so knew

I was not going to be last female. (bike time 3.35). Back into transition, bike racked, running shoes on and off I went to run a half marathon.

The first few miles were a bit like running through treacle, but once I found a rhythm it was ok. The run consisted of an out and back course of



6.6 mile, back to the start/finish, then do it again. This way, you see how far the other runners are, which was fun. Gillian and I passed each other 3 times going in opposite directions. I must admit my run turned into a bit of a shuffle towards the last few miles, but managed a sprint finish with the biggest smile and a sense of achievement I have never felt before.

My overall time for the 1900m swim, 53 mile bike and half marathon run was 7 hours, 12 minutes and 49 seconds. At first I was worried that I would not make the cut off time, of 8 hours, so well in time.

I must admit, that at one stage I was going to break the 7 hour barrier, as I felt great. If I had not taken 7 minutes in Transition 1, a pit stop and a first aid stop (Bra rub) I could have?????

Oh well, perhaps if I do another one I will take all that into consideration. I was the oldest female competitor at 62 (the next age down was a 59 year old, who did not finish) and I picked up a lovely trophy for first over 60. I even managed to beat at least 8 men and 6 women, so all in all, a good day at the office.

I'd like to thank all of you who sponsored me for the Dialysis unit at Farnham. I have raised just over £300 and will be handing it over to the unit soon. The lucky winner of "Guess my finish time" was Neil Bausor who will have a sports massage, he was just 9 seconds out!!!

SUE is pictured left, handing over her cheque to nurse Kim and Kathy Woolley.



SALLY & BARBARA TWO BRAVE GIRLS

On 17th July 2011 my wife Theresa and I wanted to raise some money for the Kidney Patients Association as a thank you to St George's and St Helier's Staff for the treatment my sisters received after my sister Sally donated her kidney to my other sister Barbara, on the 1st September 2010 – two brave girls!

As I work on a sports ground we were able to organise a charity fun day, with the help of family and friends we set up 12 various stalls, an auction and raffle.

We received several donations, one being from a classic car club that I belong to. As well as classic Vauxhalls we also had a classic fire engine that took children out for rides. Despite the appalling weather (it rained all day) all invited family and friends turned up and we managed to raise £1,450.00. We all had a great day; we have raised money in the past for the Hammersmith KPA and will endeavour to do another before long. **Mike and Theresa Booth**



KPA Memorial Donations

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

George Armstrong	Reginald Walker	Cliff Woodman	Philip James
Rosie Wheeler	Thomas James Bannister	O M Groves	
John Sayers	Peter Bailey	Martin Robert Oliver	
Clare Jean Thomas	Patricia Evans	Jackie Ladbrook	

KPA Donations

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

J L T Benefit Solutions	E Graves	The Charities Trust		
J G Rae	L Ware	L Eyre	R Mann	D Patel
T.A. Booth	R Walker	Friends and Family of Mike and Theresa Booth		

SUMMER DRAW

The draw was made by our great supporters of the John Edward Foxwell Memorial Golf, the Becketts Barn Golf Society in the presence of our Chairman Dave Spensley – the result is as follows:

1st Prize: Dr. K Patel, Morden £500
2nd Prize: Mrs L Dixon, Haslemere £200
3rd Prize: Mr G Draper, South Croydon £100
4th Prize: Ms. SL Harwood, Sutton £50
5th Prize: Mr. R Best, Reigate £50

SPANISH HOLIDAY HOME NOW OPEN TO ST HELIER RENAL PATIENTS

The Kings KPA Trustees have kindly decided to offer the Calahonda Apartment to St Helier Renal patients, their carers and to St Helier Renal Staff.

This is an extremely well-appointed 2 bedroomed apartment, with 1 x King and 1 x Twin + a put you up. The apartment is part of a private community development, the development has its own outdoor pool which is open to both owners and to renters.

The maximum occupation level is 6, that being 4 Adults and 2 Children – not 6 adults.

Bookings will be via Kings Chair, Mrs Linda Emm 0208 690 9182 , Mrs Emm will also be the conduit for all monies.

The cost per week to the first couple is £300, to this £50 will be charged for couple two – the two children at no added cost. All rental fees and deposit (see below) must be paid to Kings KPA (Chair) before access to the apartment is permitted.

Each booking will be subject to a £100 holding deposit (additional to the rental charge), this deposit will be returned to the renter as soon as I (Hon. Treasurer) have been advised by our Apartment Managers (in Spain) that no damage/breakages have occurred.

The apartment is cleaned and maintained by our managers who also live within the community development. The Kings Trustees have given our managers the authority to either deny access or to instruct renters to leave the apartment, if the renters do not comply with occupancy limits or cause a nuisance to those around them while in occupation.



NOTICE TO ALL ST HELIER & SURREY KPA MEMBERS

Annual General Meeting

Of the

St Helier & Surrey Kidney Patients Association

Wednesday 16th November 2011 at 7.30p.m.

Blue Room, Renal Unit

St Helier Hospital

Tea, Coffee and Biscuits will be available

The 34th BRITISH TRANSPLANT GAMES - BELFAST

Transplant athletes from across the UK gathered in Belfast for the launch of the Westfield Health British Transplant Games August 2011.

There can be no greater incentive to sign up to the NHS Organ Donor Register than to see hundreds of people who are alive today because they have had a transplant.

Over 600 people — who have all been given a second chance at life through the amazing gift of organ donation — made their way through the streets of Belfast for the start of the Westfield Health British Transplant Games.

Joined by friends and family, the St Helier team (Louise Cook, George Lebon, Craig Morrow, Peter Warren, Bernard White and new member Gene O'Hara) walked from Belfast City Hall to the Waterfront Hall for the official opening ceremony (pictured right).

But perhaps the most poignant moment of the evening was the arrival of dozens of donor families — the very people who gave permission for their loved ones' organs to be used to save others. As they made their way into the auditorium at the Waterfront, they were greeted by a standing ovation and loud cheers that only came to an end when the host for the evening, Stephen Watson, who received a kidney from his father 21 years ago, began to pay tribute to them. Unsurprisingly, some members of the audience were moved to tears by the emotion of the event.

Over the four days of the Games, our team of 6 competed in 25 events in 18 different disciplines and won 3 gold, 1 silver and 5 bronze medals – every team member winning a medal! **A wonderful achievement made possible only by transplant recipients making the effort to raise the profile of the hospital, publicise their gratitude to the donor families and supported by sponsorship from SH&SKPA.**



CRAIG MORROW

I'll be honest and say that these Games were the first I was not looking forward to! This was due to heavy workloads in my job and the fact I had been receiving physio on knee damage for 6 months and it still wasn't right.

This year though it was in Belfast, the venue for the 1998 Transplant Games which had been only my second games yet still my favourite after all these years. The reason I liked it became clear very quickly.... straight off the plane we were greeted by a table of people welcoming us to the city and offering advice on where we need to go and what we need to do; 10 minutes later after plenty of talking and laughing we continued to the buses and off to the venues. The doubt was already long gone.

This year our team consisted of George Lebon, Bernard White, Louise Cook, Peter Warren and new boy Gene O'Hara!! A small team this year, but managed brilliantly by my dad Graham Morrow and supported by my Mum (Angela Morrow), Louise's partner David Saxton and Gene's mini army of supporters (great to see you all here).

Friday was my first event.... Volleyball. I was teamed up with the same guys as last year, a mixed team from North Staffs, Newcastle and Papworth Hospitals. Last year we got a medal and didn't expect it. This year we did it again - Chuffed.

Saturday was Badminton day, my favourite event but this year not one I thought I would be able to do. Another physio and several wraps of support bandage meant I could play, nothing won this year but good to get playing again.

Sunday = Athletics. Not my forte, but a day to support the rest of the team. The good weather and some well deserved medals meant a good day.

The social events this year in typical Irish fashion were great. From the team meal on the Friday, the meet up with the Harefield Team on the Saturday Night and the amazing gala dinner on the Sunday, all were all great fun and enjoyed by all.

Belfast for me is one of the best places to visit. A beautiful city, plenty of historic places to go and the amazing people... I love this place and will return soon.

Next Year's games are in Medway, Kent, pretty local for us St Helierites! This is YOUR BEST CHANCE to give the games a go. You don't need to be an athlete; you just need to want to be around good people. That's it... Give it a go. If sport isn't for you then there are social events like Snooker, Darts, Bowls and Ten Pin Bowling. Still not feeling it? Then simply come along and support us. You won't regret it.

LOUISE & DAVID

Glad to say myself and David had a lovely time despite the small team this year. The games have a friendly atmosphere, positive vibe, lots of laughter and plenty of team spirit!

Looking forward to the games coming closer to home next year, hope we get plenty of press/media as individuals or as a London team. Thanks again for your support.

PETER WARREN

My Games started on Thursday afternoon, snooker after seeing Iron Maiden the night before in Belfast.

I had a great time meeting old friends (I didn't go to the Games last year) and a few frames of snooker, I made it to the quarter finals. Next was the darts on Friday night. I met up with a good mate, wee Frank from the Edinburgh team, so we had some drinks to get into the zone to play darts.

I made the semi-final and played Gene our new team member. It was a close game going to the last dart. Gene won; he went on to win in the final; gold for Gene and bronze for me.

Fishing was next on my list. Ah that didn't go too well, no medals and no fish! Sunday night gala dinner, it was then I realised how much the Games mean to me and how much I missed not going last year.

It's not just competing, it's all the people you meet that make the games so special. Cheers everyone see you all next year in Rochester, Kent.

GRAHAM MORROW, Team Manager (01252 325320)

It is disappointing that a hospital with so many successful transplant recipients fields such a small team at the Games.

St George's hospital where our transplant operations are now carried out only had a team of two this year – WHY?

Please seriously consider joining the Team in Medway next year and say thank you to your medical team for you good health. And hospital staff – please come and support your patients!

South West Thames Institute for Renal Research

Mark Dockrell, Institute Director

Greetings to all of our readers from SWTIRR.

Those of you who have read this column over the years may know autumn is a favourite time of year for me; during the cycle of seasons I get a genuine pleasure of seeing trees coming to fruition and delivering their harvest.

In the institute we also have our regular cycles and one of them is that three yearly rotation of our clinical research fellows. That time is here again. It's always slightly sad to see people who you've worked closely with for three years move on but it is time that they too bring their work to full fruition and get on and write those PhD theses.

For the last three years we have had the pleasure of hosting Dr Nilesh Shah and Dr Simon Winn, and it has indeed been a pleasure. I can't pretend the whole time has been one big bowl of cherries; that would not tell the full story.

During 3 years of research into something as complicated as kidney disease there can be many frustrations; and both Simon and Nilesh have had their share. You don't know what the answers are going to be when you start otherwise there would be no point in doing the research; so there can be many challenges with unexpected results or apparently inconsistent findings.

A lot of thinking, reflecting and sometimes new experiments are needed to make sense of what you've observed. Even after all of this, often things do not work out as you might have expected or perhaps foolishly dared to hope; that is science.

FUNDING
=
RESEARCH
↓
RESEARCH
=
CURE



As Nilesh and Simon leave two brave new Research Fellows enter the fray. You may well know one or both of our new researchers as they've both been recruited from the clinical service here at St Helier.

They are Dr Seema Jain and Dr Subash Somalanka.

Seema will be spearheading a diversification in our research. Although she will be studying two of our favourite themes, mechanisms and markers of fibrosis, she will be looking at the work from the perspective of chronic renal transplant failure; why don't more transplants last longer and can we spot those that are failing sooner?

Subash will be following a more traditional SWTIRR line of investigation trying to understand the mechanisms of renal fibrosis and, hence, kidney failure. However Subash will

also be taking a slightly different approach to this. In a collaborative project with King's College London Subash will be investigating a novel gene therapy approach to treating kidney disease. I will, of course, keep you updated about their on-going progress in these regular columns.

And finally a little blast from the past. As many of you know SWTIRR is a great supporter of the Nuffield scholarship programme that allows youngsters in the 17-18 age group to come to a laboratory and learn about scientific research.

SWTIRR's involvement on this dates back to 2001 when a young lady came to work in our labs. Now a qualified doctor our former Nuffield student has returned and offered to help us in our fund raising efforts. So, you never know when the seeds planted so many years ago will bear their harvest do you?

OUR THANKS TO THE PATRICK EVANS FOUNDATION

Mark Dockrell mentioned in the last issue of Renality that the Patrick Evans Foundation have made a very generous donation of £9,250, in memory of Patrick Evans, to the South West Thames Kidney Fund to purchase a NanoDrop Spectrophotometer - a very small machine which does a very large job!

The precise measurement of RNA, DNA or protein in small samples is an important part of cell biology research as well as diagnostics and police forensic work. When researchers at SWTIRR are investigating how human kidney cells respond to factors associated with kidney disease, they can be dealing with samples that are only 1 micro L in volume; that is 1 millionth of a litre or to put it another way perhaps 2% of an average size raindrop!

If they are investigating how kidney cells change during disease and therefore how we might prevent the change, they might examine RNA. Before they process the RNA they have to know exactly how much they have to start with. The Nanodrop 2000c allows our researchers to accurately measure the amount of protein, RNA or DNA in these tiny volumes which allows us to carry out our vital work of determining what happened to human kidney cells when kidneys stop working and how we might reverse that.



On the 18th August Patrick's family and Trustees of the Foundation visited the Institute to see the machine in situ. Mark Dockrell and Felicia Heidebrecht from the Institute and Mike Bending, Chairman of the Kidney Fund were very glad to be able to thank the members of the Foundation in person.

PEAK PRACTICE

(Duo climbed FOUR, including one tackled by mistake)

SUE SCARLETT and SUE WHITE (right) are pictured on Snowdon

Sue White writes: This was a "before we hit 50" challenge combined with a desire to raise money for our chosen charities. We were very fortunate with the weather, starting off bright on Sunday for Ben Nevis and getting colder as we entered cloud where visibility got quite poor - towards the top the rain came down but stopped briefly at the very top.

On the way down we managed to snatch some views between the rain but the weather changed so rapidly - we stopped to get our cameras for one outstanding view but by the time we had lifted them we could not see it! However, I have been assured the weather could have been very much worse.

On Tuesday we climbed three quarters of Pillar Mountain (slight navigational error!!) before going back down and climbing Scarfell in the afternoon - all in all we hiked up and down mountains for over 11 hours.

We had wonderful clear skies for both mountains, which is just as well because we would have been in danger of not making it if we'd struggled with the weather as well. It maybe because I was rather tired by the time we did this mountain, but it was my least favourite with



rather tricky terrain (we needed to take a more direct route up and down than we originally planned in order to fit it in).

On Thursday we had very mixed weather for Snowdon. We started off in sunshine and then it got extremely cold as just as we got to the top the heavens opened and we got rather soaked. Fortunately there is a canteen at the top of this mountain and we dried off - there was absolutely no view it looked like the windows had been whitewashed!

However a short while later the deluge became a shower and we took a few more

pictures and set off down. Again it was quite cold but views got better. Towards the end the rain came again but we did not care we were nearly at the end of our challenge.

We didn't do the quickest of times but we wanted to enjoy the experience. I'm not sure I'd do all three peaks in one go again - it was absolutely wonderful and I enjoyed myself immensely - but I'd like to savour each area in future and take in the other sites.

The travelling was probably more tiring than the mountain climbing!

The South West Thames Kidney Fund, Frimley Park and Guildford Branch, funding research at St Helier Hospital, Carshalton.

Hi, my name is Angie Morrow and my family and I have been fundraising for the SW Thames Kidney Fund, Frimley Park and Guildford branch for over 19 years. It has been FUN but these past few years have become very tough due to the recession.

But the most noticeable and sad problem that we are finding as a group and a charity is the lack of people coming forward to give a hand and help raise funds especially patients, family members and friends of patients.

The Research Team at SW Thames Institute For Renal Research (rear of renal unit) are working so very hard to earlier diagnose and hopefully find a cure to help people who are afflicted with Diabetes and Kidney problems; and trying to make it a thing of the past and to make sure patients have a better deal. So we all need to raise as much as we can to help them achieve this.

If you feel you can lend a hand, hold a collecting box at a supermarket, hold a coffee morning at home, have a works raffle, a sponsored event or anything that raises funds, it all mounts up.

If you would like to join our local branch or a branch local to your area, please contact me on this number, I would be so pleased to hear from you.

It is more difficult for smaller charities such as ours to raise the money now as the main charities have the monopoly in fundraising, and money to advertise and they also have money in reserve.

This is why we must pull together and make a noticeable effort to keep the money coming in for The SWT Kidney Fund.

Angie Morrow 01252 325230



LOTTERY WINNERS

The last 6 month's winners are:-

North Cheam	£78.50
Basingstoke	£78.50
Brixton	£76.50
Tadworth	£76.50
Cheam	£76.50
Purley	£78.00
Woking	£78.00
Sandhurst	£78.00
Farnborough	£78.00
Dorking	£78.50
Crawley	£78.50
Crawley	£78.50
Purley	£78.50
Addiscombe	£78.50
Banstead	£74.00
Mitcham	£74.00
Woking	£74.00
Kenley	£75.00
Wallington	£75.00
Farnborough	£75.00
Camberley	£75.00
Shepperton	£76.00
Walton on Thames	£76.00
Guildford	£76.00
Carshalton	£76.00
Camberley	£76.50
Aldershot	£77.00

A BARBIE FOR KEN...



A much missed Ken Wells was remembered at a fund raising barbeque on Saturday 13th August at Ainsdale, near Southport Merseyside. Ken, who sadly passed away at St. Helier on Sunday 12th July 2009, was a patient on Harry Secombe Ward,

The 'Barbie for Ken' event raised £400 for SWTKF and was organised by his wife Auriole who said; "prior to Ken's illness we were on the move from Berkshire back to the Northwest of England, as Ken had been made MD of Bell's Healthcare based in Cheshire and Southport.

We had rented a property up there until we were settled and following his death I kept the house on for a while. A large part of our family live in

that area and we still have lots of friends there, who were very keen to get together and remember him.

Ken was also a passionate aviator and flying instructor, having learned to fly over 30 years ago at West Lincs Aero Club, based at nearby RAF Woodvale, so the occasion had a flying feel.

Our families and many of our old 'flying mates' came along, we had a fun afternoon, the 'barbie' provided by a local company was delicious, we shared lots of memories and everyone was very generous with their donations".

Auriole has now let the Southport property go to another family member and has remained in Berkshire where she intends to make 'A Barbie for Ken' an annual event for the fund.

KEEP THE NOISE DOWN...



Our thanks go out to The Book People who once again held their LOUD SHIRT DAY in memory of Simon Evans and raised £235 for Kidney Research.

A message from...

Dr MICHAEL BENDING

Chairman SWTKF

Dear Fundraisers, Your kidney Fund is thinking in terms of expanding our research facilities.

Dr Mark Dockrell and his team are setting the way and making International waves in the field of Renal Fibrosis and early diagnosis of occult renal disease.

It may seem incautious to think in terms of expansion in times of hardship and constraint, but the need for research and development is what makes us inquisitive and human.

If people had wallowed in depression in the 1930's and in self pity in the 1940's Dr Wilhelm Kolff would never have produced his first kidney machine in 1943 and Joseph Murray may never have performed the first successful Living kidney transplant between identical twin brothers in Boston in 1954.

What a way we have come since then and so often it is the "backroom boffins" that make things happen.

With this vision we have been examining the feasibility of preparing for an expansion of kidney research in South Thames. This would need provision of more space and larger laboratories.

Fortunately our Institute for Renal Research was designed with expansion in mind. Our requirement is to transform the existing first floor offices and conference room into laboratories and then build a new conference and teaching facility, hopefully fairly adjacent.

This scheme will require considerable capital investment over and above our ongoing running costs.

To kick-start this project we have set up a new fund raising committee. Not so much a committee, more a think tank. We have now met on two occasions.

The meetings are short, focussed and fun. Is there anyone with two or three hours a month who would like to join in?

We will be drawing up a list of past projects that have been particularly successful.

Plans and templates will then be available for volunteers to pick up and take back to their own area.

If you have any vested interest in making Kidney Treatment safer and more readily available in the future....please do get active NOW.

With personal best wishes,

Michael Bending

Chairman South West Thames Kidney Fund



SWTKF DONATIONS

Many thanks for the continued support of...

- The McSweeney family who raised an amazing **£858.94 from their Palace of Varieties event**, and who continue enthusiastically with many fundraising projects.
- Sheila Wright who has for the last 7 years been supporting the Kidney Fund with her sale of summer fruits and jams. This year she raised a fantastic £381.25!
- The Lewis family who have held two raffles in continuing memory of Royston Thomas George Dann, and raised £300 for kidney research.

And our gratitude to:

- Barrett and Thomson for making the Kidney Fund the beneficiary of the proceeds from their auction.
- The Surbiton Hill Methodist Church Network Fellowship for making the Kidney Fund their Charity of the Year and for their donation of £100.
- The staff of Komfort Workspace who chose the Kidney Fund to benefit from the £100 raised at their 'Dress Down Day'
- To the many generous people who have sent in donations for so many reasons.
- Waitrose, Cheam. The Kidney Fund was chosen as one of their July charities and will receive a cheque for £250. they have also very kindly selected us one of their charities for December! *So, please visit Waitrose, 28 The Broadway, Cheam during the month of December to support the South West Thames Kidney Fund!*

DONATIONS IN MEMORY OF:

Leslie Albert Rines
Allan Arthur James Day
Mohan Ellawala
Norman Spencer Smith
Joanne Claire Booth-Mason
Yim Pui Tsui
Sheila May Sharples
Anthony Roots
Robert Allan Chapman
Shirley Noeline Rita Poulrier
Dharmpal Batish
Philip Tovey
R G Nott
Lucy Mason
Judith Haynes

We were thrilled to receive our first donation from a vehicle that was donated to 'GiveaCar'. The Kidney Fund received £91.00!

Recycle an unwanted vehicle **AT NO COST TO YOU** and they will donate 80% of the money raised at:
<http://www.giveacar.co.uk/donate-a-car-to-charity/south-west-thames-kidney-fund>

IT'S A FAMILY AFFAIR...

Wendy Cosgrave's father, Peter Seamen, sadly passed away in July 2010 at St Helier Hospital. Without the help of The Kingston Dialysis Unit, St Georges Tooting, and St Helier's Renal Unit, Peter would not have had another precious 9 years with his family.

In his memory, Wendy, her daughter and granddaughters decided to raise funds for the South West Thames Kidney Fund and Kidney Research.

Wendy writes: "I made a donation to the Fund when Dad died and raised more money through asking people for money donations instead of flowers at his funeral.

In September 2007 my daughter Claire ran the 5K HydroActive Challenge (now Adidas 5K) for her grandfather.

This year I, together with Claire and granddaughters Grace and Lucy, decided to take on the Adidas 5K on September 11th in Hyde Park in memory of Dad and ... 'WE DID IT' It took us 56 minutes and 42 seconds to complete the course jogging and walking, and what a lovely day we had too.

The sun shone on us all the way round until we passed the finish line - then it rained, but not for long. We all really enjoyed ourselves and would do it again next year. The atmosphere was brilliant with plenty of support from spectators along the course. We raised a total of £193.50 in sponsorship. I would recommend the day to anyone – it's a great way to support your favourite charity!

Pictured from left to right are: Grace Royal my eldest granddaughter No.5106, Claire Neal my daughter No.9015, Wendy Cosgrave No.9020, Lucy Neal my granddaughter aged 6 No.9014 (front row) Inset: Dad Peter Seamen.



TYNE'S TYGERS HAVE PLENTY IN THE TANK...

In March of this year, Claire Tyne's father received a kidney from Claire's sister. Claire, well aware of the value of research and what can be achieved through its advances, decided to get involved with raising funds to support the South West Thames Kidney Fund.

The first event entered by 'Tyne's Tygers' was the Property Triathlon on the 8th July. The next event was the Hampton Court to Kingston Swim on July 17th, and more events are planned for the future.

The Kidney Fund are very grateful to Claire and her friend Tim who organised and ran a charity stall for the Kidney Fund at the 2nd Annual Party 4 Patrick 2011 event on 28th August 2011. Apparently the day was a great success despite a few downpours!

<http://www.justgiving.com/tiger-kidney/>

LONDON MARATHON 2012: WOULD YOU LIKE A PLACE

If you, or anyone you know, would like to run the 2012 London Marathon, the Kidney Fund holds FIVE guaranteed Golden Bond Charity places. These places are allocated to runners in return for a commitment to raise a minimum amount of sponsorship to benefit the charity.

If you would like to find out more please contact me as soon as possible by email at anne.collard@kidneyfund.org.uk or by phone on 0208 296 3698 or 0208 296 3698

CHRISTMAS CHEER

The South West Thames Kidney Fund is selling Christmas cards this year in three designs. The card sizes are approx 6.25 x 4.25 inches (11 x 15.5 cm). All cards are silk finished and of good quality.

Each pack (10 cards of one design) will sell for £3.00. Greetings inside the cards are: 'Season's Greetings' for Little Robin and Winter Dream and 'Merry Christmas' for On the Twelfth Day. The 'sold in support of ...' message is printed inside each card.

If you would like some cards to support kidney research, please contact Anne Collard on 020 8296 3698 or email anne.collard@kidneyfund.org.uk.

Please note the following postage costs.

- 0.92 for 1 pack
- 2.16 for 2 or 3 packs
- 2.61 for 4 or 5 packs
- 3.15 for 6 packs

Thanks for your support!!

Charity ECards via www.everygreeting.com

Choose your Cause (South West Thames Kidney Fund is already registered) and Pick Your Card;

Personalise your Greeting and maybe add a picture or a video; Preview your card (it will say that it is raising money for the Kidney Fund)...

Add the email addresses of the recipients you want to send to Choose how much you want to donate (a minimum £5 allows you to send to 50 recipients)



HOW TO GIVE ONLINE...

Online fundraising websites are an extremely effective tool allowing fundraisers to open their own online fundraising pages. All sponsorship and gift aid raised through their page is sent directly to the charity. The sites do charge a fee for this service.

The Kidney Fund registered with 'Justgiving', one of the first online fundraising websites, several years ago, and many of our supporters use their services. Our registration with Justgiving will continue but we are looking for ways to be more cost effective.

To do this, we have registered with 'BmyCharity' a site that charges an initial set up fee but no monthly fees or commission and hope that any future online fundraisers will consider using it. To set up a fundraising page, you would go to www.bmycharity.com/kidneyfund keep it updated and the rest would be done for you.

You can also use the above link right now if you would like to make an online donation to support Kidney Research and Diabetes! The donation, plus gift aid if applicable, will be sent directly to the South West Thames Kidney Fund!

TRIBUTE TO JOANNE

Joanne Booth-Mason who became a very dear friend of mine through her many activities volunteering for the Kidney Fund, died suddenly on August 20th. Joanne is greatly missed by her many friends and family and our condolences go out to Simon. ANNE COLLARD



FREE WILL SCHEME FOR CHARITY SUPPORTERS

LEGAL365.com, an online legal service which is owned and operated by Yorkshire law firm Last Cawthra Feather (LCF), is offering charities free online Wills for their supporters.

Following our recent articles on the value of legacies to our research, and the Chancellor's budget reducing inheritance tax from 40% to 36% if more than 10% of an estate is donated to charity, the South West Thames Kidney Fund has entered this free will scheme and hopes that our supporters will find it useful.

To create a free online will, go to www.legal365.com click on 'For You' and choose the type of will that applies to your personal circumstance and click on 'DIY'. When you have completed your will the promotional code you will need to enter is **kidneyfundfree**.

There is also the option to have your will checked by a Lawyer at a discounted fee of £30.

Choose the type of will you need and click on 'Lawyer Review'. The promotional code for this service is **kidneyfund30**.

CELEBRATE ***BURNS NIGHT*** WITH THE SOUTH WEST THAMES KIDNEY FUND



Date: 28th January 2012
Time: 7:30pm
Cost: £19.50 per person
Location: Chipstead Cricket Club
High Road, Chipstead, CR5 3SB
Dress Code: Smart Casual
(with a touch o' tartan if desired)
Cash Bar

As there are a limited number of places, please check for availability by phoning 0208 296 3698 or 0208 660 2077
or email: burnsnight@kidneyfund.org.uk

*Experience a 3 course traditional Burns Night Supper complete with Piper,
Ode to the Haggis, a dram of whisky, a raffle and more*

I wish to reserve _____ places at £19.50 per place; Name: _____

Email: _____ Phone: _____

Address: _____ Post Code: _____

Name(s) of attendees: _____

No. of vegetarians _____ Cheque enclosed for £ _____ (made out to South West Thames Kidney Fund).

I regret that I am unable to attend Burns Night, but would like to make a donation of £ _____ to the South West Thames Kidney Fund. Gift Aid may be claimed on this donation _____ (please tick).

Name: _____ Email: _____

Address: _____ Post Code: _____

*No tickets will be issued. Your place will be confirmed by email (if supplied, mail if not) following receipt of payment.
Your name will be on the guest list on the night.*

Please return to Anne Collard, SWTKF, Renal Unit, St Helier Hospital, Carshalton, Surrey SM5 1AA

PLACES ARE LIMITED AND ALLOCATED ON A FIRST COME FIRST SERVED BASIS

SWTKF CHRISTMAS FANTASIA

A Christmas Fantasia will be held on Saturday December 3rd 2011 from 2pm to 6pm at Ash Centre, Ash Vale Village, Surrey, behind Vale Furnishers.

The SWT Kidney Fund has a Grand Draw, Preserves, New gift stall here every year.

We will be selling our Grand Draw tickets from October, and they can be obtained from us and we also send out tickets to members.

Prizes, new gifts, preserves will be most welcome for the stall and you can leave them at St Helier, Research Lab addressed to Anne Collard or phone me on 01252 325230 to arrange collection or delivery, and also to purchase Draw tickets - Angie.