The Newsletter of The Renal Unit | The Kidney Fund | Kidney Patients Association

# RENALITY

November 2026




## Well done London Marathon runners!

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Organ Donation Week | Mayor of Sutton Gala | 2026 Transplant Games

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# Renal Unit



Dr Ginny Quan



Dr Fiona Harris

To start, a tribute to Dave Spensley, who after long service is stepping down as chairman of the Kidney Patients Association (KPA). The contributions made by the KPA with Dave at the helm have been numerous. Direct support for patient's holidays, ward improvements improving day to day life for both staff and patients and of course items of equipment; ultrasound scanners, new home haemodialysis machines, equipment for the renal acute care unit, chairs for outpatients, the list goes on and on. As well as a personal and renal unit thank you, this is a plea to keep on supporting the KPA. At a recent UK Kidney Association meeting St Helier was highlighted as having one of the most active and interactive KPA's across the country and we want to keep it that way. It's not just about the funds raised but also about the ways care can be improved by interaction between patients and renal staff. Whether as a peer supporter, a patient representative in a dialysis unit or an active KPA member, your involvement provides an invaluable sense check and essential feedback on our work. Please continue with your support.

For most members of the renal team working life is getting busier, although for anyone who has seen the latest medical drama, *"The Pitt"* you will be relieved to know that we have not yet hit the level of pressure depicted there! Year on year we look after increasing numbers of patients on dialysis. Also, although many pluses follow the introduction of new IT systems – increased access to results across health providers and better documentation to name just two- these systems have increased administrative tasks for medical staff. (And as in one episode of *The Pitt*, once introduced any IT hitch slows things down considerably...). Finally, the tightening of the NHS financial belt doesn't help. However, I believe the positive reasons for increased workload outweigh the negative. Firstly, the number of transplant patients we look after is increasing in part because transplanted kidneys are lasting longer. Secondly the very welcome arrival of new medications for treatment of primary kidney disease such as IgA nephropathy and chronic kidney disease may increase our

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

Make a **one-off donation** online, text **KIDNEY** (amount) to **70450**, or by cheque to: The Kidney Fund, Renal Unit, St Helier Hospital, Wrythe Lane, Carshalton SM5 1AA

- Create a **standing order**
- Donate via **payroll giving**
- Join our weekly **lottery** and play to win!
- Shop 'til you drop and **Give as You Live!**
- Recycle your old car at no cost via **GiveaCar**. Call them on 020 7736 4242
- Sell an item on **ebay**
- Volunteer **your time** (we can give you all sort of ideas!)
- Buy our **Christmas Cards**
- Donate **shares**
- Donate your **tax refund**

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## USEFUL CONTACTS:

**RENAL UNIT reception: 020 8296 2283, 020 8296 3100**

**SWTIRR & SWTKF: 020 8296 3698**
**www.swtirr.org.uk**

**THE KIDNEY FUND: info@kidneyfund.org.uk**
**www.kidneyfund.org.uk**

**ST HELIER & SURREY KPA: Dave Spensley, Chairman 01483 426276**
**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 Beverley Searles beverley.searles@nhs.net 020 8296 4877.

work now but should delay and decrease end stage renal disease in the future.

We are determined to make these drugs available to all our eligible patients wherever they live. Drs Abbas, Marsh and Sood now run a biweekly meeting to virtually review patients with IgA who may be suitable for medications such as Kinpeygo and Sparsentan and to ensure they then receive them. In addition, this approach will allow us to audit and assess the benefits and use of these drugs. For drugs that can only be dispensed from St Helier such as Tolvaptan, used to slow progression in Adult Polycystic Disease, we now have a home delivery system in place across London and Surrey. This should prevent the need for a long journey to pick up medication. With the help of our pharmacy colleagues, we have also been successful in securing support from NHS England to enable us to deliver all transplant immunosuppressive drugs directly to home addresses – start date Spring/Summer 2027.

Despite financial and time pressures, innovation and development is continuing to thrive across the unit. Dr Harris is spearheading the expansion of adolescent/ transition clinics for young adults with renal disease. More of our clinical nurse specialists and pharmacists are taking on prescriber roles across transplant, CAPD and Advanced Kidney Care clinics. We continue as a team to participate in national policy in many ways; taking on roles at the Royal College of Physicians, in UK nursing meetings and committees, in senior leadership at St Helier, in national organisations or by contributing to national kidney, blood pressure and transplant guidelines. Finally, many of our staff and patients are involved in clinical trials. A few currently running or due to start include IMPEDE-PKD, looking at the use of metformin to slow APKD progression, APPRECIATE looking at the role of APOL-1 genotype in kidney disease, ASK looking at a new way to educate about living kidney donation and a Pan-London study looking at how immunosuppressive regimes differ across renal units. Let us know if you want to know more.

A major event of the last few months has been the opening of the New Tolworth (replacing the Kingston) satellite dialysis unit. We run 8 satellite dialysis units, mostly in conjunction with private providers and with most contracts lasting 7-10 years there is almost always one coming up for renewal. This gives us flexibility to look where need is greatest-at the moment Croydon and Farnborough are full and we are now looking at ways to increase capacity in these areas. Developed in partnership with DaVita the Tolworth Unit is spacious, with air conditioning and enough parking. However, what struck me most at the opening was the familiar faces. Many years ago, I was the consultant in charge of the Kingston Unit. Now returning in 2026 I was greeted by a Dialysis Nurse who I first worked with 13 years ago. Walking into the Tolworth waiting room I then talked to a patient who I have known for a similar length of time. It made me think of the staff and patients I have known since I was appointed as a consultant at St Helier, 23 years ago.
In a world where medical interactions are increasingly moving to single episodes and virtual appointments this long-term partnership between staff and patients is something I highly value.

And yet I am not so vain as to believe that people would always want the trip to St Helier to see me if the same could be achieved by a phone call or virtual review. We must look at the best way to run our outpatient service to make sure travel and waiting times are minimised whilst still offering the benefit of a supportive relationship with easy access to education and advice. To go back to the start of this article we need to rely on the feedback, input and opinions of patients and families as to how and when we should do things differently and when we should keep things the same. As ever, talk to us!

**Ginny and Fiona**

# Raising awareness of Living Kidney Donation during Organ Donation Week

**As part of Organ Donation Week, Clair Holland, Living Donor Coordinator in the Renal Unit at St Helier Hospital, hosted an information stand over two days to raise awareness of living kidney donation and provide information for anyone interested in learning more.**




The stand, based in the Main Costa Coffee and refreshment area at St Helier Hospital, featured a range of resources and take-away leaflets for patients, visitors and staff, helping people gain a better understanding of how living kidney donation can transform lives and support those waiting for a kidney transplant.

The event was a success with patients, visitors and members of staff taking the opportunity to visit the stand, ask questions and find out more about living kidney donation.




Clair explained: *"Living kidney donation is when a healthy person chooses to donate one of their kidneys to someone whose kidneys are no longer working properly. As people can live healthy, normal lives with one kidney, living donation can offer a life-changing opportunity for patients awaiting a transplant, often reducing waiting times and improving quality of life. Raising awareness and encouraging open conversations about organ donation is an important part of helping more people understand the opportunities available to support patients waiting for a transplant."*

For further information about living kidney donation, Kidney Research UK and Give a Kidney have joined forces to launch this website and the Make Your Mark campaign as part of the Robert Dangoor Partnership for Living Kidney Donation.

**Please visit:**
**Donate a Kidney Website**

Alternatively, you can contact Clair Holland, Living Donor Coordinator on **0208 296 4521** or email: **est-tr.TXNurse@nhs.net**

# Have Your Say in the National Kidney Patient Survey 2026

Every year, thousands of people receiving kidney care across the UK are invited to share their experiences through a national survey. Previously known as the **Kidney PREM (Patient Reported Experience Measure)**, the survey is now called the **National Kidney Patient Survey**.

The survey provides patients with an opportunity to tell healthcare teams what is working well and where improvements could be made. Whether you receive dialysis, attend outpatient appointments, or access other kidney services, your feedback helps shape the future of renal care both locally and nationally.

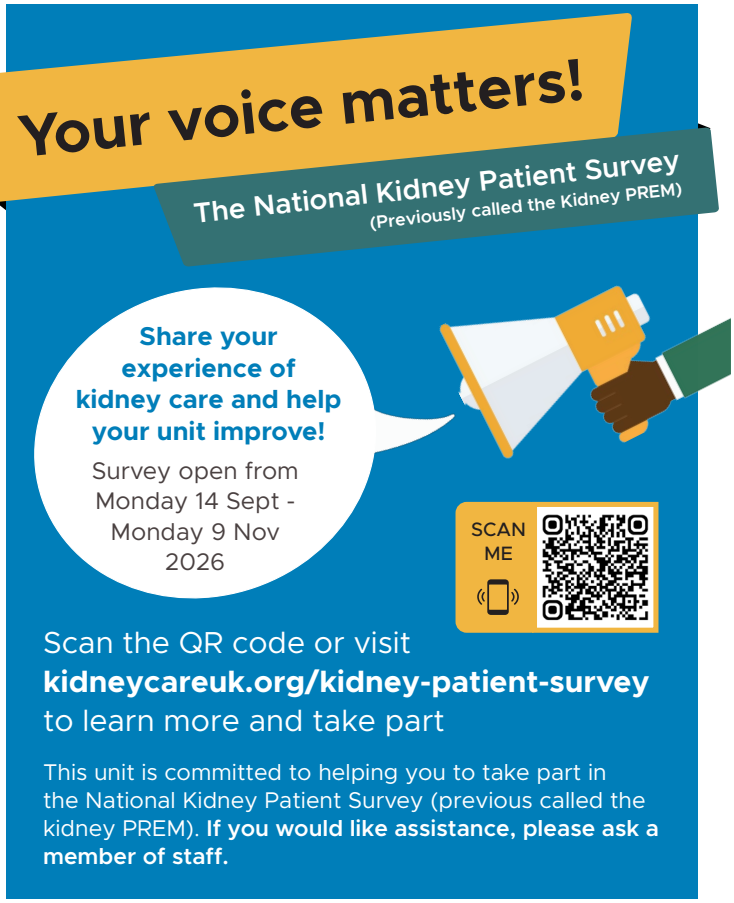
The 2026 National Kidney Patient Survey runs from **14 September to 9 November 2026**. Responses are completely anonymous, and every completed survey contributes to a better understanding of what matters most to people living with kidney disease.

The renal teams met earlier this year in March to review the responses and comments given from the 2025 survey and met again in September to review progress made, and have developed some *'You Said We Did'* posters which you will see in Dialysis units and patient areas. Feedback from previous surveys has helped services identify areas for improvement, celebrate good practice, and ensure that the patient voice remains at the heart of service development.

Taking part is quick and easy. Simply scan the QR code below to complete the survey online. Paper copies are also available from staff if you would prefer to complete the survey by hand.

**To learn more about the National Kidney Patient Survey and view reports from previous years, visit the Kidney Care UK website.**

***Your experiences matter. By sharing your views, you can help improve kidney care for current and future patients.***




UKKA UK Kidney Association

BAPN British Association for Paediatric Nephrology

Kidney Care UK

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# Home HD Patients and Carers Connect at Nutfield Centre







**Patients and carers came together for a successful Home Haemodialysis (Home HD) Patient and Carer Information Buffet Lunch at the Nutfield Centre in Redhill on 8 October, bringing members of the renal community together for a day of learning, support and social connection.**

Hosted by the Home HD Team, led by Lead Nurse Karen Songhurst, and supported by the Kidney Patients Association (KPA), the event provided an opportunity for patients and carers to gain practical knowledge, share experiences and meet others on a similar journey.

The programme included line dressing training, a talk from Renal Social Worker Meheret Moyo, and a fun renal-themed bingo game, which proved popular with attendees. Patients were also encouraged to complete the National Kidney Patient Survey, helping to ensure patient feedback continues to shape and improve renal services.

The buffet lunch created a relaxed and welcoming atmosphere, allowing patients and carers to exchange experiences, build supportive relationships and learn from one another.

Karen Songhurst said: *"Events such as these are a valuable opportunity for patients and carers to learn, ask questions and meet others on a similar journey, helping to build confidence and a sense of community within our Home Haemodialysis programme."*

The Home HD Team would like to thank everyone who attended, as well as the KPA for their support in helping make the event such a success.



# Dear Kidney Fund Supporters












**I know it's almost a cliché to talk about the weather, but after a record-breaking hot summer, one can be forgiven for doing so.**

Since I last wrote in *Renality* a few months ago, we have had a few fund-raising events as follows:

**The London Marathon** – we were ably represented by Stuart Hiscocks, Stephen Baines, Craig Tate-Grimes, Esme Marsh.

The Trustees of the Kidney Fund are very grateful for the selfless efforts put in by all the runners. I look at their efforts with admiration and am inspired to start running... maybe tomorrow, but I'm sure I said that yesterday too.







**The Kingston Dragon Boat Race** – This year's race was very well attended by people supporting us. We named the boat *"Billy the Kidney"*. There were more people than we had spaces for, so not everyone could do all three races. How did we do? Well, if it's truly all about taking part, we did exceedingly well. If it's about winning, we definitely made sure that there would be room for improvement next year.

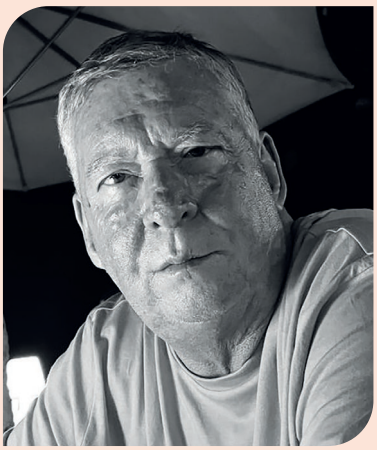
**The Camberley Collective Car Show** – a few of us 'manned' the Kidney Fund stall this year. It was lovely to see some old friends of the Renal unit who attend the show every year. The professional balloon twisters decided to stay at our stall and attracted huge crowds, and later on, Bumble Bee and Optimus Prime from the *Transformers* also showed up. I am a great fan and unashamedly left my post to take a photo with Bumble Bee.

**Mayor's Charity Appeal** – The Kidney Fund and St. Raphael's Hospice have been chosen as the Mayor of Sutton's charities for the year. I would like to thank the Mayor and his fund-raising team for this privilege. There have been a couple of events already (see pictures), with more planned during the year.

We will publicise this on our website and would love to see you there if you can make it.

Unfortunately, the **Kidney Fund Ball** didn't take place this year, but Robin Ford assures me that he has already booked the date for next year!

Lastly, it is with sadness that I share with you that **Chris Howard**, one of our Trustees, died a few weeks ago. Chris had kidney disease and received a kidney transplant from his wife, Anna many years ago. Chris and Anna were staunch supporters of the Kidney Fund. Chris became a Trustee and when you needed a straight talker with common sense and a sense of humour, he was your man. Our condolences go to Anna and the rest of their family.



I know it is early to say this, but as the next edition of *Renality* won't be till next year, have a blessed Christmas.

**Dr David Makanjoula**

# Greetings Renaliteers,



Dr Mark Dockrell

I don't know about you, but I am very pleased that autumn has finally arrived. Call me old fashioned, but I'm not used to temperatures in the mid-20s in October. Some of you may remember that autumn is my favourite season. One of my favourite writers, Albert Camus, once wrote *"Autumn is a second spring when every leaf is a flower, and every pumpkin a lantern"*. Scientists, like writers, often see things in a slightly different way. It can give us a different perspective on a situation.

**Matt Bühler** registered for his PhD at City St. George's this week. Matt is the newest student at the Institute; his studentship is jointly funded by our Kidney Fund and Kidney Research UK. Actually, we interviewed Matt and chose him from a very competitive shortlist last year but because of administrative issues he couldn't start his PhD till this October.



Matt Bühler

When St. George's University merged with City University to form City St. George's University of London, there were all kinds of organisational and administrative changes as I'm sure you can imagine. I'm still trying to work through them. Anyway, there was Matt ready and keen to get going but not able to sign on the dotted line. Fortunately, thanks to the flexibility of The Kidney Fund, Matt was able to join the team here at the Institute and he has been working, learning all the techniques and even getting some preliminary data. So he hit the ground running.

In Matt's project we are going to study the effects of certain diabetes drugs on human kidney cells. The drugs are called SGLT2 inhibitors, you might know the name Forxiga. They were designed to help with diabetes by lowering blood sugar but because they directly target kidney cells, we took a slightly different perspective and proposed they might also protect the kidney. Like I said, sometimes you have to look at things differently. We already have some results from our last PhD student which we've published and it's looking very promising.

I wanted to update you on our kidney cancer project and how my friend and collaborator **Prof Christer Hogstrand** was flying The Kidney Fund flag in Brazil, but that will have to wait until next time because I want to tell you something else. Earlier this year a renal patient got in

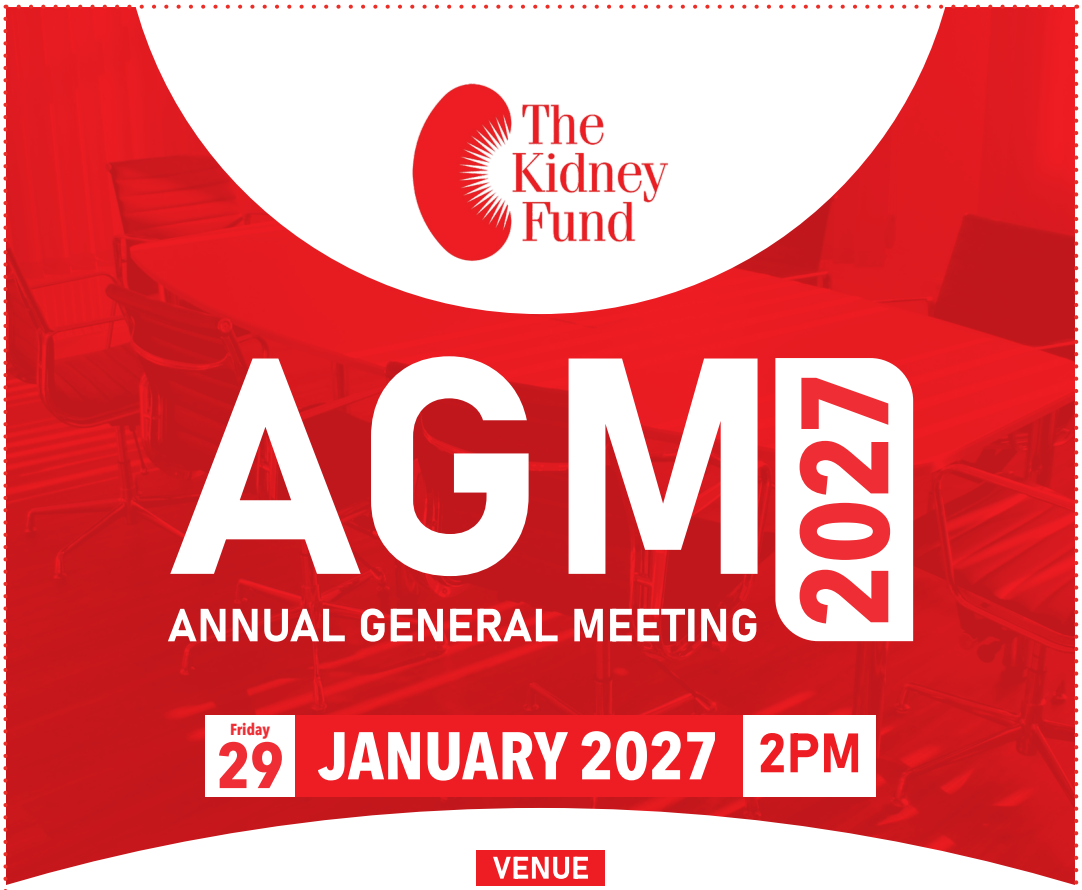
touch with me. He is a transplant recipient and was thinking of donating some money to The Kidney Fund to support our research. Very sensibly, he wanted to discuss our different research projects to see if any suited him. After a few emails we identified a couple of projects that fit the bill. So, if you're interested in particular projects, or want to know more about what we do, feel free to drop me a line and we can have a chat.

So, once again, many thanks for all your support and remember,

***Funding = Research and Research = Cures***

**Dr Mark Dockrell**

THE KIDNEY FUND AGM – EVERYONE IS INVITED




**VENUE**

The Whitehall Lecture Theatre,
St. Helier Hospital, UK

Join us to meet the team raising funds for kidney research, learn about their latest work, and connect with the scientists and doctors behind it. Also an excellent chance for them to meet you!

Anyone affected by, or caring for someone with kidney disease, is especially encouraged to attend.

## Everyone is Invited

All will be made very welcome
and light refreshments will be provided.

the kidney fund

THE KIDNEY FUND AGM – EVERYONE IS INVITED

**The Kidney Fund is delighted to be one of the chosen charities for 2026/2027 for The Mayor of Sutton, Councillor Muhammad Sadiq.**

# Message from the Mayor of Sutton

## Serving Sutton: Leadership, Community, and Compassion

**I am Councillor Muhammad Sadiq, and it is a great honour and privilege to serve as the Mayor of the London Borough of Sutton for the 2026–2027 municipal year. Having previously served as Mayor during 2015–2016 and 2019–2020, to be entrusted once again with representing our borough and serving its residents is a responsibility I value deeply.**

### About Myself

I reside here in Sutton with my wife, son, and daughter. In my professional life as an entrepreneur, I have built several successful businesses, while always remaining passionate about public service and dedicated to local community involvement.

Since being elected as Councillor for Wallington South in 2014, I have chaired and served on key council committees – including licensing, planning, and education – alongside serving as a local school governor and on the board of Sutton Housing Partnership. These roles have given me invaluable experience in collaborating closely with residents and community groups to address local priorities and shape our borough's future.

### Priorities for My Tenure

As Mayor, I see my role as bringing people together to achieve positive outcomes for Sutton. My core priorities throughout this tenure are:

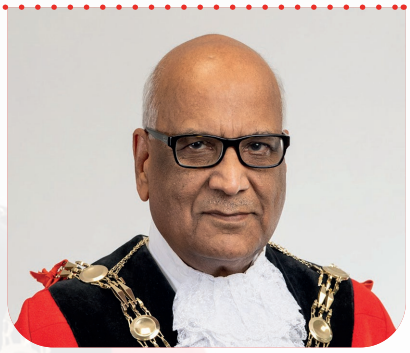
- **Supporting our diverse communities** across every corner of the borough.
- **Celebrating the achievements of local people and organisations** who contribute so much to our civic life.
- **Working tirelessly for the benefit of all residents,** ensuring services improve and community voices are heard.

### My Chosen Charities

For my mayoral appeal this year, I have chosen to support two outstanding organisations: **The Kidney Fund** and **St Raphael's Hospice**. I selected these charities because both provide vital support to people and families during exceptionally challenging times, and I wanted to champion causes that make a profound, meaningful difference in our community.

### How You Can Get Involved

During the year, my Charity Committee will be organising a variety of fundraising events, which I am sure will be enjoyable social occasions for everyone.



You can support the Mayor's Charities Appeal in several ways:

- **Attending charity events** including **Saturday 7th November – Quiz Night at Robin Hood School, Sutton** and **Thursday 19th November – The Mayor's Gala at The Grange, Carshalton** and many more. For more information or to book please contact **mayor.sec@sutton.gov.uk**
- **Donating items or gifts** suitable for raffle prizes.
- **Organising your own sponsored activities** or holding a collection within your group or business.
- **Making a direct donation** to the Mayor of Sutton's Charity Fund via bank transfer (message **mayor.sec@sutton.gov.uk**) or by cheque sent to the Civic Offices.

I look forward to meeting as many of you as possible across the borough over the coming year as we work together to celebrate Sutton and support these vital causes.

# KIDNEY FUND LOTTERY UPDATE

**Greetings to you all and I hope you are all okay after that very, very long hot summer, especially anyone on dialysis as we are all aware how difficult it is for you in those conditions and my thoughts have been with you especially.**

Now our minds are likely to be turning to Christmas which is a completely different experience for us all and personally a time to spend with family and be thankful for having the opportunity to spend time with them.

Unfortunately the needs and requirements of the fantastic Renal Department Research Team aren't able to stop as they work continuously with their fantastic work to try and help us and our family and fiends who need their expertise to make our lives a bit easier.

The lottery is a very easy way to funnel funds to them regularly as each month I transfer at least 50% of the monies received from our members to them with the remaining amount paid out in winnings.

Since we started in July 2010 we have now had about 850 winners receiving the amazing sum in excess of **£112,000.00** and as such I have been able to pay The Kidney Fund well in excess of £121,000.00, including some donations, which is quite a staggering amount.

It would be lovely to welcome a few new members, and maybe some returning members back who have had to stop their memberships over the years for various reasons, membership is only £1.00 per week for each entry although you can have more than one entry should you wish!

I totally understand the financial pressures that we are all struggling with in these very trying times but I know you all understand that the research carried out by the unit is crucial and all funding from us goes directly to them without any deductions whatsoever unlike some other charities.

In saying that I must also give me sincere thanks to all our ongoing members for their fantastic continued support over the years, some of which have been with us since the very first week!!

If you are able to support our lottery, and hopefully invite any colleagues or family members to join in, it is a very easy way of generating much needed revenue for The Kidney Fund and it's magnificent research work.

The mandate is on the back page of *Renality* so just fill it in and send it to me so I can get you signed up.

If you have any questions or would like details about setting it up and creating your own standing order online do feel free to contact me at **lottery@kidneyfund.org.uk** and I will try my best to respond in a timely manner with all the information that you will require.

***My very best wishes to you all and I hope you are able to enjoy the festive season and whilst it is a bit early I hope that 2027 is a good year for everyone.***

**Steven Clark**



# OUR 2027 MARA




## Rose

**I'm really excited to be running the London Marathon for The Kidney Fund. I feel incredibly lucky to have been given the opportunity to run for such a wonderful local charity, supporting kidney patients and research across Surrey and South West London.**

I've enjoyed running for a number of years and have completed several half marathons, but this will be my first full marathon, so it's a huge personal challenge for me. Knowing that I'm raising money for a small charity doing such important work makes the long training runs and 26.2 miles feel even more worthwhile. I'm really looking forward to the challenge and hopefully raising as much as I can along the way!

## Joanna

**I am running to support The South West Thames Institute for Renal Research.**

I have been inspired all my life, by Mike Bending's commitment to work in renal research. I am impressed by his dedication and drive, that I know has inspired so many people over the years, not just me.

He has known me through ups and downs since I was a baby, including when my husband died.

Mike is in the centre of this photo, walking with our families on the south coast, when I was little.

Mike, his daughter Jo, and his family, are so kind, even in tough times.

I am looking forward to the London Marathon.

My younger son and I ran one mile in London last week.

Running over 26 miles is going to be a massive challenge.






# THON RUNNERS!

Running in nature and appreciating the beauty of life is amazing.

I would love to send updates and photos of the journey over the next few months until the big day.

If anyone would like to sponsor me, even just 1p a mile, of the training journey, or the marathon, that would be fantastic.

## Richard Haines

**Running the London Marathon means a huge amount to me.**

**Having seen first-hand the impact that kidney-related conditions can have on people and their families, supporting the Kidney Fund gives this challenge a much deeper meaning.**

I'm determined to push myself both physically and mentally, while raising as much awareness and money as possible to help make a meaningful difference.

## Rose Bernez Harris

**As a family, our awareness of kidney issues was recently raised following my brother and sister in law's unborn baby being diagnosed with an enlarged kidney (hydronephrosis) during a routine scan. This was a condition that also affected my brother in utero.**

Thankfully, this issue has now resolved but it has brought the importance of kidney health to the forefront of our minds and to be able to raise money for the work done by the Kidney Fund by running the London Marathon will be an amazing experience.






# Collectively Camberley Car Show | 8 August 2026

The Collectively Camberley Car Show brought more than 250 vehicles into Camberley Town Centre, creating a vibrant celebration of classic motoring, modern performance cars and community spirit. This year, The Kidney Fund was proud to be the event's nominated charity, giving us a valuable opportunity to raise awareness, meet supporters and generate funds for renal research.




Our stall quickly became a lively hub of activity. Visitors stopped by to pick up the show brochure, learn more about our work and speak with the team. A neighbouring balloon modelling booth added unexpected colour and energy to the area, drawing families in with imaginative balloon creations – including a balloon car gifted to our stand. This steady flow of visitors created many opportunities to talk about kidney health and the charity's mission.

A highlight for younger attendees was the toy tombola, designed and organised by Amelia Feasby, daughter of Trustee Clare Feasby. The tombola proved extremely popular, sparking excitement and smiles while raising important funds for The Kidney Fund.




While the cars were the main attraction, the day demonstrated how community events can achieve far more than showcasing vehicles. The Camberley Car Show offered fun for all ages and provided a meaningful platform for charitable engagement. Thanks to the generosity and enthusiasm of visitors, the event was a success both in fundraising and in raising awareness of The Kidney Fund's vital work.




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# DRAGON BOAT RACE | 19 JULY 2026

**Great day out we had, here are some pictures from the day...**




















The Kidney Fund
The Kidney Fund
The Kidney Fund
The Kidney Fund





## St Helier and Surrey Kidney Patients Association

# A message from your Chairman

**I am nearing the end of my twentieth year as Chairman, so this is my last message. I will hand over the reins at the November AGM, albeit I have agreed to stay on to help the new officers and I will remain as Treasurer until someone takes over.**

I said, back in October 2006 that I'd do the position for 5 years, so I may have overdone things.

I hope that the KPA members, patients, and the renal unit staff are pleased with the work that the KPA's Committee has done on your behalf over the last year, and indeed the last 20 years. It's been a challenge over the last 4 or 5 years after the passing of 5 of our long serving Committee members, but we have found some great new members to serve on Committee, and allow our charity to continue it's great work.

When I look back on the last 20 years, I'm immensely proud of what the KPA has achieved, providing help to lots & lots of patients and much needed equipment to the renal unit & it's satellites. I'd like to think that we've done exactly what it says on the tin... Improved the lives of renal patients under the care of St Helier.

There have been so many changes, and personally I miss seeing everyone, the Staff & patients in and around the old renal unit, it certainly seems fragmented, with only out patients left and the inpatients up on floor 6 of the main hospital.

On a personal note, I would like to thank all the Committee members together with the Renal Unit staff all of whom



provide invaluable support to both myself and the KPA throughout the year.

The new inpatient centre at St Georges is on hold, having succumbed to the raft of cuts being made by our new Government, the Clinical Lead may have more information, but to the best of my knowledge, it's on hold for the foreseeable future.

About the KPA, we now have

944 members, so we're kept busy dealing with the many and varied requests which we receive from both patients and the renal unit. As in previous years I thought it would be good to show how we have distributed our funds during the year, these include:

- Renal Overlays & Fleece Blankets for St Helier and its Satellites
- 2 Ultrasound Scanners for acute team & CAPD
- 20 bag warmers for P.D.
- Ultrasound Scanner for the renal unit
- Urinalysis scanner machine
- Transonic Machine
- 3 Lift & Tilt patient chairs
- Weighing Scales
- Replacement seating for CAPD & Renal day unit areas
- POD lockers for inpatient wards
- 2 Heart scanners
- Bladder Scanner
- Ward B6 nurses desk refurbishment
- Wheelchairs

This has all been possible due to the generous donations and legacies that we have received.

During our last financial year we have purchased equipment valued at over £48,000 for St Helier and its Satellites.

To date we have agreed and are committed to purchasing equipment valued at almost £87,000 for the period 1st April 2026 to 30th September 2026, the main item being replacement dialysis chairs for HHD patients.

With the October edition you would normally find our Grand Draw tickets but with the current economic situation and cost of living increases we have again decided that it wouldn't be right to hold the draw and ask people to contribute. We don't have any plans to reintroduce our draw.

## AGM/Committee/ Patient Representatives

The **KPA Annual General Meeting** is scheduled for **Tuesday 10th November 2026**. It will be held in the 2nd floor RMT meeting room of the renal unit starting at 18.30. You must be a KPA member to attend, please contact me if you wish to attend so I can update you if anything changes.

As I said earlier, Committee have 5 new members. It would be lovely to have representatives in every Satellite, currently Croydon, Epsom and St Helier has one.

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 now meet every three months in the the Renal Unit at St Helier at 18.30 normally on the second Tuesday of the month. Members don't need to attend every meeting; reports can be submitted by email or similar and as I said earlier in my message we've even moved onto virtual attendance.

If you can help, please talk to your Consultant or contact me on **01483 426276** or email **daspensley@btinternet.com**.

I think that is all I must report on so may I be one of the first to wish you all a very Happy Christmas and a happy and healthy New Year.

*Best Wishes*

**Dave Spensley,**
***Hon Chairman***

During our last financial year we have purchased equipment valued at over £48,000 for St Helier and its Satellites...

# BRITISH TRANSPL
# GETTING ON WITH LIF



**It was August 6th 2026 and the 48th Westfield Health British Transplant Games was about to commence. The Games is set to feature 2,500 participants, including more than 1,200 transplant recipients across 26 sports.**

All athletes, aged from two to 82, are alive and well because of life-saving transplants made possible by the generosity of organ donors and their relatives.

Athletes, who have had life-changing operations, were lining up for the British Transplant Games and there to represent St Helier were Louise Cook, Jonathan Douglas-Green, Lisa Laing, Martin Lane, Aled Loynes, Andrew McNaughton, Craig Morrow, Jeanette Palmer, Chris Stabler, Craig Tichelaar, and Kevin Trimming, accompanied and supported by Leslie Batt, Jeremy Loynes, Nest Loynes, Angie Morrow, Graham Morrow, Phil Ross and Sadie Tichelaar.

The best way to get a flavour of the Games and the friendships made is to read the comments from some who participated from our hospital :–

## Aled, Nest and Jeremy

*As ever at the Games, the real highlight was the warm spirit and camaraderie not only, of course, amongst the St Helier team members (old and new!) but also amongst all the participants, whether competitors, donors or supporters, from other hospitals all over the country. It was like being at a non-stop party and it was great to see old friends celebrating and reunited again.*

# LANT GAMES 2026: FE – *AND ENJOYING IT*




*Sheffield was a good setting for the Games with most of the sports venues within easy travelling distance. We attended many events, enjoying the free-wheeling party atmosphere of the darts evening – with the high-octane music pumping out, it was like disco-darts at times! We also had a lovely afternoon spectating poolside at the swimming, cheering on everyone – especially the people we knew! The Donor Fun Run on Saturday evening through Sheffield city centre was as exuberant as ever, with many people in all forms of fancy dress and everyone enjoying the shared*




*celebration. The streets were full of colour, music, singing and laughter! Our final event on the Sunday was tennis, where one member of the local tennis club couldn't quite believe what he was seeing. As is often the case, some of the tennis battles were long and strenuous, so he said at one point "You mean they've all had transplants? Did they receive magic organs or something?" He sounded impressed! We said, "Well, they were all tennis players before having transplants and now, they're getting back to business!"*

*Many thanks to all who helped organise these 2026 Games and made the event such a resounding success!*

## Andrew McNaughton *(Attending his 1st Transplant Games)*

*"The British transplant games have been by far the highlight of the year, not only was it fun to compete again but more so the community you become part off. Everyone was super friendly and inviting, and hearing stories of what people have*



*gotten up to post transplant was super inspiring. To anyone that's had a transplant it should be the first in your calendar every year !!!"*

## Phil Ross *(Team St Helier Supporter)*

*An incredible few days again at The British Transplant Games, this year held in Sheffield.*

*Such an enjoyable time meeting up with friends old and new and to be able to move from venue to venue supporting not only participants from St Helier Team, but cheering on each and every person.*

*It is something I look forward to each year and definitely gets put in the diary as soon as the dates are announced.*

*Look forward to seeing you all next year and hopefully before that for a social meet up.*

## Lisa Laing *(Team Manager)*

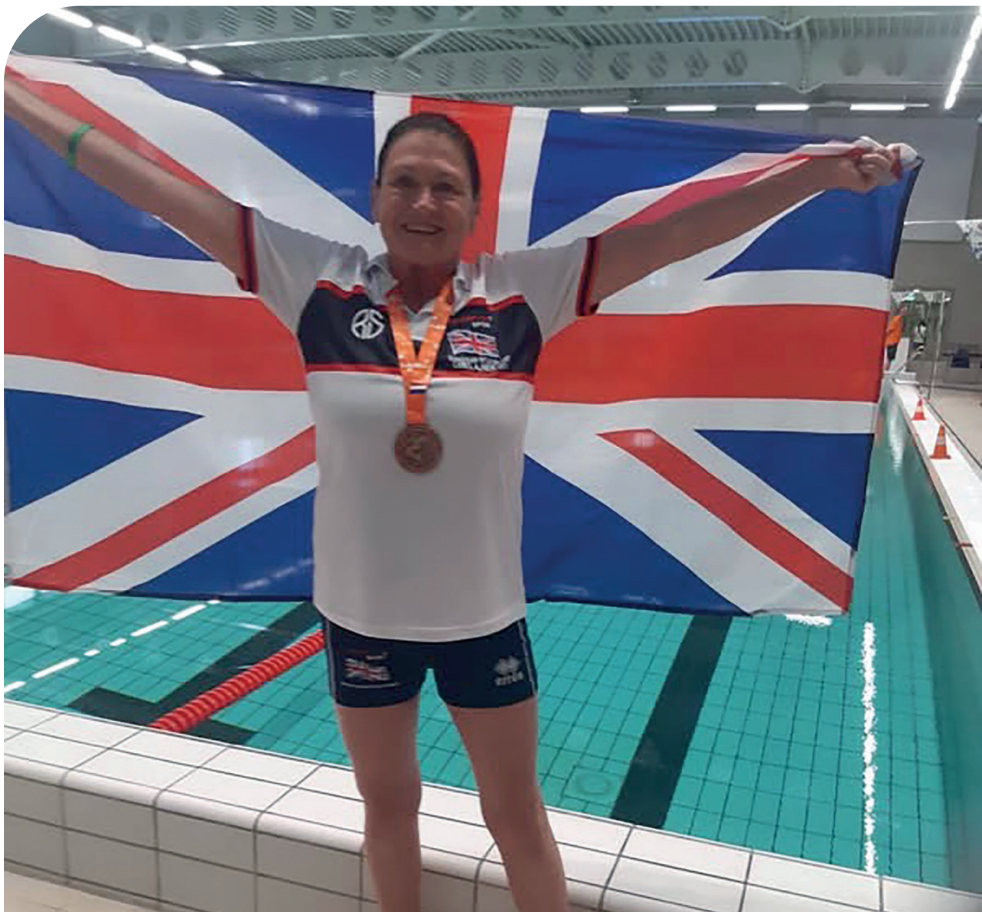
*This year's British Transplant Games were just as amazing as they always are. A time to remember and give thanks to our donors. The opening ceremony and the donor run are a real highlight for me, seeing so many people together celebrating the gift of life. The friendliness and support from not only the St Helier Team but from other teams around Great Britain is so inspiring.*

*There are events to suit all abilities and the loudest cheers are not only for whoever comes in first but for every person that takes part.*

*If you have had a transplant and are interested in joining our friendly team or just after some information, please contact us. You do not have to be sporty just willing to give an event a try and have fun x.*

## In Memory of Peter "Badger" Warren

*We were greatly saddened by the loss of one of our former Team members, Peter "Badger" Warren 25th July 2026. Peter joined*



*the St Helier Team in 2001 and competed and supported the Team and Great Britain, until he transferred to the Leicester Team in 2025. His achievements will be remembered, but it is the person behind the achievements we will miss most – the laughter, the stories, the Bar-b-Q's, the chats and simply having Pete around. R.I.P. dear friend.*




## Graham Morrow *(Team Manager 1996–2026)*

*After almost 30 years managing the St Helier Team and making so many new friends, the time had come this year to hand over the reins to Lisa Laing, a great ambassador for St Helier and the Organ Donation Network. Lisa will be supported by Louise Cook and Craig Morrow and I will always be around to help when needed; and I must add a huge thank you to SH&SKPA for their fantastic support to the Team over many, many years.*

## Message from Craig Morrow and the St Helier Team

*It's hard to believe that what started with my first Games in Liverpool in 1997 has now become 29 years of memories, friendships and incredible experiences. Following that first great event, the whole team asked my dad, Graham if he would take on the role of Team Manager... he readily agreed. For the past 29 years, he has given that role his all, making sure we were at the right events, helping organise St Helier hosted tournaments and, most importantly, always looking after the team. Alongside him has been our wonderful "Team Mum", Angie, who has been just as much a part of everything we have achieved. Graham/Dad, as you step aside, I simply want to say a huge thank you from all of us for your dedication, friendship and everything you and Angie/ Mum have done for the team over the past 30 years. It truly wouldn't have been the same without you both. We hope you now enjoy "supporting the team. stress free!"*

# NOW IT IS UP TO YOU!



**The Games are a wonderful experience, so please remember it really is the taking part that counts. While a high level of sportsmanship is often shown at the Games, which started 48 years ago in Portsmouth, the most important aspect is being alive to take part.**

You may already have received your *"Gift of Life"* – why not help promote awareness into the need for more organ donors and ensure someone else can receive this precious Gift! Be part of the Team by contacting Lisa at **lisa.laing@yahoo.com**

# KPA MEMORIAL DONATIONS

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

- Ron & Patricia Smith
- John Bertram
- Maria George-David
- Peter Warren
- James Johnstone

# KPA Donations

**St Helier and Surrey KPA would like to thank those of you who have donated to us during the period since the last *Renality*.**

- Roger Lewis
- Shaun Smith
- James Johnson
- Peter Munroe

# Sign up for a PDF - make sure you always get your copy of "Renality"!

**Did you know...** If your appointments at the Renal Unit drop to 2 or less per year, you will be removed from the ***'RENALITY'*** mailing list and will no longer receive the newsletter. You can receive a PDF of ***'RENALITY'*** by email - just email **Graham.Morrow@kidneyfund.org.uk** and he will add you to PDF distribution list.

Receiving a PDF will not stop you receiving the postal copy if you are on the mailing list. You can receive both, and share the PDF with family and friends.

However, if you are happy to receive your news online rather than receiving a copy through the post email **anita@kidneyfund.org.uk** and we will remove you from the mailing list.

# St Helier & Surrey KPA Committee Members 2026/2027

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

**Hon. Treasurer**
**Position Vacant**

**Minutes Secretary**
**Position Vacant**

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

**Website Managers**
**Ravi Patel,**
3 Darcy Road, Norbury
London SW16 4TX
Tel: **020 8407 2525**
Email: **ravi_g_p@hotmail.com**

**Satellite Liaison – Mayday**
**Emmanuel Eyeta**
204 Galpins Road
Thornton Heath, Surrey CR7 6EG
Tel: **020 3601 8137**
Mobile: **07833 891265**
Email: **emmanueleyeta786@gmail.com**

**Hon. Secretary/Social Events**
**Position Vacant**

**Vice Chair**
**Kevin Carter**
Mobile: **07864 057968**
Email: **Shaskvicechair@yahoo.com**

**Press & Public Relations**
**Fay Eves**
Willow Cottage , Church Street
Rudgwick, West Sussex, RH12 3EH
Tel: **01403 822537**
Email: **fayeves@aol.com**

**Patient Peer Support**
**Mike Sealey**
Tel: **07900 327965**
Email: **msealey29@hotmail.com**

**Patient Liaison – St. Helier**
**Position Vacant**

**Patient Liaison – Epsom & Coulsdon**
**Position Vacant**

**Satellite Liaison – West Byfleet**
**Position Vacant**

**Satellite Liaison – Farnborough**
**Position Vacant**

**Research Representative**
**Sarah-Louise Harwood**
Mobile: **07891 066068**
Email: **sgh239@gmail.com**

**Renal Social Worker/Amenity Subcommittee**
**Meheret Moyo**
Renal Unit, St Helier Hospital
Tel: **020 8296 2940**
Email: **meheret.moyo@nhs.net**

# PLAY OUR WEEKLY LOTTERY

**Over £75,000 raised so far for The Kidney Fund!!**

50% of all money raised goes to the winner and the other 50% goes directly to The Kidney Fund

RESEARCH ▸ CURE ▸ FUNDING

The Kidney Fund

**Over £8,000 in winnings paid out in the last year!**

**£160 Average weekly prize***

**To join the Lottery please complete the form below and return it to the address on the form.**

Once received, we will contact you to let you know your unique number or numbers.

**IMPORTANT please return to: The Lottery Office, c/o 10 Pelton Avenue, Belmont, Surrey, SM2 5NN**

Title: Initials: Surname:

Address:

Post Code: Home Phone: Mobile:

Email: Add me to the Kidney Research Supporter Email Group ☐

Please note that to save on postage we prefer to communicate by email or telephone. Please tick here ☐ if you require a letter

**There are TWO ways to pay. Please choose ONE of the following:**

## OPTION 1 – Standing Order Mandate

Title: Initials: Surname:

My Bank's Name: Branch: Post Code:

My Account No: Sort Code: Date of 1st Payment:

Name: Signed:

**Pay to:** Kidney Fund Lottery **Bank:** CAF Bank Ltd, West Malling **Account No:** 00019588 **Sort Code:** 40-52-40

| | | | | | |
|---|---|---|---|---|---|
| **Monthly Payment:** | ☐ | number of entries @ £4.34 per month | = | £ | & thereafter each month |
| **Quarterly Payment:** | ☐ | number of entries @ £13 per quarter | = | £ | & thereafter each month |
| **Half-Yearly Payment:** | ☐ | number of entries @ £26 per half-year | = | £ | & thereafter each month |
| **Annual Payment:** | ☐ | number of entries @ £52 per year | = | £ | & thereafter each month |

## OPTION 2 – Cheque Payment

Title: Initials: Surname:

I wish to buy ☐ entry(s) each week for ☐ 13 weeks, ☐ 26 weeks, ☐ 52 weeks and remit a cheque for £

(each entry costs £1 per week). Please make cheques payable to: The Kidney Fund Lottery & return to the address on the form.

If you have any questions or would like more information, please call 020 8296 3968 or email: lottery@kidneyfund.org.uk

The Kidney Fund: Registered charity number: 800952

* Based on the average of the last years weekly winning prizes. The weekly prize amount is not guaranteed and is dependant on the number of entries paying into the lottery that week.