

# RENALITY

## Newsletter August 2016



## Featuring...

# HOW ARE WE DOING?

# LONDON MARATHON

9TH ANNUAL  
GOLF DAY

# RENALITY

Newsletter August 2016

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

Make a **one-off donation** online, by text to SWKF22£\_ to 70070, or by cheque to

SWTKF, Renal Unit, St Helier Hospital, Wrythe Lane, Carshalton SM5 1AA

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## Useful Contacts:

### RENAL UNIT reception:

020 8296 2283,  
020 8296 3100

### SWTIRR & SWTKF:

020 8296 3698

### SOUTH WEST THAMES

#### KIDNEY FUND,

[info@kidneyfund.org.uk](mailto:info@kidneyfund.org.uk)

### ST HELIER & SURREY KPA

Dave Spensley, Chairman

01483 426276

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## REMEMBER...

### Our website addresses are:

South West Thames Kidney Fund:  
[www.kidneyfund.org.uk](http://www.kidneyfund.org.uk)

South West Thames Institute for Renal Research:  
[www.swtirr.org.uk](http://www.swtirr.org.uk)

St Helier & Surrey Kidney Patient Association  
[www.shskpa.org](http://www.shskpa.org)

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# How Are We Doing?

We were delighted with the results of the Care Quality Commission (CQC) inspection of the Renal Unit in November. When the report was finally released in April, Renal Services were rated 'Good' in every category: Safe; Effective; Caring; Responsive; and Well Led. It was a measure of how we feel about our services that we were disappointed that we had not been rated as Outstanding, but problems identified elsewhere in the Trust always made this unlikely.

I should like to thank all those who worked so hard to prepare our services for inspection, and who made the inspectors so welcome. It is right that we should be proud of the services we deliver. And it is also right to emphasise that we provide these services day in, day out – irrespective of whether there is an inspection.

Below, I have reproduced the summary of the renal section of the report.

*Overall, we found renal services were good. Reviews of care through incident investigation and morbidity and mortality were completed throughout the service and opportunities for learning were shared with staff. Infection control practices were robust in all areas. Staffing levels and skill mix were appropriate in all areas across the service with low agency staff usage. Patient outcomes were in line with or exceeded national standards and effectiveness was regularly assessed and benchmarked. There was effective multidisciplinary working, with specialist nurses and allied health professionals and joint clinics were held with relevant specialties including diabetes. However we noted that standards for vascular access for haemodialysis were not met. Most patients' spoke positively of the care they received within the hospital, and individual patient needs were met. Delays in transport were noted as a particular concern by patients' and their carers. The environments in the dialysis units were cramped and in some areas, including*

*at St Helier, facilities for patients were limited. The service was well led with a clear vision and strategy and effective governance and risk management processes. Managers in the service were aware of shortfalls and took steps to address them. Staff spoke positively of the leaders and culture within the service.*

The following reproduces the summary comments made in the report, by section:

## **Are Renal Services Safe? GOOD**

We found incident reporting and investigation processes worked well and opportunities for learning were shared with staff. Infection control was practiced and monitored in all areas, and was robust. We identified staffing levels and skill mix met the Renal Association standards across the service. Agency usage was rare and skilled bank nurses who had previously worked in the service filled gaps. Dialysis clinics provided by the service were multi-disciplinary with consultant and senior nursing leadership. Care was consultant led on inpatient areas and there were sufficient numbers of medical staff to cover the rotas.

## **Are Renal Services Effective? GOOD**

Patient outcomes were in line with or exceeded the national average across most areas provided by the



service. Policies and guidelines were in place that were consistent with national best practice and based on recommendations by organisations such as the National Institute for Health and Care Excellence (NICE) and the Renal Association. There was evidence of learning applied from national audit activity. There was effective multidisciplinary working across the service and good cross working between relevant departments in outpatient clinics.

## **Are Renal Services Caring? GOOD**

Feedback from patients and their carers demonstrated that staff delivered a caring and compassionate service. Patients told us they felt they were fully informed and involved in decisions relating to their care. We witnessed patients involved in the planning of their care and we saw staff treating patients with dignity and respect.

## **Are Renal Services Responsive? GOOD**

The services at the unit were responsive to the needs of the patient. Leaders in the service planned provision to suit patient demographics. Waiting times prior to treatment were minimal and appointments were flexible where possible to cater for any changes a patient requested. Complaints were infrequently received, responded to in a non-defensive manner and in a timely

fashion. However, delays in transport were noted as a particular concern by patients and their carers.

### Are Renal Services Well Led? GOOD

Renal services were well led. There was a strategy in place to identify the areas that required improvement. Staff spoke positively of the senior management team, was positive about the culture within the unit and felt well supported

and confident to raise concerns internally. The service had governance systems, which meant that risks were identified and escalated appropriately within the service for appropriate management.

For the full report, which is quite difficult to find, please visit [https://www.cqc.org.uk/sites/default/files/new\\_reports/AAAF2594.pdf](https://www.cqc.org.uk/sites/default/files/new_reports/AAAF2594.pdf)

Taken as a whole, the CQC report is

a resounding endorsement of our philosophy of patient-centred, locally-provided care. While a few areas were identified that require additional focus, these were areas where we were already aware of shortcomings and were already addressing them. Some, such as transport issues may not be easy to bring to the standard we would like. But that will not stop us trying!

**Following** hard on the heels of the CQC inspection, we recently underwent a two day inspection by fourteen external reviewers from our sister Renal Units in London. This was part of a London-wide peer review of renal services. We were delighted with the opportunity to show off our services and very pleased with the immediate feedback. Formal feedback will be given once all the other London units have been inspected, and I will update you on the results in my next article.

### Quality underpins everything we do.

I was fortunate this week to be invited to contribute to the scoping workshop for the planned NICE report on Renal Replacement Therapy. This will be a huge undertaking and will form the backbone of service development over the next decade. Members of the unit will hope to contribute in many ways to ensure that the views of staff and patients are well represented.

**I finish** with news re important changes issue within the Renal Unit. Alison Jones, who has been our General Manager for the last four years, has been poached by the Transformation Team (probably sounds more exciting than it is) to assist with their project work. Although she is nominally joining the team on secondment for a year, it is likely that her formidable talents will continue to be required elsewhere.

This is a major career opportunity for Alison and I am delighted for her. I would like to thank her for all she has done over

the last four years. She has worked tirelessly to support renal patients and services, battled hard with the finance department, and has been a major contributor to recent and planned improvements in the renal infrastructure. Along with Susie Mallinder (Head of Renal Nursing), Fiona Harris (Clinical Lead) and myself, the Renal Management Team have been a force of nature and (you may have to take my word for this) the envy of the Trust!

I also have to report the sad news that Sarah Mitton will shortly be leaving the Trust. As the ever smiling and helpful 'front of house' at St

Helier, she is probably better known to most patients than any other member of staff, and almost certainly the most popular. Sarah is moving to the South coast and we wish her very well for the future. She will be sorely missed.

But all is not doom and gloom. Returning by popular demand, we are delighted to welcome the return of Steve Simper to

replace Alison Jones as Renal GM. Steve knows the Renal Unit backwards and will provide common sense, pragmatism and stability, as well as a dry sense of humour. And he knows where the bodies are buried!!

Have a happy summer.

**Peter Andrews**  
*Clinical Director*

### Volunteers - We need you...

The Renal Unit is asking for volunteers to give a few hours a month to help feed patients on the ward, help with gardening around the Renal Unit etc.

If you will be able to assist, please contact  
Susie Mallinder on 020 8296 2330 or email  
[Susie.mallinder@esth.nhs.uk](mailto:Susie.mallinder@esth.nhs.uk)



# Tales of the Unexpected

A strange few months in the kennel complex.



First, the senior pup disappeared for a week. I later discovered he had been staying at the large white building in Carshalton where the alpha male spends most of his time. What had been

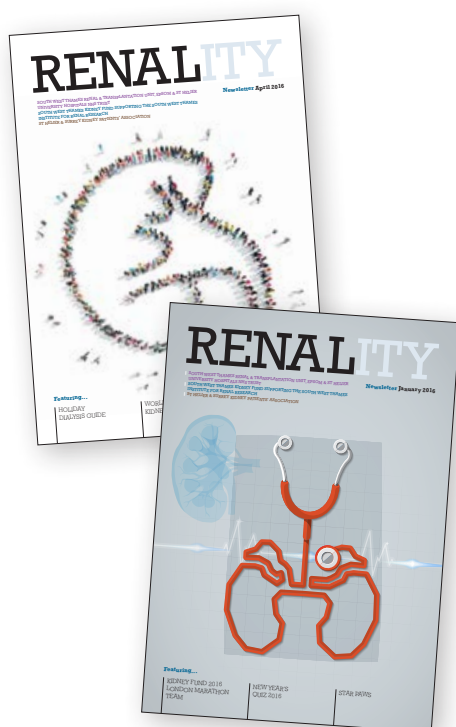
assumed to be 'whingitis' turned out to have been septicaemia. Fortunately, he has made an excellent recovery and is now back to accompanying me on my walks in the woods.

Then the alpha female did a very similar thing, disappearing and then returning a few days later but walking funnily and with large poles attached to her arms that she call crutches. I'm a bit wary of these. Either they fall over and make a terrible noise, or she pokes me with them just when I'm having a nice rest in the doorway...

The knock on from the above has been considerable. On the positive side, the kitchen floor is a lot less slippery without the alpha female's constant interventions. But on the other paw, the alpha male has been trying to keep the kennel complex in order, with frankly variable results. Lots of the shirts now look a nice shade of pink. The plants are looking as sad as his hairline. And the food has been an experience! Today's picture shows the result of a mishap with the spices after his last effort...

Hope you are all well. We are hoping for a less disrupted summer.

Elsa xx



## 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](mailto: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](mailto:anita@kidneyfund.org.uk) and we will remove you from the mailing list.

# Dear Kidney Fund Supporters,

The change of name from "The South West Thames Kidney Fund" to "The Kidney Fund" is well under way. It is hoped that this change will allow us to grow and appeal to a wider audience of supporters. Certainly much of the work is relevant to the big world of Kidney disease.

There has been a move towards integration of The Fund and the Renal Service and the Epsom and St Helier Trust. Dr Peter Andrews, Clinical Director has helped to safeguard much of the funding that comes from the Trust to running and supporting the upkeep and servicing of our Research Institute.

In recognition the Fund has pledged to award a number of bursaries to doctors and nurses on the Unit who are hoping to present papers at

National and International meetings.

Earlier in the month I attended the thirtieth wedding anniversary of two of our supporters. I think this event will be featured elsewhere in this edition of Renality. It is very encouraging when supporters remember us in this way. It also seals an important bond between Scientists, patients, nurses and doctors. We are all in the fight against kidney failure together.

I hope that many of you will be able to attend our Annual General Meeting. There will be tea and light entertainment provided. We are always looking for nominations to join our committee.

We have so many new ideas for raising money to support or cause. If you have a few hours to spare do get in touch.



With very best wishes

**Michael Bending**  
**Chairman**  
**The Kidney Fund.**



**The members of Maximus Gym in Frimley and headed up by Chris Mack & Scott Reeves, competed in the "Toughest" event on Saturday 23rd April and raised over £3,540 for The Kidney Fund in the process!**

Scott said "We found it very hard, however we did all finish".

Thanks for putting yourselves through hell for us, every penny of your fundraising will go towards finding a cure for kidney disease.



Hi - most you know me from my regular piece about the happenings in the Institute. On this occasion I wanted to introduce you to a friend of mine, Dan.



Dan



Mark

Hi.

Dan calls himself a social entrepreneur; he uses business skills and techniques to help charities and social problems, is that right?

Pretty much, yeah.

So Dan has a new idea for how the Kidney Fund can raise money for our research projects, "Crowdfunding"

It's not really a "new" idea and it's not mine, but apart from that, yes, I think you should think about Crowdfunding.

Ok, so, if it's not new and it's not yours, can you tell us what it is?

Well, it's an alternative way of funding or financing.

Alternative to what?

If you have a new idea

and you need to get funding, what do you do?

Well it depends, if it's a research project, I would write a grant application maybe to Kidney Research UK but if it was to develop one of our new diagnostic tools I guess I might look for an investor.

Yup, those are the traditional methods, crowdfunding is an alternative. Instead of going to a single traditional source you open up your idea to as many people as possible and see if lots of individuals or small investors might be interested in supporting you.

So, many little bits to make up the total; kind of like Dr Bending raised the money for the

Institute in the first place.

Many a mickle makes a muckle as they would say in Scotland.

Yeah, whatever.

So, how do you get all these little bits then?

That's where modern technology comes in, we use the internet; social media, twitter, facebook, chat rooms... You have heard of social media, haven't you Mark?

I've heard of it, yes.

Well, while you've been getting out your quill and ink the rest of the world has been communicating faster and further by messaging each other on the net. We would promote your idea and spread the word worldwide. If something catches on it can go viral and reach literally millions of people.

How do people know it's not a scam?

We would have a proper webpage on a regulated Crowdfunding platform. All the details of who we are and exactly what the money is for would be there for everyone to see.

And how do people know their money is safe.

The money is held by a third party and you can't get at it till the campaign is over and everything is publicly declared.

Well it sounds good but does it work?

It does if you do it properly. Lots of crowdfunding projects have thousands and even millions of pounds.

Now, lots of campaigns don't raise the money they're after. It takes a lot of work and you have to choose the right platform, for example you need a platform that specialises in medical research and that is completely honest about their successes and their failures like FutSci. And you need someone who is going to run the campaign professionally

Like you?

If you like, but it doesn't have to be me, you just need to remember you get what you pay for and like any project you have to pay out a little to get back a lot.

Well, I'm certainly interested, thanks Dan.

No trouble Mark, remember it's an idea that is catching on nearly half of all UK charities are thinking about using Crowdfunding, so if you're going to do it, you'd better do it before everyone else does.

# London Marathon

The Kidney Fund would like to thank the following people who ran in the 2016 London Marathon, raising in total a whopping £11,717!

**Rob Jones**

**Katie Smith**

**Hayley Thompson**

**Rachel Knight**

**Richard Norris**

**Anna Howard**



**The Kidney Fund would like to thank the following people who completed the 2016 Tough Mudder London West, raising in total a fantastic £3,854!**

**Amy Rockett**

**Claire Green**

**Dan Davison**

**Kirstie Jones**

**Lisa Page**

**Rhodri Williams**

**Jo French**

**Anna Howard**

## Anna Howard

*"I gave my husband Chris a kidney ten years ago this July and decided to run the London Marathon to raise awareness research into kidney disease. The marathon was an amazing experience and I am so glad I managed to finish. Mile 22 was definitely the toughest but my music got me through (my wedding song, yes I am a sap!!) and reminded me why I was running. The marathon was definitely as much a mental achievement as physical and has made me realise how strong I can be. I definitely needed the pint after for medical purposes, obviously!!"*

*Perhaps going into Tough Mudder six days later was a little foolish but my friends and I managed to get to the end injury free and with a real sense of accomplishment. Tough Mudder was such a bonding experience as you had to help each other out. Definitely one of the scariest and maddest things I have ever done but think I would do it again."*



## Rachel Knight

*"My legs are definitely still hurting, but feeling great from Sunday. The whole day was so enjoyable and I'm definitely doing another one soon!"*

*I'm so glad that we were all able to raise a significant amount of money for The Kidney Fund."*



## Richard Norris

*"I really enjoyed the day; the gruelling training schedule paid off and the crowd were amazing and kept me going when I started to flag at the 20-mile mark. Seeing (and hearing!!) my family cheer me on twice along the route was also a massive boost. I wanted to run it 4 hours and under and ended up with a time of 4 hours and 3 minutes, which I was really pleased with. Such a great atmosphere and I have already entered the ballot for next year's race."*





# Charity Coffee Morning great success

A charity coffee morning held on 23rd April 2016 in support of South West Thames Kidney Fund raised £638.75 for the Charity. The event, organised by Maureen Mortara and her daughters Danielle Mortara-Jones and Robyn Mortara, was held in memory of Maureen's long term friend Jane Reeves, who passed away unexpectedly in September 2015 following a short illness. Jane was cared for by the staff of St Heliers Renal Unit, Carshalton who were amazing, and also provided much needed support to her family

during a very difficult time. The money raised will help fund research into kidney disease, which is an extremely debilitating and sometimes fatal illness that can have a devastating effect on individuals and their families.

Maureen said 'We wanted to raise money in recognition of the sterling efforts of Doctors, Nurses and staff at the unit who work tirelessly to combat Kidney Disease, and to support the research undertaken in the hope that this will benefit other families. We are amazed at the amount

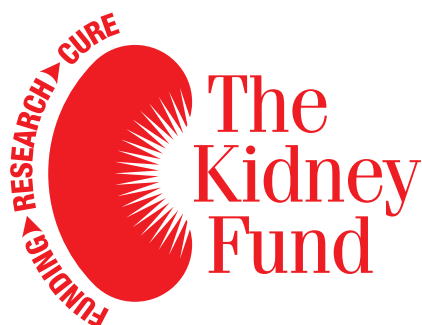


*Robyn Mortara, Maureen Mortara and Danielle Mortara-Jones with the great array of raffle prizes*

raised and are extremely grateful to all those who supported the event and gave so generously. Thank you all so very much! We would especially like to thank those who donated raffle prizes for the event including Sainsburys Farnborough, Esdevium Games Alton, Bodyline Alton, Signs Direct Bordon, Remmington Harrow

Farnham, Costa Coffee Alton, Forest Lodge Farnham and the Parish of the Resurrection for providing the venue. Finally, a huge thank you to Annie Bellan (independent Phoenix trader) and those helping on the day, without whom this would not have been such a great success'.

## South West Thames Kidney Fund & The Kidney Fund



### Dear supporters,

You may well have already noticed that a new logo has started to appear on various communications from us recently.

We are now officially in the process of changing our name from "South West Thames Kidney Fund" to "The Kidney Fund".

This is in line with our plans to become better at what we do and grow both our charity and our support network. The Kidney Fund is less regional and more reflective of our global reach through the cutting edge research into kidney disease led by Mark Dockrell and his team.

We will slowly be transitioning from the old name and logo to the new, as we renew our various contracts and documentation so there will be a period of overlap which we hope this does not cause too much confusion!

If you have any questions at all please don't hesitate to contact me.

Thank you,

**Mat Dibb**

[mat@kidneyfund.org.uk](mailto:mat@kidneyfund.org.uk)



# Tea Party

Anyone who watched the recent TV series Great British Bake Off Creme de la Creme will know that it was won by Mark Tilling (pictured) and his team from Squires Cookery School in Farnham. Mark very kindly donated the book from the series signed by himself and his team and a huge bag of chocolate to the Kidney Fund to use at one of our events.

As we are currently the "charity of the year" for the Fleet Townswomen's Guild, we couldn't think of a better place for such prizes to be used and so the book was raffled at their Royal Tea Party held to commemorate both the 90th birthday of Her Majesty The Queen and the 90th birthday of Sheila Gerhold, the Guild's oldest member. The book was won by Margaret Houghton-Brown (pictured with Rosemarie Wernham, Committee Secretary) and I'm sure the ladies will be looking forward to seeing some of her creations! We are still waiting to hear what they have done with the chocolate!!!!

All proceeds from the Tea Party will be added towards the total that will be handed over at the end of the year.



## Memorials:

The Kidney Fund would like to pass on our thanks to the families who recently donated so generously in memory of:

**Mrs Janet Wall**

**Mr Benjamin Goad**

**Dr Norman Cunningham**

**Mrs Jane Reeves**

**Mr Keith Garland**

**Mrs Rhoda Gwendoline Ladlay  
Lofthouse**

Our thoughts are with you at this difficult time.



## Any occasion

to celebrate is a great opportunity to raise people's awareness and giving to charity. So, on Saturday 9th July 2016, Deepak & Celia Mahtani celebrated their 30th Wedding Anniversary at a Central London hotel with a summer BBQ and Beach theme. Over 100 family, friends, and work colleagues were present and they invited their guests to give to 3 charities, one of which was the Kidney Fund. Deepak has been a patient at St.

Helier Renal Ward for over 20 years now and had his kidney transplant in 1995. Dr Michael Bending was his nephrologist at the time and was present at the festivities.

So far, a total of £760 plus gift aid (and donations still coming in at the time of press) was given to the South West Thames Kidney Fund.

Deepak & Celia would like to thank all who donated generously to this worthy cause.



## New York Beauty Quilt

### The Kidney Fund would like to thank...

Kate Shipton and friend Pam Andrews were generously donated a Special Quilt called New York Beauty by a local group called Farnham Quilters in order to raise funds for a Charity of their choice. The outstanding design and quality of the quilt generated an unexpected level of interest which raised £340 following an organised raffle over a period of two weeks including a display at Rowledge Fayre.

The display was part of The Lucky Bags stall organised by Kate Shipton and Pam Hibbert which again proved very popular and has become an annual event raising an impressive sum of £523 reflecting the considerable effort put into the event by Kate, Pam



and their army of helpers. The stall has become a very popular event due to the outstanding quality of the gifts which has resulted in the return of regulars some of whom use the occasion to buy their Christmas presents in advance!

The result is a total sum to the fund of £863.

***From: The Fund Raising Beauties...!***

**Kate Shipton**

**Pam Hibbert**

**Pam Andrews**

# ANNUAL GENERAL MEETING

**of The Kidney Fund & the Institute for Renal Research**

**to be held on Sunday 18th September 2016 at 2pm**

**in Whitehall Lecture Theatre, Post-Graduate Medical Centre, St Helier Hospital**

This is your chance to meet some of the people who are raising funds for kidney research and the scientists and doctors who are conducting the research. It is also an excellent chance for them to meet you!

Everyone is invited. Light refreshments will be provided.

We encourage anyone suffering from kidney disease or who knows and cares for someone suffering from kidney disease to attend.

You will learn about what we have been doing with the funds that are raised, and hear from Dr Michael Bending and Dr Mark Dockrell about the exciting research progress we have made.

There will be a lively and entertaining lecture...not to be missed!

We welcome nominations for the Executive Committee of The Kidney Fund. Please send your nominations to [Anita@kidneyfund.org.uk](mailto:Anita@kidneyfund.org.uk) by midnight on Monday 5th September 2016.



# Steady-as-she-goes

So, who else out there remembers old “Supermac”? Harold MacMillan was prime minister in the late 1950s till the early 60s and although he had a long and interesting career he’s probably best remembered for some of his quotes. “Our people have never had it so good” is one of his and another, when asked by a journalist what was likely to throw his government off course - “events dear boy, events!” The one I was actually thinking of was “the wind of change...” Now we all know that spring can be a little breezy but for most of this particular vernal season it has felt like there has been a hurricane brewing. Across the country junior doctors have been at loggerheads with the health minister, the NHS seems to be under even more financial pressure, with almost all NHS Trusts in deficit, including our own Epsom & St. Helier. Although, it should be said, we are not among the worst, not by a long way; our deficit is much less than the likes of Croydon or Lewisham and a fraction that of our neighbours up in Tooting. None the less, savings have to be made and for a while it did look like the hospital’s already diminished support for the Institute was to be cut even further. Only a solid line taken by our renal consultants, one and all, saved us from near disaster.

And it would have been such a cruel blow. The Institute continues to hold a significant position in the UK kidney world; having had a storming 10 presentations at this year UK Kidney Week in Birmingham. As you know, we currently hold a £175 000 grant from Kidney Research UK to study a possible self-healing process in the kidney and we are currently doing more work with

the clinical research team than ever before, largely thanks to Drs Swift & Makanjuola. In addition, last month I heard that we have received another grant from Kidney Research UK to fund a 3 year PhD studentship.

This most recent grant is really quite exciting. Some of those of you who suffer from diabetes may have heard about a relatively new type of drug called gliflozins and they are causing quite a stir mostly for the right reasons. In some ways they work in a relatively simple way, aren’t all the best ideas the simple ones? Basically, these gliflozins help reduce the sugar levels in your blood by making more sugar come

## Funding = Research Research = Cure

out in your urine. I know I don’t have to explain to you how the kidney works but you know I do love my science and, for me, there is no science more beautiful than biology. As you all know the kidney filters the blood, 180 litres of blood every day, but of course, the filter system allows a lot of small molecules go right through but the body needs many of these small molecules, like vitamins, minerals, salts and sugar. So, we have an exquisite system in the kidney tubule where we can retrieve what we need and only dispose of what we don’t. At least that’s the theory and in the healthy kidney it works pretty well. Usually, the body doesn’t want to waste sugar, it’s a valuable source of energy and when consumed in the right way it’s a key part of our diet. Well, what these gliflozins do is partially block some of our natural retrieval system in the kidney tubule so more sugar ends up going right down the toilet. This in itself is a pretty good

trick and it appears to work pretty well but it looks like the gliflozins have some rather good side effects.

There is now a lot of evidence that the gliflozins may improve the cardiovascular system in ways and at a speed that cannot simply be put down to the effect of dumping sugar down the loo. So, I got to thinking about the effects high sugar has on the cells in the bodies of people with diabetes; the effect sugar has on kidney cells that cause fibrosis, for example, or the effect sugar has on the cells that line the blood vessels that contribute to diabetic vascular disease. I wonder whether these drugs are having a somewhat fortuitous protective effect on specific cells in the body and, if so, could we use the in an even better way. I’ll be taking on a PhD

student in October to start this work and I have asked my long-standing friend and colleague, Professor Debbie Baines from St Georges, University of London

to work on it with me. Together we are hoping to expand the project to other areas beyond the kidney.

Returning to Supermac, the full quote is “the wind of change is blowing through this continent.” And we’ve been feeling that wind too. Whatever side you are on, there’s no question that British scientific research did well out of the EU; the UK received €6.7bn in funding from the European Commission since 2013 and gets about a fifth of all European Research Council Grants. So, without that money there could be tough times ahead; fortunately I’ve already thought about that. Next time you must remind me to tell you about Helier Scientific Ltd and how I hope it will help buffer us from any further fall in our funding. After all, funding=research and research=cure, and that’s what we all want!

**Dr Mark Dockrell**

# A message from your Chairman



By the time you read this it will be August already, hopefully the rain will have stopped, the summer has begun, we'll know who's replaced Cameron, Corbyn and hopefully all got our heads around Brexit!!

The tender documents for the Mayday extension and for the new St Helier dialysis unit have been prepared and are ready for companies to show expressions of interest to build.

St Helier's renal unit is having some improvements made to Secombe ward albeit the main refurbishment may need to be deferred until next year as there isn't spare ward capacity to allow Secombe to close for a short time to allow the work to be completed.

The unit needs to save yet more money to meet its targets, I'm unclear on the latest figure but suffice to say everything the unit needs has to

be justified, from loo rolls, through stationary and upto and including medical equipment.

Hopefully some of the UK monies destined for the EU will come our way!

## Golf Day

**Friday 17th June 2016** saw the annual KPA golf day take place at the lovely Milford Golf course in Surrey and this is covered in a separate article.

62 golfers took part and the event should raise in excess of £3,000.00 for the KPA, a fabulous total.

Thanks must go to KPA Vice Chairman, Paul Connolly and to Fay Eves for organising this wonderful annual event, to Di, Fay and Rachel all of who helped on the day and to our Treasurer, Ghansham Patel for keeping track of the day's finances. Thanks also to Milford for a wonderful course and a lovely meal.

We've already booked next year's date Friday 16th June 2017, hopefully we'll have 72 playing.



## NKF Conference

This will be held at the Hilton Hotel in Blackpool on Saturday 8th and Sunday 9th October and the KPA will pay the special package rate for KPA members.

## Other News

### KPA AGM:

This years AGM will be held on Tuesday 15th November 2016 at 7.30 p.m. in the Blue Room at the renal unit of St Helier.

That's about it from me, enjoy the summer.

Best Wishes

**Dave Spensley**  
*Hon Chairman*

## KPA Donations

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

- Mr & Mrs P Steele
- Mr C Middlemis
- Mr G Hicks
- West Byfleet Golf Club
- Sahjanand Swami Charitable Trust
- Asda, Sutton

## KPA Memorial Donations...

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

- Stewart Victor Wales
- Allan Edwards
- Jeffrey Eagelton
- Sydney Allan Edwards



*Adults from L-R are Tracey From Asda's in Sutton, Linda, Lisa and me at the back, Asda's made a donation to the KPA from their Community scheme.*

# ST HELIER AND SURREY KIDNEY PATIENTS' ASSOCIATION

## 9TH ANNUAL GOLF DAY

**What** a fabulous day, warm, dry, really well attended and we made lots of money to help patients.

On Friday 17th June 62 golfers took to the fairways of the lovely Milford Golf Course to play what has become a fabulous annual event to raise funds for our KPA.

This year's event was another roaring success with a great turnout and a financial surplus of over £3000.00p excluding Gift Aid.

The overall winner of the day was Adam Barrett with a magnificent 41 points (playing to 5 under his handicap). Mike Moore took the Congu trophy (for players holding an

official club handicap) with 40 points, 4 shots better than his handicap and Simon Greenaway took the renal trophy for patients with a fabulous 32 points, well done to all

Thanks must go to everyone who attended but in particular to;

Paul Connolly and Fay Eves for organising the event and the auction prizes.

Di, Rachel and Kevin for helping on the day and,

Ghansham Patel, our Treasurer for keeping track of our finances.

In addition my thanks must also go to the following:

Every player on the day who turned out despite some dodgy weather forecasts, boy did those forecasters get it wrong!

The many members of the Becketts Barn Golf Society and the SandM Golf Society who attended

Ivor Connolly who handled our auction and squeezed almost every last penny out of people !!!!

Milford Golf Course, its members, Head Professional Simon and the Catering & Waitressing Staff for their welcome, hospitality and fabulous meal.

Everyone went out of their way to help and we've already booked next year's event, Friday 16th June 2016.

If you're a golfer or have golfing friends put it in your diary.





# Lottery Winners

increases the amount we can pass on to The Kidney Fund.

The winning numbers and amounts over the last 6 months are:-



We have now been running the lottery for just over 6 years and with 50% being paid out in winnings we have paid out in excess of £35,000.00 in winnings with more than that being contributed to The Kidney Fund.

Thank you to all our members for their continued memberships without which we wouldn't have been able to make such a significant contribution.

Please encourage your friends, families and colleagues to join us as the more members we have then the more we can pay out in winnings which in turn

08/04/2016	101175	Broughton	£164.00
15/04/2016	101191	Guildford	£164.00
22/04/2016	101225	Wimbledon	£164.00
29/04/2016	101233	Elstead	£164.00
06/05/2016	101155	Rayleigh	£164.00
13/05/2016	101033	Oxted	£162.50
20/05/2016	101165	Farnham	£162.00
27/05/2016	101023	Birmingham	£161.50
03/06/2016	101041	Purley	£163.00
10/06/2016	101331	Farnborough	£163.00
17/06/2016	101009	Camberley	£163.00
24/06/2016	101111	Croydon	£162.00
01/07/2016	101122	Wallington	£161.00
08/07/2016	101281	Weybridge	£161.00

## Breakfast Pancakes

For a person having dialysis their body requires more protein than someone who doesn't need dialysis. These pancakes provide some valuable protein, will set you up for the day ahead, and are delicious!

### Ingredients Serves 4

#### Pancakes

100g oats  
100g cottage cheese  
2 medium eggs  
1 grated apple  
Splash of milk (if needed)

#### Toppings

Low salt bacon, grilled (optional)  
Greek yoghurt (optional)  
Honey



### Method

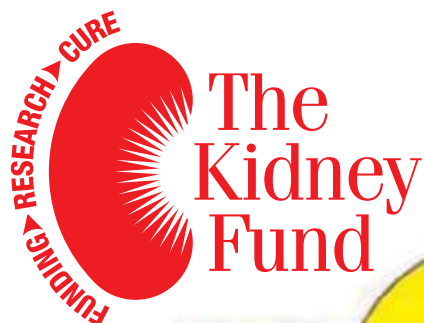
Blitz the oats, cottage cheese, eggs, and grated apple in a blender. If the mixture is looking too thick add a splash of milk to loosen to a thick batter.

Heat a large frying pan over a medium heat and add the oil. Add a full ladle of mixture to the pan (you should be able to cook two/three pancakes at a time) and cook for a couple of minutes. When you see bubbles appearing on the surface of the pancake, flip over and cook for a further 2-3 minutes until cooked through.

Add your toppings: a rasher of grilled low salt bacon or one tbsp of Greek yoghurt. Drizzle with honey and enjoy!

### Top Tips!

- ◇ Remember, Greek yoghurt will contribute to your daily dairy allowance.
- ◇ Add fruit toppings to jazz up your pancakes —choose lower potassium fruits if you are following a low potassium diet.
- ◇ Make pancakes in batches and freeze them—they can then be warmed under the grill or in the toaster for a quick breakfast on the go!



# PLAY OUR WEEKLY LOTTERY



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: \_\_\_\_\_  
 Postcode: \_\_\_\_\_ 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:

1. Standing Order Mandate

My Bank's Name: \_\_\_\_\_ Branch: \_\_\_\_\_ Post Code: \_\_\_\_\_  
 My Account No. \_\_\_\_\_ Sort Code: \_\_\_\_\_ Date of 1<sup>st</sup> Payment: \_\_\_\_\_  
 Name \_\_\_\_\_ Signed: \_\_\_\_\_

Pay to: Kidney Fund Lottery; Bank: CAFbank Ltd, West Malling; Account Number: 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 quarter
Half-Yearly Payment:	_____	number of entries @	£26 per half-year	=	£ _____	& thereafter each half-year
Annual Payment:	_____	number of entries @	£52 per year	=	£ _____	& thereafter each year

2. Cheque Payment

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 cheque payable to: The Kidney Fund Lottery & return to the address on this form.

If you have any questions or would like more information, please phone Anne on 020 8296 3698 or email [lottery@kidneyfund.org.uk](mailto:lottery@kidneyfund.org.uk)

*South West Thames Kidney Fund. Registered charity no. 800952*