

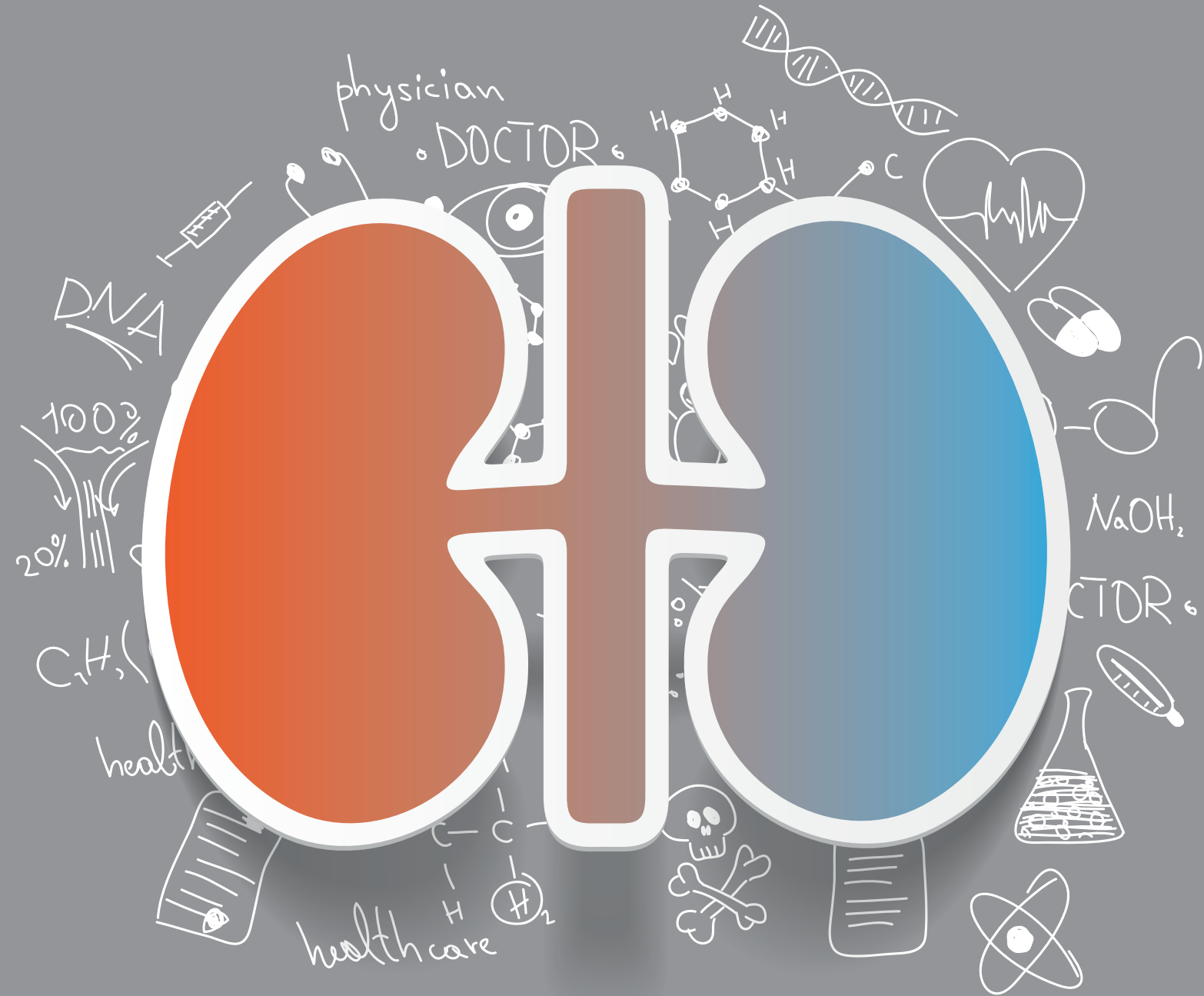
# RENALITY

SOUTH WEST THAMES RENAL & TRANSPLANTATION UNIT, EPSOM & ST HELIER  
UNIVERSITY HOSPITALS NHS TRUST

## Newsletter November 2016

**SOUTH WEST THAMES KIDNEY FUND SUPPORTING THE SOUTH WEST THAMES  
INSTITUTE FOR RENAL RESEARCH**

ST HELIER &amp; SURREY KIDNEY PATIENTS' ASSOCIATION



## Featuring...

# PEER REVIEW OF RENAL SERVICES IN LONDON

## CROWDFUNDING

BRITISH TRANSPLANT  
GAMES

# RENALITY

Newsletter November 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

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 0011 1664

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**

## 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

We would like to thank Riverprint Ltd, Farnham for their help in producing this Newsletter. Riverside Park, Farnham, Surrey GU9 7UG  
Tel: 01252 722771 [www.Riverprint.co.uk](http://www.Riverprint.co.uk).

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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)

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

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

Thank you to Edinam Amewode based in Accra, Ghana. Who kindly jumped in to assist with this edition of Renality.

# Peer Review of Renal Services in London

In my last article, I was proud to be able to summarise the excellent results of our CQC inspection. This week, hot off the press, we have also received the final report of the London-wide Peer Review of Renal Services. This has a different focus to the CQC report, representing the views of colleagues (and sometimes competitors] on the quality of renal services in London. In some ways, I think it is a more exacting and important reflection of the services we are providing.

I'm pleased to be able to tell you that the final report was again extremely positive. Comparing the reports of the seven renal services in London, St Helier had the joint highest number of commendations (twelve) and the lowest number of concerns (one). I am pleased to reproduce the executive summary of the report below:

*This was a most impressive, large and complex service, with strong nursing and medical leadership. It managed high patient numbers spread across a very large geographical area. Patient outcomes were excellent despite relatively low consultant Programmed Activity numbers, and long distances travelled in managing the satellite units. This*

*was especially noteworthy as many of the consultant medical staff also held Trust-wide senior management posts. This was a considerable achievement, but some consultants appeared to have very little time within their working week for anything but direct clinical care, and reviewers questioned the sustainability of the additional workload.*

*The team also managed a successful research programme and an active and comprehensive audit programme which covered many aspects of care.*

*Patients who met with the reviewing team rated the services very highly. Feedback was actively sought and was very positive, with the friendliness and approachability of the staff being such that they 'felt like an extended family'. The way in which patients were additionally engaged, for example in promoting home dialysis and talking at the patient education meetings, was impressive.*

*There was a clear focus on training for and delivering a large home care programme for patients on haemodialysis and peritoneal dialysis, including offering support to frail older people dialysing at home. Staff appeared willing to travel whatever distances were*



**Dr Peter Andrews**  
**Clinical Director**

*necessary to offer this. They also took blood samples from patients at home to save patients having to travel. A recent Care Quality Commission visit had included a separate review of the service, reflecting the importance of the department to the Trust and its confidence in it. The review found the service 'good' in all five domains.*

*Despite their hard work, staff were friendly and appeared relaxed, satisfied and happy in their work. The team had a strong identity within the Trust. Retention rates were high, and sickness rates low.*

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

**I would like to pick out a number of the areas of Good Practice highlighted in the report:**

- Some individuals within the team were singled out for special mention: the medical and nursing leads, the combined social worker and psychologist working across the whole service, the nurse lead at the Farnborough site, the

transport co-ordinator whose efforts were described as 'heroic', and the holiday co-ordinator who went to great lengths to try and meet patients' requests for dialysis away from base.

- There was a strong Peritoneal Dialysis (PD) programme, including ready availability of local anaesthetic line insertion. Acute PD was quite often chosen by those who needed immediate dialysis at presentation.
- The 'fistula service' was responsive and well managed. A list of patients dialysing with non-permanent lines was held centrally and there was a clear plan to convert these wherever possible.
- Patient education was comprehensive, with 1:1 sessions plus open meetings held at the centre and satellite units. Transplant sessions could be attended by as many as 60 patients, family members and potential donors. Different, recently transplanted patients and donors came to speak about their personal experiences.
- The pre-dialysis service included the offer of visits to the patient's home to discuss concerns and plans with the patient and family.
- Good information for patients was available on the in-patient wards at the St Helier hospital site. There was a notice board at the entrance showing safety and quality indicators, shift staffing levels, uniforms for the different team members and a photograph of the consultant. A bedside file contained named photographs of the nursing team and specific information about kidney conditions as well as visiting and meal times.
- Nurses employed by Epsom and St Helier University Hospitals NHS Trust were offered the chance for rotational work at any of the satellite units managed by the Trust.
- Night haemodialysis sessions were available and a plan was in place for a full nocturnal service for up to nine patients.
- Some patient information was especially good, including a 'welcome pack' at Farnborough, a patient information sheet at Purley, the illustrated

'named nurse' booklet, and comprehensive self-care training competency documents.

I am especially proud of this report, as it was produced by people who really understand renal services. I hope it reflects your own day-to-day experience.

In the next edition of Renality, I hope to be able to share details about major improvements to the dialysis services at St Helier and Croydon, and also plans to deepen the relationship between the sister renal units at St Helier and St George's Hospitals. Together with initiatives to improve renal services in West Surrey and the research activity of the unit, this is a really exciting time for renal patients in the region

## 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 Doghouse



A recent encounter with a very nice Lithuanian vet has got me thinking about the consequences of Brexit. Many of my playdates are likely to come under scrutiny. While I have never been comfortable consorting with German Shepherds (very frightening), what about the French Poodle support group, or the Welsh Collie walking group? My friend the Irish Setter is somewhat confused by the

recent turn of events, and imagine how it has affected the local Scotties!

Perhaps it would be better to expand my social circle to include the Rhodesian Ridgebacks I often meet in the woods. But I'm not sure they have a proper sense of identity – should they now be Zimbabwean Ridgebacks?

I guess the most important thing is to remain friendly with as many different breeds as I can. Every breed has its good and bad points. It's not some dogs' fault that they weren't born in Surrey, or with an immaculate pedigree like me. The Afghan Hounds have had a particularly hard time recently, and it's absolutely not their fault. I hope you all agree

that the important thing is to treat every dog and every breed on their individual merits. Except Chihuahuas.

Moving on, this month's picture shows me wearing my 'halo of shame' following the aforementioned visit to the vet. The bandages on my leg are protecting some stitches which were necessary following an unwise venture into a very prickly thicket. Why won't the local squirrels come out to play?

If you think I look bad in this photo, you should have seen the alpha male when he was presented with the vet's bill! I understand that a change in career is being actively considered...

High paw!

Elsa xx

## Acute Dialysis Team

The Acute Haemodialysis Team, led by their Manager Senior CN Albert Acheamfour have been working as part of the Renal Unit in recent years; providing 24hour haemodialysis and plasma exchange care to needing patients throughout its 3 renal wards as well as HDU/ITU.

We take pride in the care we provide, and always strive to develop and improve our patient care delivery.

Over the last few months, we undertook a vancomycin and gentamicin audit to improve the prescription and administration of these antibiotics in patients with infection.

We are proud to announce that this audit has been accepted for presentation by the British Renal Society (BRS) and the European Dialysis and Transplant Nurses Association/ European Renal Care Association (EDTNA/ERCA) both nationally and internationally.



# Dear Kidney Fund Supporters,

As you may have seen we are in process of changing our name from "The South West Thames Kidney Fund" to "The Kidney Fund". This is to reflect our ever increasing sphere of activity and the fact that the work of Dr Mark Dockrell and his team is now of International significance. We are leaving our parochial beginnings behind and venturing into the big wide world. Delusion of grandeur.... why not.

It has been a bruising year for the Fund. Hopefully, with a new era of co-operation with the Trust we are leaving that behind as well.

We were particularly pleased to welcome Steve Simper, reincarnated Renal Services Manager, as guest speaker at our AGM in September. Steve gave us a fascinating insight into the world of verbal communication and how this is so important for visually impaired people. Steve's talk had a lot to say to those battling

to live a normal life in the face of other physical disability. And we all know the meaning of that in our battle against Kidney Failure.

You will read elsewhere in Renality of the Institutes new partner, Professor Bob Price of Kings College Hospital. Mark and Bob are working together on a new diagnosis of the type on peritoneal infection in CAPD. This will be a real example of making scientific research a direct benefit to patients.

Later this week Mark is hosting a meeting at St Helier to present the research of our unit to a visitation from Kidney Research UK. We hope this will mark a new chapter in our contribution on the National stage.

We still depend very heavily on the continuing support of everyone who has the cause of patients with renal disease at heart. Without your efforts at fundraising in the last Century we would never have got this show on the road in



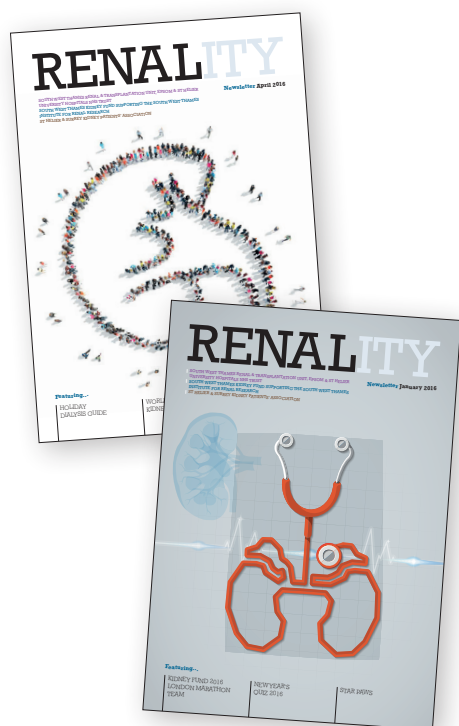
the first place. Chris Howard is our new co-ordinator of our Marathon team for 2017 and Chris is bursting with ideas for fundraising events. If there is any way in which you can help please contact Chris via the Institute.

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

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## **Florence and Ian Winchester collected donations for The Kidney Fund at their recent Golden Wedding**

"We celebrated our 50th Golden Wedding Anniversary and partied with our family and friends who kindly gifted by donating to The Kidney Fund. Ian has been receiving dialysis treatment for eight years and we would like to express our appreciation for the work and dedication of all the staff. We would like to thank Dr Mekanjuola and his team, we will be forever grateful."



## 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.



### Jonathan Douglas-Green

Liverpool was my second transplant games since my second kidney transplant 3 years ago. This year it was extra special because I was able to run with my mum in the donor run along the historic Liverpool Waterfront. Mum gave me one of her kidneys in 2003 but sadly it failed after 6 years, meaning 5 years of haemodialysis until my second transplant came along.

Since my second transplant I've felt so much better and able to take part in sports and activities without feeling terrible the next day. Last year in Newcastle

my mother and girlfriend joined me and the team to support us. They enjoyed it so much, that my girlfriend, Hannah, volunteered to help out this year. My mum's partner Terry also came along as an official supporter and Mum came and ran with me.

It was great being part of the team again and representing St Helier, and all the great work that happens in the hospital to make people better. This year I took part in archery, badminton, swimming and running. I ended up with two silver medals in the swimming, which I was very pleased with. In between the events we managed to socialise as a team and catch up with friends from previous years.

The games last year gave me a focus to stay healthy, so I have joined a couple of local clubs for running and cycling to keep fit regularly. It's really paid off, as my blood pressure has come down and my lung capacity has increased by 10%.

The games have a very special atmosphere and it's very welcoming. So if you are feeling well and used to swing a bat or a racket then we'd love to welcome you along to join us in North Lanarkshire next year. There's something for everyone from 18 to 80.



# BRITISH TRANSPLANT GAMES - LIVERPOOL 2016

The first British Transplant Games I attended was in Liverpool in 1997 and I have been going with my wife Angie and son Craig every year since to show our appreciation to Craig's donor and family, of the care at St Helier, to publicise the success of organ transplantation and to encourage more people to join the Donor register. We meet wonderful new people each year, catch up with dear friends and of course enjoy ourselves.

Many St Helier patients undergo successful kidney transplants each year but for some reason neither St Helier nor St Georges (where the operations are carried out) seem able to attract new team members. Can you think why this is? I would dearly love to receive any suggestions how we may encourage new transplant patients to join us.

When you went into kidney failure you joined



a very caring family – don't leave us, please!

This year was the 39th British Games and St Helier was represented by competitors Jonathan Douglas-Green, Moray Laing, Craig Morrow, Ran Pulik, Matt Rogers and Kevin Trimming and supporters Vanessa Douglas-Green, Angie Morrow, Terry Young and me.

The team competed in 17 disciplines and won 7 gold and 4 silver medals in table tennis (gold), swimming (3 gold & 3 silver), javelin (gold), discus (silver), shot put (gold) and ball throw (gold). Jonathan also ran in the Donor Run, which is open to all, with his mother Vanessa.

We are desperate to encourage new members to join us and for a sponsor who is prepared to sponsor the Team tracksuits, track and field and swim wear. Can you or your employer help? If so, please get in touch with me. On behalf of the team, a huge THANK YOU to SHSKPA for their financial support and to their committee and our supporters for their encouragement, we really do appreciate it.

The next British Games will be held in North Lanarkshire, 27th – 30th July 2017 and will be yet another fantastic opportunity for athletes and non-athletes alike to experience the warmth and friendship of all who attend the Games.

If you are interested in taking part and wish to be on the mailing list, contact me directly or through a SHSK-PA committee member.

If by attending the games as a spectator, listening to the broadcasts on radio and television, or reading this article, persuades just one more person to carry a donor card, then it will have been the most successful games ever.

DO CARRY THE CARD AND PLEASE LET YOUR FAMILY KNOW OF YOUR WISHES.

Graham Morrow, Team Manager  
graham.morrow@ntlworld.com

## WE MISSED YOU IN LIVERPOOL - WILL YOU JOIN US IN NORTH LANARKSHIRE NEXT YEAR?



# JO SADLER COMPLETED THE THAMES PATHWAY CHALLENGE

'What an amazing day. My friend Sarah and I enjoyed every minute. We started at 8.20 am and finished looking like drowned rats at 6.00 pm having laughed and sang as many songs with the words rain as we could remember.

Our families were there at every check point to encourage and wave us on. John was at Kingston Bridge and I felt so proud to be doing this to say thank you



## Appeal for The Kidney Fund Christmas Fantasia Fundraiser stall in Ash Surrey

*I would like to make an appeal for prizes for a One Day Draw at the Christmas Fantasia held on November 26th 2016 at Ash Community Centre, Ash Hill Road, Ash, GU12 5LL on behalf of The Kidney Fund (SWT Kidney Fund). Any donated gifts may be left at St Helier Hospital, Research Laboratory/ Renal Unit addressed to me or I can then make arrangements to collect them.*

*It would be very much appreciated if donations can be left before November 18th.*

*Thank you.*

*Angie Morrow (01252 325230)*

# Crowdfunding; the Next Great Adventure and How the Kidney Fund will save the world

In the last edition of Renality we heard about Crowdfunding, a form of alternative financing that uses the internet to make an appeal international and spread a message worldwide. The Kidney Fund have decided that they must be as innovative in their fundraising as the Institute is in its research. To fund an exciting new project and at the same time both publicise our new name and expand our network of supporters we are going to run a Crowdfunding campaign. The project is a little different from our usual work; the Institute wants to run a trial of a new device that can rapidly detect and diagnose a bacterial infection. Peritonitis remains a significant problem for many on peritoneal dialysis; this new device called "Grambacter" will reduce the diagnosis of the infection from 2 or 3 days to 5 minutes allowing their nephrologist to choose the right antibiotic right away.

But the over use of antibiotics is a much bigger issue than just the problems it causes our PD patients. We've all heard about superbugs like MRSA; bacteria that have become resistant to antibiotics. The over use of antibiotics is threatening to cause a global disaster. Dame Sally Davies, the Chief Medical Officer said that "Antimicrobial resistance poses a catastrophic threat. If we don't act now, any one of us could go into hospital in 20 years for minor surgery and die because of an ordinary infection that



**“There’s a time for everything”**

can't be treated by antibiotics."  
We have asked Dan Pyke to run this campaign.

"There's a time for everything"

This is why I am involved. My mum is the most important person in the world to me. Earlier this year she became increasingly unwell. She phoned the doctor as was prescribed antibiotics - over the phone, with NO medical diagnoses. In other words with no blood test, with no real idea what the problem was. This happened three times until April when she collapsed, and rushed into hospital. I was fortunate enough to be visiting, and able to be with her at the time. First they discovered she had a very low blood count. Then after a few days a scan discovered a lump around her kidney. As she was too weak, not having eaten properly for weeks, a biopsy could not be done, but they believed this to be cancer. Then on the 6th May, I said goodbye to my beautiful mum and watched her die in front of my eyes.

In the past I have had experience in fundraising and working with the public and about six months ago I was discussing the idea of "GramBacter™" with my good and true friend, Dr Mark Dockrell. In fact he was with me and some family while my mum passed. It was on that beautiful summers day than I firmly decided to commit to ensuring the device will get funded. You see, if in January a medical diagnosis was done, they would have discovered she didn't have an infection and could have asked – "what other problem could it be?" In my mum's case they were probably making the situation worse. You see, like many drugs, improper use of antibiotics can actually cause damage to the body, killing off the good bacteria in the stomach and damaging the kidney. My mum wasn't able to eat properly and her kidney function was already poor because of the cancer.

I know I am not alone in this experience. In fact 50% of American's are given antibiotics when they don't need them. This is a contributor to the overuse of antibiotics that is creating antibiotic resistance – a world of superbugs. Currently, an estimated 10 million people per year will die of bacterial infections if we don't do something soon; that's more than cancer and diabetes put together.

I have been given the privilege of leading your 3 month global campaign to fund the tool. To make this campaign work I want to launch it with a bang. The launch will be is on the 7th November, at the Wellcome Trust and I need as many people as possible to make a donation on the day. It doesn't matter how much, every penny helps. So, please on the 7th of November, log on to [www.futsci.com/project/GramBacter](http://www.futsci.com/project/GramBacter) and help us change the world. Would you like to be part of the campaign team? Please contact me with your name and contact details if this interests you:

Dan Pyke, [hometime50@gmail.com](mailto:hometime50@gmail.com).

GramBacter™

Detect, protect, help save 1 million lives..





## I don't want to sound ungrateful

Who could complain about the fine weather we have been having through September and right on through to October? After all, I seem to remember that this year brought the warmest September day in more than a century with temperatures up near 34°, that's nearly 94° in old money! But those of you who know me or at least have been reading my little contributions to our fine magazine for a couple of years or more will probably be aware of my love of the "season of mists and mellow fruitfulness" as Keats so beautifully put it. My expectation or hopes for something foolishly get in my way for the appreciation of what I have. Aleksandr Solzhenitsyn, the great 20th century Russian writer referred to his own belly as ungrateful, "it never remembers past favours, it always wants more tomorrow"; I certainly wouldn't want to be like that. Yet, after receiving the PhD studentship from Kidney

Research UK that I told you so excitedly in the previous edition of Renality, I do feel a little ungrateful. It turns out that it doesn't really provide enough money to cover all the costs of doing the project properly. You would think after receiving such a prestigious award I would be pretty happy about it, wouldn't you? Thanks to the tireless support of the Kidney Fund over early 20 years the SWT Institute for Renal Research is becoming recognised as a centre of excellence with an international reputation, and I'm afraid we won't compromise this achievement by settling for half measures. So, rather than turn down the money Dr Phanish and I are trying to find alternative sources of income and although I'm loathe to ask you for yet more money we may turn to you to make sure this innovative and important work can be done.

In the light of that you can imagine that I have some mixed feelings about a visit on Friday the 21st of October from those very people, Kidney Research UK! In the

last 3 years Kidney Research UK have granted the Institute over £250 000. This has been critical for our work on renal fibrosis and our study on the damage industrial pollutants like cadmium do to the kidney. It has been a very long time coming but now in addition to the money we have the prestige and the recognition we have been working towards. It is undoubtedly a bit of an honour to have them coming all the way from Peterborough to Carshalton to visit us and it is an opportunity for us to showcase the Institute and some of our work. We're planning a tour of the Institute and an afternoon of presentations, including one from the venerable Doctors Bending and Makanjuola about The Kidney Fund. Part of the reason for this talk is to show

**Funding = Research  
Research = Cure**

off how we do things and why not? We do things pretty well so it's about time we started to blow our own horn but another reason is to set the scene for a discussion about co-funding between us and them. We don't think they are going to be able to help with the core funding that we need to keep things running but once they get a proper look at the calibre of our work we intend to discuss them supporting some of the important work that is done here in the only purpose built research institute dedicated to kidney disease and those who suffer from it. That week that KR UK are coming to visit is turning out to be another busy one for us. Two days before the visit the annual regional kidney society are meeting just up the road at St George's. SWEKS (the South East & West Kidney Society) includes all the renal units south of the Thames and as far over as Portsmouth. So in addition to the Pomponian, there will be doctors from Guys', King's, George's, Kent and Brighton, as well as ourselves obviously.

This is usually a good meeting with invited experts giving talks up-dating us on key areas of interest to renal medicine and a session of 6 talks of some of the best renal research in the region. Out of those 6 talks 2 of them are coming from the Institute. Dr Pritpal Virdee will be talking about his exciting work on a pre-clinical trial of a novel therapeutic approach to treating kidney disease by manipulating gene expression, this is a really interesting piece of work culminating from over 7 years of research here at SWTIRR. In addition, Dr Ekram Nabi will be talking about our "finger-prick" method for measuring true function rather than just estimated. This work was pioneered by Dr David Newman more than 15 years ago with the help of Mr Richard Sammons, the chair of the Institute board of directors. Ekram has taken it to new levels of precision and optimised it to be even more robust and reliable.

I'm afraid with all that news I haven't left time to tell you about Helier Scientific Ltd, our little start-up company that Richard

Sammons and I have been working on. I'm afraid it will have to wait till next time, but I am really excited about it and I think it will genuinely interest some of you too.

There is saint in the Catholic Church called Basil, a curious chap from round about the 4th century he believed in living a "slightly" more austere life style than I, but he was very gifted in combining his political nous with his spiritual beliefs. St Basil once said "Does not the gratitude of the dog put to shame any man who is ungrateful to his benefactors?" Please believe me when I say I am not ungrateful to you for all the amazing support you give us; quite the opposite, every day I am grateful to the Kidney Fund for supporting our research. And as long as I have your support I will not stop our research until we find a cure. After all we all know – all together now – funding=research=cure!

Dr Mark Dockrell

# A message from your Chairman

I am nearing the end of my tenth year as Chairman and I am more than happy to continue for another year. I hope that the 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. On a personal note I would like to thank all of the Committee members, all of our Volunteers including those on the Served together with the Renal Unit staff all of whom provide invaluable support to the KPA throughout the year. We have over 800 members so we're kept pretty 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 past year. These include

- **2 Profiling beds for St Helier**
- **2 TVs for St Helier together with aerial and power installations.**
- **4 x Blood Pressure Monitors for St Helier.**
- **Renal Overlays for St Helier and its Satellites.**
- **Exercise Equipment for dialysis patients**
- **Exercise Bikes.**
- **30 bedside lockers & 30 bedside Chairs**
- **4 x Patient Wheelchairs**
- **Renal bedside folders and shared care pamphlets**

• **Financial assistance with Holiday Allowances, Travel Benefits and Amenity payments to a higher level than any previous year.**

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

• **Supporting buffet lunches and PEP's**

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 times are really tough for some of you could I please urge you to purchase them if possible as this is one of our main fundraisers and makes a huge difference to our funds and our ability to continue to help the Unit, it's Satellites and its Patients.

If you feel that you are unable to purchase them can I please ask you to return them to the address printed on the tickets as we had requests for additional books last year?

As there is no longer a St Helier patient lunch, the draw will be made at the renal unit on Wednesday 6th December during our Committee meeting; we'll be asking the renal staff and dialysis patients to draw the winning tickets.

**Holiday Home**



The KPA no longer operates the holiday home at Riverside in Bognor. Due to the low take up in bookings, coupled with the fact that the holiday home is in need of replacement, the committee felt that the funds could be used better elsewhere.

**Committee/Patient Representatives**

The KPA Committee have gained a couple of new members over the last few years but it would be lovely to have every Satellite represented. We still need reps for Kingston and Sutton.

Ideally we would love to have some younger Committee Members to enable us to represent the entire age range of 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 normally on the first Tuesday of the month.

**If you can help please contact me on 01483 426276 or email [daspensley@btinternet.com](mailto:daspensley@btinternet.com).**

I think that is all I have to 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

## Each week I am writing out a cheque for more than £160.00 and the payee could be you!!!

We have now been running the lottery for just over 329 weeks and with 50% being paid out in winnings we have paid out £37,309.50 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 increases the amount we can pass on to The Kidney Fund.

The winning numbers and amounts over the last 14 weeks are:-



15/07/2016	101141	Farnborough	£157.50
22/07/2016	101089	Addlestone	£157.50
29/07/2016	101260	Fleet	£158.00
05/08/2016	101298	Farnham	£158.00
12/08/2016	101199	Purley	£159.50
19/08/2016	101207	Camberley	£159.00
26/08/2016	101063	Camberley	£160.00
02/09/2016	101046	Chilworth	£159.50
09/09/2016	101117	Dorking	£159.50
16/09/2016	101114	Carshalton	£158.50
23/09/2016	101254	Aldershot	£158.50
30/09/2016	101027	Wallington	£161.00
07/10/2016	101317	Farnborough	£161.00
14/10/2016	101195	Worcester Park	£160.50

## KPA Memorial Donations...

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

- James Anthony Ball
- Michael Lewis

## 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
- West Byfleet Teas on the Rec
- John Brookes



## 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**

<b>Monthly Payment:</b>	_____	number of entries @	£4.34 per month	=	£ _____	& thereafter each month
<b>Quarterly Payment:</b>	_____	number of entries @	£13 per quarter	=	£ _____	& thereafter each quarter
<b>Half-Yearly Payment:</b>	_____	number of entries @	£26 per half-year	=	£ _____	& thereafter each half-year
<b>Annual Payment:</b>	_____	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*