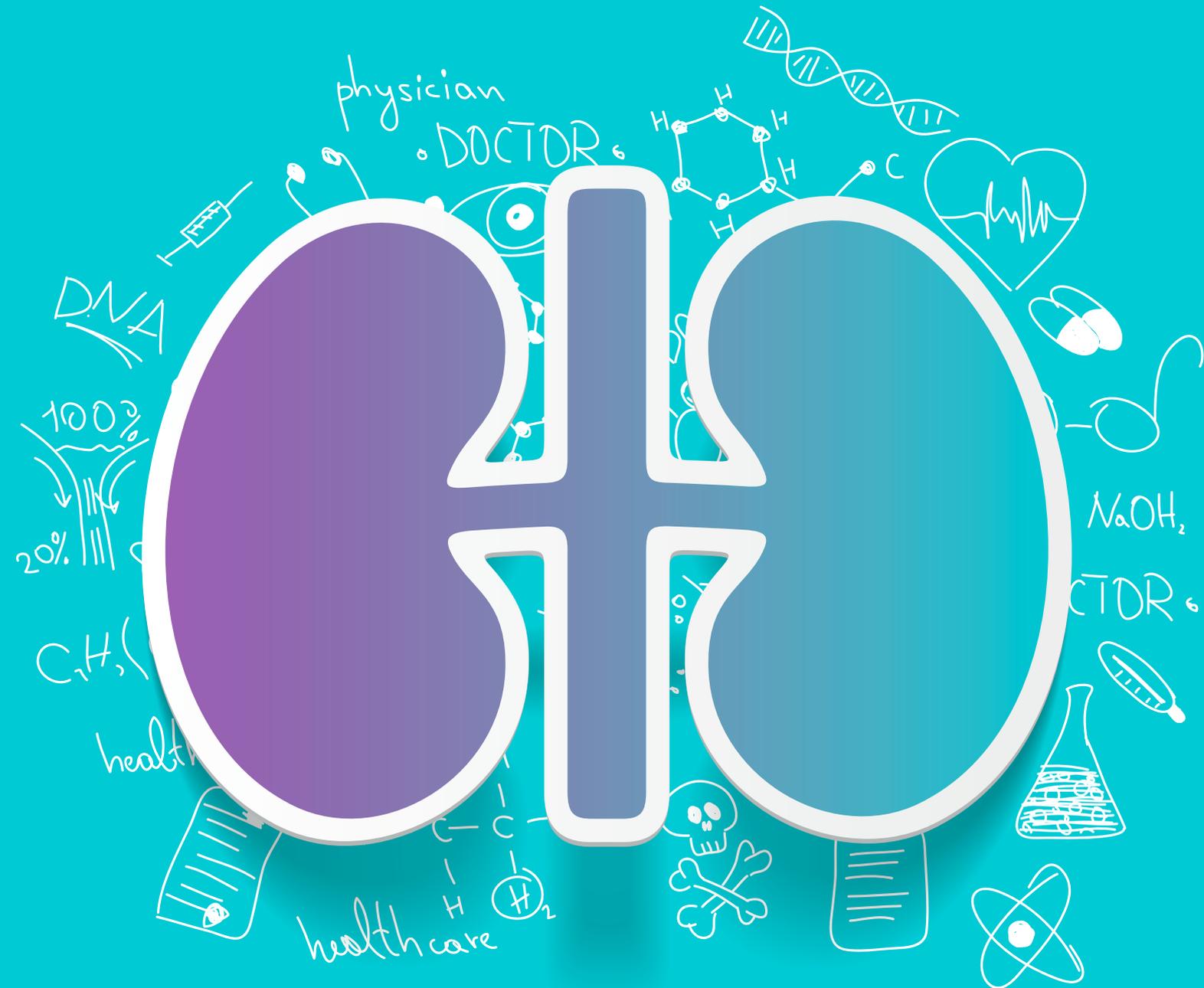


# RENALITY

| SOUTH WEST THAMES RENAL & TRANSPLANTATION UNIT, EPSOM & ST HELIER  
UNIVERSITY HOSPITALS NHS TRUST  
| SOUTH WEST THAMES KIDNEY FUND SUPPORTING THE SOUTH WEST THAMES  
INSTITUTE FOR RENAL RESEARCH  
| ST HELIER & SURREY KIDNEY PATIENTS' ASSOCIATION

Newsletter March 2017



## Featuring...

ADVANCED CARE  
PLAN PROGRAMME

CAMBERLEY  
CAR SHOW

GOLF DAY

# RENALITY

Newsletter March 2017

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

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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.

# What's Up Doc?

As another year fades from memory and we bank another 6% increase in the number of patients on dialysis and receiving transplant follow up, I can't remember a time when the health service has ever been under so much pressure. You will see this in the news and read about it in the papers, and it certainly feels like it on the ground. It really does feel like we are running hard just to stay still.

The last few months has been especially busy, not just with the increase in clinical activity and the stresses of the winter period, but also with planning for the future. At this time of year, we compete with colleagues for precious resources to maintain and develop services in the year ahead. I am glad to say that, thanks to support from our Chief Executive and senior management team, we again have much good news to report:

- Confirmation that the St Helier haemodialysis unit will be modernised and moved to a new location on the site of the restaurant at the front of the hospital. This will provide state-of-the-art facilities to finally match some of the outstanding developments in our satellite dialysis units over the last 5 years. Detailed planning work has already been undertaken, and we aim to move into the new facilities in late 2017. (Don't worry, the restaurant will be moving elsewhere!)
- Confirmation that the long awaited redevelopment of the Croydon dialysis unit will also go ahead in 2017, with a new state-of-the-art dialysis centre on the Croydon hospital site
- Funding for a new Advanced Care Practitioner nurse specialist

to lead our conservative management programme, supporting patients who do not wish to undergo dialysis

- Additional funding for our transplant nursing team
- Additional funding to support renal social work and counselling

As well as the above, I have previously mentioned our work with Frimley Park Hospital to develop a new inpatient renal service in Surrey. This is progressing well with detailed plans for a new 8-bed dialysis area approved, and this development is also planned to be completed in 2017.

To support this, we are about to appoint three new Consultant Nephrologists who will be based at Frimley, but who will have strong roots at St Helier and will work with us to enhance local care in Surrey. We hope, in time, that this will be an attractive model that other hospitals in the region may follow.

All this has happened in parallel with detailed discussions about how we may deepen our relationship with colleagues at St George's Hospital. Although it is the regional teaching centre, St George's has always been the junior partner in terms of renal services, with about one third of the activity of St Helier.



**Peter Andrews, Clinical Director**

It is fair to say that the sister Renal Units have not always worked well together. However, concerted efforts are underway to see whether we can combine the best of both services through a merger of the Renal Unit management teams, and possibly more. In time, this may lead to significant changes in service provision. Or maybe not! More of this to follow...

I should like to take this opportunity to welcome three new faces to the Renal Unit.

**Catherine Townend** has recently joined as the new Renal Service Manager, working with Steve Simper to help keep everything oiled and smooth behind the scenes. Catherine comes to us from the O&G Department, where she practiced what she preached by promptly having a baby. We hope this isn't a precedent and that her kidneys are in fine fettle!



Many of you will recognise **Tracey Salter**, who



has joined us as Locum Consultant Nephrologist. Tracey was previously a Specialist Registrar in the unit but, despite siren calls from Guy's Hospital and elsewhere, she couldn't resist the call of home. She joins another former



SpR, **Subash Somalanka**, who has been with us for several months and is combining clinical work with (still) writing

up his PhD. Both are helping to significantly ease the pressure on their elderly, overworked colleagues...

.....

This brings me neatly to the academic output of the Renal Unit. We recently had cause to review the contributions made by members of the Renal Unit to the national and international renal community, and they are frankly astonishing.

Despite having minimal or no protected time in their working week for research or education, and in many cases major commitments to the Trust management team, over the last five

years members of the Renal Unit have:

- Been elected to Council membership of the British Transplantation Society, the British Renal Society, the Renal Association, and the Medicolegal Committee of the British Medical Association, as well as many of the subcommittees of these organisations
- Chaired a national committee in Transplantation
- Made major contributions to NICE, especially in the field of chronic kidney disease
- Chaired Question writing groups for MRCP
- Advised government agencies and the British Hypertension Society on salt and the kidney
- Edited / authored more than 15 national guidelines in transplantation
- Sat on the Editorial Boards of four international journals
- Made major contributions to MRCP examining at a national level

- Published >57 papers in peer-reviewed journals
- Presented work >90 times at national or international meetings
- Contributed to 9 books
- With colleagues, secured peer-reviewed grant income of >£1.2 million
- Supervised 10 PhDs, 3 MDs, and 2 BScs
- Participated in >20 clinical trials
- Given invited lectures to National and International Societies

.....

You already know that you have an extraordinarily hardworking and talented team of doctors, nurses and colleagues looking after you. Now you know that they are not only dedicated and handsome [not sure about this bit – Ed], but also amazingly productive – and recognised to be so by their peers.

Members of the Renal Unit – I salute you all.

## Tales from the Doghouse

**This week's picture shows how I also help the academic work of the Renal Unit.** Although I don't have any fancy letters after my name, I do make important contributions. Only last week, I helped by shredding some particularly tasty documents that the alpha male brought home. Although he made a big fuss, I know he was secretly pleased. I also help protect his time by pulling out the telephone cord at irregular intervals. And best of all, as all work and no play makes a dull boy,

I provide love, affection, and lots of walks. What more can an alpha male want?

I heard a good joke recently that I thought would share with you. A man walks into a surgery concerned that he has a serious disease. A Tom cat walks in, sniffs, nods at the GP and walks out. Then a hamster walks in and does exactly the same. Lastly, a Labrador walks in, lays his paw on the man's belly, gives an approving bark, and

walks out. The man turns to the doctor perplexed. The doctor says 'Well, what are you worried about? You've had a CAT scan, a PET scan and a Lab test all in five minutes. What more were you expecting?'

The alpha male assures me that the NHS hasn't quite reached this stage yet...

**Elsa xx**



# **NEW! Advanced Care Plan (ACP) Programme, for Dialysis Patients Focuses on Patient-Centered Care**

**Lead by Jackie McNicholas (CNS) and Dr Anne-Marie Habib**

Most health care professionals and patients would agree that conversations around goals of care are key to patient-centered care.

Medical technology advances, including dialysis means that our dialysis population are living longer but we are also having more complex patients with multiple health needs coming on to the dialysis Programme. However, this means that patients are often coping with other conditions (eg. Arthritis, diabetes, frailty) or developing new ones (eg. A Dementia, cancer) and this will at some point, have an impact on the patients quality of life (QoL). For some patients, this might also ask them to question how they wish to live the rest of their life should their QoL become more difficult to cope with or even become unacceptable.

Advance care planning is a voluntary process of discussion about future care between an individual and those who provide care for them, for example a nurse, doctor, care home manager or a family member. The statement is not legally binding but should be used when determining a person's best interests in the event that they lose the mental capacity to make those decisions.

Perhaps the most wrenching question patients and families face is "which medical treatment is right for me"? The answer to this question depends upon the patient, and his or her own values and preferences and

cannot be accurately predicted by the clinician or family. Clinicians bear the responsibility to help the patient explore treatment options and to help them formulate their preferences based upon a risk benefit analysis and their own values whenever circumstances allow.

The aim of any discussion about thinking ahead, often called an Advance Care Planning Discussion, is to develop a better understanding and recording of peoples' priorities, needs and preferences and those of their families and carers. This should support planning and provision of appropriate care, and enable better planning ahead to best meet these needs. This philosophy of 'hoping for the best but preparing for the worst' enables a more proactive approach, and ensures that it is more likely that the right thing happens at the right time.

Hospital systems, however, are not always set up to facilitate these important discussions, despite clear benefits which include:

- An increased likelihood that clinicians and families understand and comply with a patients wishes.
- Higher satisfaction with the quality of care.
- Lower risk of stress, anxiety and depression in surviving relatives.
- A reduction in hospitalization at the end of life.

- The receipt of less intensive (perhaps unwanted) treatments at the end of life.
- An increased likelihood that a patient will die in their preferred place.

Some patients may have already had informal discussions with their loved ones or perhaps their GP where, if appropriate, ACP is often discussed and recorded and is becoming a normal part of the consultation. In fact, previous research has demonstrated that patients would like to have these conversations and that this often allows the opportunity to discuss worries and concerns that can be addressed to allow us to support the patient to live as well as possible from a shared approach.

At St Helier Renal Unit, an Advanced Care Planning (ACP) Team have worked carefully to develop an ACP Programme that makes these conversations happen earlier and more often. With the assistance of a Project Co-ordinator, the ACP Programme aims to be offered in all dialysis satellite units.

## **Further reading:**

*Planning for your future care*  
National End of Life Care Programme, Dying Matters, University Of Nottingham. Updated 2014 Version.

*Age UK. Planning Ahead.* April 2016  
© Age UK 2016



**Jackie McNicholas**

# Home sweet home...

**This is my first article since returning to Renal Services late last year. Some of you may recall that I worked as the General Manager in renal from 2008 to 2012, after which I was asked to support Women and Children's Services for 3 months. Well, 3 months became 4 years but I am finally back home.**

As my office remained in the heart of Renal during my 4 years with W&C I never lost touch with friends and colleagues so coming back to renal has been very easy. Reacquainting myself with staff, patients and the KPA has reminded me just how much of a family we all are and that is a real testament to everyone.

If you have already read Dr Peter Andrew's article, then you will by now know most of the wonderful things happening in the unit. However, there is one very important item that Peter neglected to tell you.

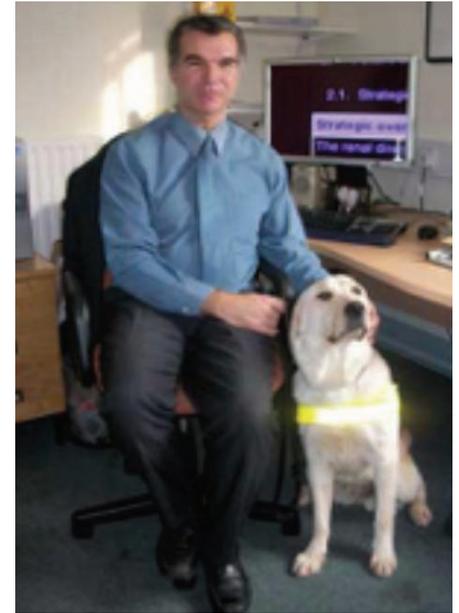
The Royal College of Physicians offer annual awards for Excellence in Patient Care, covering many areas such as: innovation, education and training, quality improvement etc. There are a few nominees for each category and this year I am both delighted and very proud to tell you that our very own Dr Peter Andrews is one of four nominations for the 'Contribution to the Profession' category which is awarded for outstanding contribution to the medical profession. Congratulations to Peter, but as he mentioned in his article, it is perhaps as well there is not a category for the most handsome!

## Facts & Figures

**Peter also spoke about just how busy the unit continues to be and I thought you might be interested to know a few facts and figures.**

- The number of patients on Haemodialysis has increased from 875 to 928 (+6%)
- The number of patients on Peritoneal dialysis usually fluctuates and has decreased this year from 123 to 114 (-7.3%)
- The number of transplant patients has increased from 788 to 842 (+6.9%)
- We have an annual budget of £15m for all non-pay items, such as drugs and dialysis consumables
- We have costs in excess of £12.3m to pay for all of our staff, which includes approximately:
  - 33 admin and managers
  - 189 nurses and healthcare assistants
  - 35 doctors
  - 8 scientific and other staff.
- We plan to generate in excess of £43m income, and to achieve this we will complete:
  - 1,937 outpatient procedures
  - 1,317 daycases
  - 1,689 in-patient episodes
  - 2,379 new outpatient appointments
  - 29,850 follow-up outpatient appointments
  - 35,857 PD sessions
  - and a staggering 131,893 HD sessions.

And if this was not keeping our doctors and nurses busy enough, this year:



- We had our own anonymous Super Hero who helped a pregnant lady in distress outside of the maternity block
- In the Summer, Susie Mallinder, Anne Hurley and Albert Acheamfour spent 4 days at the European Dialysis and Transplant Nurses Association conference, where Susie presented the Band 4 assistant practitioners project, Anne presented the case study of the lady who continued PD as well as HD during her pregnancy and Albert presented factors affecting the post-dialysis levels of vancomycin and gentamicin in haemodialysis patients.
- We saw the launch of ASSIST-CKD, a GP early warning system. This national project is led by our very own Dr Hugh Gallagher and the system went live at our Trust in September 2016
- Dr James Marsh continues to work as joint medical Director for the Trust
- Dr Rebecca Suckling has a trust wide role as Associate Medical Director for quality

- Dr Pauline Swift also represents the Trust as Associate Medical Director for R&D and Innovation
- Dr Peter Andrews is our Renal Clinical Director
- Dr Fiona Harris takes clinical leadership in the unit
- Clinical Nurse Specialist, Patricia Trueman is the Trust's Raising Concerns Guardian
- And so it goes on...

## Money Matters

**What could you do with £140,000? The Renal unit could find very many things to do with this money. We could buy 10 dialysis machines, employ 3 more nurses, update our aging environments or reinvest in other areas.**

And did you know that all of you could very easily give the unit £140,000 each year without donating a penny?

Sounds odd? Well, did you know that if you don't cancel your transport when you intend to make other arrangements, we are still charged by our transport provider. Also, when you decide not to attend your dialysis session without giving 24hrs notice, we are charged over £100 by our dialysis providers. You may be surprised that we lose nearly 300 journeys each month and over 700 cancelled dialysis sessions each year costing the unit £140,000.

So you can make a difference by ensuring you keep your dialysis centre aware of any changes to your normal routine. Please help us to help you.

## A Message from Jenny

**His Master's Voice told me about the letter that Elsa submitted to Renality and I was less than impressed with her antics. Surely she must know that her Alpha Male is very important and she should be**

**rather more professional, as I am at work – I bet she has never even seen a hospital, let alone worked in one!**

However, I know she is much younger than me and doesn't have to guide her Alpha Male so I can forgive some of her poor work ethic.

You would think that working in a hospital might give me preferential treatment but no, I had to go to my local health centre (called a VET) where I had to wait with other miscreants making a lot of noise and clearly without any 'toilet' etiquette. And after all that waiting I had to have an injection, tablets, ear drops and must go back to have a broken tooth removed. I was 63 in February so perhaps it is just a sign of old age!

Unlike Elsa, I don't have a joke but I do have a question which has puzzled me for years: *'who is a good girl?'*

**Steve Simper,  
Divisional General Manager**

# Reducing Costs and Waste

**In the Renal Unit we are always trying to reduce waste. By doing this responsibly we can then spend more money on your care.**

Not attending for a Haemodialysis Session at any of the Haemodialysis Units, without giving 12 hours notice, results in the Renal Unit being charged for the session, but not being paid by NHS England, therefore losing money. The reasons we are charged are because the nursing staff have been booked to dialyse you and the consumables (dialyser and lines for the machine) may have been opened, so will need to be disposed of.

Please can we ask, if you are receiving Haemodialysis at any of the Haemodialysis Satellite Units or St Helier Hospital, that you contact the unit at least 12 hours prior to your dialysis session and let the nurses know if you are not going to attend for your planned Haemodialysis session.

Currently we are wasting £15,000 per month on 'missed haemodialysis sessions'.

There will be exceptional circumstances when giving 12 hours notice is not achievable, but we do know there are many occasions when this is not the case.

**Please help us reduce costs and waste.**

Thank you for your co-operation in this matter and if you require any further information, please do not hesitate to contact me on 020 8296 2330.

**Susie Mallinder  
Renal Head of Nursing**

# Do you need a mission in 2017?

**We are looking for a number of volunteers to work from home in increasing the income for Kidney Research in our Institute Laboratories in Carshalton.**

Throughout the south of England retail chains are adopting Charities to support. You will have seen the green tiddly-winks handed out at check-out with the option of supporting one of three good causes. All we have to do to include The Kidney Fund is to visit stores and collect and fill in application forms. This venture not only raises funds but just as importantly, it raises awareness of the battle we are all waging against kidney failure. If only we had one or two volunteers in each town in Surrey and North East Hampshire and a volunteer in each

village, we could speed the vital work of Dr Dockrell and his team.

Working to support The Kidney Fund brings great personal reward in the sense of personal satisfaction in knowing we are all in the business of self-help.

This venture is this month's bright idea. All the time new schemes are hatching and we are in constant need of support and boots on the ground. A few hours a month spent and The Kidney Fund can bring a new sense of achievement to life. It can also supply new friendships and deep satisfaction.



Do contact us by phone 0774 780 249 or anita@kidneyfund.org.uk or in person when you are next visiting the Renal Unit at St Helier. Alternatively talk to your Nurse, or dialysis team or Consultant when you get a chance.

I do hope that we can renew our efforts this year and surpass our previous targets

Yours very sincerely

**Michael Bending**  
*Chairman of The Kidney Fund*

## ARE YOU MISSING OUT ON OUR LOTTERY?



**Our lottery is still going strong as we approach 350 weeks with almost £40,000.00 being paid out in prizes!!**

This means at least £40,000.00 being paid to The Kidney Fund from your subscriptions and donations.

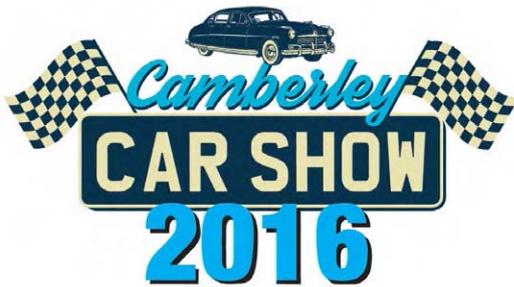
Due to various reasons we have had several members not renew their subscriptions and we'd love any of you that want to return to contact us and we'll gladly reinstate your membership.

Come and join in the fun whilst contributing to a cause that's so dear to all of us and GOOD LUCK!

Just complete the mandate or e-mail lottery@kidneyfund.org and we'll send you a mandate for completion.

The winners since the last issue of Renality are:-

21/10/2016	101190	Shirley	£159.50
28/10/2016	101066	Bookham	£158.50
04/11/2016	101078	Crawley	£159.00
11/11/2016	101326	Banstead	£158.50
18/11/2016	101322	Bordon	£157.00
25/11/2016	101206	New Malden	£158.50
02/12/2016	101157	Purley	£159.00
09/12/2016	101043	Aldershot	£160.50
16/12/2016	101269	Crawley	£161.00
23/12/2016	101088	Woking	£161.00
30/12/2016	101215	Sutton	£161.00
06/01/2017	101158	Sandhurst	£162.00
13/01/2017	101079	Walton on Thames	£157.00
20/01/2017	101313	Ashted	£157.00
27/01/2017	101045	West Molesey	£156.50



## 2016 Camberley Car Show raises **£11,660.00** for Kidney Research

The Camberley Car Show, now established as an annual event, was conceived by Ken and Glenise Bonner to raise money for Kidney Research following Glenise's very successful kidney transplant in 2010 in an attempt 'to give something back'.

This, the 5th Camberley Car Show took place on Saturday 3rd September 2016 with over 200 rare and classic vehicles, of many makes and eras on static display in and around the main streets of Camberley Town Centre.

Over 200 collection buckets/tins were strategically positioned amongst the vehicles on display for the collection of donations from the visiting general public and each vehicle on display was also 'sponsored' for the day by a variety of local businesses (at £10 donation for each vehicle) to the Kidney Fund with some businesses generously sponsoring multiple vehicles.

Two members of staff from Barclays Bank, Camberley Branch very kindly 'adopted' us as their chosen charity and gave up their day to help out at the Show. In so doing, Barclays Bank very generously 'fund matched' the event at £2,000.00.

The total money raised in 2016 was £11,660.00 resulting in £9,580.00 being donated to the The Kidney Fund with the remaining £2,080.00 raised by the 'Sporting Bears' team donated to the Charity, 'Kids Kidney Research'.

In addition to the many friends and family members who helped out at the Show, a number of kidney patients and their partners/relatives gave up their day to help out, including Martin and Cynthia Banton, Graham and Angie Morrow, Chris and Clare Barrett (and Chris's parents), Jackie Magness, Annie yuk ying Tse, Alexia & Christopher Ross-Lewin - so grateful thanks to all for their very valued help!

In addition to the vehicles, there were various street entertainers, roving musicians, free face-painting for children and of course, being a town centre location, lots of shops, restaurants, coffee bars and pubs on hand so a real free, family fun day out.

The 2017 Event is already being planned and the date has been set as Saturday 19 August so make a diary note now and please come along.

For further information please see - [www.camberleycarshow.co.uk](http://www.camberleycarshow.co.uk)  
or e-mail [kenbonner@btinternet.com](mailto:kenbonner@btinternet.com)

The total raised and donated to kidney research by the Camberley Car Show, over the five year period, now amounts to £30,108.42 (which includes £3,350.00 raised by 'Sporting Bears' and donated to 'Kids Kidney Research').



(Bloodhound mage courtesy of Flock and Siemens)

☆ Live Music ☆ Street Entertainers ☆ Free Children's Face Painting ☆ Sporting Bears & More!

# “When you meet people, show real appreciation, then genuine curiosity”



Looking back over my last piece for the autumn edition of Renality, I think I may have come across as a touch negative. You might have thought me unhappy and unappreciative; believe me when I say nothing could be further from the truth. It may surprise you to read that many years ago when I was doing my PhD at the University of Edinburgh I didn't have it in my life plan to be working in the labs tucked behind St Helier Hospital in Carshalton trying to run a research Institute. I have to confess I barely knew where Carshalton was, I'd never heard of St Helier Hospital and I didn't even imagine that they might have a renal research Institute. Now, now, I find it hard to imagine a better place to be.

I may well have mentioned to you before that the South West Thames Institute for Renal Research is a unique place. Recently, I had the pleasure of sharing supper with Richard and Maggie Sammons. Richard had been going through his attic to find some papers about the building and opening of the Institute. Among the papers were many pictures of the patients and their family and friends who were involved. I'm sure that part of what makes the Institute special is the involvement of the patients right from the very outset; people like the Sammons, the Porters, the Morrows, the Goddens and the Simpsons. And we still need your involvement, your in-put at all levels. A couple of weeks ago I was sitting with Dave Spensley, Pauline Swift and David Mankanjuola discussing how patients might help in the design of future research projects; setting the agenda as they did 20 years ago, but I'll come back to that later.

I mentioned in the last edition of Renality that we had been awarded a Kidney Research UK PhD studentship. The project is a study about whether the diabetes drugs, gliflozins – *Canagliflozin*,

*Dapagliflozin*, *Empagliflozin*, *Ipragliflozin* etc – might have additional benefits in treating diabetic kidney disease. It's a really interesting project for a lot of reasons. It will help us understand some basic functions of the kidney, it will allow us to start investigating a new and exciting class of drugs and it will bring some of our research expertise closer to you, our patients.

**Funding = Research  
Research = Cure**

To do this work we will use our specialist skills working with human kidney cells to understand how they handle sugar, something particularly significant for patients with diabetes. We will be working with pharmaceutical companies and we will be asking patients to participate. We have just recruited Xinlu, another graduate from my alma mater, Edinburgh University, to carry out the project. Xinlu is very bright and really enthusiastic; she comes highly recommended by an old friend of mine, Professor Karen Chapman. I think, once she settles in I might

re-start the old Road Shows so we can come round and you can meet her. The work wouldn't be possible without all our friends and colleagues – all of whom I really appreciate. Dr Mona Wabha and Dr David Mankanjuola have been involved in a clinical study using *Canagliflozin*; both of them have been really supportive. Dr Steve Hyer who runs the diabetes clinic, here at St Helier, has offered his help and of course without Dr Phanish it wouldn't be possible. Beyond St Helier up at St Georges Professor Debbie Baines will be working with us. Apart from her expertise with sugar and lung infection, Debbie and I have co-supervised 3 PhD students dating all the way back to Dr Ramaswamy Diwakar in 2002. Our collaborators in California, Ionis Pharmaceuticals, have also offered to work with us on this project. This could only happen here, at SWTIRR! How could I not appreciate this?

Xinlu is only one of three new recruits to the Institute; Abi has joined us, working on another Kidney Research UK project and Kameljit has been appointed as our post-doctoral fellow, funded by a generous donation from my dear old mum – there goes my

inheritance. I shall have to tell you about those two next time. It is very exciting bringing in all this new talent to our Institute.

You might think that with all this going on we don't need patient involvement anymore. You would be very very wrong. We need you more than ever. SWTIRR wouldn't be SWTIRR without you! We need your help with the Kidney Fund and we need your help at the Institute; drop me a line any time and we can chat about how you can be part of the fun.

You've probably spotted that I like to show off by dropping in quotes, so here's another by old Voltaire of all people – *"Appreciation is a wonderful thing; It makes what is excellent in others belong to us as well."* I will never cease to appreciate the people I work with and for (you). And I appreciate my opportunity to be involved in helping to find new treatments for kidney disease.

*Funding=Research=Cure*

**Dr Mark Dockrell**

**2016 was the year for the Brownlee brothers...**



**2017 is going to be the year for the Bowen sisters!**



**Emma (a former Renal Unit Physio) and Katie Bowen are running in this years**

**LONDON MARATHON!**

**Sarah Bowen (Sister on the Renal Unit) is supporting them by running the Hampton Court Half Marathon in February**

**All money goes to The Kidney Fund**

**Please donate generously via the website:**

**[www.justgiving.com/fundraising/](http://www.justgiving.com/fundraising/)**

**Katie-Emma-Bowen**



## **Dennis Oldreive Amy CMG, OBE**

### **21 October 1932 – 18 August 2016**

**On behalf of The SW Thames Kidney Fund Frimley Park and Guildford Branch we would like to let all our members past and present, friends and contributors the very sad news that our dear friend Dennis Amy passed away suddenly but peacefully on August 18th 2016.**

Dennis, our amazing chutney, marmalade and jams king, raised many thousands of pounds for the SW Thames Kidney Fund. We have all been in wonderment of his skill

and dedication and determination to follow on in his dear wife Helen's name. Helen had a kidney transplant at St Helier Hospital 20 years ago and in 2001 decided that, with Dennis by her side chopping and slicing the fruit and veg, it would be a good idea to make chutney and raise money for the fund, which my goodness it did.

Sadly Helen passed away 10th June 2005 and that is when Dennis decided he would continue.

We will miss Dennis so much he was a kind, caring and very gentle man, always ready to offer help and support, a real friend to all.

Rest in peace Dennis and thank you for everything we will never forget you.

**Angie & Graham Morrow**

**Since Dennis passed away his family have sold the remaining preserves raising a further £432 for the Kidney Fund**

# A message from your Chairman

I hope that you had an enjoyable Christmas and New Year and that you are looking forward to 2017.

Following re-election at the AGM in November, I have now started my eleventh year as Chairman and the Committee and I will continue to provide support to our KPA members and the patients and staff at St Helier and its Satellites. A full list of your Committee members appears in this edition.

The KPA AGM was held on 15th November 2016 and was attended by a disappointing total of only 11 people,

9 Committee Members and only 2 KPA members. All of the Officers and Committee Members were re-elected.

As there's no longer a Christmas patient lunch at St Helier (as the numbers have fallen year on year), the KPA have maintained the level of financial sponsorship for the individual parties at St Helier and every Satellite at £3.50p per patient, we also gave every renal St Helier in-patient a Christmas card containing £5.00p.

The Grand Christmas Draw took place at St Helier on Tuesday 6th December,

the winning tickets being drawn by the Dialysis nurses and Renal Unit General Manager.



Details of prize winners are published separately. The draw showed a surplus of £1673.00p which was down on 2015. My sincere thanks go to everyone who purchased tickets despite the uncertain economic climate, to Jackie Moss for sorting and folding thousands of counterfoils and to Ghansham Patel and Jackie for recording and banking all those individual £5 cheques, a job I know they probably both loved doing!!!!.

## Golf Day

Following the success of our previous golf days we are holding another event playing the lovely Milford Golf Course in Surrey. The event will be held on **Friday 16th June 2017**. This is a lovely venue which will provide a great day of golf for players of all abilities, it would be great to get 72 players or more so if you're a golfer please book your place and bring a friend. A poster on the event is included within this edition.

## Other Matters

The KPA Committee is still looking for new members and patient representatives for Kingston, Purley and Crawley.

The KPA has over 800 patient members and the renal unit cares for over 4000 patients so hopefully a couple of you could consider joining Committee to represent fellow patients

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

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

The position isn't onerous; we meet once a month in the Blue Room within the

Renal Unit at St Helier at 7.30 generally on the first Tuesday of the month. It isn't essential that a Committee member attends every meeting as a report can be sent by email, letter or even a phone call.

We are also looking for volunteers to help on the servery counter at St Helier, if you are able to spare a morning or afternoon you would be helping the patients enormously, obviously without volunteers we can't open.

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

Finally, may I, on behalf of the Committee, wish you a happy and healthy 2017?

Best Wishes

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

# St Helier & Surrey KPA Christmas Draw

Following the Grand Christmas Draw at the Renal Unit, St Helier hospital on 6th December 2016, we are pleased to announce the winners were as follows:

	Winner	Total Prize Won
First Place	J HOLMAN	£500.00
Second Place	B RUTHERFORD	£200.00
Third Place	M REGAN	£100.00
Fourth Place	P KELLY	£50.00
Fifth Place	M ELLIOTT	£50.00

We would like to congratulate all of those people above and say a big thank you to all of you who once again, despite the current economic climate, purchased the draw tickets.

**This event raised over £1,650.00p for the KPA.**

## 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
- Martell's of Sutton Ltd
- M Saxby
- Dorking Golf Club (Ladies section)
- Yorkshire Building Society Sutton Branch

## St Helier & Surrey KPA Committee Members – 2016/2017

### Hon. Chairman

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### Minutes Secretary

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### Membership Secretary

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### Hon. Deputy Chairman

**Satellite Liaison – West Byfleet**

Paul Connolly  
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Email: **patricia.mike@virgin.net**

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### Press & Public Relations

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Croydon, Surrey CR0 1SR  
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Mobile: **07851 589228**  
Email: **jamesjohnedgar@gmail.com**

### Satellite Liaison – Farnham

Barbara Parker  
32 Eastwood Road  
Bramley, Surrey GU5 0DS  
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Mobile: **07835 344466**  
Email: **beparker32@gmail.com**

### Renal Social Worker /Amenity Subcommittee

Celia Eggeling  
Renal Unit, St. Helier Hospital  
Tel: **0208 296 2940**  
Email: **Celia.Eggeling@esth.nhs.uk**

# Story of a KPA Donation

## Two things happened at much the same time...

**Firstly my diabetic (type 2) husband's kidney decided it had had enough of a working life and finally packed up into retirement mode. 2 operations and a total of over 2 months in hospital later he started on the dialysis route – firstly at St Helier and then at the Crawley satellite centre.**

I will not bore you with the details of the double hernia operation, a failed attempt to introduce a working PD catheter, 2 doses of infection, emergency ambulance to hospital, insertion of several “lines” and finally a working fistula – hooray!

Retrospectively some of the times in St Helier were hilarious – imagining we were in a police station (blue uniforms) – imagining rats in the ward (not sure where that one came from) – deciding to leave the ward in the middle of the night to go home (15 miles away) much to the consternation of the nursing staff when they had to prevent him, etc. etc., not at all funny at the time but different when looking back.

Secondly I took over the “Lady Captain reins for a second time at Dorking Golf Club – but for a strictly limited time, to be followed by Carol Smith, Alison Suttie and Jane Collard over the year. Although our course is in a stunning setting, with a challenging course, we are only a fairly small Golf Club, with a correspondingly small Ladies Section. However we follow the tradition, long



*Photo shows Jane Collard (Ladies Captain) and Ann Austin (Past Captain) presenting the cheque to Dave Spensley and Paul Connolly of the Kidney Patients Association*

held in Golf Clubs (Ladies sections too) of nominating a Charity for the year.

This combination of events produced the “Light bulb moment” – why not join the two events and use the Ladies charity to support Kidney Patients?

Renal Patients, whether on a Transplant programme or on one of the forms of dialysis, live with enormous disruption in their lives. It seemed to the combined Lady Captains that the SHSKPA (St Helier and Surrey Kidney Patients Association) brought a little light into a fairly dark situation with help in a variety of ways.

So, over the next 12 months the Ladies embarked upon a series of fundraising events. A Charity Golf Day, two Charity Bridge Days, (Fabulous Golf Club lunches with all these) Quizzes, Raffles, “Clothing for Cash” collections and generous individual donations into the Charity Boxes from the Ladies all contributed to a magnificent £2025 raised. This represented a huge amount of time, effort, dedication, commitment and generosity on the part of the Ladies who responded fantastically.

On the morning of the Ladies Christmas Lunch day in December

heavy fog shrouding the course had delayed the start but the Ladies' Christmas golf competition eventually got under way under sunshine. The competition for the Chris Greatbatch trophy, won by Maureen Paul, was the start of the Festivities which continued with Mulled Wine and a sumptuous Christmas lunch in the newly refurbished Club House.

Dave Spensley, the Chair of SHSKPA, and Paul Connolly, Vice Chair on behalf of the KPA took time out of their busy lives to visit the Club to receive the cheque (with many thanks for such a

large sum) and recounted their own connections with St Helier – Dave and his wife having donated a kidney each to their twin daughters and Paul on dialysis for over 15 years.

They outlined the various ways in which the charity helped the kidney patients at St Helier and the outlying Satellite Dialysis centres in Surrey and explained vividly the difficulties and problems patients faced with renal failure.

The Christmas event was a tribute to the Management and Catering at the Club (open to non-members too for

events /meals) and to the welcoming and social attitude of all the Golfers at Dorking where new members are always welcome – just contact the club or look on the web site [www.dorkinggolfclub.co.uk](http://www.dorkinggolfclub.co.uk). It was made very special this year with the two KPA representatives attending and giving such a personal insight into the work of the KPA.

Thank you both and all good wishes to SHSKPA and all kidney patients from the Ladies of Dorking Golf Club.

**Ann Austin**




## St Helier and Surrey KPA Golf Day

**In Aid of St Helier and Surrey  
Kidney Patients Association**  
(Registered Charity Number 266391)

**Milford Golf Course  
(Surrey)**

**Friday 16th June 2017**

**Cost — £48.00 Per Person**

**The day will comprise of:**

- A shotgun start
- A Singles Stableford Competition (Full Handicap)
- Prizes for "Longest Drive" and "Nearest the Pin"
- Bacon Roll on arrival
- Three Course Sit Down Post golf meal (Please advise of any vegetarian dietary needs)
- Auction & Raffle

**For Further Details or to book a place please contact:**

**Paul Connolly  
Hon. Vice Chairman  
St Helier and Surrey KPA  
5 Acorn Grove  
Woking  
Surrey  
GU22 9PB**

**Telephone: 07837 344 732  
Email: [connollypaul@hotmail.co.uk](mailto:connollypaul@hotmail.co.uk)**

**Cheques should be made payable to  
St Helier and Surrey Kidney  
Patients Association**

**whose members thank you**




## KPA Memorial Donations...

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

- Mick Taylor
- Jonathan Reed
- Barbara Mary Mills
- Peter Haart
- J.M. Lady Bannerman
- George Finch
- May Robertson
- Raymond Blackman
- Eileen Holder
- Ellen McCarthy



**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*