

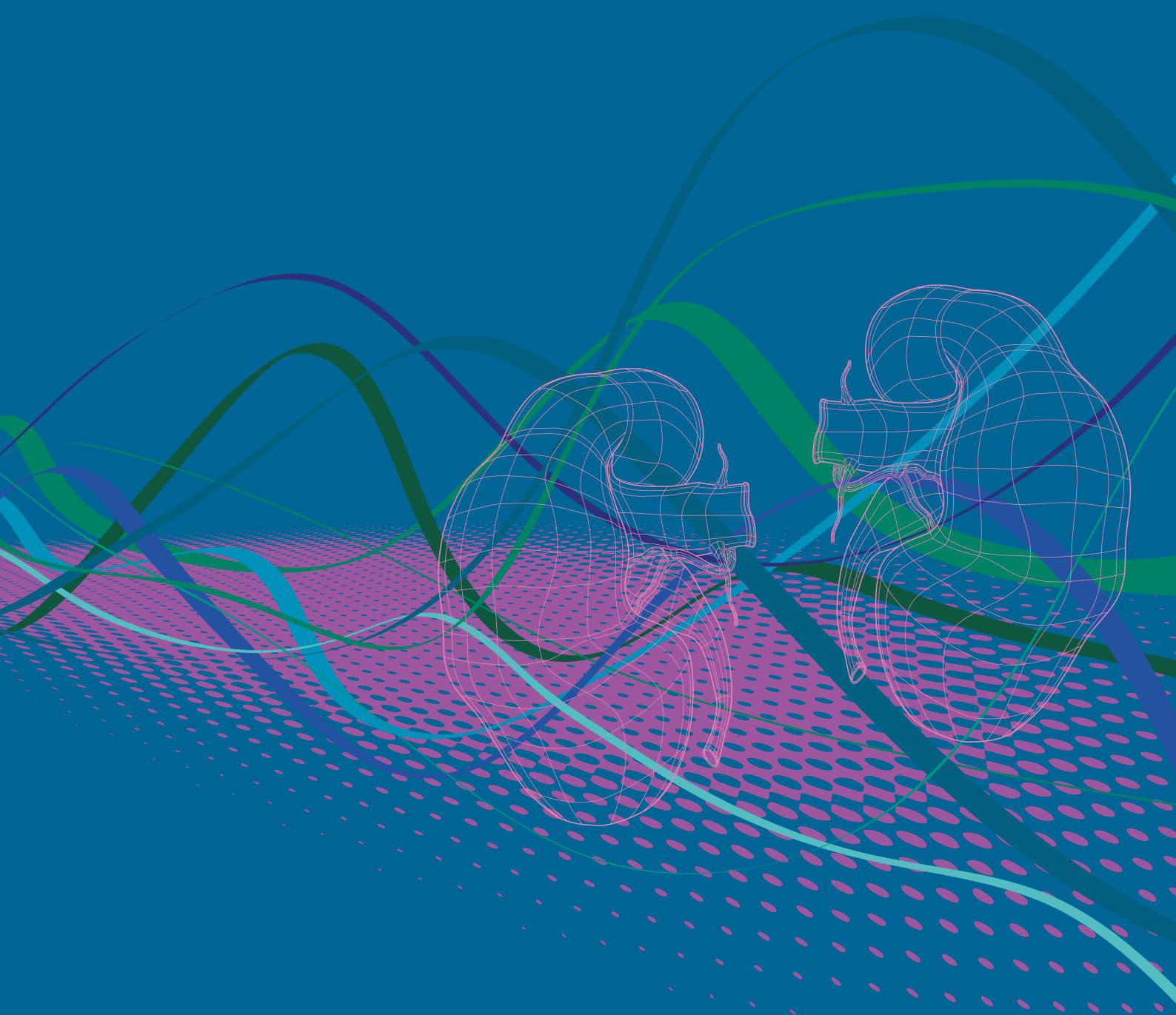
RENALITY

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| SOUTH WEST THAMES KIDNEY FUND SUPPORTING THE SOUTH WEST THAMES
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Newsletter October 2018



Featuring...

MAYOR OF SUTTON

20K TO MARK 20 YEARS

TRANSPLANT GAMES 2018

RENALITY

Newsletter October 2018

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

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We would like to thank Kall Kwik, Farnham for their help in producing this Newsletter. Kall Kwik, Farnham, Surrey GU9 7EN
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REMEMBER...

Our website addresses are:

South West Thames Kidney Fund:
www.kidneyfund.org.uk

South West Thames Institute for Renal Research:
www.swtirr.org.uk

St Helier & Surrey Kidney Patient Association
www.shskpa.org

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 Joanna Pope/Beverley Searles at the Renal Unit on 020 8296 3199/2587.

Going Back To Our Roots

From the 1st October we, Ginny Quan and Fiona Harris, are officially taking over as joint Clinical Directors of the renal unit. We do this with much excitement but also a little trepidation as we follow on from Peter Andrews and all that has been achieved in the 7 years that he has led the unit.

Fiona entered the renal unit as a consultant in 2002 and Ginny joined as her job share partner less than a year later in 2003. We were respectively the 5th and 6th consultants in the unit; now there are 22 of us!

Consultant job share partners at that time were unusual, we think we can claim to be the first renal job share consultants in England and have both always appreciated that the unit and hospital took the initiative to appoint us into these roles. We gained flexibility, but we hope the unit gained much more than two half time consultants and as our respective families have grown we have taken on more work, different roles within the unit and led on various facets of the renal unit's strategy. We have however continued to share an office; our desks shoehorned into the limited space that is the friendly but cramped consultant's porta cabin. As we now go back to our roots and again take on a job share position, the last 15 years have enabled us to understand not only how each other works and how we best work together, but also exactly how far we can move our chairs around without crashing. To celebrate our new role, we have reorganised our desks to be next to each other rather than back to front. Our next aim is to tidy them up to imitate Peter Andrews' pristine desk - always an oasis of calm.



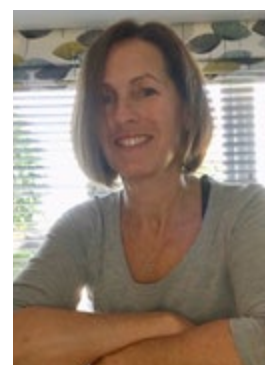
Dr Ginny Quan

All about Ginny:

I have 3 children and a husband, Jonathan. This has caused considerable confusion in the past I have lost count of the number of times that people have asked me if I am married to Jonathan Kwan (please note the different spelling!) - I can assure you this is not the case, my husband is half Welsh, not a doctor and talks at half Jonathan K's speed. We also have a cat called Hobbes. Following on from the contributions of Ella and Freeman my youngest daughter and I did briefly discuss with Hobbes whether he thought he could make any useful contribution to Renality, however being a cat of few words and difficult to assess mental capacity we have agreed to release him from any published comments and are grateful that Ella and Freeman are going to continue in their role.

Within the unit I am very involved in the transplantation service and especially in the living donor program. I have also been privileged to lead on the rediscovery of our home

haemodialysis program that has grown from just one patient in 2009 to 30 this year. Over the last 10 years I have organised the training and organisation of the renal registrars at St Helier and for much of that time have been the program director for renal training throughout South London - a post that I will resign from as I take on the cd role.



Dr Fiona Harris

All about Fiona:

Not to be outdone, I also have 3 children (though admittedly Ginny got there first), and a husband who has nothing to do with the world of healthcare, and thankfully hasn't caused confusion with names. Our only pets are (very cute) guinea pigs, who definitely won't be looking to usurp Ella and Freeman with their journalistic talents. Their main interests are hay, herbs, and dandelion leaves - dull reading after a while, I think!

In my Consultant role, I work closely with colleagues providing the Vasculitis Service, looking after patients with a wide range of immune system related conditions, and I head out to Crawley

continued over...

and Redhill every week to provide care for patients who dialyse at the Crawley Satellite unit, and for those who live within the East Surrey Hospital catchment area. I have also been the service lead for more years than I can remember, having supported James Marsh when he was Clinical Director, and latterly Peter Andrews throughout his tenure, so I am already closely involved in the management of the unit, supporting the management team in implementing change, as well as dealing with day to day service issues. I am sure that this experience will stand me in good stead for the challenges ahead.

The road ahead:

Peter's last article summarised the changes that have taken place, and one of our first tasks will be to continue to oversee the move of the St Helier dialysis unit into new facilities at the front of the hospital. We are also pleased to see the launch of our Renal Day Unit, which we hope will improve the experience of those patients who need to attend hospital but do not need to stay overnight. We are looking forward to working with the team on the planning and movement of our inpatient and outpatient services into a

new home on the 6th floor.

However, development is not just about the St Helier site; the renal unit has always been proactive in providing care local to our patients, as again and again we are witness to the difficulties faced by patients travelling long distances to access care. As well as building a new unit at Croydon Hospital we are planning to develop additional dialysis facilities in North and West Surrey.

The new renal unit at Frimley Park, with 4 consultants based there, has been up and running for a year, but will need further expansion again. This is all part of our ongoing plan to bring renal services within everyone's reach. The main driver for this project was the distance that patients had to travel. Having seen how successful it has been, we will be looking to develop other areas in this way.

Even closer to home there is, rightly, a national push to develop home dialysis and we are working in every way possible to enable anyone who wants, and is able, to dialyse at home the opportunity to do so. More on this in the next instalment!

The unit may have tripled in size since we joined but Ginny was struck at the end of a busy week on call by the camaraderie and good will amongst the staff, which is always evident. As she witnessed nursing staff staying behind long after their shift to sort out transport for a patient the next day, she felt proud to be part of the unit. Enthusiasm to improve and innovate also remains, and a vital part of our role must be to enable an environment where the best of these ideas can reach fruition despite the ever-increasing financial pressures.

Ultimately, the development of our service has to be driven by the people it serves, we both believe that the more we can enable you to participate in your care the better our service will become. Recently, it was heartening to see the increase in the number of you who have signed up to use renal patient view, enabling you to access to your personal results. Your feedback and opinions really do matter to us, so please do let us know what you think. We are always happy to hear from you directly, or via your consultant, or nurse. We both feel privileged to take on our new role and look forward to your help in taking the unit forward

Ginny Quan and Fiona Harris

SIGN UP FOR A PDF - MAKE SURE YOU ALWAYS GET YOUR COPY OF "RENALITY"! DID YOU KNOW...

If your appointments at the Renal Unit drop to 2 or less per year, you will be removed from the 'RENALITY' mailing list and will no longer receive the newsletter.

You can receive a PDF of 'RENALITY' by email – just email

Graham.Morrow@kidneyfund.org.uk and he will add you to PDF distribution list.

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

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



SWTIRR – SWEKS meeting 2018



For those who quite understandably hate acronyms, let me explain what this means. SWTIRR stands for the South West Thames Institute of Renal Research. It is celebrating its 20th anniversary this year. It is one of the jewels in our crown at the St. Helier Renal unit. It was the brainchild of Dr Michael Bending, but made possible by patients working together with him to raise the funds to build and equip the Institute – a great example of what can be achieved when people work in collaboration, as we end up being more than the sum of our parts.

SWEKS stands for the South West and East Kidney Society. It is made up of the renal units from Guy's, Kent & Canterbury, Brighton, Portsmouth, King's College, St. George's and St.

Helier. They all come together for a half-day academic meeting once a year.

This year, St. Helier was the host unit and we decided to do a whole day meeting. It was held at the University of Surrey in Guildford. The SWTIRR 20th anniversary scientific meeting was held in the morning and the SWEKS meeting in the afternoon.

There was also a novel feature this year, as we held a patients' seminar at lunchtime. This was well attended and included talks by patients on 'Patient View' and home therapies, and a talk by the dietitians on cultural and ethnic diets. For me, this was perhaps the main highlight of the day, as I was impressed by how much I gained from hearing patients speak about things

from their own point of view.

The morning and afternoon sessions were very well attended, with engaging speakers and lots of interaction with the audience.

We aren't sure when we will next be hosting the SWEKS meeting, but we hope to build on what was achieved and work even closer with patients to improve the service we deliver as a Renal unit and to ensure that we continue to produce relevant, high quality Research from the Institute.

On behalf of the organising committee, I would like to say a big thank you to all who attended and made the day the success that it was.

Dr David Makanjuola

The End of an Era

You may already know that our Clinical Director, Dr Peter Andrews has taken the decision to stand down from the CD role in October 2018.

Peter has worked extremely hard during the last 7 years providing strategic leadership to the division and having an integral role as part of the renal management team. Usually CDs only last 3 years! Peter has now completed two terms of office and a bit more for good measure.

So much as changed during the last 7 years. The unit is larger, more efficient and we continue to strengthen our clinical outcomes.

There are many achievements, but one that Peter is very proud of is our new in-patient service at Frimley Hospital. This was years in the negotiating but his tenacity finally led to the ward opening last year and we have already delivered over 1,000 acute dialysis sessions. The appointment of three new consultants to support this new service was also no easy thing to achieve but you cannot stop Peter once he has a vision.

We will miss his presence at the management table but he will of course continue to be a very experienced and knowledgeable nephrologist working as part of our wider team.

The good news is that we have appointed to Peter's replacement. I am delighted to let you know that we will have Dr Ginny Quan and Dr Fiona Harris as joint Clinical Directors for Renal Services, taking over from Peter in October this year.

We continue to have exciting times ahead with very many changes planned and I am confident that Ginny and Fiona will continue to provide the leadership we need to achieve these changes.



Steve Simper

The New Renal Unit

Early in September 2018, we opened our new Renal Day unit based on Beacon ward. Following a review of our services, we decided to reorganise renal inpatient services to improve efficiency and reflect the needs of the current case mix. This involved closing seven beds on Beacon ward, a change to nursing rotas and the introduction of a host of new procedures.

Our previous model of care provided a fully staffed 52-bed inpatient service for management of urgent and acute care at the St Helier site. The absence

of a day case/ambulatory area meant that many patients were admitted to receive treatment, such as access surgery, IV drug administration and clinical review, which is not the best way of delivering these services.

Following a review of all of these inpatient spells, the data suggested that renal services could be more effectively provided by reallocating existing resources to provide dedicated inpatient wards of 45 beds supported by a co-located day case service comprising seven beds operating from 7am to 8pm, five days a week.

This has facilitated:

- Protected day case beds
- Assessment area for referrals from A&E, Dialysis Units, Transplant team, GPs and Outpatients.
- Reduce the length of time patients need to be in hospital
- Avoid admissions by consultant review and by delivering ambulatory care, such as administering IV Antibiotics or Cytotoxics.

The development of this dedicated day case service will reduce the requirement for short-term admissions to the inpatient bed base for procedures and treatments that can be more effectively managed in a quality day case setting. It will provide a single point of contact for patients not being admitted or attending an outpatient appointment. The chronic nature of renal disease means that we have thousands of patients who need to attend the unit for review and ambulatory care and treatment, making this an ideal development.

News Bites

Outpatients

I am delighted to let you know that Ellen Hodge has been successfully appointed to the permanent role of Renal Outpatient Services Coordinator. Ellen has been seconded to this role for a few weeks and her success to-date means that I am confident we have made the right appointment. We now need to fill the gap she has left in the administration office.

Consultants

I am sure very many of you know Dr Subash Somalanka. However, what you will not know is that due to funding issues he has worked with us until now as a temporary member of staff. I am so pleased to announce that new funding has meant that we have formally appointed Subash to permanently join our great Renal Consultant Team.

Main Office

You will also probably know that Sarah Andrews, our Directorate Coordinator and first point of contact for so many people, left us several months ago to take up a new post in the Trust. We have struggled without her but have now appointed Karen Coker to this role. Karen already works in the Trust so comes with much experience, skills and knowledge. We look forward to getting to know Karen.

New Units

Work continues, albeit rather too slowly, on the new dialysis units at St Helier and Croydon. The program has been delayed for very many legitimate reasons but we have seen progress and are still confident they will open in this financial year. (If this were television, we would see my fingers firmly crossed.)

Croydon Dialysis Unit

Anyone who has been to the Croydon unit knows that it is far beyond the need to be relocated and renewed. As stated, the new unit on Thornton Wing is progressing but, in the meantime, we have decided to make some remedial changes at the unit to try and make it more environmentally friendly. We are grateful to all of the staff and patients at the unit for their continued support and understanding

Kingston Dialysis Unit

As with Croydon, the Kingston unit needs some modernisation and we are looking at how we make the most appropriate investment. In the meantime, we are working hard to resolve some of the ongoing issues at the unit and wholeheartedly thank staff and patients for their support and understanding.

Tenders

The final paperwork is being prepared to invite suppliers to tender for our existing Fresenius Dialysis Units. All five (Epsom, Farnborough, Purley, Sutton and West Byfleet) are nearing their contract end in the next two years so we need to test the market for new contracts.

Operational Delivery Network

The work of the ODN continues, supported by all four Renal providers in South London. However, I have decided after one year as Network Director to stand-down from this role to concentrate on my role as Divisional General Manager for the St Helier unit and concentrate my spare time on establishing a new retail outlet.

Message from Freeman

It seems to be that time of year when our alpha males are making changes. I can see that Elsa's alpha male has changed his role from something called CD to some sort of dog pimp at village fairs – don't know what that's all about.

I do agree with Elsa about the shampoo stuff. At first, I thought it meant 'fake excrement', but fortunately not. I get this all the time as my Alpha Male's daughter is a dog groomer – this is also confusing as Jenny, my predecessor as the alpha male's Guide Dog told me she was once referred to as a grooming Guinea pig. Humans are so confusing.

I am pleased however that my alpha male has given up his second job. I did not like travelling on those trains that are at the bottom of a long moving staircase. There were so many people without guide dogs just not looking where they were going.

Now I hear that the alpha male is going to use his spare time to open a dog grooming shop. I hope this does not mean that I will be turned into a Guinea pig!

Finally, last week I was a little naughty and ate several cloves of garlic. For several days, my bark was worse than my bite!

Holiday Dialysis

Thinking of going on holiday or need to dialyse away from home for a short while?

The Trust wishes to support as many people as possible to experience the freedom of going on holiday, and for this reason, we employ a Dialysis Away from Base Coordinator to support you in arranging this.

DO NOT BOOK YOUR HOLIDAY/ FLIGHTS UNTIL YOUR DIALYSIS HAS BEEN CONFIRMED

Please note that we require a minimum of 6 weeks' notice in order to complete the necessary paperwork.

If you have any queries regarding the information below, please do not hesitate to contact Lindsey.

So, what should you do?

Before You Book

1. Check with your consultant that you are fit to travel.
2. Source the unit closest to where you want to stay. You can use either of the sites below for guidance to help you find the nearest unit.

For the UK:

<http://units.renal.org/?q=0>

For outside the UK:

www.globaldialysis.com

If you are staying with a friend or relative, you can ask them to help you look for local units.

3. Secure your dialysis dates with the unit of your choice. Please note that if they do not have availability for the time you have requested, you

may have to find the next closest unit to where you are staying.

4. Once you have secured your dates, contact Lindsey Blazey our Dialysis Away from Base Coordinator on 020 8296 3454 or email Lindsey. Blazey@nhs.net

You must pass on contact details of the unit, such as contact name, telephone and fax numbers and email so that Lindsey can contact them directly.

5. Lindsey will then liaise with both your home and chosen away from base unit to get your paperwork prepared for your holiday.

Additional Information

Insurance

If travelling to a European country, please ensure your European Health Insurance Card (EHIC) is up to date as most units will ask to see it prior to your arrival. If you do not have one, please visit <http://www.nhs.uk/NHSEngland/Healthcareabroad/EHIC/Pages/about-the-ehic.aspx> or phone 0845 606 2030 to apply for one.

Do I have to pay for dialysis?

Not if you dialyse in the UK or Europe (countries in the European Union) or some countries where we have special arrangements like Australia.

If you wish to travel abroad to countries outside the EU and we don't have special arrangements such as South Asia and the USA (check with Lindsey for others) **you will be responsible for dialysis costs** if you travel to these places. This also applies to cruise ships.

Transplant waiting list

If you are travelling outside the UK you will be suspended from the transplant waiting list until you return to the UK. Please see the transplant list posters, in the waiting area and Dialysis areas, for suspension and reactivation processes.



What Elsa? Tales from the Doghouse

So, this is my first article without the meanderings of the alpha male. As you know, since stepping down from the role of 'alpha person' in the Renal Unit, he is no longer attending meetings all the time. I thought that would mean he would be spending a lot more time with me. Well, that doesn't seem to have happened yet!

I don't know what he does all the time now. He doesn't seem to be at home any more than before, and he continues to moan about his 'work-life balance'. I don't know what the problem is. I stand guard nearly 24 hours a day and never get a weekend off. No stamina!

Perhaps it's because he's not as young as he would like to be. Although, on the positive side, he's a lot younger than he looks!

This edition's picture shows the benefits of having a glossy coat – something the alpha male can only dream of, although it has been rather

warm this summer. I spent an hour with a dog hairdresser getting rid of some awkward tangles and some excess hair for this picture, so I hope you appreciate the effort. This involved a wash with a mango-based smelly liquid she called 'shampoo'. Although I didn't think it smelt very nice, I was pleased

that it wasn't what I first feared!

Thought for any entrepreneurs out there – shampoo that smelt of bones or squirrels would be much more popular!

Hope you are all well. Woof Woof!

Elsa x



P.S. I don't like to brag, but this edition's photo was awarded first prize at the village fair this year. Although the senior pup put it down to his artistic composition, I think we all really know why it looks so good!

PATIENT OR CARER?

ARE YOU INTERESTED IN JOINING OUR PUBLIC AND PATIENT SCRUTINY GROUP?

The South London Renal operational delivery network was set up in 2017 by NHS England (London Region) to work with the four trusts that provide renal care for people in South London, North Kent, East Sussex and East Surrey to coordinate the development of the South London Renal transformation programme. The ODN has a wide range of stakeholders including many organisations and individuals caring for people with kidney disease. A key part of our work is involving patients and their families in the planning and delivery of service improvements.

We want to involve many patient and carer representatives who can provide a patient, family and/or community perspective to help with improvement planning and service delivery.

Meetings will be held early evening or weekends, four to six times a year at accessible venues.

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We look forward to hearing from patients and carers interested in participating in the group. Please contact Sharon McDonald in the South London Renal ODN office on the email address or telephone number shown at bottom of this page.

Approved expenses related to travel will be reimbursed by the network as per the policy of the host hospital.

Please note all information will be treated in confidence and managed in line with NHS data protection policies.

Steve Simper | Program Director

South London ODN (NHSE London)

Sharon McDonald | Programme Assistant | South London Renal ODN

Tel: 020 8296 2250 | email: england.southlondonrenalodn@nhs.net

Renal Diet

Last week we were sent this very positive article about renal diets written by one of our patients. Food is one of life's pleasures and it is lovely to hear a patient's experience of adjusting his diet to make it safe while still enjoying food and a good quality of life. All advice given by dietitians is individualised according to specific needs and blood results, so not everything in this article will be transferrable to every patient. Some may need to be a little more careful with diet in certain areas whereas others can be a little more relaxed in other areas. As always, we are here to help and advise, so please contact your renal dietitian at any time during the year if you have any questions.

I recently had my radio on in the background, overhearing rather than listening to people calling in to talk about their experiences in becoming vegetarian or vegan. My attention was caught by a woman who called in to speak about the fact that she had recently become a dialysis patient and was trying to follow her renal diet. Whilst this was somewhat off the point of the call-in, it was something of a cri de coeur and interested me as a renal patient on a renal diet.

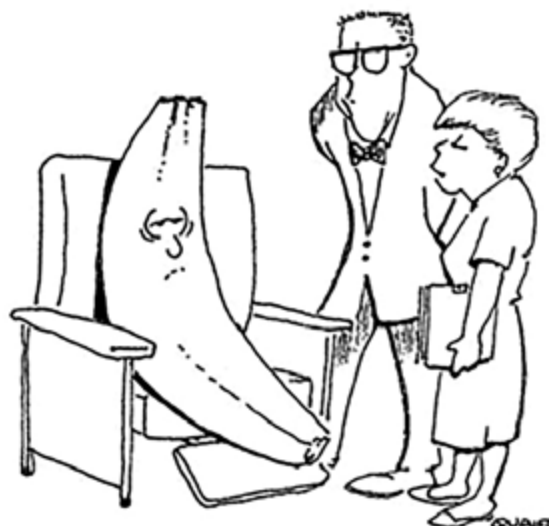
The woman was struggling with the turn her life had taken and felt in need of sharing her experience in order to deal with it. She seemed to have given up red meat altogether, along with fruit and unprocessed carbohydrates. As she described her plight there was almost nothing she could any longer eat and what she did was unexciting and flavourless without the addition of garlic, herbs and spices. Well, good seasoning is important to any food

when cooking is involved but she was certainly demoralised by the whole business. I did know a patient who asked his wife to boil all his vegetables three times so there can be some sobering extremes to be wary of.

Before going further, I need to declare that I am not a dietician. I have, though, been on dialysis for over eleven years and, before that, had a transplant for seventeen. When I became ill with end stage renal failure I was also at the height of my culinary enjoyment. I have always cooked after learning, as is said, at my mother's knee and eaten the delights of my father's ample garden. I most likely did have gloomy thoughts at the time as I contemplated my future eating pleasures and yet the prospect of managing a renal diet was not without a tempting challenge all of itself.

From the offset I declared some foods to be off limits and so bananas, avocado, chips, nuts and crisps and coffee went straight away. Yet over time a philosophy of eating for a renal patient became apparent. There is no point in simply existing whilst a dialysis patient, believing that when a transplant comes along you can simply return to how things used to be. There are too many variables and the wait could be a long one and so, with quality of life at the foremost, one simply has to find a way to nourish oneself that is not desperate, dull and life draining.

It would be impossibly foolish to ignore the help and advice, let alone the imperative, of taking renal dietary advice



We're a little concerned about your potassium levels.

seriously, just as we need to take our fluids seriously. However, there is no need to live as a prisoner of either. Human's evolved not only through natural selection but by the capacity to adapt to their circumstances and surroundings. Inventive adaption is the key.

As with any diet, absolutism becomes defeatist in the end. There are basic rules to keep and others to vary with caution and clarity of purpose. Think in terms of pleasure through minimalism, which is to say, small treats and allowances from time to time and, isn't that what a treat is?

By and large it is unwise to have peanut butter, crisps or chocolate as any part of your diet. That said, if you are at a dinner party and there are crisps and nuts to nibble, then have a few but maybe not the chocolate brownies later. If in the evening someone in the family is eating chocolate then have a square now and then, or two at most but maybe only once or twice a week.

We all love chips and it is possible to have them at home if you par boil the cut chips first before frying. Otherwise, and even though not a part of your overall diet, a few chips if you are out to eat, or even fish and chips a couple of times a year should do little harm

the to the overall success of your diet. Never gorge on anything you really should not be eating. Oily fish generally is out but a piece of salmon, fresh or smoked should not harm and, oddly, whist prawns are on the "no" list alongside mussels, oysters are not – so there's a treat in waiting.

In France they suggest no fruit with a stone but otherwise seem relaxed about red or white wine though red is higher in potassium. On dialysis coffee is offered. It seems there are cultural differences over renal diets and can one seriously ask a Frenchman to absolve themselves from wine or coffee?

Some dietary advice for renal patients seems to have been written back in the days of meat and two veg. Not when Spaghetti Bolognese is a staple, or Lasagne, Thai green curry, or a good mixed salad. They were written when an Englishman's supper always had spuds and a salad consisted two lettuce leaves, a sliver of egg, slices of tomato and cucumber and salad cream. Mixed salads are unavoidable in summer and can be enjoyed, just lighten up on the

tomatoes. For me that is a problem as I have arrived at a more or less Mediterranean diet. I also enjoy stir-fries and the trick here is to blanch your vegetables first. I have seen TV chef Ken Hom do this anyway. For soy sauce use a "salt light" if you are watching your sodium too.

If renal illness has proved to be anything, then it is a disease of tiredness and what better antidote to tiredness, what better boost, than caffeine. Arriving at dialysis the only thing that I knew I would miss in my diet was coffee. Everything else was just complaint and reluctance. Fortunately, I have always loved tea almost as much and I have in a variety of black and green leaf teas on hand. But coffee? For several years I simply did not touch it. But now the common wisdom is that a cup of freshly brewed coffee should not bring the whole edifice of treatment crashing down. Never, though, instant. Drink your coffee from a Greek or espresso cup and, as a habit brew it slightly light. As a preference enjoy your coffee treat

the day before dialysis rather than the evening of, for example.

It is worth having as a mantra "always less, never more" for your diet overall. A renal diet is all a question of placing the pieces of the eating puzzle in position with some care and attention. Enjoy your pleasures as treats, not too frequently, in short measure but with relish. Eat a mixed diet overall so that you do get your full count of nutrients and vitamins; always better than supplements. Learn to hold back on what you know you should not have at all but, if you are allowing yourself just a little, then the day before treatment is best.

Without pleasure in food which, after all, is the delight that reaches from the cradle to the grave, then the attention of our doctors and the work done by the machines may be in vain if we are defeated by the very element that exists in our lives to bring, not just survival or sustenance, but pleasure too.

Stephen Foster

Three Peaks in Three Days

Wow what a challenge – after climbing 3 mountains in 3 days we have walked nearly on 26 miles in 3 days in all types of weather, it was amazing but tough! Would I do it all again – No but so pleased and proud of myself I completed it!

I want to say a very heartfelt Thank you to each and everyone who supported and sponsored us to complete this challenge – we have raised just over £800 both online and sponsorship forms for South West Thames Kidney Fund (now known as The Kidney Fund) at St Helier Hospital. The just giving page is still open if anyone would like to donate via this link.

<https://www.justgiving.com/fundraising/abby-herring2>

Thank you again everyone

Abby



Dear Kidney Supporters

The Kidney Fund has enjoyed some dynamic new life this year and the committee is thriving. Anita seems to be everywhere, and as well as running the committee she is also making major contributions to Renality and generally keeping everybody in order.

Sarwat is settling in as our new administrator in the Institute. She is making a big contribution to smooth the running of our events.

Maggie has put many new artistic ideas into our fundraising and has got a lot of new ideas for The Kidney Fund particularly in relation to the Chipstead Flower Show in 2019.

Helen has been battling with our accounts and things are nearly up to 21st century standards. She will be sorely missed. It is very important that we find a replacement accountant at some time in the not too distant future.

Tom & Cheryl are new members to the fund and they have brought a lot of new ideas and have worked very hard particularly over the last few months.

Robin & Nick are a terrific father and son duo who between them have made major contributions. Their input is so valuable to all of us.

Chris has got some brilliant ideas for starting a virtual charity shop through eBay. You will be reading more about this project and I hope that many kidney research followers and well wishers will like to join into this new scheme.

Anthony has beavered away organising quiz nights and music nights. He has been frustrated by the lack of physical support for his projects. We must do more to support him in the coming year.

Steve as ever, has produced increasing income from his successful raffle and many of you have benefited from the generous prizes that he is in the position to hand out.

Prof. MacPhee is our link to the international kidney research scheme, and he is always travelling to further the interest of renal medicine on our patch.

Notwithstanding all the above, we still desperately need kidney patients,



kidney patients' relatives and kidney patient well-wishers to support the fantastic research that Dr Mark Dockrell and his team are performing. We know that this is the only way forward to improve a lot of kidney patients in the future years.

Once again thank you so much for your support.

With very best wishes,

Dr Mike Bending

Chairman, The Kidney Fund

Volunteering

Would like to help but have limited time?

Would like to help but not sure how?

Would like to know what opportunities there are?

Would like to know more before committing?

Did you know that if only 1% of the reader circulation of Renality volunteered and supported just one event a year, we could support up to 20 events a year which opens up new and increased possibilities of sponsorship to fund the lifesaving research being carried out?

Please contact us by email on info@kidneyfund.org.uk or phone us on 020 8296 3698

Memorable night of fitness, fundraising and fun! A real success...

Running “20K to mark 20 Years” for the renal

On Wednesday 4 July 2018, four teams of four have taken on the challenge of a 4 x 5k relay race, starting and finishing on the athletics track inside the Stadium within the iconic Queen Elizabeth Olympic Park.

The teams were:

1. Consultants Team

Dr Fiona Harris, Prof Hugh Gallagher, Dr Anne Marie Habib, Marc Habib

2. Research Scientist Team

Sarah Yates, Martia Augustin (did 2x5k), Caroline Bodneck

3. Dietetic/ Pharmacy Team

Caroline Lawson, Anne – Marie Murray, Sarah Stanbridge, Simon Butler

4. Physio-therapy Team

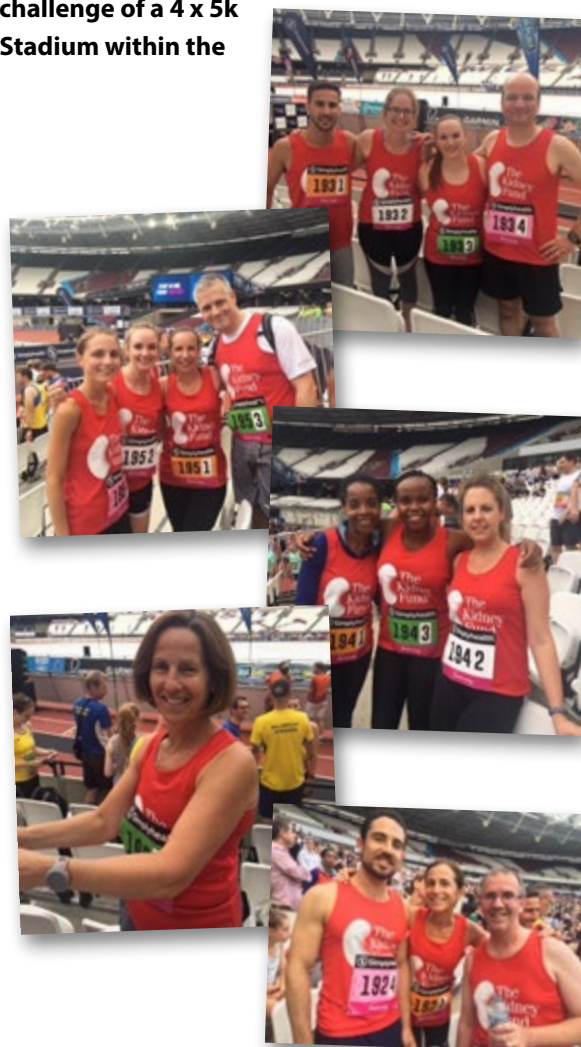
Davide Strappelli, Jeremy Nugent, Madeline Buck, Liz Russell

Best time was 21:17 minutes!!!

What an amazing team-building event. We entered 4 teams with individual running times ranging from 18 to 37 minutes for a 5k all supported by many and proud spectators from the unit, including Dr Mark Dockrell and Sarwat Ahmad (Event organizer).

“This event brought colleagues together over a really fun evening of sport and entertainment”

The participants have raised an amazing amount of £7500, which will go towards the Research.



“This charity is one which is very close to mine and my family’s heart. With a hereditary form of CKD, my grandfather, his brother, my mum, my uncle and myself have all lived a life of dialysis and regular hospital appointments. After being fortunate enough to receive a kidney transplant from a deceased donor in June 2017, I decided to throw myself out of a plane with my stepdad (Ian) and sister (Rayne). Al though a nerve-wracking day, we all had an amazing experience and feel so proud to have completed it without breaking any bones!

We managed to raise an incredible amount of £1174 as well as increased awareness about CKD and the importance of this charity to help past, current and future patients as well as their families. I hope our decision to jump out of a plane in aid of South West Thames Kidney Fund will encourage others to push themselves out their comfort zone and fundraise too!” - **Kayla- Ann Heinze**



London – Paris – London

Sean Standerwick

Wow what an experience.

Pete and I got the train from Surbiton to Waterloo. Surprisingly, neither of us actually knew where Marble Arch was, so we visited a couple of other Arches prior to arriving at the Marble one.

Once we were all together, we got some quick photos and set off on our challenge at 17.30 on Friday.

Riding through London in rush hour was quite challenging and very slow, as you can imagine, having to weave through traffic and stopping at traffic lights every 10 metres.

Once out of town, we started to make up lost time and get our average speed up. Some of the roads down were great and the sun was out. We had the pleasure of Rostin joining us just outside of Chipstead. It was great to have him along and for him ride on the front.

I had made a decision before setting off to try and up my cadence and not go too hard, in general the rest of the group did the same.

It was very muggy and there was an eerie cloud/mist that seemed to be following us as evening was closing in. The group started to break a bit on the hills, and there was some talk we might be late for the ferry and Nathan and Pete were dropping off the back. However, despite any concerns, we arrived in good time and had to queue up for the ferry. We visited Sainsburys to grab some dinner and stock up on bars and breakfast for the next day.

On the ferry we had cabins. After a shower and some food, we headed to bed. Not so easy, even with ear plugs, as my mind was slight racing, but more to do with the fog horn going off all through the night and the car alarms going off below us. Before we knew it, we were be called out our cabins. Time to pack our things and get back to the bikes.

Leg 2 was 229 miles and we knew we had to achieve our average speed in order to make the ferry back. The morning started on the cycle way - cycle paths on what used to be railway lines. We were all taking our turns on the front. As we were coming to an end of the paths people said they wanted to stop for coffee and some food. I didn't want to and was a little concerned as this stop wasn't scheduled in. We stopped for pain au chocolat and coffees for around 45 mins.

When we set off the group began to split, I started to become more concerned as our average speed was dropping fast and we had also lost an extra 45 mins. I wasn't the only one concerned. Nathan and Pete decided they couldn't hold on (or didn't want to) and we all realised we had to push on if we were to make it. So they dropped back, deciding to go at a leisurely pace and get the train back from Paris and meet us for the ferry back.

The sun came out and it was a glorious day riding through almost deserted roads in the countryside, with flowers and fields surrounding us. Now down to 5 (Seb, Rich, Dean, Tom and me) and taking turns, our average speed came up. We made it up to 18 mph, ahead of the 17.3mph needed, so we started to relax a bit more. We became strict with stops, 'no faffing around'. So only quick top up of drinks when needed and grab something to eat.

As we arrived near Paris, we came across a lot of traffic and traffic lights about every 10 metres. Our average speed dropped down to around 16.3 mph and it took a long time to get to the Arc. Finally, we got there around 13.30, though we had run out of water and needed lunch. Time for quick photos under the Arc, a quick shake of hands and congratulations to each other. Now for some water and lunch outside the centre (we decided we would make this

only a 30 min stop though the itinerary had it down for 3 hours).



Photo at the Arc de Triomphe.

Finally we got out the centre again and found a little town with a supermarket around 15.15. I began having some stomach problems, but didn't have time to shop, eat and find a toilette. So I loaded up on food (I would regret this later) and rehydrated, as did Seb, Rich, Tom and Dean.

For me this part of the ride became extremely difficult, both physically and mentally. The hardest thing I have ever put myself through purposefully. I have some stomach problems as it is, but having not visited that toilet and having over eaten (and lots of bread), the food was sitting in my stomach and not digesting at all. It was coming back up, but I managed to keep it in.

The day was sweltering hot, and we were getting some great tan lines. My problems however worsened. I was struggling to drink, and I began to realise that I had to, or else I would not make it. Where possible I was taking sips. I also realised that my Nuun hydration tablets were worsening my problems. So I just stuck to water, but even that was making me feel sick. I started to debate whether to let myself throw up, but I was also worried that I would loose the food and become

even more dehydrated. I made a decision in my head, I was not going to give up, I would only stop if my body stopped (i.e. I passed out).

Mentally, I was in a really bad place, I was struggling to hang onto the other 4, who were not taking it particularly easy, especially up the hills, but we had to press on. There were long periods of no talking, it was a hard leg. I didn't want to say too much to the others about how I was feeling and dampen their spirits, but they knew I was struggling (it turns out they didn't really realise!).

We stopped for water top ups and I managed to drink a coke too. The miles didn't seem to be ticking off quickly enough. We began breaking the ride down into sections. We were over halfway back now. I broke things down into 20 miles and tried not to look at the distance much. Those 20 miles became 3 Richmond park laps, then 2, then 1. For me, and some of the others too, once we reached the cycle way, that mentally meant we had made it. So that became another section, that itself was broken into segments.

Our average speed was ok, and we began to realise we were going to make it if we kept it up. Suddenly my stomach problems abated, I digested my food, I could drink properly again, and the worst heat of the day was over.

We hit the cycle ways and I began doing some work on the front, I wanted to do my bit and let the others rest as I had done nothing for a long time. Seb began having some serious knee problems, and I think Dean was a little tired, so we couldn't go too fast, but we knew we were making it. The sun was setting and it was a beautiful evening. We started discussing what we wanted for dinner. It was agreed "Pizza and Beer". Arriving in Dieppe was a massive achievement for us and mentally meant we had completed the ride. The hardest part was over, we had plenty of time for the last leg in England.



The Cycle way (Avenue Vert) riding to Dieppe into the sunset.

Meanwhile Nathan and Pete were waiting for us in the ferry area. They became concerned we'd miss the boat as they didn't realise we'd arrived and were waiting for our pizzas. That had to be one of the best pizzas I've ever had, the beer in a can was incredible too.

On the ferry we managed to get more sleep than on the way out as there was no fog horn. Before we knew it, we were back out on the road. But before setting off, people wanted a MacDonald's breakfast.

Once rolling the miles were ticking off pretty slowly, but again we were blessed with a great day and a beautiful sunrise. When warmed up people started going harder up the hills, we didn't need to hold back so much now.

Ben arranged to meet us nice and early to ride with us. It was great to see him, he brought some goodies with him and it was a great morale booster. He also took some long turns on the front, but was shocked when we sprinted for town signs, and the attacks on the hills. We were in good spirits.

It wasn't too long before we saw Rostin again. He came on his scooter, laden with food and drink to set up a bar. We chatted, ate, drank and had a laugh. Suddenly we heard a shout of 'choppers' and saw a massive group of wheelers roll past who were on the Ditchling Devil Audax (200ks). I've never seen so many wheelers, it was great to see them. Some stopped and had a chat, and Alex decided he wasn't going to complete the Audax, so would ride back with us.

Ben, Alex and Pete eventually turned off around Woodmansterne, but once in London one of Rich's friends joined us.

It felt like a victory parade home with all the amazing support and we rolled into Marble Arch at 10.50 am; To be greeted by Rich's mother.



Celebrating our arrival under Marble Arch as a team



Posing under Marble Arch having made it

Now it was time for the ride to the pubs...

What an amazing experience. We all had moments where one of us was struggling, but we worked together as a team. It made me realise that as long as you do some training, you can do a lot more than you think is possible, as long as you commit mentally and never give up.

Thanks to all the guys on the ride, there is no way I'd have been able to do it on my own. Thanks also to those who supported us.

Stats.

Distance: 360 miles

Time Riding: 21 hours 30

Total Time elapsed: 41 hours 20 mins



The seventh annual Camberley Car Show, hailed as 'Camberley's Event of the Summer' took place on Saturday 18th August with over 200 vehicles on static display in and around the town's streets which, to host the Event are closed to all other traffic on the day.

Initiated by Ken and Glenise Bonner the Event raises money for Kidney Research following Glenise's very successful kidney transplant in 2010 and is simply an attempt 'to give something back'.

Every penny raised at or by the Show goes to Kidney Research. The total raised this year amounted to £8,855.50 of which £5,480.50 went to 'The Kidney Fund' with an additional £3,375.00 raised by 'Sporting Bears' at the Event, going to 'Kids Kidney Research'. The total collected over the past seven years now amounts to £50,768.43.

Many friends and family members and a number of kidney patients and their partners/relatives once again gave up their day to help out at the Show, these included Martin and Cynthia Banton, Chris and Clare Barrett (and Chris's parents), Allan and Jackie Prince, Angie Morrow, Jackie Magness, Annie Yuk ying Tse and Alexia and Christopher Ross-Lewin - so grateful thanks to all for their very valued help!

In addition to the fantastic selection of vehicles, there were street entertainers, roving musicians, face-painting for children and of course, being a town centre location, lots of shops, restaurants, coffee bars and pubs on hand making it a great, free, family fun day out with a real carnival type atmosphere.

For further information or for images from previous years, see - www.camberleycarshow.co.uk or e-mail: kenbonner@btinternet.com



Dragon Boat Race – 22nd July 2018

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



Annual General Meeting

The Kidney Fund

to be held on Sunday 14th October 2018 at 2pm in Whitehall Lecture Theatre, Education Block, St Helier Hospital. *Please note the Whitehall Lecture Theatre has a new location*

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!

Would you like to be a Treasurer for the Kidney Fund?

We are seeking a qualified Accountant to become Honorary Treasurer for the Kidney Fund.

If you or your relatives/friends have had problems with your Kidneys this will give you a good insight into the role already (giving you a natural affinity with the Charity)

Board meetings are approximately 6 times a year.

Duties include: Producing Final Accounts and the annual return

for the Charity Commission and liaising with the Auditors. Be the first point of contact with the stock broker. Provide the board with financial and investment updates at meetings.

Review the SWTIRR budget for Trustee approval (The Kidney Fund provides the South West Thames Institute for Renal Research with funding for original research).

The current Treasurer, Helen Green. will be moving over to Helier Scientific Ltd – who sell the products created by this research.

Update from some of the Prudential Ride London cyclists – well done to you all who rode for the charity and supporting research.

CLRs Hanna Zuchowska and Manuel Abellan cycled more than 100 miles during the event for Kidney Fund over the weekend of July 28th and 29th.



CLRs Hanna Zuchowska and Manuel Abellan

Going on the route of the London 2012 Summer Olympics road race, they went from the Queen Elizabeth Olympic Park, through countryside in Surrey and finished at The Mall in central London.

Wandle Valley ward CLR Zuchowska said:

"The weather conditions were challenging but the atmosphere was electric and we enjoyed every mile.

"One participant gave us thumbs-up and shouted that he loved St Helier Hospital, as this is where his son was born.

"A few spectators also nicknamed us 'the kindeys' which we liked a lot."

More than £1,100 was raised in the end for Kidney Fund, a charity based in St Helier Hospital in Wrythe Lane.

Prudential RideLondon is an annual

festival of cycling, with the seventh edition taking place on the first weekend of next August.

Beddington South ward CLR Manuel Abellan said: "We felt very proud representing and raising money for such a great cause and a charity based locally.

"We would like to thank the Kidney Fund for giving us this amazing opportunity."



Paolo Standerwick

The Ride London 100 was a grim affair with rain pouring down for a good 3/4 hours as well as drizzle. At the 40 mile point I had to stop for not only a comfort break but also because I was cold. Having prepared myself for a 35c temp on the day things turned cold. My muscles tightened up and I have to put arm warmers on at the 40 mile point. The visibility was also very poor as my glasses were wet and steamed up from time to time. So, no records broken this year. But I did complete it in an official time of 5 hours 52 mins (5 hrs 46mins riding) and raised a total of approx. £1,850 with tax added.



Jeremy

I'm delighted to say that I completed the course, although a little disappointed that Box Hill was closed when I got there! I am also very pleased to say that I reached my £1000 fundraising target for The Kidney Fund.

On the day the weather was truly awful – it started raining at the start and didn't stop for 80 miles! However, these are much easier riding conditions than 30 C that had been forecast the week before. Two punctures slowed me down early on but once repaired I made good time amongst the thousands of other riders. I have attached two photos; one looking organised at the start and the second looking exhausted on The Mall.

Overall it was great fun, well organised and there was a great camaraderie amongst the riders and I would like to thank you and the Kidney Fund for giving me the opportunity to participate in this great event.

A word from the Mayor of Sutton

In May this year, I was elected as Mayor of the London Borough of Sutton. This is a one-year post and I still remain in my position as a ward councillor for Wallington South, having been re-elected at the last council elections, again in May 2018. I have two chosen charities this term, The Kidney Fund based at St Helier Hospital and Home Start Sutton. I choose Home Start Sutton as my wife, the Mayoress has been involved with them since she was a local head teacher and The Kidney Fund for two main reasons.

One, when I was a young lad aged about 4-5, I suffered with hydronephrosis which I recall was very painful but went sadly undiagnosed at the time. This led to me losing one of my kidneys at this early age. The affected kidney was not removed, remaining very small and working only to about 5% of its true capacity. However, the other healthy kidney grew to almost twice its size, which I understand now is quite normal given these circumstances. The irony was that this kidney defect was only discovered when I was 19 years old, following a serious motorcycle accident.



Two, is that Nick Ford, the son of my good friend Robin Ford, is currently having dialysis treatment at St Helier's renal unit and he is a big champion of the amazing work they do there and an active supporter of their fund-raising charity. When I told them of my decision to help raise money for this charity, both Nick and Robin were naturally very pleased and have since been really helpful and committed to helping me make this happen.

I have been introduced to Dr Mike Bending, the chair of the Kidney Fund charity and hope to be attending the event he is organising soon at the House of Lords. My committee have also arranged several other events

Mayor of Sutton's events coming up

- Charity Ball at the RAC Club Woodcote Park Epsom on Saturday 3 November 6.30pm.
- Christmas Lights switch on festival in Wallington on Saturday 30 November 5pm
- Mayor's Christmas Carols & mulled wine at The Straw Café, Manor Park, Sutton on Saturday 8 December 7pm to 8.45pm.
- The Mayor's Gala Dinner at The Grange, Beddington Park, Wallington on Thursday 7 February 2019 at 7.30pm.

For more details about the above events please contact mayor.sec@sutton.gov.uk

which both my chosen charities will benefit from and if you can help at all or would like to donate, please contact mayor.sec@sutton.gov.uk

Best regards

CLlr Steve Cook
Mayor of the London Borough of Sutton.

The Kidney Fund Music Night was held in February and raised a total of £540 for the Charity. A great night was had by all with "Don't Ask" providing the entertainment coupled with the sale of hot dogs and chocolate and lemon kidney shaped cakes made especially for us by Melissa Rea. The event also saw the unveiling of our new roller banners, the first items in a series of new promotional goods to be introduced this year.

Special thanks are due to Obia Italian Restaurant (www.obiapurley.com), Mekan Meze Restaurant (www.mekanpurley.com), Pizza Express Purley (www.pizzaexpress.com/purley), Cakes By Olivia Rose (www.cakesbyoliviारose.com) and Purley Social Club for supporting the event and generously

donating raffle prizes. Thanks are also due to Chris, Martia and Melissa for their help on the night and Martin Smith, Chris Vaatstra and Lala Vidler for their

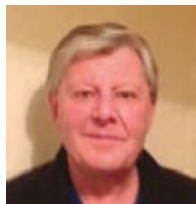


donations which were most appreciated. Please support our prizes sponsors to show your appreciation for their efforts. A follow up Music Night was held in September and a further £300 was raised. "Don't Ask" provided the entertainment once again and thanks are due to our sponsors for their donations and support – Purley Social Club, Chris Vaatstra, Colin Richardson, Laurence White and Cakes By Olivia Rose (as above)

I'm sure the Music Night will be repeated in 2019 and I look forward to your support and attendance.

Anthony Vidler

A message from your Chairman



I am nearing the end of my twelfth year as Chairman and I am more than happy to continue for

another year. I hope that the KPA members, patients and the renal unit staff are pleased with the work that the KPA's Committee has done on your behalf over the last year. On a personal note I would like to thank all of the Committee members, all of our Volunteers including those on the Servery together with the Renal Unit staff all of whom provide invaluable support to the KPA throughout the year.

St Heliers HD dialysis unit should be moving to a brand spanking new unit in the main hospital in the autumn of 2018 following some delays and the new Mayday dialysis unit will open in due course, so patients of both units can look forward too much more comfortable surroundings in the not too distant future with some nice air conditioning and TVs!!!!

The renal unit will see a new Medical Director soon, but the official announcement is due soon

The KPA has over 870 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, albeit some of the items below are still to be purchased we have agreed to their funding. These include,

- 3 Profiling beds for St Helier and Satellite units
- Ultrasound machine for St Helier
- ECG machine for St Helier.
- Renal Overlays for St Helier and its Satellites.
- Blood Pressure machines for St Helier & Mayday
- Fleece Blankets for Dialysis patients
- 5 Laptops and cots for St Helier wards and Specialist Nurses
- Funding to replace outpatient area seating
- £20,000 of funding towards new day care unit
- Financial assistance with Holiday Allowances, Travel Benefits and Amenity payments.
- Financial support of the participants in the St Helier Team at the Transplant Games
- Supporting 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. We also received a generous legacy which has allowed us to purchase or agree to purchase some quite highly priced equipment

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 Tuesday 11th December during our Committee meeting; we'll be asking the renal staff and dialysis patients to draw the winning tickets.

Committee/Patient Representatives

The KPA Committee has 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 Epsom.

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 normally on the first Tuesday of the month.

If you can help please contact me on 01483 426276 or email 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

KPA Memorial Donations

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

- Andy Milne
- John Mills
- Christine Dean
- John Guppy

TRANSPLANT GAMES 2018:

Getting on with life – and enjoying it!

Taking place in Birmingham for the second time in eighteen years the opening ceremony of a sports event that is a million miles from the Olympics – but spectacular in its own way – it was August 2nd 2018 and the 41st Westfield Health British Transplant Games was about to commence.

All athletes, aged from two to 82, are alive and well because of life-saving transplants made possible by the generosity of organ donors and their relatives. Over eight hundred athletes, who have had life-changing operations, were lining up for the British Transplant Games and there to represent St Helier were Louise Cook, Jonathan Douglas-Green, Moray Laing, Craig Morrow, Kevin Trimming, and out of retirement Helen Hayton, Lisa Laing and Ran Pulik. Unfortunately, our newest team member Adam Faust was unable to join us due to medical issues at the last minute and Kevin was not well enough through injury to compete. The supporters who accompanied the team were Catherine Cook, Hannah Douglas-Green (Jonathan's wife), Vanessa Douglas-Green (Jonathan's mother and donor), Jeanette Palmer, Phil Ross, Harry Laing Ross, Terry Young, Peter Warren (too ill to compete), Matt and Ben Vosper and Angie Morrow.

We paraded to the Symphony Hall for the opening ceremony at which the organisers, Transplant Sport U.K, Games' sponsors and hundreds of athletes, supporters and donor families were welcomed to the city.

Symphony Hall was also our attempt to break the Guinness World Record of 'The Largest Gathering of Organ Transplant

Recipients' – which we easily did with an assembly of 724 (ratification is awaited) at the opening ceremony.

What an amazing night!

Four days of athletics, swimming and social competitions were underway! The team representing SHSKPA and St Helier competed in 14 events (Archery,

Snooker, Golf, Ten Pin Bowling, Table Tennis, Darts, Badminton, Swimming, Ball Throw, Mini Marathon, 400m, Shot Put, Discus and Javelin) winning medals in 6 of them.

As well as a lot of fun, it has also been quite an emotional weekend as all the athletes have been thinking about

And the medal results were 4 Gold, 6 Silver and 6 Bronze: -

Name	Event	Position	Medal	Distance/Time
Louise Cook	Ball Throw F 18-29	3	Bronze	17.28m
Lisa Laing	Ball Throw F 40-49	5		16.02m
Moray Laing	Ball Throw M 50-59	5		48.25m
Craig Morrow	Discus M 40-49	5		20.51m
Moray Laing	Discus M 50-59	2	Silver	26.60m
Moray Laing	Javelin M 40-49	1	Gold	36.40m
Louise Cook	3k Mini Marathon F 18-29	6		21m 54s
Jonathan Douglas-Green	5k Mini Marathon M 30-39	7		32m 35s
Lisa Laing	400m F 40-49	7		1m 48.91s
Moray Laing	Shot Put M 50-59	2	Silver	9.09m
Louise Cook	Archery F 18-29	4		78 points
Louise Cook	Ten Pin Bowling F 18-29	2	Silver	170 points
Helen Hayton	Backstroke 50m F 30-39	3	Bronze	59.72s
Lisa Laing	Backstroke 50m F 40-49			1m 00.62s
Jonathan Douglas-Green	Backstroke 50m M 30-39	1	Gold	48.15s
Ran Pulik	Backstroke 50m M 40-49	3	Bronze	45.33s
Helen Hayton	Breaststroke 100m F 30-39	1	Gold	1m 57.94s
Helen Hayton	Breaststroke 50m F 30-39	1	Gold	52.51s
Jonathan Douglas-Green	Breaststroke 50m M 30-39	3	Bronze	53.77s
Ran Pulik	Breaststroke 50m M 40-49	2	Silver	45.06s
Helen Hayton	Freestyle 100m F 30-39	2	Silver	1m 33.02s
Louise Cook	Freestyle 50m F 18-29	4		50.63s
Helen Hayton	Freestyle 50m F 30-39	2	Silver	37.49s
Jonathan Douglas-Green	Freestyle 50m M 30-39	3	Bronze	38.27s
Ran Pulik	Freestyle 50m M 40-49	3	Bronze	34.76s

continued over...

their donors and the difference they have made to their lives.

And here's what some of those taking part had to say:

Peter Warren

"I haven't been to the Games for a few years, so this year I thought I would go and support as I wasn't well enough to compete. It was so nice to meet up with the old team members, the new ones and the new old ones. I had a great time going around the different events, speaking to old friends and making new ones. It would be fantastic to see even more people from St Helier at the Games, either competing or supporting."

Lisa Laing

"The last day of the 2018 Transplant Games was held at the Alexander Stadium; a special day as all events are at one venue so getting a chance to see and support my team members and others."

I had to be at the stadium for 08:45 – hard going but we made it. First for me was the Ball Throw which I really enjoyed and will do it again. I then had approximately 6 hours before my next event so lots of time to catch up with old and new friends, have a look around all the stalls and chat with some amazing inspirational people.

My second event was the 400m run ... which I really was not looking forward to; however, I met some lovely ladies at the start line who were very supportive and encouraging. My aim was to get to the finish line – which I achieved.

I am so proud to be here at the Games amongst my wonder team St Helier and also amongst every competitor, supporter, volunteer and organizer. The night was finished off by the rousing Transplant anthem You'll never Walk Alone with hardly a dry eye in the building.

Thank you to my amazing donor for this opportunity, always with me xx"

The next British Games will be held in Newport, 25th –29th July 2019 and will be a great 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, please contact me on 01252 325230 or make contact via a SH&SKPA committee member.

You may already have received your "Gift of Life" - why not help promote awareness into the need for more organ donors and ensure someone else can receive this precious Gift!

Graham Morrow, Team Manager
(g_morrow@outlook.com)

TEAM GB FOR Moray, Ran & Helen

As a result of their performance at Birmingham, Moray Laing, Ran Pulik and Helen Hayton have been selected to represent Great Britain at the World Transplant Games in Newcastle 17th – 24th August 2019. They each need to raise £2,000 for equipment, kit, training sessions, travel and accommodation – can you help by sponsoring them?

Please contact me if you can help. Many Thanks, Graham Morrow (01252 325230)

On behalf of the team, a huge THANK YOU to SHSKPA for their fantastic financial support and to the SHSKPA committee and our supporters for their encouragement, we really do appreciate it.

Thank-you to the team for their fundraising and donations for new kit. And a special thank you to Craig for sourcing, designing and arranging delivery in time for the Games. Well done everyone.

The kit is by Vx3 – Veni, Vidi, Vici – I came, I saw, I conquered!

Winners must know themselves, their strengths and weaknesses



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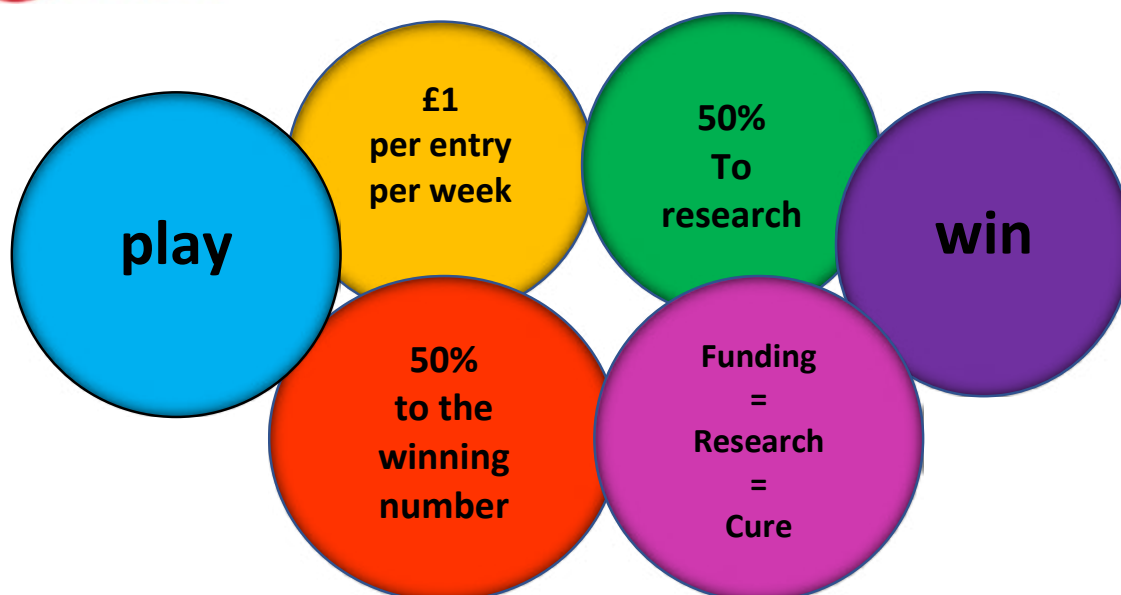
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PLAY OUR WEEKLY LOTTERY



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: _____

Post Code: _____ Home Phone: _____ Mobile: _____

Email: _____ add me to the Kidney Research Supporter Email Group _____

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

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

OPTION ONE - Standing Order Mandate ☐

My Bank's Name: _____ Branch: _____ Post Code: _____

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

Name: _____ Signed: _____

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

Monthly Payment: _____ number of entries @ **£4.34** per month = £_____ & thereafter each month

Quartley Payment: _____ number of entries @ **£13** per quarter = £_____ & thereafter each month

Half-Yearly Payment: _____ number of entries @ **£26** per half-year = £_____ & thereafter each month

Annual Payment: _____ number of entries @ **£52** per year = £_____ & thereafter each month

OPTION TWO – 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 cheques payable to: The Kidney Fund Lottery & return to the address on the form.

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

South West Thames Kidney Fund: Registered charity number: 800952