

RENALITY

New St Helier Dialysis Unit Opens!

July 2019



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Nursing & Midwifery Awards Winners | London Marathon 2019 | Dragon Boat Race

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Renal Unit



Dr Ginny Quan Dr Fiona Harris

In the February issue of *Renality* Fiona and I rather vaguely said that it wouldn't be long before patients and staff would be enjoying our new dialysis facility. Having had personal experience of building project delays, I certainly didn't want to commit to any specific date. As I write now, we are very proud (and relieved) to begin this article with the new dialysis unit open and fully functional at the heart of St Helier hospital. The dialysis stations are in full use 6 days a week, so moving needed to happen in record time with a superhuman effort from the haemodialysis staff. The new unit is way more spacious with a much enlarged and improved waiting room, the larger brighter environment should significantly improve the experience for both patients and staff. There will be a formal opening in a few weeks but in the meantime please do go and have a look.

It would be nice to sit back, but we are keen to move onto the next big project - rebuilding the dialysis unit at Croydon University Hospital. Once again, we will not put money on a date but would hope that by next year dialysis patients at Croydon will be enjoying a similar improvement in facilities to those at St Helier.

There maybe one further building project that we need to bring to the fore. As many of you will know, Beacon ward and the Renal Day Unit are housed in a portacabin at the back of the hospital. Beacon has recently been showing some signs of subsidence and we are currently looking at various options to re site the ward - possibly in the

area that has just been vacated by the dialysis unit move - waste not want not!

Along with the rest of the country St Helier recently celebrated international nurses' day. We were pleased that three of our nurses were deservedly recognised; Sarah Bowen gaining an award for outstanding contribution to nursing, Susan Kareem winning the rising star award and Susie Mallinder the Chief Nurse Award.

Amongst many other projects (including leading on spiriting the contents of the old dialysis unit to the new overnight) Susie has also been reconfiguring the nursing structure and increasing the number of Matrons across the unit. That means that as well as a new dialysis unit there will be some new faces walking the wards over the next few months. Along with other improvements we hope this will enable us to

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 SWKF22E_ 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
www.swtirr.org.uk

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

ST HELIER & SURREY KPA: Dave Spensley, Chairman 01483 426276
www.shskpa.org

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RENALITY is sent to all patients of the Renal and Satellite Units automatically unless they have asked not to receive it. If you do not wish to receive this newsletter, please contact Beverley Searles beverley.searles@nhs.net 0208 296 2587 and Sami Young sami.young@nhs.net 0208 296 2384.

be more proactive in providing education and support to patients as they are approaching end stage renal failure.

Unlike the current political situation, the mood in the NHS is very focused on collaboration, a theme that St Helier, Epsom and the Renal Unit have embraced. Back in December we were the first renal unit to be visited by the “getting it right first time team” (GIRFT) that provided data on all things renal across all renal units. We are also collaborating with the three other local renal units (Guys and St Thomas', Kings and St Georges) in a South London Renal Alliance. The Alliance has been strongly supported by the executive team at St Helier with Daniel Elkeles initially leading the project. Both GIRFT and the South London Alliance are sharing practices and standards so that what is good and working well in one unit can be adopted in another. They also generate an element of competition - if one unit can do it why can't we? Last week Fiona and I met with representatives from the clinical commissioning groups and all four hospitals at the first South London Renal Alliance board meeting. The hospitals and commissioners have all agreed to contribute to funding the alliance so there should be clinical time to enable improvements to be made. The Alliance already has several established work streams but we are intending to concentrate on three or four main themes which will include

improving vascular access for dialysis and speeding up access to transplantation. A third stream will look at increasing the opportunity for advanced care planning. This should enable patients who are approaching or already on dialysis to be given the time to discuss what type of care really fits into their lives in the best way.

At St Helier we are already making changes to improve these pathways - as an example we have just introduced another new nursing role - a transplant matron to lead on ensuring a smoother, faster work up for both kidney donors and for patients going onto the transplant list - one more new face in the renal unit. Transplantation numbers are continuing to grow which is fantastic news. However as anyone who is in the unit on a Monday, Wednesday or Friday morning can attest to it makes for a cosy waiting room! We frequently have 40+ transplant patients in one morning all needing blood tests and clinic appointments. We are hoping that increased nursing input along with other measures will allow us to ease the crush, so please bear with us as we work on reducing the pressure.

Across the NHS stimuli for how services develop and improve should be based on the views and opinions of the users of the service. Renal is no exception to this and along with most units in

Unlike the current political situation, the mood in the NHS is very focused on collaboration...

the country we are participating in PREMs - patient recorded experience measures. This is a chance for you to tell us what is good in the service and what needs to improve. Any renal patient who uses the service is invited to fill out a patient survey form either online or on paper. We will be encouraging all our patients on haemodialysis or peritoneal dialysis to do so by making forms available in the satellite units or sending them out to patients on peritoneal dialysis. Please do fill them in and let us know what you think.

I am writing this as two of my children are studying for exams - putting down on paper all that is going on in the unit is proving very enjoyable - a bit of light relief from being asked to get the printer working, provide food or even worse being asked a question about French grammar. Fiona and I hope this is a useful summary of the last few months that gives some insight into the workings of the Renal Unit. Much though we value the findings of surveys such as PREMs, we would hope that if there is something you think would improve the way the unit works or something that we are doing well you would tell us without waiting for a survey. Please do feel free to speak to the receptionists, nurses or doctors at any time - all ideas greatly received!

Ginny Quan and Fiona Harris



What Elsa?

So I understand that there have been a lot of issues lately regarding this thing called 'Brexit'. This week's main picture showing me exercising my democratic rights, whatever they are. I am not as up to date on this as usual as, following much barking, the alpha male and female became so fed up that they banned discussion of the subject in our kennel complex!



From what I gather, one of the main issues relates to travelling. This isn't really an issue for me, as I hate car rides and can't imagine going in a large metal tube that flies. Urgh!

While some of my friends have had bits of computers injected into their necks and travel abroad, I prefer to stay with friends. We chat, gnaw bones, and have a great time. The only problem is having to pretend to be pleased when the rest of the pack come home...

The other thing I have been doing recently is working on the garden. Last summer, the alpha female supervised some pretty planting and it all looks very nice. I have certainly enjoyed watering some of the larger plants. But she doesn't walk around at 0.5m



level, so I also decided to help with some replanting and ditch digging. And as you can see from the picture, I'm pretty good at the latter, if I say so myself.

I think it was this that the alpha male was referring to recently when he said, rather crossly, 'when you're in a hole, stop digging'. Or was that Brexit again? Humans can be so confusing.

Hoping you are all well.

Woof Woof!

Elsa xxx



Doors now open to our new St Helier Dialysis Unit

A brand new Renal Dialysis Unit has opened its doors to patients at St Helier Hospital for the first time, following a project to completely redesign and rebuild the unit.

Featuring state of the art equipment and 28 haemodialysis stations (complete with individual flat screen TVs so patients can keep entertained while receiving care), the new unit is bigger and brighter than ever before, and with a number of individual dialysis rooms, will help to improve infection prevention and control standards. The new unit also offers greater accessibility (with its own entrance at the front of the hospital) and comfort to patients who need dialysis multiple times a week for hours at a time.

Chief Executive Daniel Elkeles said: *"We are thrilled to have opened this fantastic new facility for our patients. It has taken a huge amount of work from our Renal Dialysis Team and Estates and Facilities Team, but just one look.*

Head of Nursing for Renal Services Susie Mallinder, said: *"We are delighted with the new unit - it is a wonderful environment that is light, bright and boasts the very latest technology. Receiving haemodialysis can have a huge impact on a patient's life, as most people need lengthy dialysis sessions three times a week, which is why it is so important for us to make the environment as comfortable as possible.*

"The new unit provides greater space improving infection

prevention and control, patient experience and will enable us to care for more patients."

Dr David Makanjuola, joint lead for haemodialysis, said that *"It is great to see this come to fruition. It will boost the morale, not just of the patients, but also of the staff members. Well worth the wait for the new unit."*

The Renal Department at St Helier is one of the largest in the UK, offering a wide range of services to people with kidney conditions.



"...Well worth the wait for the new unit."



“And the winner is...”

The Nursing and Midwifery Awards 2019

On 8th May 2019, Epsom and St Helier University Hospitals held their annual Nurses' and Midwives' Day celebrations. And what a celebration it was!

Congratulations to our Renal Unit winners:

- **Outstanding contribution to nursing at Epsom and St Helier (lifetime achievement):**

Sarah Bowen in Renal

Sarah's commitment to nursing at ESTH is insurmountable - role modelling high standards of communication and care, always paying attention to

the details that make the difference in a patient's experience.

- **Rising star: Susan Kareem, Richard Bright Ward**

Not only is Susan such a committed ward manager, tirelessly working to ensure the highest standards of care for the patients, but she is also the most enthusiastic, positive member of the Team. Susan embraces new ideas and changes with energy,

always bringing the team along with her.

- **Chief Nurse Award:**

Susie Mallinder, Renal

Susie demonstrates all the qualities of a strong leader and caring nurse. She is 100% supportive of her team members, encourages self-development and empowers the team through good leadership and by ensuring regular quality team meetings.

IMPORTANT INFORMATION for those who have a haemodialysis fistula or a graft

Around the end of the year 2018, the British Renal Society (BRS) and Vascular Access Society of Britain and Ireland (VASBI) have come up with a national patient safety alert highlighting the **RARE** but a significant risk of prolonged bleeding from a haemodialysis vascular access such as - an arteriovenous fistula or an arteriovenous graft (AVF/AVG). South West Thames Renal & Transplantation Unit has taken necessary steps to respond to a clinical situation like this. Part of our response is also about creating awareness and patient education, particularly for those patients who are on the haemodialysis programme with an AVF/AVG. Our team of specialist vascular access nurses and haemodialysis nurses are already educating the patients who attend the vascular access clinics and the haemodialysis units. Relevant information and alert cards have been distributed to patients (*see below*).

Our advice to those patients who have noticed significant & prolonged bleeding from an AVF/AVG is to get immediate access to a healthcare unit / professional. The priority in this situation is to get help as soon as possible.

1. **So please ring 999 for the emergency services.** (Seeking help should **NOT** be delayed while trying to stop the bleeding, as loss of consciousness can occur quickly in a life-threatening bleed from an AVF/AVG.)
2. Please **apply firm direct digital (finger) pressure over the bleeding site, use a small piece of gauze and two fingers**, which can help localise pressure over the bleeding site. (*See below in Figure 1*).

- Please continue to apply direct digital (finger) pressure to the bleeding site on the AVF or AVG till the help from the emergency services has arrived.
- **If readily available, please use a small, rigid object (e.g. a bottle top, hollow side down) can be used to apply pressure** over the bleeding site. It can ensure that the pressure is localised to the area of the bleed - (*See above in Figure 1*).
- **DO NOT use a large absorbent item**, such as a towel or clothing, as this can disperse the pressure reducing its effectiveness.

All our haemodialysis patients under the care of the South West Thames Renal & Transplantation unit should have each of the below information cards given to them either from their respective haemodialysis unit or from the St Helier Hospital Vascular Access unit.

In case if anyone has not been given the 'Care of the Fistula/Graft' card or the AVF/AVG alert card, then we recommend to please kindly contact the vascular access department on the phone number 020 8296 4872 or your respective haemodialysis unit managers. We will endeavour to get this to you as soon as possible.

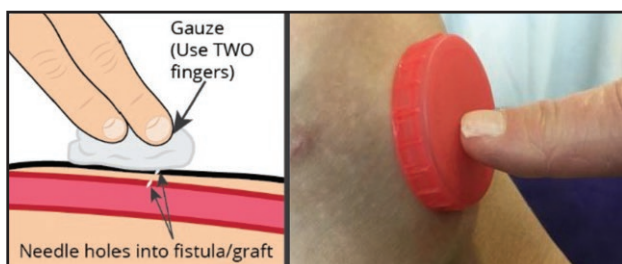


Figure 1

A. Patient information leaflet on the care of their AVF/AVG (BRS/VASBI)

CARE OF DIALYSIS FISTULA (AVF) OR GRAFT (AVG)

- Check the buzz or blood flow in your fistula daily. If you cannot feel the buzz or flow immediately call the telephone number written below
- Avoid tight cuffs, sleeves or bracelets that might obstruct blood flow in the fistula.
- Don't carry heavy objects on your fistula arm
- Avoid injury to fistula arm
- Don't allow anyone to take blood or BP from your AVF/AVG arm
- Report scabs, infection or any unexpected bleed from AVF/AVG to your dialysis unit

PHONE:

**IN EMERGENCY
SEE OVERLEAF**

Recommendation: - Every patient with an AVF/AVG should be educated about "Care of AVF/AVG."

B. Patient information card to be carried in a purse or wallet (BRS/VASBI)

**I HAVE A DIALYSIS FISTULA OR GRAFT
IN CASE OF BLEED**

- 1 Shout for help. Dial 999 (don't delay) and state "Bleed from dialysis fistula"
- 2 Apply firm pressure directly over bleed site. You can use thumb or bottle top (hollow side) to localise pressure. Do not use large absorbent item which disperses pressure such as a towel
- 3 If bleeding not controlled lie down and ask someone to help lift up limb affected
- 4 If bleed stops still attend hospital to be seen by fistula surgeon or kidney doctor

Recommendation: - Every patient with an AVF/AVG should be given this alert card to keep on them.

Dear Kidney Research Funders,



We have had an exciting year in our efforts to continue funding the amazing research led by our Scientific Director, Dr Mark Dockrell.

Continuing the trend set by our local St Helier Ward Cllr, **Jean Crossby**, we have enrolled the support of Cllr **Steve Cook**. This means that two successive Mayors of the London Borough of Sutton have been leaders in raising funds for kidney research.

Robin Ford has stepped up to Chair our fundraising sub-committee with great enthusiasm and to great

effect. Robin with enormous support from his son, **Nick**, has organised a number of events which have included our nursing and support staff. These events are not only generating income for research. They are also building team spirit and enthusiasm.

Chris Howard has developed a link with eBay so that we can sell unwanted clutter to the benefit of our funds. I would encourage you to contact Chris via the Kidney Fund to learn more about using this opportunity. In one fail swoop you can clear all that junk that has been cluttering up your spare room or cupboards or shed or garage. Think how pleased your wife or parents or husband will be. My long-suffering wife, **Carol**, has been on at me to clear out a boat that I have not used for 30 years. It is now going to a good home and the Kidney Fund will benefit. This must be a "win, win" situation.

On July 20th this year I will conclude 50 years in the

NHS. I first walked onto a Kidney ward as the most junior House Physician on the 20th July 1969. That was the same day that Neil Armstrong stepped onto the Moon. A small step? A massive step for both of us. I am stepping down as the Chair of The Kidney Fund in July and **Dr David Makinjoula** is taking over. Dr Mak is so well known to many of you. He needs your continuing support.

The battle against kidney failure has driven my interest for so many years. I have met so many inspirational colleagues and patients. I can not leave completely. I will remain in the background generating ideas for fund raising. But I promise not to interfere.

Very best wishes

Dr Michael Bending

"On July 20th this year I will conclude 50 years in the NHS..."

That was our winter of discontent...

So, who knows the second line of that famous Shakespeare quote (I admit I've changed it a little). Come on, come on. Somebody must know! It's Richard III, you there, boy at the back looking out the window. Do you know?

Yes, of course, well done Bending. You could go far if you could get your mind off motorbikes. 'Now is the winter of our discontent made glorious summer by this son of York.'

Often taken as a statement of depression, it is so important to go all the way to the end to gain some understanding.

I must confess, I think I was guilty of

that. In the dark days of winter I did feel that things were not going our way. A pharmaceutical company had just suspended its clinical trial of a new therapy for renal fibrosis. The opening of the new dialysis unit at St Helier was suffering more delays. I had another grant application rejected by Diabetes UK. Dr Bending had said he was retiring (again). It's all beginning to look a little different now. I heard last week at the UK Kidney Week conference from Professor Tim Johnson that the clinical trial had only stalled and that it was now back on. The new dialysis unit at St Helier is open, working and looks great. Diabetes UK didn't change their mind but other opportunities have opened,



Dr Mark Dockrell

more of that later. Mike Bending, a man who has been a source of support, inspiration and friendship to me is going nowhere; he may be changing his role but he promises

to continue his support and unbelievable enthusiasm.

Getting funding is critically important to SWTIRR and grants from Diabetes UK and Kidney Research UK are particularly important because the funding comes with the peer review of experts in the field who have deemed the proposed research interesting and of good quality. So, it is particularly frustrating when we don't get the funding yet the reviewers have not criticised our ideas or the proposed experiments. Because of the difficulty in getting unpaid reviewers the charities send the applications out to wider and wider groups of doctors and academics, some of whom may not fully

appreciate the relationship of areas like cardiovascular disease and kidney disease. This is where Professor Bruce Hendry, the chairman of the SWTIRR Board, comes in. Through his experience he understands how these things work he also has ideas of what to do about it. It looks like he may have found alternative sources of funding. He is in the process of arranging for us to visit one of the large Pharmaceutical companies so we can pitch some collaborative projects to them. He also recognises that although SWTIRR has undeniable strengths our size may be seen as a bar to getting some funding. So, he is working with Professor Debbie Baines of St George's for SWTIRR to get recognition for our contribution to renal research at St George's and be given appropriate status. This would mean that in future grant applications we could play up both our own scientific expertise but also our association with a well-known University.

So what about Research? Well, in February we appointed the 7th Kidney Fund Clinical Research Fellow, Dr Giulio Podda. Giulio is a great addition to the lab; he is enthusiastic and keen to carry out some good meaningful research. Obviously, he has only been in the lab for a couple of months so we'll have to see how things go but he has already learnt some important techniques and cracked on with his work. He has set up some new kidney disease models, we have discussed hypotheses and he is already producing results. In fact, his start is so good that we have submitted some of his preliminary data to the

American Society of Nephrology. Let's wait and see if they think it is as exciting as I do and offer him a chance to present it at their big international meeting in November.

As for my comments about Dr Bending at the start of this article, some people may be a little surprised considering we constantly seem to be arguing. But Mike pointed something out to me several years ago. It's not a bad thing to argue, it can be quite constructive as long as you have a shared sense of purpose and understanding of the fundamentally important things in life. If I had my way, I

would extend the Institute with an education centre to be shared by Doctors, Patients, Nurses, Physiotherapist, Dieticians and Scientists. I would have computer terminals, a lecture hall, discussion rooms and a debating chamber. And I would call it the Bending Institute for Kidney Education or BIKE for short. After all, education and research go hand in hand, you can't have one without the other, a bit like SWTIRR & Bending, and we all know...

Funding = Research
Research = Cure!

Dr Mark Dockrell

Amazon Smile

Donate while you shop

amazonsmile
You shop. Amazon gives.

Donate as you spend. Amazon Smile is a programme that allows shoppers to register a favourite charity to benefit every time they shop. It is exactly the same as the usual shopping experience (same prices and range of items with the same delivery options) but your preferred charity receives 0.5% of every purchase.

The Kidney Fund has registered with Amazon to participate in their

charitable scheme. If you already shop with Amazon, Register for Amazon Smile here - its free and no different to using Amazon but we receive 0.5% of everything you spend.

Remember, always start at smile.amazon.co.uk and Amazon will donate 0.5% of the net purchase price (excluding VAT, returns and shipping fees) to the eligible charitable organisation of your choice.

smile.amazon.co.uk

Prudential Ride 100

Our Riders

Hayden McDonald

Although not currently affecting myself or my family, I find Renal disease and kidney failure an important cause.

As a fellow New Zealander one of our greatest rugby players Jonah Lomu publicly and bravely battled this for many years.

Anything I can do to raise as much awareness and funding as possible to your organisation would be a pleasure.



Darren Pearce

I am really keen to support this charity, I have family have been affected by Kidney disease and this is something they have the manage through diet and other supplements on a daily basis.

In particular on my wife's side of the family her mother based in Seattle and brother based in Mexico have had their lives impacted by kidney related health issues. Therefore riding 100 miles is the least I can do to show my support and help in a small way raise much needed funding for this great cause.



Andrew Watts

I have a close friend who has been on dialysis for many years and had a failed transplant. So I would love to be involved to raise awareness for your fund.



The Mayor of Sutton

Over the past 12 months, many of you may be aware that The Kidney Fund was one of two charities chosen by the Mayor of Sutton to be one of his nominated charities! During his Mayoral year (May to May) the Mayor of Sutton, Councillor Steve Cook, chose the Kidney Fund for two reasons – he discovered after a motorbike accident that he was in possession of just one kidney, and also because of his friendship with Nick Ford, one of the Kidney Fund Trustees.

During Steve's Mayoral Year, many varied events were held to raise money for The Kidney Fund and his other nominated charity, Home Start Sutton. The first event was the Wallington Music Festival in May of 2018, in which Steve's Band, The Mayors Flares played. Many other events followed, including a Gala Ball at the Royal Automobile Club in Epsom, an evening with Football Personality Barry Fry at the Selsdon Park Hotel, two Quiz Nights, a Golf Day, a Curry Evening and a Ladies Lunch.

December and the New Year period was an especially busy time for the Mayor's Fundraisers as there was the turning on of the Christmas lights in Sutton, several Saturdays collecting with buckets in St Nicholas Centre accompanied by a Brass Band playing Christmas Carols, a separate Carol service, and on New Years Day, The London Borough of Sutton won the best float competition in the London New Year's Days Parade! This contributed a massive £10,000 to the funds raised!!!

Back in March, The Mayor and Lady Mayoress visited St Helier Hospital for World Kidney Day, when they were given a tour of the Institute for Renal Research by Dr Mark Dockrell.

We managed to raise a total of just over £43,000 during Steve Cook's twelve month tenure as Mayor, which is an amazing amount and it was a lot of fun too!



London Mar



Amy Du Toit

"What an experience, so many emotions but smiled (nearly) every step of the way! I found a different kind of strength in myself and feel privileged to have run, especially for such a great cause."



Scott Reeves

"It certainly was one of the hardest but most rewarding days of my life! Thanks very much for the opportunity - glad I managed to raise around 2k for the charity."



Jess Ventham

"I found the London Marathon 2019 to be an amazing experience. I am so thankful for all the support I received both in the build up and during the event. I feel so lucky to have run for the South West Thames Kidney Fund as it is such a great charity and I found it so motivational."

Marathon 2019



Jonathan Cummings

"Wow! where do I start! Such a roller coaster ride of a day, so many emotions! empathy, sympathy, joy and encouragement on a grand scale, pain, suffering to name but a few. I'd like to thank my family and friends for all your support and encouragement throughout my campaign. On the whole a wonderful day running the London Marathon for the Kidney Fund. I wish the whole of London could be as happy as everyone at the Marathon all the time. Give yourself a goal and achieve the impossible."



Keir Charles

"I would like to thank the Kidney Fund for letting me run the London Marathon for them, it was a pleasure to fundraise for such an important charity."

It was also hard. VERY hard. Especially after the 18 mile mark and got progressively harder with every step after that. But it was also fun, a LOT of fun, a joyous day I'll never forget, with an amazing crowd, an incredible atmosphere and an enormous amount of cramp. My time was 3:53:08, and I was happy with that."

DRAGON BOAT



Date | 21st July 2019
Venue | Kingston

AT RACE

It's that time of year again, when hardy competitors gather to win bragging rights on the Thames. We are still neither hardy nor competitive, but we are definitely resilient. We have been a regular item at the boat race for a few years now and have always thoroughly enjoyed it. We continue to live up to the mantra that 'it's not the winning, but the taking part that counts' (having said that, we actually won one of our three races last year!).

Apart from the main event which is the rowing, there is usually quite a lot going on around the grounds – bungee jumping, various stalls to look through, Tombola, ice cream... It is a great day out for family and friends.

We will have two boats again this year (imaginatively named 'Boaty McBoatface' and 'Sweaty Kidney Scientists') and are keenly looking for between 25 and 30 people to take part. Dr Pauline Swift, previous team captain testifies that:

You do not need to have been part of either the Oxford or Cambridge rowing crew to take part!

Even if you have never rowed before, there is a 10 minute training session, which will bring you up to the level of most of the people rowing on the day...!?

We are looking to raise funds to support research at the South West Thames Institute for Renal Research and are hoping that participants will be able to raise at least £100 each, but any sponsorship you can raise will be very welcome. We would also be grateful for donations of prizes for the Tombola.

Once again, it is:

THE DRAGON BOAT RACE

Date: Sunday 21st of July 2019

Venue: Canbury Gardens, Lower Ham Road, Kingston KT2 5AU

For further details if you would like to take part in the rowing, or help with running the Kidney Fund stall, or just come to support us, please contact: **Sarwat Ahmad on 0208 296 3698, or email sarwat.ahmad@nhs.net**

We look forward to seeing you there.



Our Lottery has now paid The Kidney Fund **£65,015.35**, come and join the fun!!!

We have now been running the lottery for almost 9 years and with 50% being paid out in winnings we have paid out almost **60 thousand pounds** in winnings with a lot more than that being contributed to The Kidney Fund.

Thank you to all our members for their continued subscriptions without which we wouldn't have been able to make such a significant contribution, along with the greatly appreciated donations they seem to regularly make as well.

Please encourage your friends, families and colleagues to join us as the more members we have then the more we can pay out in winnings which in turn increases the amount we can pass on to The Kidney Fund which, whilst we all want a little bit of fun, is actually the main reason for the lottery.

01/02/2019	101249	Chertsey	£165.00
08/02/2019	101069	Addlestone	£165.00
15/02/2019	101072	Warlingham	£165.50
22/02/2019	101158	Sandhurst	£165.50
01/03/2019	101242	Staines	£165.50
08/03/2019	101097	Camberley	£167.00
15/03/2019	101334	Sutton Common	£169.00
22/03/2019	101063	Camberley	£168.00
29/03/2019	101189	New Haw	£168.00
05/04/2019	101161	Wallington	£169.00
12/04/2019	101311	Ashted	£169.00
19/04/2019	101098	South Croydon	£169.00
26/04/2019	101009	Camberley	£169.00
03/05/2019	101109	Addlestone	£166.00
10/05/2019	101176	Cheam	£166.00
17/05/2019	101049	Merton Park	£165.00
24/05/2019	101025	Caterham	£164.00
31/05/2019	101222	Wokingham	£162.50
07/06/2019	101293	Addlestone	£162.50

If you have previously been a member and would like to re-join us then we would love to welcome you back, just contact me on lottery@kidneyfund.org.uk or call me, Steven Clark, on **07305 931102** and I will be very happy to re-enter you.

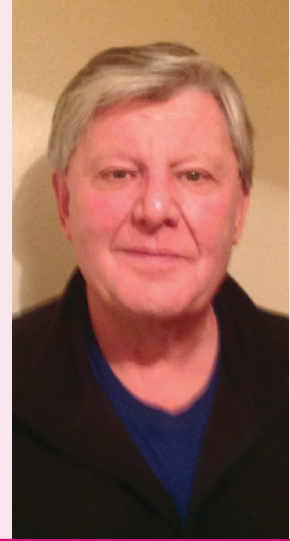
Sign up for a PDF - make sure you always get your copy of "Renality"!

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

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

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

St Helier and Surrey Kidney Patients Association



A message from your Chairman

This is generally a relatively quiet time of year for the KPA, by the time you read this, it will almost be the end of June hopefully summer is upon us and Brexit will still be going on!!!!

The works for the new St Helier dialysis unit are finally completed and patients have been dialysing since mid-May. Everything seems to be going well.

The new Mayday unit has also had delays for various reasons and is now expected to open in January.

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

In the last 3 months the KPA has provided the following,

- Replacement overlay mattresses and covers for St Helier & Satellites
- Fleece blankets for dialysis patients at St Helier & Satellites

- 4 x Laptops and stands for specialist nurses
- 2 Ultrasound Machines for St Helier
- 6 Blood Pressure Machines
- Various ancillary equipment for the PD department and Occupational Therapy
- This, as we always say is only made possible by the donations we receive.

The *Renality* magazine will continue for the foreseeable future as 3 editions per annum to save production and postage costs. These costs are met equally by the unit, the KPA and the Kidney Fund so it will save money all round.

Any contact information that the KPA holds will never be shared with any other party so we are fully compliant with the new **General Data Protection Act** which came into force on 25th May 2018.

Golf Day

Friday 21st June 2019 will see/saw (depending when you get your copy) the hosting of the annual **KPA Golf Day** at the lovely Milford Golf course in Surrey and the outcome of the day will have to be published in the next *Renality*.

NKF Conference

This will be held at the Radisson Blu Hotel, East Midlands Airport on the **4th and 5th October** and the KPA will pay the special package rate for KPA members.

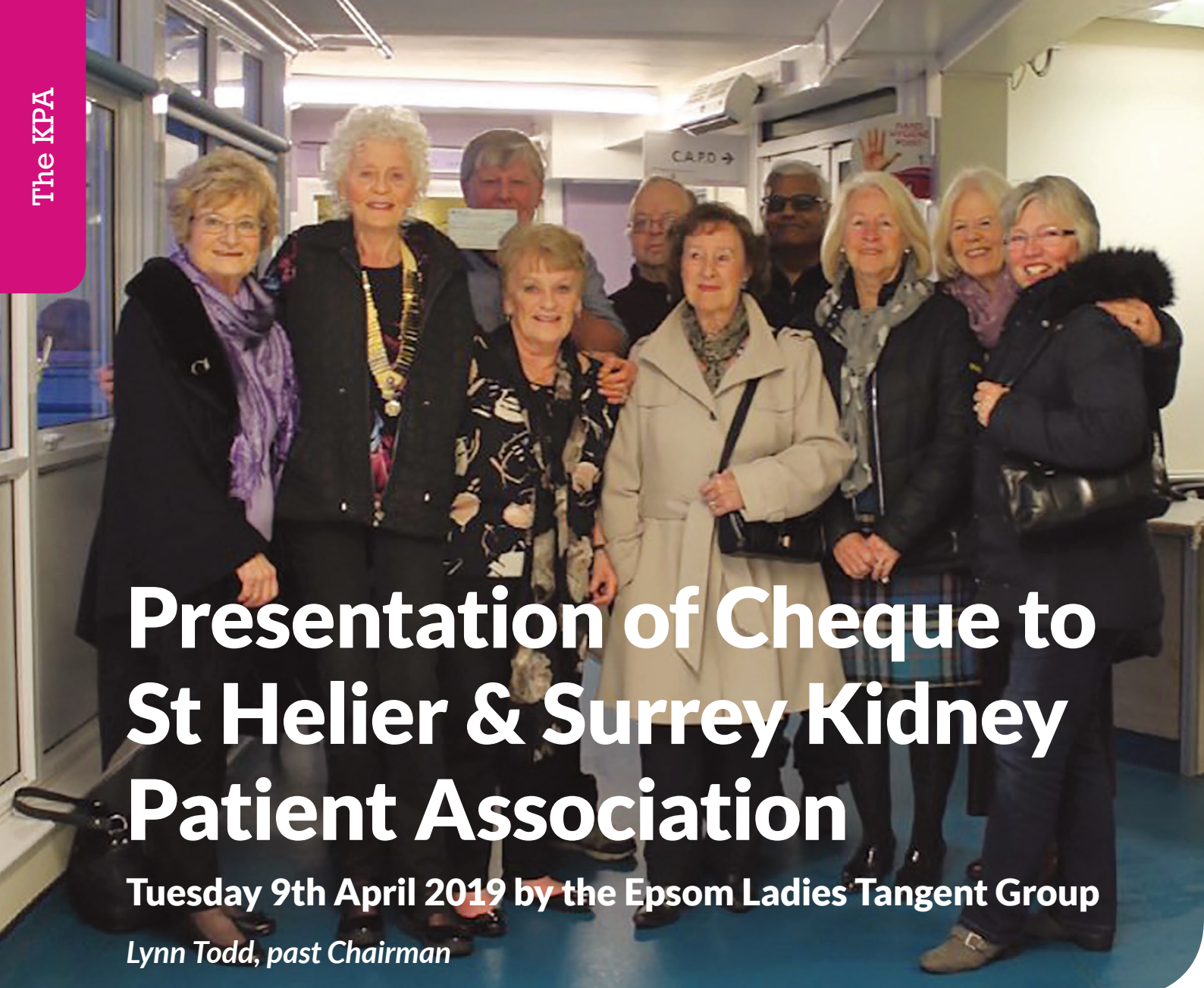
Other News

KPA AGM: This years AGM will be held on **Tuesday 12th November 2019** at 7.30pm in the Blue Room at the renal unit of St Helier.

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

Best Wishes

Dave Spensley
Hon. Chairman



Presentation of Cheque to St Helier & Surrey Kidney Patient Association

Tuesday 9th April 2019 by the Epsom Ladies Tangent Group

Lynn Todd, past Chairman

My husband and I were married in May 1971, a year later he was diagnosed with Glomerular Nephritis. He was monitored 3 monthly as he had High Blood Pressure.

Our son was born in April 1974 and when he was 9 months old, my husband's kidneys failed and he began dialysis. He was a patient at the original Westminster Hospital where I had coincidentally trained as a registered nurse. The following July he received his first Kidney but sadly it never worked so

he began dialysis again. The consultant on the unit (which was quite small) did not believe in home dialysis so patients either dialysed during the day or overnight at the hospital, and as he was working he had a night time slot.

18 months later he received a second transplant and initially this Kidney did not "pickup" and on the Christmas Eve he was taken back to theatre again. I was told the kidney did not look very healthy but they had "De Capsulated" it to see if

this would help, but were not very hopeful. Well it did start working, and although not perfect allowed him to live a normal life for 5 years and then over the next two years it slowly peter out.

By then, the unit at Westminster had closed and so he became a patient at The St Helier Unit and was trained (as was I) to undertake home dialysis and a machine was installed at home. He was under the care of Dr Mike Bending, who was a familiar face as he was training at Westminster

Hospital Medical School while I was training as a nurse!

Tragically he died suddenly when my son was 11 years old, he had unknown damage to a heart valve.

I belong to Epsom Tangent Ladies which was originally for the wives of the Round Table men. Last year I took office as Chairman and we have the opportunity to raise money for a local Charity of our choice if we would like to do so. I chose St Helier and Surrey Kidney Patients Association as my charity.

We had two events – a “*Travelling Trends*” Ladies Fashion Show (where at the end you can try on and purchase items which were shown on the cat walk), which is an event run by an amazing lady called Elaine Gray to help organisations raise money for charity.

Our second event was a Curry Night, we took over/filled a local Curry house. We also at Christmas time instead of giving cards to all members give the chairperson one card and money towards her charity.

Both events surpassed my expectations along with the generous donations from members in lieu of cards. I was delighted at the end of my year to go along with my committee and present a cheque to Dave Spensley for £2,850.

My husband was supported by the charity when he was ill, so it is lovely to think I have given something back which will help to support others who find themselves suffering from End Stage Kidney failure.

Lynn Todd

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 TBD

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
- Tony Pilgrim
- Asan Hashmi
- Janet Atterbury
- Epsom Tangeant Group
- Sutton United F.C.

KPA Memorial Donations

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

- Dennis Ronald Blossie

**NOTICE TO ALL ST HELIER
& SURREY KPA MEMBERS**

ANNUAL GENERAL MEETING

of the

**ST HELIER & SURREY KIDNEY
PATIENTS ASSOCIATION**

**Tuesday 12th November 2019
at 7.30pm**

**Blue Room, Renal Unit
St Helier Hospital**

Tea, Coffee and Biscuits will be available

St Helier & Surrey KPA Committee Members

2018/2019

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Renal Social Worker/Amenity Subcommittee

Celia Eggeling

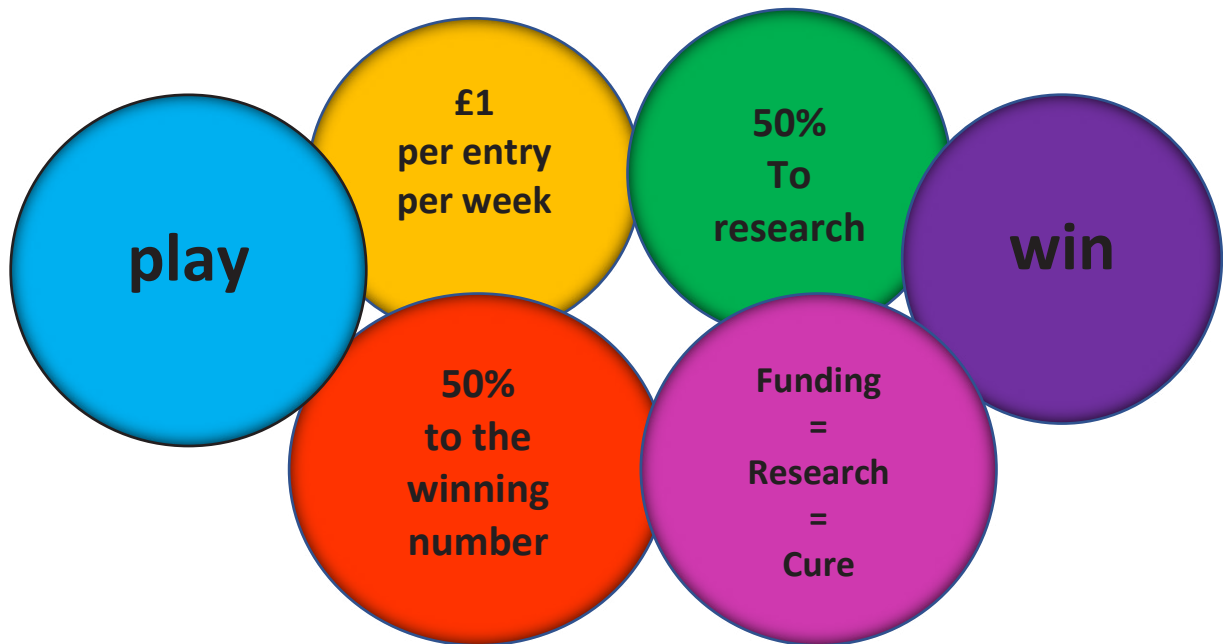
Renal Unit, St. Helier Hospital

Tel: 0208 296 2940

Email: celia.eggeling@nhs.net



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

OPTION 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