

RENALITY

November 2019

Dr Bending's 50th Work Anniversary Celebrations!



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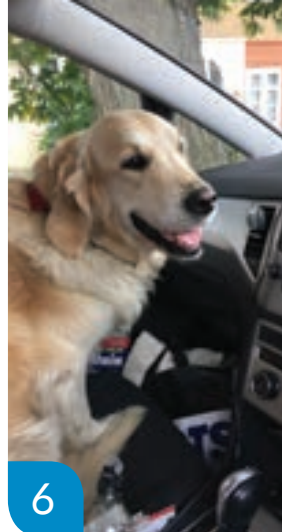
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Your Renality Magazine

We have recently reviewed how the General Data Protection Regulations (GDPR) apply to the renal unit and the distribution of Renality.

Wherever possible we wish to continue sending you a copy of the magazine as the feedback from readers is that it provides valuable news and information. For this reason, we believe that it is within the rules of GDPR to continue to send copies to our patients receiving renal replacement therapy, including PD, HD and pre and post transplant.

However, for all other patients it will be necessary for you to specifically opt-in to receiving the magazine. Please see further details in this edition.

Many of you will know Sami Young, Directorate coordinator in the Renal Unit at St Helier. Sami has now moved onto a new role within the Trust and we have successfully appointed Ria John to the team who will start with us During November. Ria comes from pharmacy within the

Trust and we are delighted she accepted our offer.

I am also leaving the Division at the end of October to take up a new role within the Trust as Associate Director for Inclusion. This is an exciting new role and I am very much looking forward to my new responsibilities. However, I will of course very much miss my colleagues and the very many patients i have come to know over the years.

Obviously, Freeman will be coming with me so for the first time in many years, there will not be a dog working within the renal department! My new office will be at East Street but I will be very visible on both the Epson and St Helier sites so please do say hello if you see me.

There is so much more happening within the unit at present and I recommend you read the article



Steve Simper
Divisional General Manager

written by our Clinical directors to get the insight.

With very best wishes

Steve and Freeman

There are many many ways in which you can help **The 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

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 Beverley Searles beverley.searles@nhs.net 0208 296 2587 and Sami Young sami.young@nhs.net 0208 296 2384.

Renal Unit



Dr Ginny Quan

Dr Fiona Harris

As I write this, Ginny and I have spent a whole year in our roles as Joint Clinical Director, and it seems appropriate, in this year which marks the 50th anniversary of the St Helier Renal Unit, to reflect on things past, whilst celebrating the present, and looking to the future.

Fifty years ago, dialysis as a long term treatment for people with irreversible kidney failure was in its infancy. The 'artificial kidney' was very different to the modern machines we use today, and patients would dialyse for 12-14 hours at a time, twice a week. There were just two patients on long term dialysis when St Helier renal unit opened its doors. Peritoneal dialysis as we know it now was not available until the 1980's. Now we have over 1000 patients on dialysis. Of course prevention is better than cure, and medical science cannot yet 'fix' damaged kidneys, but there are many conditions where the treatments we have now can prevent kidneys from failing, or at least make them last longer, postponing the need for dialysis.

Fifty years ago, kidney transplantation was a very new concept, with the first kidney transplant from a deceased donor only having been performed in 1965. Whilst there were drugs available to suppress the immune system and prevent rejection, there were significant complications and far fewer transplants were successful then

compared to now. In 2019, 96 patients under our care received a transplant, and we expect the average transplanted kidney to last between 10 and 15 years. This is fantastic progress.

One of the ways we are celebrating our 50th year is a day of talks, memories and baking. If you would like to drop into this event you are very welcome – it's in the Whitehall Room in the Education Centre at St Helier Hospital on November 22nd running for most of the day. Please contact Rebecca Roffey on rebecca.roffey@nhs.net if you are interested in attending and would like more information.

There is one thing that has not changed much in 50 years, though, and that is the building that we are housed in. There continues to be much discussion about how we might resolve this issue, and Ginny and I have become very familiar with looking at architect drawings, but a solution that is workable is yet to be agreed. Without being too cynical, it is worth noting that Dr James Marsh, the Clinical Director 10 years ago,

wrote in the 40th anniversary edition of this magazine that we were partnering with St George's Hospital to bid for the opportunity to provide a new renal unit in Surrey, for our Surrey patients. Ten years later, we are still in the same building. On the positive side, we are working in partnership with Frimley Health so at least some of our Surrey patients have more local access to care, and we are very excited to have recently learned that Epsom and St Helier is one of six hospitals to receive a share of £2.7 billion of government funding earmarked to rebuild crumbling hospitals. We are hopeful that this will one day mean wards and clinical areas fit for the 21st century. *Watch this space...*

In the meantime, we 'push on' with what we have. Our Renal Day Unit has been open for just over a year. Staff wonder how we managed without it, and feedback from you, the patients that use it, has been overwhelmingly positive. We are delighted to welcome new nursing Matrons to support our nursing teams and work closely with our senior doctors, always with the aim of improving the service that we provide. We have several exciting projects underway, which we will share

as plans become more concrete! We are sorry, though, to be losing our General Manager, Mr Steve Simper, who is moving to a new role within the Trust, having supported the renal unit for a number of years. His dry humour and calm demeanour will be missed, but we look forward to working with Mrs Ciara Jones,

who will be joining us as our new GM in late October.

And finally, it occurs to me that working in the NHS is a bit like my attempts at gardening. No matter how hard I work, there are always things to be done. With the best plans and preparation, things don't always come to fruition. As the weather

gets colder, and the autumn leaves start to fall, we know that 'winter pressures' will increase the daily challenges of working in the NHS but in my garden, the pale pink cyclamen are pushing through the earth underneath the oak tree - resilient in adversity!

Ginny Quan and Fiona Harris

It is not quite **BREXIT** but you will have to decide if you are **In or Out!**

We have recently reviewed how the General Data Protection Regulations (GDPR) apply to the renal unit and the distribution of *Renality*.

Wherever possible we wish to continue sending you a copy of the magazine as the feedback from readers is that it provides valuable news and information. For this reason, we believe that it is within the rules of GDPR to continue to send copies to our patients receiving renal replacement therapy, including PD, HD and pre and post transplant.

However, for all other patients it will be necessary for you to specifically opt-in to receiving the magazine. You can do this by completing the form below and returning it to

the return address or by contacting the renal unit outpatient department at St Helier Hospital.

We will also provide copies of the magazine at many of our renal outpatient departments for you to read and take away.

As usual, if you are receiving renal replacement therapy but **DO NOT** wish to receive the magazine, please contact Beverly Searles at the St Helier Renal Unit or complete the form below stating that you no longer wish to receive a copy of *Renality*.

If you are not receiving renal replacement therapy and you no longer wish to receive a copy of the magazine, **YOU NEED TAKE NO ACTION.**

Renality Magazine Options Form

Your Name: DOB:

- ☐ I am not on renal replacement therapy but wish to continue to receive a copy of *Renality* by post.
- ☐ I am on renal replacement therapy **BUT DO NOT WISH TO RECEIVE** a copy of *Renality*.

Please tick one of the above and return this form to:

Beverley Searles, Epson & St Helier Hospitals, Renal Unit, Wrythe Lane, Surrey, SW5 1AA
or hand to a member of the outpatient reception staff at St Helier Hospital Renal Unit.

What Elsa?

Tales from the Doghouse

I usually try to be upbeat when telling stories of my life, but this has been a difficult few months. I am reminded that we only truly appreciate the light when coming out of the shadows.

This edition's main picture is an unusual one. It is a special type of photograph (the alpha male called it an Xtra-ray, or something like that). It shows what happened to my leg in September after I damaged it chasing some irritating squirrels. I was limping a lot, but not in too much pain. To cut a long story short, however, the alpha male took me to the canine clinic and – instead of the usual fuss and dog biscuits – they made me fall asleep and the next thing I knew I looked like this!

For the experts among you, I had a cruciate ligament repaired and the shape of my leg changed to make sure the ligament won't break again. All I know is that it hurt a lot and I don't really know what has happened to me. I trust the alpha male completely, but it's very hard. I won't be able to walk or run properly for another 2-3 years (that's three months in human time.). And the squirrels know they are safe and are just laughing at me!

But I mustn't complain, because the alpha female has even more reason to be upset as her mother has just gone to the kennel in the sky. She was aged 13 (or nearly 90 in human years), so it's not exactly a tragedy, but it still marks the passing of the guard. It's hard to know what to say, especially as I have so few memories of my own mother. Usually I just put my head on my paws and look sad.

A third issue is that my friend Freeman, Steve Simper's Guide Dog, is moving away and I won't be seeing much of him in the future. He is accompanying Steve to another part of the hospital where they have already allocated him a room, a bed, and a place to pee all to himself. I don't know how much work they will be doing. It sounds just like home!

Although my alpha male and I are sad to see him go, we



wish Steve and Freeman every success and happiness in the future. They have been amazing servants of the Renal Unit and it has been a privilege and a pleasure to work with them. We hope they will stay in touch.

I do hope to be able to share more positive news with you next time. Any more like this, and I will start to look as old and decrepit as my master!

In the meanwhile, on a more positive note and following good behaviour (or in sympathy for my leg), I am pleased to report that I have recently been promoted to the front seat of the family car. I think it may also be because the alpha female's navigation skills aren't always perfect, but that's just my opinion! The second picture shows me directing the way to the butcher's... even though we were supposed to be collecting the paper!

Best wishes for Christmas and the New Year.

Woof Woof!

Elsa x

PS Another bit of good news, Steve's replacement doesn't have a cat!



Epsom and St Helier
University Hospitals
NHS Trust

Renal's



Come and join us to celebrate five decades of caring for patients with kidney conditions at Renal's 50th birthday.

Taking place on Friday 22nd November
from 10am to 3pm, Whitehall Lecture
Theatre, St Helier Hospital.

There will be breakfast, lunch with tea and coffee.

We will be holding a cake sale with all proceeds going to the
South West Thames Renal and Transplantation Unit.

The Kidney Fund Christmas Cards

Help support kidney research with every Christmas card that you write. Our Christmas cards will be available to purchase from November 2019. You can choose from the selections pictured here.

Please contact the office by email on Admin@kidneyfund.org.uk or call 020 8296 3698.



Dear Kidney Fund Supporters



I wondered about a catchy title to begin this, my first contribution to *Renality* as the new chair of the Kidney Fund. I thought about 'End of an Era', or 'Big shoes to fill', but perhaps a more fitting comment to recognise Dr Bending would be '*Bending by name, but unwavering by nature*' in the support he gave to the Kidney Fund and indeed, all the patients he looked after. I am pleased that even though he has stepped down as Chairman, he remains committed to the cause as a Trustee of the Kidney Fund and will continue to help in our efforts to raise funds for research and to promote awareness of kidney disease.

A few more people have come on board to help us achieve our goals, including Mr Jiten Baxi, who is helping with the Accounts and Mr Jamil Hossain, who is helping with issues regarding Data, IT and the website. More about them in future magazines.

Anita, our Secretary has been burning the candle at both ends as she works on our new website, the launch of which is imminent. It should be well worth the wait.

Looking forward, we plan to work much more closely with the Kidney Patients' Association and the Renal unit to look for areas where we can complement each other and hopefully then become much more than the sum of our parts.

The Annual General meeting is due to take place in the Whitehall lecture theatre at St. Helier hospital on Sunday the 17th of November, starting at 2pm. It would be great to see as many of you as can attend.

By the time the next edition of *Renality* comes out, I expect Brexit will have been done (what will people talk about once that's over?), Santa Claus will have done his rounds and Manchester City will be wondering whether they can catch Liverpool at the top of the table. The challenge of fund raising will however remain significant, but with your help, it will not be insurmountable. We need volunteers to provide ideas, encouragement and support. As Lord Kitchener might have put it, *The Kidney Fund Needs You!*

Dr David Makanjuola

"Looking forward, we plan to work much more closely with the Kidney Patients' Association and the Renal unit..."

A truly prestigious occasion to grace your social calendar

CHARITY GALA BALL

*at The RAC Club Woodcote Park, Epsom, KT18 7EW
on Saturday 14th March 2020*



 In aid of The Kidney Fund (based at St Helier Hospital)
Featuring live music and entertainment
Including welcome drinks plus wines on the table to start and
a three course meal with petits fours and coffee or tea.

6.30pm start
12.30am carriages

Call 07785 352594 to join us at this prestigious event

 Black tie
£99 per person

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

“Necessity is the mother of invention”

Plato

Once again I have the pleasure in sending autumnal greetings to all you readers of *Renality*, supporters of The Kidney Fund and... to our many readers all over the world... to misquote the wonderful Nicholas Parsons – who by the way has just turned 96!

So, what tales do I have to tell you from the labs of SWTIRR? Well, as many of you know the last few years have been a little difficult for our parent charity The Kidney Fund.

And this has meant that I have had to cut the coat according to our cloth. Nationally, charitable giving has been rising; I think it was 2.7% last year, so we have sadly been bucking the trend. I should say things may be looking up for us with Robin Ford chairing the Fundraising subcommittee and Anita's work on the web site. Apparently, on-line fundraising was up 17%, so the web site could be really important. Why don't you let us know what you would like to see on the new Kidney Fund site?

Anyway, back to what I've been doing. Just because we have less money doesn't mean



Dr Mark Dockrell

there is less need for research and the improvements in kidney care that follow. So, I have been looking elsewhere.

As you guys know better than most

people kidney disease brings with it many other problems, not least cardiovascular disease – you know problems with blood vessels and your heart- this is one of the main causes of death and disease in renal patients. Cardiovascular disease is a big problem worldwide but the type you see in renal patients is different – you lot would be different wouldn't you? I've been trying to look at cardiovascular disease in renal patients. We set up some preliminary experiments which went pretty well. They certainly showed that we were going in the right direction but when we took

the results to Kidney Research UK, they weren't convinced. So I went to Professor Cathy Shanahan, a brilliant Australian researcher working in London who is an expert in the field.

Cathy was more impressed than Kidney Research UK with our results and she suggested another set of experiments that might give more evidence to support

our theory. Hard to do when you don't have any money. But last summer Helena Harman, Annabel's daughter, came and did some voluntary work in the Institute to carry out the suggested experiments. The results look good; consequently Cathy and I are going to apply to the British Heart Foundation for a grant. Keep your fingers crossed for us.

Continuing to look for new sources of money for our vital research, Professor Bruce Hendry, the chairman of The SWTIRR board of directors, and I went up to Cambridge to visit AstraZeneca, one of the world's largest Pharmaceutical companies. Our plan was to show them some of the best research from SWTIRR and see if we could interest them in supporting us. For a first meeting it went quite well, they were particularly interested in some of our novel markers of early kidney disease. They're arranging a follow up meeting



Professor Cathy Shanahan

next month in the US, where we'll meet some of their international team leaders. So, we'll keep at it and see where it goes, I promise I'll let you know.

The last bit of news I wanted to share with you is a little different. Some of you may remember that a few years ago I did some work with one of the renal dieticians, Caroline. Well, following on from that I have been having some meetings with another one of our amazing dieticians, Fiona Doyle. Fiona is concerned about how we assess the nutritional health of some of our most vulnerable patients. So, we have been putting together a plan of how she might be able to improve on the current

practice. I really enjoy this kind of thing, not just because of the direct help it gives to patients but because I have to think out of my comfort zone and learn new stuff. Look out for Fiona's posters in the renal unit and I'll ask her to write something for the next edition of *Renality*.

Last week I was visiting another 96 year old, not Nicolas Parsons but my dear old mum. She was asking about the Institute, my mum has been a big donor to the Fund. She was a bit worried about how much work I was doing and all the running around trying to get funding. She asked if there wasn't something less tiring I could be doing but I had to explain to her. I'm very lucky

that the kidney patients have put their trust in me to do this work and if I don't do it who will?

Many years ago my mother introduced me to the writings of the wise rabbi Jonathan Sacks. He made a slight adjustment to that quote from Plato I started with: *"Hope, even more than necessity, is the mother of invention."* Hope for a better future for kidney patients, hope for a cure is what drives me forward, and I believe it will come through research.

Funding = Research
Research = Cure!

Dr Mark Dockrell

Annual General Meeting The Kidney Fund

**to be held on Sunday
17th November 2019**

**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 David Mekanjoula and Dr Mark Dockrell about the exciting research progress we have made.

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

We'd Love To Have More Entries In Our Lottery!!

Our lottery is still going strong after **484 weeks** with almost **£62,300.00** being paid out in prizes!!

This means in excess of **£66,600.00** being paid to The Kidney Fund from your subscriptions and donations which is just amazing.

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

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

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

The winners since the last issue of *Renality* are:-

14/06/2019	101030	Caterham	£161.50
21/06/2019	101246	Merstham	£158.00
28/06/2019	101258	Carshalton	£158.00
05/07/2019	101060	Horley	£158.00
12/07/2019	101183	Guildford	£158.00
19/07/2019	101180	Whyteleafe	£158.50
26/07/2019	101023	Birmingham	£160.00
02/08/2019	101265	Fleet	£159.50
09/08/2019	101058	Ash	£159.50
16/08/2019	101201	Leath	£159.50
23/08/2019	101225	Horley	£159.00
30/08/2019	101188	Byfleet	£158.50
06/09/2019	101285	Merstham	£158.00
13/09/2019	101194	Bracknell	£158.00
20/09/2019	101026	Fetcham	£158.00
27/09/2019	101056	Addlestone	£158.00
04/10/2019	101227	Addlestone	£158.00

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.



Prudential Ride London

Thank you to our fantastic riders who raised funds for renal research.

John Wills *(main picture)*

This year I rode the 46 mile route with my wife Deborah who was my donor in 2008.

We have previously done the 100 but did not have time to train for that this year.

The ride was again great fun to participate in, the crowds cheering on the return route back into London really make the day.

As ever I could not have done this without Deb's love and generosity and of course all the medical team at St Helier.

Kwabena Mensah

Kwabena is an avid runner and has taken part in a few Marathons over the years which has allowed me to raise money for charities.

This year Kwabena wanted a slightly different challenge and also to support a charity slightly closer to home. Kwabena works in intensive care medicine and sees the debilitating effect kidney



disease can have on a person. So this year is supporting The Kidney Fund which does some amazing work in supporting people with kidney disease and also research into important aspects of the disease.

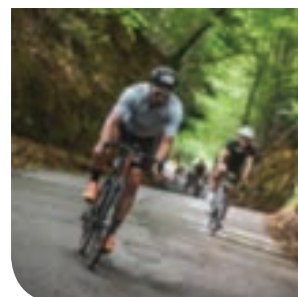
Andrew Watts

This charity means so much to Andrew, who has a friend whose life is on pause due to kidney failure. Andrew is raising fund to support research and raise awareness.



Darren Pearce

Darren's desire to do well in sport coupled with the family having a number of ongoing kidney related issues inspired Darren to support and raise money for The Kidney Fund.



Dr Bending's 50th Work Anniversary Celebrations

Overleaf

Dr Bending's 50th Work A



We managed to pull off a surprise party to honour and celebrate Dr Bending's 50 years work anniversary, it was so great to see friends, family, colleagues (old and new) and patients join in the wonderful get together. Here are some pictures from the afternoon.

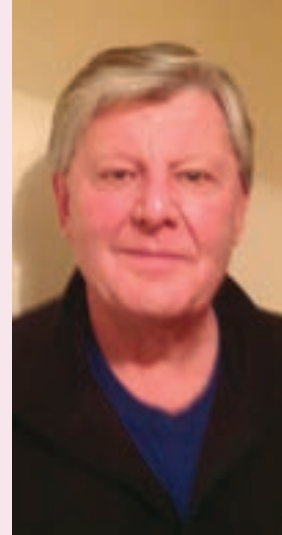


Anniversary Celebrations



St Helier and Surrey Kidney Patients Association

A message from your Chairman



I am nearing the end of my thirteenth 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 the Committee members, all our Volunteers including those on the Served together with the Renal Unit staff all of whom provide invaluable support to the KPA throughout the year.

St Heliers HD dialysis unit has moved to a brand spanking new unit in the main hospital in the Summer of 2019 following some delays.

The new Mayday dialysis unit has been delayed yet again, so patients will have to wait until the Spring of 2020.

This year the renal unit has seen more than a few changes with the appointment of joint Clinical Directors, Dr Ginny Quan and Dr Fiona Harris. We

have seen the appointment of Matrons overseeing various disciplines and some administration staff have either left or changed roles.

The move of the renal wards to the main hospital is still proposed but no definite date has been agreed, in the meantime Beacon ward may need to move to the old haemodialysis area as it's considered to be past its sell by date!!

About the KPA, we have 890 members, so we're kept 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,

- 2 Profiling beds and pressure relieving mattresses for St Helier.
- 2 Ultrasound machines for St Helier.

- Thrombectomy machine for St Helier.
- Renal Overlays for St Helier and its Satellites.
- 8 Blood Pressure machines for St Helier & Mayday.
- 10 bag warmers for P.D.
- 6 Laptops and cots for St Helier wards and Specialist Nurses.
- Stryker Trolley for Day Unit.
- Weighing scales for Mayday.
- Financial assistance with Holiday Allowances, Travel Benefits and Amenity payments.
- Financial support of the participants in the St Helier Team at the Transplant Games.
- Supply dementia friendly clocks and patient recliner chairs.
- Biopsy Training Aid.

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 legacy which has allowed us to purchase or agree to purchase some quite highly priced equipment listed above.

This year we have purchased equipment valued at over £105,000 for either St Helier or its Satellites

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 10th 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, Epsom and Purley.

Most of the present Committee have served for several years and I'm sure they won't mind me saying, but we're all getting older and it's vital to find new Committee members to ensure the continuity of the KPA, after all it's there to help us, the patients.

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

The position isn't onerous; we meet once a month in the Blue Room within the Renal Unit at St Helier at 7.30 normally on the first Tuesday of the month. Members don't need to attend every meeting, reports can be submitted by email or similar

If you can help, please contact me on **01483 426276** or email **daspensley@btinternet.com**.

I think that is all I must 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 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
- Sutton United Football Club
- Ran Pulik
- Mr and Mrs Rhodes
- Amanda Ellis
- Charlie Lewis

Newport Transplant Games 2019



THE SOUND of cheering filled Newport city centre over the weekend for the Westfield Health British Transplant Games.

More than 1,600 people poured in to watch roughly 60 sporting teams parade to the famous grounds at Rodney Parade. It is the first time that any Welsh city outside of Cardiff has hosted the British Transplant Games since it was established in 1978.

Rather than take readers through the events minute by minute, I have decided to help you understand what attending the Games means to the participants. These are the emotions felt by this year's participants after four days of competition, reuniting with friends and making new friends:

Moray Laing: Well, you lovely lot. I hope you are all home or close to home by now. I for one feel a bit flat now having had such a great weekend not just in terms of achievements but also having spent the time with you all and especially meeting the new members of the team. Thank you all for making it such a good weekend and also making Natalie feel very welcome. It never goes without saying what a great job the 'two-Morrows', alright 'three Morrows' (I'm definitely going to use that one again and again) do for us all so many thanks to you



for doing so. Look forward to seeing you all very soon hopefully. Lisa and Louise, you both particularly did a grand job of fundraising for the team which is much appreciated. *Most importantly, look after yourselves and stay well.*

(Medals: 2 gold, 2 silver)



Ryan King: I was diagnosed with renal failure in 2015 out of the blue, after being healthy all my life. I spent a year on dialysis and was incredibly lucky to receive a kidney transplant in late 2016 after just 4 months on the waiting list. It's not something I take for granted. I wanted to be part of the transplant community and help raise awareness of organ donation, which is why I'm in Newport for the British Transplant Games. I'm looking forward to many more. I've had an incredible and humbling weekend in Newport for the British Transplant Games. Saw some truly inspiring athletes of all ages and abilities who have been through so much and come back even stronger. None of it would be possible however without selfless people donating their organs and I will always be thankful to my donor for giving me a second chance at life.



Please sign up for the organ donation register if you haven't already, there are people dying who could have achieved so much if given the chance. It can happen to anyone as it did to me and I think if you would accept an organ you should sign up to give too. Most importantly, talk to your

friends and family about your decision as they will always have the final say even after the law changes to presumed consent (and rightly so).

Thanks so much to team St. Helier for making me feel so welcome and here's to many more!!

(Medal: 1 bronze)

Aled Loynes: Thanks a lot! Mum and I had a brilliant time and it was a privilege to be part of. *Hope to be involved with some fundraising for next year.*

(Medals: 2 bronze)

Jeanette Palmer:

Several years away from the British Transplant Games & they are as inspirational and heart warming as ever. Medals won, new friends made, old friends hugged - but more importantly awareness raised.



As always forever grateful to my donor & donor family for making it all possible. Thanks for the last few days all - a great team to be part of and amazing achievements by all. *Have a fun night celebrating xx.*

(Medals: 1 silver, 2 bronze)

After winning silver at the Archery and bronze at Ten Pin Bowling **Louise Cook** said "A second Bronze for Ball Throw. And best team medal tally. This has been a fantastic Games thanks to Team St Helier, my tenth games with this amazing group of people."

(Medals: 1 silver, 2 bronze)

Kevin Trimming: Love you all. Can't think of anything else to say that hasn't already been said. Incredible weekend, incredible team, incredible Games, and an atmosphere that I hadn't felt before but was absolutely brilliant! *Can't wait to next year!*

(Medals: 1 bronze)

Lisa Laing: Fabulous weekend with a even fabuloooooser team. *Thank you all for the memories.*

(Medals: 1 silver, 1 bronze)

Martin Lane: **(Medals: 2 gold, 1 silver, 1 bronze)**

Helen Hayton: **(Medals: 3 gold, 1 silver)**

Matt Rogers: **(Medals: 1 gold, 1 bronze)**

Peter Warren: I had a great time meeting the old faces and the new 1's. Many thanks to Graham and Craig for making it so easy. *Love you all.*

Craig Morrow: Back home now; been a great weekend. Welcome to the team Ryan, Aled and Martin. Medals at your first games, great stuff! Great to see all the team and supporters; thanks again, end of another Transplant Games with this amazing team. 11 competitors in the St Helier Team bringing back 28 medals. Managed to grab a couple myself in that number. Great weekend with inspirational people. *Thanks to my donor, the donor families, my team and of course my family. Thankful every day.* **(Medals: 2 bronze)**

Angie Morrow: For the past 22 years it has been a privilege to be "Team Mum" for the St Helier Transplant Team. Meeting up with old friends is wonderful; and meeting new friends makes these few days very special. Never a shortage of stories, fun and laughter, but most of all, plenty of hugs. *Newport was great and we came home with lots of special memories – looking forward to 2020 in Coventry.*

Many thanks must go to Vanessa Douglas-Green (live donor) and out supporters who took part in the Donor Run raising more awareness of the need for more donors.

Attending the Games is both inspirational and more becoming more expensive each year. Without the support of SH&SKPA the Team and supporters would be much, much smaller and it would be almost impossible to attract new members. We are truly very grateful, THANK YOU.

Is there any reader out there that can directly or through their employer assist with funding the Team? Maybe sponsoring training kit, swimming caps, travel assistance, anything is possible – Please contact me.

The 2020 Games will be held in Coventry (Warwick University) 30th July – 2nd August 2020 – we would love to see there! Come and join the best team at the Games!

PS: Three of our St Helier Team participated in the World Transplant Games held in Newcastle in August with fantastic results! Moray Laing javelin bronze, Aled Loynes tennis bronze and Martin Lane 50m backstroke silver. St Helier Renal Unit must be doing something very special – thank you everyone.

Graham Morrow
Transplant Team Manager

St Helier and Surrey Kidney Patients' Association

12TH ANNUAL GOLF DAY

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

On Friday 21st June, 68 golfers took to the fairways of the lovely Milford Golf Course to play what has become a fabulous annual event to raise funds for our KPA.

This year's event was another roaring success with a great turnout and a financial surplus of over £3500.00p excluding Gift Aid.

Again, we had some fabulous auction lots and thanks to everyone who provided these

Thanks again to Malcolm Bray and Alex Stead for providing a fabulous range of golfing equipment for our auction and raffle.

The overall winner of the day was Malcolm Bray scoring 43

points (playing to 7 under his handicap). Neal Smithers took the Congu trophy (for players holding an official club handicap) for the second year running with 40 points, again 4 shots better than his handicap, well done to our winners and everyone who played.

Thanks to everyone who attended but in particular to:

- Paul Connolly and Fay Eves for organising the event and auction prizes.
- Di, Anna, Charis, Ivor and Kevin for helping on the day and,
- Ghansham Patel, our Treasurer for keeping track of our finances.

In addition my thanks must also go to the following:

- Every player on the day who turned out for our charity.
- Ivor Connolly who collated the score cards and handled our auction and squeezed almost every last penny out of people!!!!
- Milford Golf Course, its members, General Manager Shah and the Catering & Waitressing Staff for their welcome and hospitality.
- Everyone went out of their way to help and we've already booked next year's event, **Friday 19th June 2020.**

If you're a golfer or have golfing friends put it in your diary, we already have 14 confirmed to play.

Gillian Frances Hynd

Sadly Gillian passed away in April 2019. She had been a patient of the Renal Unit since the early 1980's.

Gillian was an active member of the SWTKF and SHASKPA who she supported, Gillian raised a great deal of money for the Renal Unit.

Gillian also helped with the distribution of *Renality*.

Thanks are given for all her help over the years. She will be greatly missed.

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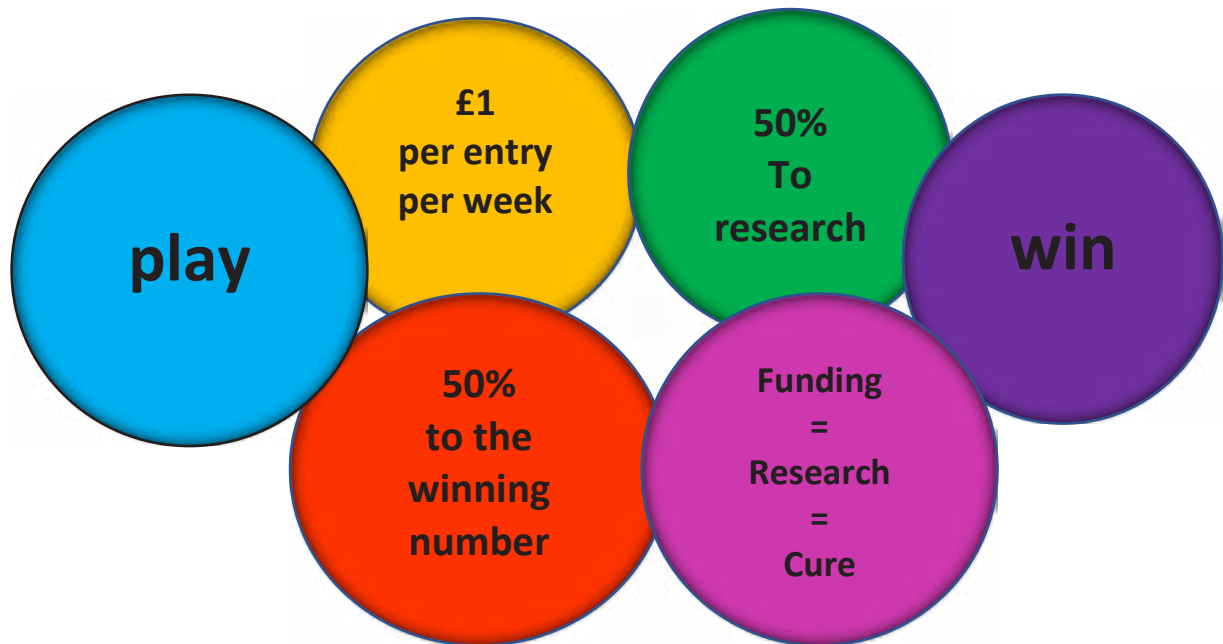
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PLAY OUR WEEKLY LOTTERY



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
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 3698 or email: lottery@kidneyfund.org.uk
South West Thames Kidney Fund: Registered charity number: 800952