

RENALITY

October 2020

Looking to the future...



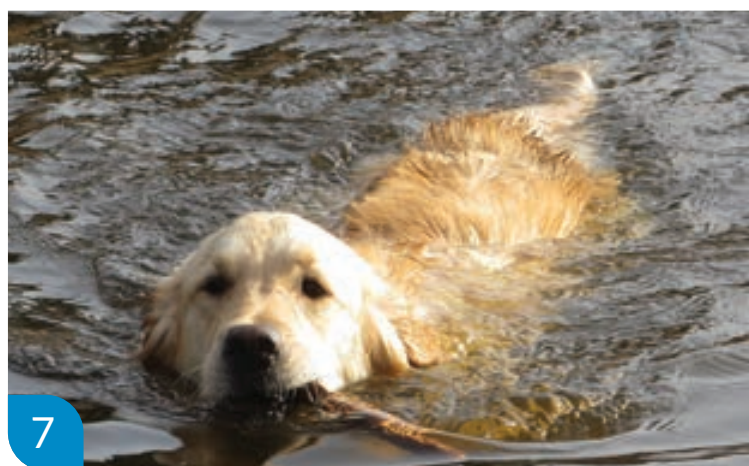
IN THIS ISSUE...

Our Kidney Stories | News from Ciara | Happy 10th Birthday to our Lottery

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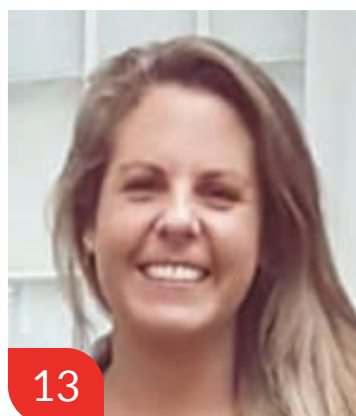
St Helier Renal Unit

- 3 Renal Unit
- 4 Patient View
- 5 Our Kidney Stories...
My Personal Renal Journey
by Andrew Bown
- 6 What Elsa? The Story So Far
- 8 News from Ciara



The Kidney Fund

- 10 The Kidney Fund Christmas Cards
- 11 Dear Kidney Fund Supporters
- 12 Dear Renaliteers
- 12 www.kidneyfund.org.uk
- 14 Wishing a **Happy 10th Birthday**
to our Lottery!



Kidney Patient Association

- 16 A message from your Chairman
- 18 KPA Donations
- 18 KPA Memorial Donations
- 19 Committee Members
- 20 Play Our Weekly Lottery



Renal Unit



Dr Ginny Quan Dr Fiona Harris

It has been quite some time since our last contribution to *Renality*, and who would have predicted the way that the year 2020 has panned out? Coronavirus has stolen the limelight for months on end, and has impacted on all of us in so many different ways. Before I go any further, I just want to take a moment to acknowledge the human cost of this pandemic. Many people, staff and patients alike, have lost loved ones, or indeed been extremely unwell themselves, and the knowledge of this suffering is never far from the minds of those of us in the extended Renal Family.

We are not out of the woods yet, and who knows whether, by the time you read this, a second wave will be in full flow or not. What we can say is that we learnt a lot during the early peak, and we will do our utmost to continue to provide safe care and reassurance over the coming months.

I was sent an image comparing 'The Furloughed' and 'Keyworkers' a few months ago. The keyworkers looked like something out of a Zombie Apocalypse movie – tired, grey,

exhausted – and at times it did feel like that. With staff numbers reduced because of both illness and shielding, and patient numbers increased because of Coronavirus, I know that the renal team were working exceptionally hard under really very challenging circumstances. The image of 'The Furloughed' showed people in the sunshine, running, walking, cycling, smiling and generally enjoying the outdoors. The reality for most of you, our patients and your families, will have been not to go outside, to shield, to

avoid others. This in itself has, I am acutely aware from my conversations with many of you, caused its own stresses and anxieties. And then the abrupt cessation of shielding has caused further uncertainty and anxiety. Is it safe to go out? Can I meet with others? Inside? Outside? Can I go to the shops? See the grandchildren? I hope that you have felt able to discuss your concerns with your healthcare professional where necessary, and don't forget that there are many online resources including The Kidney Care UK website which is regularly updated with information relevant to Kidney patients <https://www.kidneycareuk.org/news-and-campaigns/coronavirus-advice/> If you are still unsure, you can always get in touch via the renal admin team (**direct line 0208 296 2283, email est-tr.renalpod.nhs.uk, or website www.epsom-sthelier.nhs.uk**).

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, text **KIDNEY** (amount) to **70450**, or by cheque to: The Kidney Fund, 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.

There has been a real upsurge in people running, walking and cycling over recent months, and the happy image of 'The Furloughed' was a reminder of the physical and mental benefits of exercise. Long term health conditions can make us feel that exercise is not accessible. Feeling tired, worrying that it might cause more harm than good, knowing that walking will hurt or make you out of breath after a few steps, all these things conspire to make us less active, and this then becomes

a vicious circle which can be hard to break. There is light at the end of the tunnel though. *Kidney Beam* is a new initiative, led by Kidney Research UK and King's College Hospital, with the aim of helping people living with kidney disease to feel good through movement, education and wellbeing support. There are a variety of on-demand and live classes, groups support, and other handy resources. Classes are all led by specialists trained in kidney disease, or living with kidney disease themselves, so

you are in safe hands. You can sign up at www.beamfeelgood.com/kidney-disease and joining is free until 30th November (the team are trying to secure what happens after this – hopefully it will continue!). Dr Quan has already signed up, though I'm not sure if she has tried out any of the classes yet!

Stay safe, and hopefully when we next write, it will be a new year...

Ginny and Fiona

Patient-view

Would you like to:

- Find out your latest test results?
- Read online information about your condition and treatment?
- Read about diets?
- Check the transplant list?
- Enter your blood pressure and test results?

If you answered **YES** to any of these questions, you should take a look at PatientView

www.patientview.org

If you would like to join PatientView please contact:

Beverley Searles
Renal IT
020 8296 2587
beverley.searles@nhs.net

Our Kidney Stories...

In this edition we launch 'Our Kidney Stories'. Read stories and experiences from our patients, doctors and nurses.

My Personal Renal Journey *by Andrew Bown*

1. **Progressive Chronic kidney disease since at least 2009 with IgA Nephropathy on Renal Biopsy 2015 (Aug).**
2. **Started Haemodialysis "Crash Lander" with tunnelled line January 2017.**
3. **Started Peritoneal dialysis April 2017.**
4. **Transplant from deceased donor (DCD or non-heart beating donor) on 7th September 2019.**

Christmas 2016 was not much fun. I felt awful, cold with no appetite. My bloods had deteriorated rapidly and I was admitted for a transfusion which made me feel so much better, followed by the insertion of a tunnelled line on my right side. Haemodialysis commenced via this line on Monday, Thursday & Saturday evenings – each session of four hours duration. Haemodialysis drained me completely. It removed the impurities but left me feeling as if I had just been in a boxing match with Mike Tyson!! I could hardly walk in a straight line after each session. I also

occasionally suffered acute cramps during the sessions. Then someone mentioned Continuous Ambulatory Peritoneal Dialysis or "CAPD" and I talked to Dr. Sood and his team of specialist nurses hidden away in their home behind renal reception. For me the idea of dialysing at home for 9 hours overnight every night using this machine was much more attractive principally because it would free up my days enabling me to continue to work and travel. I found the therapy much gentler on the body than Haemodialysis and it did not involve needles.

So, I had a catheter inserted in my belly or peritoneum, went for training with Ann and her colleagues and within a few weeks Baxter Medical delivered my first machine in April 2017 followed by a month's supply of fluids. Boxes of fluids – Green, Yellow, Blue and Pink. The first couple of nights were exciting and stressful with a few alarms mostly caused by me lying on the line connecting me to the machine but rapidly we (my wife and I) got the hang of it. The other advantage for me was I

could continue to travel to the USA on business. The machine goes in a hard case in the hold of the plane and no airline charges for medical equipment. With regards to the fluids all I needed to do was talk to St. Helier CAPD Department, normally Diane, giving her my itinerary and she would arrange for Baxters to deliver the fluids in advance to the hotels I was staying in. No charge levied. The same applies to most European destinations and most parts of the world.

I remained on Peritoneal dialysis until just after my transplant on the 7th of September 2019.

Peritoneal dialysis suited me, but I have met others for whom it did not work for one reason or another. I would recommend anyone about to go on Dialysis to consider it as one of their options. Generally, I slept well whilst linked up to the machine. Having a routine is important and the setting up every evening will take about 20-30 minutes plus a similar time in the morning to disengage and dispose of the waste bags. *Hygiene is paramount!*

What Elsa?

Tales from the Doghouse

The Story So Far...

I was walking with the alpha male recently (having to go very slowly so he could keep up) and heard him say that he thought it was time I should stop writing to you all. But then I was relieved to hear the (much more sensible) alpha female point out that that many of you look forward to hearing from me – so even if he is getting lazy, I am not!

The above said, I recognise that some of the newer readers of Renality must wonder what this column is all about. To briefly recount, it started after my master became “Clinical Director” of the “Renal Unit” about 55 years ago, or about eight years ago in human time. (As an aside, I have never quite understood what this title meant. I think it meant he was the alpha male of the place where he works. Seems pretty unlikely to



2013: I had just joined the kennel complex. Wasn't I cute!

me, given how impressive some of his colleagues are. He doesn't even run things at home!)

Anyway, as “Clinical Director” he started writing articles for Renality to tell you all about the “Renal Unit”. Shortly after, I



also came into his life (the alpha female says it was because he wanted someone to be pleased to see him when he came home, and she couldn't always look convincing!) So, to add some entertainment, I also started to write for *Renality*, to tell you about my canine life.



2013: I think I was about six months old (human time).



2016: The only time I tried some of the alpha male's cooking...

Over the years, I have enjoyed telling you about life at the kennel complex. And as a picture tells a thousand words (*a sniff is even better, but doesn't work so well in print*), I have selected a few of the highlights. I hope you enjoy them.

Woof Woof!

Elsa xx



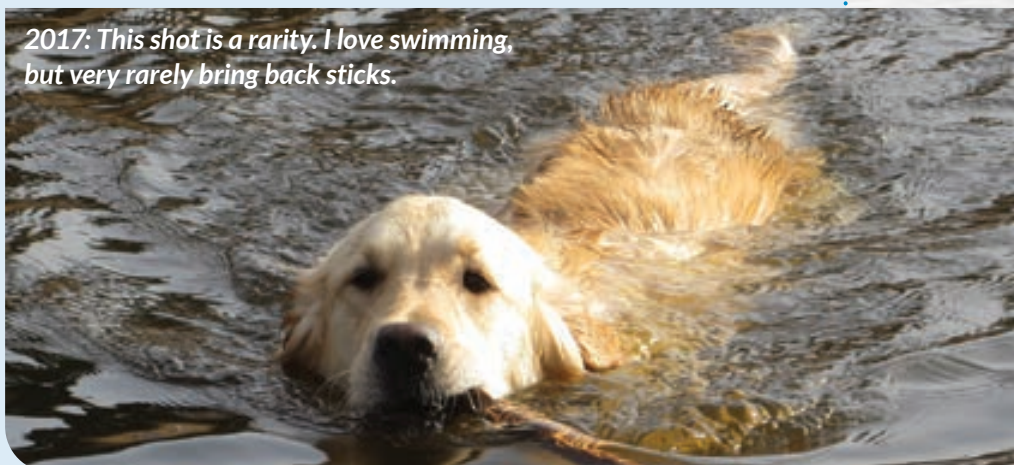
2018: The alpha male forced me to wear this ridiculous outfit for your entertainment.



2019: Helping with navigation.



2014: Playing 'steal the stick' with my sister, sadly deceased. I am the pretty one.



2017: This shot is a rarity. I love swimming, but very rarely bring back sticks.

...The Story Continues

So after that brief resume of life so far, what has happened in 2020? Well, it has been a very strange year. This thing called COVID has certainly disrupted things, but as far as I am concerned it is nearly all good.

The reaction from the pack has been mixed. The alpha male has been 'working' from home more; he seems quite happy about this, although he has looked a bit worried at times. Both the senior and junior pups have been home for the last few months; they seem less pleased. The alpha female is the one who is least happy. All I hear is the problems she has been having sourcing "toilet paper". Why doesn't she just lick her a**e?!

From my perspective, having more people at home has meant more company and more walks. This has been great, although there was a time in March when I had to go for four walks a day as every member of the pack insisted on taking me to the woods. It was exhausting! And it was very irritating having to dodge all the joggers and cyclists who had never been seen in the woods before...

As everyone has been at home, I have had to do less guard duty, which has also been nice. The pack have been spending a lot of time in the garden, which is looking lovely except for the bare patches on the grass, which I keep getting blamed for. And I

2020



haven't had to spend time in the doggy gulag when the family have gone away, as they haven't gone away. As I said, from my perspective, it's all good!

To be honest, my main problem has been not yet finding a mask that will fit properly...

I hope that this finds you all well, and wearing masks that fit.

Woof Woof!

Elsa xx

News from Ciara

As I write this article, I am struck by how difficult it is not to focus on COVID-19 because for the vast majority of us, the last 6 months have been severely impacted by COVID. My colleagues, Dr Harris and Dr Quan have talked about the terrible toll this pandemic has taken on our patients and staff, so I thought I would take this opportunity to write about what else has been going on within the renal service.

Firstly, I would like to mention some changes to our estate and facilities at St Helier hospital. Many of you will have been cared for on one of our wards at some time in the past, and know that despite the excellent work of our clinical teams, the unsatisfactory environment has created challenges; in the past few months alone we have had leaks in the ceiling and a hole that has appeared in the floor. I am pleased to tell you that we have been working on designs for a new inpatient space and that the work began in September, to refurbish most of the 6th floor of St Helier Hospital. This will allow us to move our wards and the renal day unit into a much better environment. We'll be moving sometime in the Spring, once the demand for beds in the hospital has settled down.

We will also need much larger waiting spaces than we have had in the past and we definitely want to make the outpatient surroundings more fit for purpose, so we are planning for the St Helier Renal Outpatient department to move just down



the corridor to G block, which is being refurbished for this purpose. We don't yet have an opening date for the new department, but we will keep you posted. Until then we will be in our temporary location in the Davis Unit, at the back of Ferguson House. We moved into the Davis Unit as it is a standalone building which can be accessed without moving through other parts of the hospital; it is a good location for us to keep seeing patients

without having to expose them to any parts of the hospital where we may be treating COVID positive patients.

That's all for the changes at St Helier, but there is more going on than that! Work is well underway for the new Dialysis Unit at Croydon University Hospital. The unit is moving along the corridor to the opposite end of Woodcote Wing and will be completely refurbished. The environment will be a huge improvement

for the current patients and there will be space for more patients than we currently have at Croydon, which I know will be brilliant news for anyone waiting for a slot to open. We are planning for the unit to open around March next year.

In Purley, we've been working hard to finalise the arrangements for a new Dialysis unit. Although this has taken longer than we'd planned due to the legal issues involved, we are delighted to have now awarded the contract to the preferred provider. They are applying for planning permission and hopefully building work can start on the new unit after Christmas.

I would like to take a moment to speak about the new remote ways in which we are providing care to our outpatients in the form of telephone and video

appointments; these new methods allow us a greater flexibility in how we offer care to patients safely, but there will always be circumstances where we need to see people face to face. Our clinicians triage all new patients requiring an outpatient appointment and a decision is made at this point as to whether the appointment will be remote or face-to-face.

I would like to urge you all to please make sure you attend your face -to-face appointments; your consultant will have reviewed you and made the decision that it is important to see you in person.

You'll be hearing from me in writing over the coming weeks asking you to check the contact details we have for you, and to ask permission to contact you by email. Please do provide us with

all these details, so we can keep you up to date with any changes and so we can contact you for any telephone appointments.

None of us know what the next few months have in store for us, but I would like to assure you that we'll be working hard to make sure that we keep providing safe care and improving the services we deliver.

Please do take care and don't hesitate to contact me (**Ciara.jones@nhs.net**) or anyone else via the renal admin team if you need to (direct line **0208 296 2283**, email **est-tr.renalpod.nhs.uk**, or website **www.epsom-sthelier.nhs.uk**).

Ciara Jones
Divisional Director of Operations
for Epsom and St Helier
Renal Services

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.

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 mid October 2020 at the price of £3.50 per pack plus P&P. You can choose from the selections pictured here.

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



Starry Reindeer



All Together



Visiting the Manger



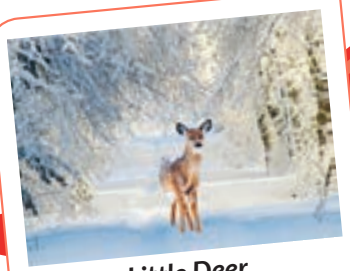
Bethlehem in Sight



Bright Lights



Jolly Holly



Little Deer



At the Window



Celebrating in London



Season of Light

Dear Kidney Fund Supporters



To say that these are surreal times would be understating the issue. I hope you have all been in reasonable health over the last few months, but I am sure that some of you will either have been directly impacted by COVID-19, or that you know someone who has.

Although the coronavirus often affects the lungs, causing shortness of breath and pneumonia, one of the other organs that it can affect is the kidney. There have been quite a few people who developed acute kidney injury after contracting the virus and we are having to learn quickly how best to prevent this from happening and also to find out what the best treatment is, when it occurs.

Research will be the key to this, but in the current climate, research funding bodies are struggling. I was reading an article by the President of the Royal College of Physicians, which brought into sharp focus the challenges that charities are facing. He stated that *"The pandemic has had a major impact on all charities, including those in the medical sector. The British Heart Foundation has seen a*

50% reduction in its income, as shops have had to close and fundraising events have been cancelled. This has necessitated a downsizing and re-structuring, and should be a wake-up call to anyone who wasn't aware of the crisis facing the charity sector and medical research."

The Kidney Fund's aim is to provide support for the team led by Dr Mark Dockrell, in the South West Thames Institute of Renal Research to enable them to continue to work on cutting edge research to help further the understanding of kidney disease and ultimately to develop strategies to prevent and/or cure different types of kidney disease. To think that the Kidney Fund trustees and Mark's team can do this alone would be like buying a two legged tripod from 'Del Boy' Trotter and wondering why it is unstable. We need your help.

Most of our fund-raising has traditionally been done by bringing people together, but this is not compatible with social distancing. We need to think outside the box and Robin Ford, who leads the Fund-raising team would be grateful for and suggestions

and ideas about new ways of doing things.

A lot of these new approaches will be highly dependent on the internet. Jamil Hossain, one of our Trustees, has done a sterling job with regards to revamping the Kidney Fund website and I would ask those of you who haven't visited the website to do so. It is well worth a look and will be an invaluable tool for our Fund-raising efforts.

Still on the topic of fund raising, I would like to take this opportunity to say thanks on behalf of the Kidney Fund to Jean Crossby, who was one of our Trustees, but has now stepped down. Jean was appointed the Mayor of Sutton in 2017. As a Trustee of the Kidney Fund, she brought passion and enthusiasm to our Fund raising efforts. We wish her all the best in her new endeavours.

It might seem a bit like it's all about dark clouds at the moment, but if that's the case, then we should be on the lookout for silver linings. Until the next time I write, let's heed Boris Johnson's advice and 'stay safe'.

Dr David Mekanjuola

Dear Renaliteers,

I hope you are all managing these difficult times as well as possible. It has been a very strange world for the last 9 months. I am very aware that you, particularly if you're on dialysis or have had a transplant, are having to take special care. Every day I also see my clinical colleagues working like never before to do everything they can to keep you safe. I am in awe of them and of you.

In the light of what you're going through and what I see the renal unit staff doing everyday I feel humbled and even a little embarrassed to talk about a crisis.

Some people don't like using the word crisis but some of you, the older ones like me, might remember what US president John F Kennedy said – *"When written in Chinese, the word 'crisis' is composed of two characters. One represents danger and the other represents opportunity."* If we only see the danger we will live in fear; if we can see the opportunity we can live in hope.

We haven't seen many visitors at the Institute recently but if you were to come by you might wonder if anything is going on.

It is true, at the moment we are few but a happy few, band of brothers (and sisters) to paraphrase the bard. And like Henry the V we have a plan and we will succeed.

Our star PhD student, **Xinlu**, has, for the second time, been chosen for the Prize session at UK Kidney Week. Two years



Xinlu

ago, she dazzled them in Harrogate and this year at the very first on-line UK Kidney Week she will be talking about her work on diabetic kidney disease. Her ground breaking research has shown a previously unknown mechanism that leads to fibrosis. More than that she had shown how the diabetes drug dapagliflozin might be used to block this.



Dr Mark Dockrell

Xinlu came to us from the University of Edinburgh where an old friend of mine gave her a glowing recommendation. She was funded by you – The Kidney Fund – and Kidney Research UK. COVID meant that Xinlu lost more than 10 weeks of her time in the lab. Unfortunately this meant that the Kidney Research UK money ran out. The Kidney Fund thought that it would be ridiculous to support someone for 3 years then pull out just before she finished. Thankfully, due to Robin Ford speaking up at our Kidney Fund, Dr Makanjuola, Anita, Gop and the rest of the team agreed to extend her funding to help her finish. Thank you all.

Last February Sarwat, our

www.kidneyfund.org.uk

We are very excited to announce the launch of our newly designed website. Visit us www.kidneyfund.org.uk. Please share with friends, family and colleagues so we can support kidney research together.

former administrator, decided to leave the Institute and focus on her freelance work. Due to COVID Sarwat wasn't able to come in to give a hand over. Well that left me in a bit of a pickle, I can tell you. Fortunately, I work with **Sarah Yates**. In fact, Sarah came to work at the Institute more than 10 years ago. In that time, she has done all kinds of jobs but I don't think she has been a book-keeper before. But Sarah is the type of person you can rely on in a crisis. So, thanks to a lot of hard work and help from Sarah and just in the nick of time we have managed to sort out



Sarah Yates

our accounts and the demands from Her Majesty's Revenue and Customs department.

Next time I will tell you about our plans for the future and what **Dr Ekram**

Nabi has been doing. Here's a little appetiser. Some of you will know Ekram because he collects dialysis water samples and does the safety tests. After

going up to the ITU at St Helier to collect some samples last March Ekram got ill – yes, you've guessed it – our little friend Corona. He was really ill but he pulled himself through it and came back to the



Dr Ekram Nabi

lab. Ever since he has been the *"Unstoppable Scientists!"*

I am a very lucky man to work with such people and to be able to do it for the most important cause I can think of – improving patients' treatment and trying so save lives. SWTIRR has never had to face the anything like the current crisis but it will not stop us. Your wellbeing and our research is too important.

So once again – Shalespeak, Henry V (or my version) *"Once more unto the breach dear friends. Cry God for SWTIRR, Kidneys and St Helier!"*

**Funding = Research
Research = Cure!**

Dr Mark Dockrell

**We've got the team,
we're fighting kidney
disease and we don't
like to lose!**

But we can't do it without you.
Please find a tenner for the fund and
join the fight against kidney disease.

To donate £10 to The Kidney Fund,
text **KIDNEY 10** to **70450**

Thank You!

The Kidney Fund is a UK Registered charity based at St. Helier Hospital, London, dedicated
to fighting kidney disease through research and education here, there and everywhere.



WISHING A HAPPY 10TH BIRTHDAY TO OUR LOTTERY!

In these rather unusual times I still found time to celebrate the 10th anniversary of The Kidney Fund Lottery for which I have had the honour of being the administrator for most of that time.

Anne Collard drew the 1st winning number on 2nd July 2010 with the winning amount being £50.00 – that winner is still a member.

Over the last 5 years the average winning cheque each week has been just over £160.00 with at least the same amount of money being paid to the Kidney Fund but the more subscribers we have then the higher those figures can become.

We have had considerable changes of membership over the years but we still have 30 members who have been with us for almost all of the 10 years!

With **522 winning cheques** being sent out in that time there have been **256 different named winners** and a total amount paid out in winnings of **£68,478.00**.

Along with donations back from winners and 50% of monies paid for future weeks we have been able to transfer the grand sum of **£75,168.21** to The Kidney Fund in the 10 years which I am sure has been greatly appreciated - all those £1.00 a week payments really do add up!

I believe our little lottery has been very successful while being able to offer nice weekly bonuses for a very small outlay and supporting a cause which is very dear to all of us and our subscribers and would encourage you all to join if you are not already a member.

Also do tell your friends and colleagues about this simple way to support The Kidney Fund and maybe receive a nice surprise in the post one day.

I have had many conversations with our members over the

years which have been tearful and joyous in equal measure but have always in their own way been enjoyable and I hope I have been able to offer words of comfort and support where appropriate while the lovely people have been equally supportive of me.

The one thing it has always done is emphasised to me that there are lots of people in similar circumstances to my own family and that it is a lot easier with the support of each other rather than being alone.

Thank you all for your support over the years and who knows, I might be writing a similar note in another 10 years celebrating 20 years of our lottery!!



Winners since the last edition of *Renality* up to the end of July 2020 are:-

07/02/2020	101110	Wallington	£162.00
14/02/2020	101214	Merton	£162.00
21/02/2020	101010	Woking	£161.50
28/02/2020	101184	Maidstone	£161.50
06/03/2020	101157	Purley	£161.50
13/03/2020	101252	Sutton	£160.50
20/03/2020	101310	Woking	£161.00
27/03/2020	101278	Weybridge	£160.00
03/04/2020	101163	East Grinstead	£159.50
10/04/2020	101336	Sutton Common	£158.50
17/04/2020	101259	South Croydon	£158.50
24/04/2020	101151	Belmont	£157.50
01/05/2020	101190	Croydon	£157.50
08/05/2020	101185	Maidstone	£157.00
15/05/2020	101016	Wallington	£157.00
22/05/2020	101294	New Haw	£157.50
29/05/2020	101255	Woking	£157.50
05/06/2020	101200	Rayleigh	£157.50
12/06/2020	101038	Walton on Thames	£160.00
19/06/2020	101128	Wallington	£159.00
26/06/2020	101145	Farncombe	£159.00
03/07/2020	101366	Wimbledon	£159.00
10/07/2020	101375	Croydon	£159.50
17/07/2020	101324	Banstead	£159.50
24/07/2020	101102	Frensham	£159.50
31/07/2020	101173	West Molesey	£159.50

We were very pleased to receive a donation of £280.00 from Mr. Antony Maguire from Sutton who is the grandfather of one of our patients.

This sum was achieved by putting £2.00 coins in a moneybox since lockdown started and he was amazed at the amount that had accumulated over such a short period of time but very generously decided to donate it to The Kidney Fund to support their great work.

We thank him for his very generous donation.

St Helier and Surrey Kidney Patients Association

A message from your Chairman

I am nearing the end of my fourteenth 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 Servery together with the Renal Unit staff all of whom provide invaluable support to the KPA throughout the year.

We have all experienced an unprecedented last six months with Covid 19 and things are very different within the renal unit than they were pre Covid. Hopefully things will continue to improve, and we'll get back to "normal."

We all owe a great deal to the NHS for responding in the way they have under difficult and extremely challenging conditions.

The Outpatients clinic moved to Ferguson House and will be moving again in an effort to provide adequate patient isolation. The KPA servery counter has had to close and we have no idea if or when it will be opening.

The move of the renal wards to the main hospital is still proposed but no definite date has been agreed as far as the KPA is aware, 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!!

I'm sure the Clinical lead and General Manager will tell us more.

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 Optiflow machines for St Helier
- Thrombectomy machine for St Helier (agreed last year)
- Renal Overlays for St Helier and its Satellites
- 8 Blood Pressure machines for St Helier & Mayday
- 10 bag warmers for P.D.
- 4 Laptops so Inpatients can stay in touch
- Cardiac Monitors
- 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, albeit our annual Golf Day was cancelled due to Covid.

This year we have purchased equipment valued at over £45,000 for either St Helier or its Satellites.

With this edition you would normally find our Grand Draw tickets but with everything that is happening this year we have decided it wouldn't be viable or proper to have the draw and ask people to contribute. Hopefully, we'll resume in 2021.

AGM/Committee /Patient Representatives

The **KPA Annual General Meeting** is scheduled for **Tuesday 10th November** in the Blue Room of the renal unit starting at 19.30. This will be dependant on us being allowed to use the room. You must be a KPA member to attend, please contact me if you wish to attend so I can update you if anything changes.

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, Purley and Farnborough.

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, in fact we've postponed our meetings since March and have been managing.

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

“We all owe a great deal to the NHS for responding in the way they have under difficult and extremely challenging conditions.”

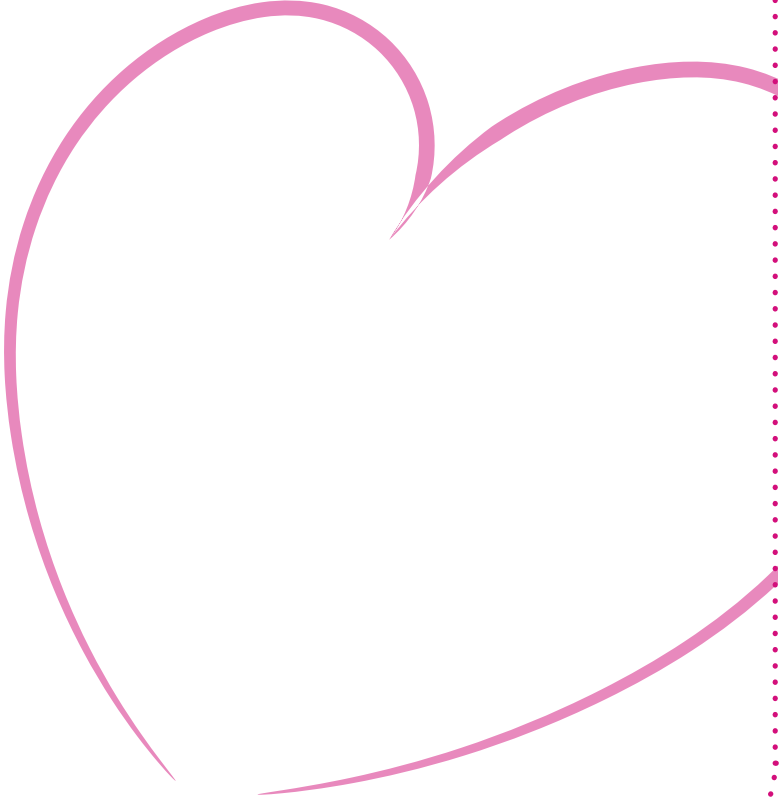
KPA Donations

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
- Roger Mann
- Sutton United Football Club
- Mike Sealey
- Shahjanand Swami Charitable Trust
- Howard Satchell

KPA Memorial Donations

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

- Joyce Day
 - Colin James Streatfield
 - Marjorie Edith Skerry
 - Alan Sparrow
 - Gabrielle Saunders
 - Rita Hawkes
 - Tracey Anne Brown
 - Judith Ashworth
- 

St Helier & Surrey KPA Committee Members

2019/2020

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Celia Eggeling

Renal Unit, St. Helier Hospital

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Email: celia.eggeling@nhs.net

PLAY OUR WEEKLY LOTTERY

Over £75,000
raised so far for
The Kidney Fund!!

50% of all money raised goes to
the winner and the other 50% goes
directly to The Kidney Fund

RESEARCH
FUNDING



The
Kidney
Fund

Over £8,000
in winnings paid out
in the last year!

**£160 Average
weekly prize***

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 <input type="checkbox"/>	

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 1 – Standing Order Mandate

Title:	Initials:	Surname:
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:	<input type="text"/>	number of entries @ £4.34 per month	=	£ <input type="text"/>	& thereafter each month
Quarterly Payment:	<input type="text"/>	number of entries @ £13 per quarter	=	£ <input type="text"/>	& thereafter each month
Half-Yearly Payment:	<input type="text"/>	number of entries @ £26 per half-year	=	£ <input type="text"/>	& thereafter each month
Annual Payment:	<input type="text"/>	number of entries @ £52 per year	=	£ <input type="text"/>	& thereafter each month

OPTION 2 – Cheque Payment

Title:	Initials:	Surname:
I wish to buy <input type="text"/> entry(s) each week for <input type="text"/> 13 weeks, <input type="text"/> 26 weeks, <input type="text"/> 52 weeks and remit a cheque for £ <input type="text"/>		

(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

The Kidney Fund: Registered charity number: 800952

* Based on the average of the last years weekly winning prizes. The weekly prize amount is not guaranteed and is dependant on the number of entries paying into the lottery that week.