

# RENALITY

November 2021



**Vitality 10km Run  
raises £1000!**

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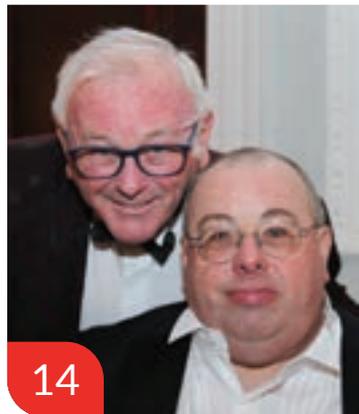
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# Renal Unit



Dr Ginny Quan Dr Fiona Harris

Putting pen to paper or, more accurately, opening my laptop to write this, I find myself reflecting on all that has gone on in the six months since Ginny and I wrote our last *Renality* article. Covid has continued to feature strongly in all of our lives and, whilst I look forward to the day when it finally becomes yesterday's news, it is going to be a little while until that happens. In the meantime, how we manage 'Business As Usual' in the context of significant ongoing community infection rates continues to evolve.

The nature of the business that we are in does not allow us to pause, or temporarily shut our doors when making changes, and both Ginny and I are so very grateful not only to our wonderful colleagues, but also to those of you living with renal disease, who have been so significantly affected in so many ways. We really appreciate your patience and understanding. You have adapted to our requirements when on dialysis – weekly swabbing, mask-wearing, dialysis in isolation – and have put up with transport problems (we have fewer people on each vehicle so the service is massively stretched). You have adapted to telephone clinics, but attended for face to face review when requested – even though

we know that this can make you very anxious – and for those that have had to come in to hospital, we know that there have been lots of challenges, but probably the biggest challenge is the visiting restrictions which mean that you do not see your loved ones anywhere near as often or as much as you would like. We know from feedback just how difficult this has been. We know that when your loved ones are unable to see you often it is much harder for them to witness how you are progressing, and this in turn can lead to lots of anxiety on their part. It means they can't just catch one of the clinical team members in passing, and don't quite see what is happening behind the scenes. I know the clinical teams

have found this very difficult too. We have all been very busy, and making time for communication is hard. However, communication is absolutely key, and if you or your nearest and dearest are not sure what is happening or have worries or anxieties that need addressing, please do ask.

I don't intend to write much more about Covid, but I thought I would take this opportunity to clarify the current situation with regard to vaccination. I know many of you have had two doses of vaccine, and by the time this goes to print, many of you will have had a 3rd dose. There are two different types of '3rd dose': a 3rd primary dose is an extra 'top-up' dose for those who may not have generated a full immune response to the first 2 doses. A booster dose, however, is designed to extend the duration of protection from the primary vaccine course. Booster doses are being offered to all adults over 50 and all those who are clinically vulnerable, whereas 3rd primary doses are being recommended specifically for people with suppressed immune systems at the time of their vaccination course. For this

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](http://www.swtirr.org.uk)

**THE KIDNEY FUND: info@kidneyfund.org.uk**  
[www.kidneyfund.org.uk](http://www.kidneyfund.org.uk)

**ST HELIER & SURREY KPA: Dave Spensley, Chairman 01483 426276**  
[www.shskpa.org](http://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](mailto:beverley.searles@nhs.net) 0208 296 2587 and Sami Young [sami.young@nhs.net](mailto:sami.young@nhs.net) 0208 296 2384.

group, the recommendation is that, regardless of which vaccine was used for the 1st and 2nd dose, the 3rd primary dose should be one of the mRNA vaccines – either Pfizer or Moderna – if at all possible. Those individuals will also be offered a booster (4th dose) at a later date. We think that we have identified and written to all patients under our care who are eligible for a 3rd primary vaccine, and to their GPs. If you have any questions regarding this, please do get in touch or speak with your Consultant.

Without wishing to sound like *Groundhog Day*, we have mentioned (several times over the years!) that there is a plan for our inpatient wards to move into the main part of St Helier Hospital. We remain optimistic that this will happen before the end of the year, though it is dependent on various pieces of the jigsaw all slotting in to place in the right order. There is definitely some anxiety that ‘winter pressures’ – more people needing to be in hospital because of conditions like seasonal flu – will mean that there may be further delays. However, things are definitely moving steadily in the right direction. The water plant (which is needed for dialysis) has finally been installed, and much of the refurbishment work has been completed. We are simply waiting for the current tenants to relocate... And although it will seem strange after so many years in our current location, we are looking forward to being able to care for those that need to stay in hospital in a better environment than we currently have. Our day case and outpatient services, along with our Home Therapies teams, and Admin offices will remain at the back of the hospital, but not quite as it is now. We will share more with you as the building works unfold, and we remain optimistic that, although this isn't a new building, the planned refurbishments

should improve the environment for patients and staff alike. I know that many of you are aware that we have also been consulting on a proposal to collaborate with our colleagues at St George's Hospital, which would result in a purpose built Renal Unit fit for delivering healthcare in the 21st century. I will leave Ciara Jones to talk more about this in her article.

In addition to plans for a new environment, we are delighted to have officially launched our Renal Acute Care Unit (RACU) within Beacon ward, and when we do move to the 6th floor, we will continue to have a dedicated RACU bay. We know that some of the patients on our wards can be very poorly indeed, but, despite this, do not quite need the level of support that would be provided by our Critical Care colleagues on the Intensive Care Unit. The technical term for the care required – between Standard Ward Care and Critical Care – is Enhanced Care. Historically, our nursing teams have cared for these patients at the same time as looking after those who are perhaps less poorly but still require lots of physical assistance or support, and this can be extremely challenging. By identifying those that need Enhanced Care, and providing this in a specific environment with dedicated nursing staff, and the necessary equipment, we believe that this will be of significant benefit to those in greatest need. This initiative, led primarily by Dr Phanish, has been developed in conjunction with our Critical Care colleagues, and we anticipate that we will continue to work closely with them in caring for those most in need of Enhanced Care. We are also extremely grateful to the St Helier and Surrey Kidney Patients Association who have funded the monitoring equipment and the Optiflow and CPAP machines (which can help patients with breathing difficulties) for us to use in our RACU. Without the

generosity of those that donate and those that fundraise, this would not have been possible, and so thank you to all of you – your support really does make a difference.

On a positive note, the start of October saw the return of **UK Kidney Week**. This is an annual educational meeting of healthcare professionals, organised by the UK Kidney Association, and provides an opportunity for all of us to up date ourselves with cutting edge developments which ensure that we maintain our knowledge and skills. Traditionally held as a large conference, this year it was completely online, and whilst I missed the opportunity to meet with colleagues from other renal units, the fact that it was all online made it more accessible to those who were unable to take time away from work. I was delighted to see how many of the staff from our Renal Unit were heavily involved, presenting research, or chairing discussions. I was also delighted to be able to hear directly from people living with kidney disease, and I thought it worth noting that this is another positive benefit of the pandemic – I am not sure that this is something that would have happened if we had had large halls full of people. With that in mind, we are very aware that as we plan for the future, the voices that are loudest are those of the healthcare professionals, but the service is for the benefit of those living with kidney disease. We would love it if your voice was louder. We want to hear what you think – even if it makes us think! The PREM survey – which Helen Dighton talks about in this edition of *Renality* – is one opportunity to give us your feedback, but we are happy to receive your comments at any time. Wishing you all the very best.

**Fiona and Ginny**



# News from Ciara

**I can barely believe it's time for the autumn edition of *Renality*, although the cooler temperatures and the leaves turning outside tell me that the season has well and truly arrived.**

Although summer this year now may feel like a distant memory, August and September were particularly memorable for the Renal Teams at Epsom and St Helier and St George's, as we were out and about in the units talking to our patients about a major £80 million opportunity to improve our services.

As you may already be aware, we have secured investment of more than **£80 million to build a new renal hospital on the St George's Hospital site**, which would bring together the inpatient services from St Helier and St George's hospitals, alongside day case and surgical services and a dialysis unit for our most unwell patients.

This would mean we could **bring together the clinical expertise from both renal units** and put our services in a place where staff and patients can more easily access specialist services, such as every day access to surgeons and access to out-of-hours interventional radiology services for problems with fistulas.

These proposals have been spearheaded by our clinicians, but before we move further forward with plans, we wanted to talk to our patients and your families/ carers about your thoughts – which is why we were out and about in force in the renal units to get your opinions directly.

I want to thank those of you who made the time to speak to me and the team as hundreds of patients, carers and members of the public responded to the engagement process either face to face in the unit, or by accessing the online information.

The results are still being collated by an independent team, but the people I spoke to felt largely supportive of the proposals. Some were worried about accessing the new unit and asked about **Patient Transport arrangements and about car parking** on site. If the outcome of the engagement allows us to continue, we'll ensure that we take account of all the feedback at the next stage of planning.

All the members of our team really enjoyed coming out to hear from you about what matters most, and what we are doing well, and where we can improve. We are just in the process of allocating one member of the team to each unit who will come out regularly and run an engagement meeting so that we can keep talking to one another. We plan to do this in conjunction with any existing patient reps and are always looking for new volunteers to work with us more on patient engagement.

While I was in the unit, **the current problems with Patient Transport came up more than once**. This made me realise that we could have done a better job at keeping you up-to-date about why our transport services were so badly affected by the

pandemic and social distancing rules, so I apologise for that.

Whilst many people have enjoyed the freedoms that the changing social restrictions have brought, in the NHS, **we have to continue to protect the safety of our patients and staff**, and are therefore still wearing masks and adhering to social distancing rules (as we have throughout the pandemic).

The social distancing guidelines required that we reduce the capacity of vehicles down from seven people in an ambulance to four, and four people in a car down to two. When the restrictions took effect, **the total capacity of our ambulance fleet was about halved**. There are also lots of journeys where we need to transport COVID suspected patients alone so that they are not put at risk or pose a risk to others.

**We are working on lots of initiatives to improve the service**; we are seeking long term funding to get more drivers and to buy more vehicles, but in the meantime we are using taxis and third party providers of patient transport to increase the capacity. We are also trying to get an app in place so you can track your vehicle and setting up a driver volunteering service. Please bear with us as we do all we can to improve the service – we will keep you updated.

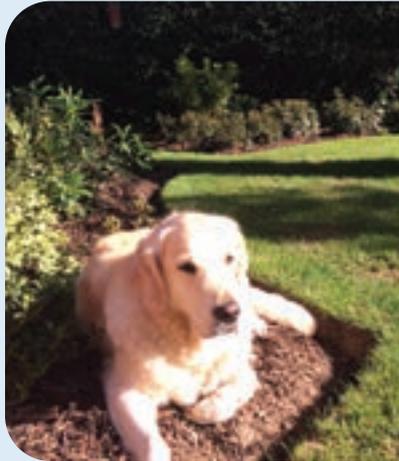
*That's it from me for this edition! Thank you again to everyone who had their say about our proposals to improve renal services in the area – watch this space for more information, and our next steps.*

# What Elsa?

## *Tales from the Doghouse*

I am having to write this at short notice as the alpha male forgot to tell me that my latest news was overdue. So I apologise to all my loyal readers that this message will be a bit shorter than normal.

All is well here in the kennel complex. The days are getting shorter, but fortunately my walks are not. We have just started having fires again, which is lovely. Something to do with the "price of gas". I thought all the gassing the alpha female does was free!



I am told that a picture tells a thousand woofs. So on that basis, I thought I would share some of the events of the last few months. See if you can match the captions to the photos!

1. *My birthday. All the kennel complex joins in. I usually get lots of attention and presents!*
2. *Wild water swimming. I understand it's been all the rage in "lockdown", but I have been doing it for years!*
3. *The three amigos. Age before beauty!*
4. *Summer, and I have to be very careful given that sun cream and fur coats really don't mix!*
5. *Catching up on my reading. One can never be too well informed...*



6. *The garden beds are very comfy and warm in the summer, especially after new planting.*
7. *Squirrel alert!*
8. *Preparing to welcome the Afghan hounds and other animals that I heard were coming to this country. We must all do our bit.*
9. *I could never be a vegetarian!*
10. *I got very cold on a walk, fell asleep and woke up like this. The senior pup had a similar problem, but his was apparently related to drinking fermented hops.*
11. *I like to keep safe when walking in the rougher parts of town.*





The final picture, which I know you will be disappointed does not contain me, is one the alpha male took while walking in Lake District. The baby sheep jumped on top of the mummy sheep (he keeps saying "ewe", but it wasn't me!) and made itself very comfortable. Even I must admit, it was very sweet!

Hope you are all well and COVID has not affected your enjoyment of sniffing bottoms.

Woof woof!

**Elsa xxx**

# Sister Sarah Bowen Retires

Sarah was 18 years old when she started her nursing career at The London Hospital, Whitechapel (now known as The Royal London) in 1978. Once qualified she worked as a staff nurse there for 18 months.

She then completed a one year cardio thoracic course at The London Chest Hospital but always wanted to travel before settling down.

Sarah worked for a year at a day care facility for disabled and spent that year applying for work overseas.

She got a job working in Sudan and helping to set up a malnutrition and TB “ward” in a refugee camp for famine victims from Ethiopia. This was quite a culture shock as she lived in a mud hut and travelled to work from the aid workers camp to the refugee camp 2 miles away by landrover. Through the rainy season they frequently had to get out and push so arrived covered in mud. At Christmas

they travelled to the camp on camels and part of Sarah’s role was to disinfect the bite wounds the camels inflicted on each other when fighting. There was very little equipment and nothing sterile so all needles and syringes had to be boiled.

Coming back from Sudan, Sarah travelled overland, stopping for a while in Israel to stay with her former flatmate who was working there, then when back in the UK got a post on Intensive Care at St Helier.

She worked here for a year and a half then attended an open day in the renal unit and applied to work here. Sarah was on the first renal course run at St Helier for Registered Nurses and, once qualified worked on Richard



**Just qualified - 1981**

Bright Ward. She became a Sister and has worked in all areas on the renal unit – H.D, C.A.P.D and the 3 wards. In the last few years she has worked as part of the Education Team but has always remained a ward nurse at heart.



*Refugee hospital in Sudan*



*Beacon Ward 2020*

During Covid she was redeployed back to ITU and now has finally decided after 43 years of nursing, with 34 years of that in the Renal Unit, that it is finally time to retire!

Sarah says she has loved her career and particularly working in renal and that *“the Renal Unit has allowed me to be incredibly flexible during my career, without which I would not have been*

*able to continue working and I appreciate that very much. I have loved working here and am honoured to have worked with such a great team of colleagues”.*

Sarah is going to enjoy her retirement learning to play golf, cycling and having fun.

Sarah has proudly and humbly served the NHS in her career of 43 years from training to the end.



## Kidney Patient Reported Experience Measure (PREM) Patient Survey 2021

**We are fast approaching the time of year when the Kidney Patient Reported Experience Measure (PREM) Patient Survey 2021 takes place – running from the 1st November 21 – 12th December 21.**

The Kidney PREM is an annual survey which runs in all Kidney units across the country. It gives people living with kidney disease the opportunity to tell us how they feel about a variety of aspects of their care. This helps us to better understand what we are doing well and what we could do better. It gives us the information we need to make improvements that really matter to you.

Last year, a total of 9645 people living with kidney disease took part in the UK PREM Survey.

Of these, 214 were under the care of the South West Thames Renal and Transplantation Team. Not only did the comments help us to evaluate our services but also gave us the opportunity to pass your thanks to some teams that you felt had gone above and beyond. Some of the actions following last year’s survey are: the provision of new chairs in a number of units, ensuring a television is in both the waiting area and side rooms in the new build in Croydon, employing a new Renal Patient Transport Co-ordinator, and replacing a bin with a noisy close mechanism at one of the dialysis units.

This is the chance for you to have your say and make a difference. Posters will be

displayed in waiting areas in the dialysis units, outpatient areas and on general renal noticeboards. These will include how to access the online survey and dates when a member of the renal team will be visiting the dialysis unit to help with completing the survey. If you can’t access the survey using a computer, staff will be on hand to assist you to enter responses electronically, using tablets that we will provide

Should you wish to access the survey now the QR code is attached.



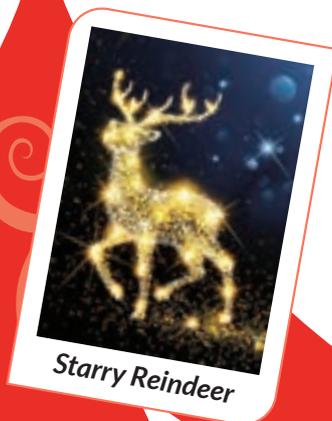
*We look forward to reading this year’s responses.*

# 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 2021 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](mailto: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



You know how it is when it's been dark and some light starts to break through? Well, that's the feeling I'm getting and I can't also help but ask whether we are indeed approaching the end of the tunnel. As the COVID cloud begins to lift and we start to see things go back not necessarily to normal (*can't quite remember what that was*), but at least back to the more familiar, I would like to say thanks to all of you who have continued in your selfless support for the Kidney Fund.

The Camberwell Car show was held in August. It was the first time I attended and I thoroughly enjoyed it. Our stall was visited by many people quite a few of whom

either had kidney disease, or knew someone who did. I got my photograph taken next to the Batmobile. I wasn't allowed to sit in it – something about being too tall to fit in! Batman clearly looks taller on screen than he is in real life.

The next big event was the Fund-raising dinner hosted by Robin Ford at the Epsom RAC. There was a great turn out and I was humbled by the number of people there because we are deemed a worthy cause.

So, as we look forward first to the Christmas period and then to the New Year, we have a few dates for your diaries including:

**25th March 2022**  
**Kidney Fund Curry Evening**  
at the Grange restaurant, Beddington.

**2nd July 2022**  
**Rotary Club of Coulsdon Fete** – we have a stand representing the Kidney Fund, to raise awareness of kidney disease.

**17th July 2022**  
**Dragon Boat Race** – held at Kingston upon Thames. We are entering two boats, one is

fully sponsored already. It is a great day out. Please call the Kidney Fund's office on **0208 296 3698** if you are interested in sponsoring the second boat, or being one of the rowers.

**13th August 2022**  
**Collectively Camberwell Car Show**

**10th September 2022**  
**Annual Kidney Fund Ball**  
– Royal Automobile Club, Epsom.

Once again, I would like to thank you all for your support through what have been very challenging times. It is this that continues to help us to be greater than the sum of our parts.

**Dr David Mankanjola**



# Greetings Renaliteers,

If you are reading this, it is only due to the good grace of Anita and the generous editorial team of *Renality*. I'm afraid I missed the deadline for submitting to this edition, I must rather shamefacedly confess that this isn't the first time. I did have the date in my diary, but I spent the weekend, most of Monday and Tuesday writing a rather complicated funding application, but I'll tell you about that later.

First, I want to introduce you to Sev. **Sev Furtek** lives near St Helier and is currently at university, in fact he's studying chemistry at Imperial College, London. But he gave up 6 weeks of his summer holiday to work at the Institute. He was able to do this because he was the recipient of the "*Mahtani Studentship for Research into COVID 19 and the kidney*". At the Institute we have a long tradition of offering summer studentships to senior school pupils and undergraduate students. They come and spend some time in the Institute learning about kidney biology and what we do trying to find better treatments for renal patients. We pay for them with money we have raised either from specific work we have done or from the Kidney Fund. Occasionally, somebody will

donate some money to fund the studentship. One year a lovely lady called Marie Leiser gave money to fund a local girl; we called that the Marie Leiser Studentship. Marie was a renal patient and a former nurse. Marie was 97 years old when she died, she escaped Germany in 1938, came to England and trained as a nurse, a job she loved for more than 40 years. Marie knew that young women don't always have it easy in life. Marie may not be here anymore, but her studentship helped a young woman on her way in life and that is a fact that will be true forever.

Unfortunately, money has been a bit tight in recent years and we haven't been able to offer many of these placements. This year however, we were extremely lucky to



**Dr Mark Dockrell**

have received a grant thanks to an extremely generous donation by Celia Mahtani in memory of her husband, a patient of the renal unit who sadly passed away. Mr Mahtani died of COVID and the bequest in his memory is helping us understand how this virus affects the kidney. Sarah is working on a series of experiments looking at two different strains of SARS-CoV-2 and what they do human kidney cells. What I was doing with Sev was quite ambitious. We wanted to see if we could actually visualise the virus attacking the kidney cells. The plan is then to see if one of the strains sticks to the cells more than the other. To do this Sev had to set-up our fluorescent microscope. This microscope uses a special light source so that it can stimulate fluorescent

proteins to make them glow green or red. Once he did that, we had to work out how to make the COVID spike protein fluorescent. The spike protein is the bit that sticks to the target cells that the virus is attacking. He did this by attaching a fluorescent probe to the spike protein. He got as far as actually treating the live human kidney cells with the new fluorescent spike proteins. Unfortunately, he ran out of time, so I'm going to do the next steps but before he left we were able to get some pictures demonstrating COVID spike protein attaching to human kidney cells.

In September I was fortunate enough to be visiting a friend in Munich for a weekend. My

friend, **Kristian**, and I worked at King's College together many years ago. I'm his daughter's godfather and he is now the Global Head of Medical Affairs for a pharmaceutical company. I'm not sure if I should mention the company's name but they Make Some Drugs you may have heard of. Kristian and I were sitting in a beer garden in Munich's Englischer Garten enjoying the last of the summer sun and he asked me what I was researching at the moment. So, I told him about our COVID and The Kidney project, funded in memory of Mr Mahtani. He lifted his glass of German Weissbier to his lips and took a long drink. As he put his glass down, he looked up and said, "*I haven't heard of anyone else doing*

*this*" he paused and then added quite forcefully "*but this is very important, the virus attacks the cells and this is the first damage the virus does to the body.*"

I couldn't resist a little smile as I thought to myself – yes, important work, nobody else is doing; this is what we do at SWTIRR.

Oh dear, now I haven't left enough time to tell you about the funding application. I'll tell you what, I'll tell you in the next edition of *Renality*. See you then.

**Funding = Research  
Research = Cure!**

**Dr Mark Dockrell**

# 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](mailto: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](mailto:anita@kidneyfund.org.uk) and we will remove you from the mailing list.

# THE KIDNEY FUND C



On Saturday 11th September 2021, the Kidney Fund held its annual Charity Gala Ball at the prestigious RAC Club, Epsom. It was a wonderful evening catching up with friends and raising over £12k for research. Next year's preparations are underway. Get this date in your social calendar... Saturday 10th September 2022.

*Photos courtesy of Stevie Freize*

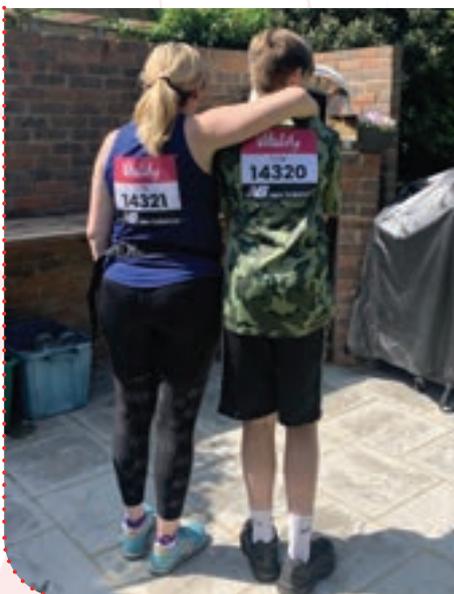


# CHARITY GALA BALL



# Vitality Run

**My Beloved Dad** affectionately known as **Papa** to my children sadly passed in **August 2018** having battled with diabetes for many years which resulted in thrice weekly dialysis due to kidney failure. He spoke so highly of the staff at the dialysis unit and not only did they look after him, they laughed with him too. There were certain people he made a connection with and for a time were friends to him. He was always at appointments at the hospital and despite his 'white coat syndrome' always had time to have a chat with the Dr's. A few months after **Papa** died my son **Oscar** who was **11** at the time expressed interest in doing something for charity in memory of his **Papa**.



An opportunity arose during the pandemic and a friend asked us to join her and Oscar's friend Denny for the Vitality 10km walk. Being told we would be taking part for the Kidney Fund and raising money for their vital research and services there was no doubt it was the perfect fundraiser for Oscar. We were very conscious that during the pandemic so many charities were having to cancel or reschedule events resulting in them being deprived of donations and funds.

This was the perfect event given covid restrictions, it was taking place on a given day and could be independently arranged by yourself outside wherever you could complete your walk. We chose a beautiful and historic route across Farthing Downs in Surrey. A picturesque and stunning walk with some hilly challenges to keep it interesting! The charity day arrived and we woke up to a warm climate and the forecast saying it would be the hottest day of the year! The sun shone so bright that day after having had some awful weather it felt like Papa had delivered the sunshine and was walking alongside us.

## Francesca Stevenson and son Oscar



He would have loved the scenery and beauty we took in that day and would have been immensely proud of Oscar for raising just short of **£1000** for the Kidney Fund.

*Thank you Kidney Fund for presenting us with such an amazing opportunity!*



St Helier and Surrey Kidney Patients Association

# A message from your Chairman

**I am nearing the end of my fifteenth 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 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 twelve months with Covid 19 and things are very different within the renal unit than they were pre Covid. Hopefully,

thanks to the incredible work with vaccines 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 KPA servery counter has had to close, and we have no idea if or when it will be opening but it seems highly unlikely that it will ever be able to operate again.

The move of the renal wards to the main hospital is still proposed in the short term, Beacon ward and G Block will have some works carried out to provide treatment areas.

The long term is likely to see a merger of St Helier & St Georges renal services with a new inpatient unit being built on the St Georges site within 5 years.

You will probably have been



contacted about this proposal in one form or another.

I'm sure the Clinical Leads or General Managers report will update on this.

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, these include,

- Renal Overlays for St Helier and its Satellites

- 4 Wheelchairs for Mayday
- 10 bag warmers for P.D.
- 4 Laptops so Inpatients can stay in touch
- Walking Aids
- Funding of Patient Engagement Position
- Supply dementia friendly clocks and patient recliner chairs
- Coffee Machines in Staff Areas for breaks during the Pandemic

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 again due to Covid.

This year we have purchased equipment valued at over £28,000 for either St Helier or its Satellites.

With this edition you would normally find our Grand Draw tickets but with everything that has happened this year we have decided again it wouldn't be viable or proper to have the draw and ask people to contribute. We'll resume in 2022.

## AGM/Committee /Patient Representatives

The KPA Annual General Meeting is scheduled for **Tuesday 16th 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 and Committee being confident to attend. We may choose to hold this virtually or postpone for this year. 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 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 for the last year and have been managing perfectly well.

We are currently considering holding our meetings on a 2 Monthly or Quarterly basis

If you can help, please contact me on **01483 426276** or email [daspensley@btinternet.com](mailto: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 Memorial Donations

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

- Richard Stoner
- Colin James Streatfield
- Graham Corps

# St Helier & Surrey KPA Committee Members

## 2020/2021

### Hon. Chairman

**David Spensley**

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### Hon. Treasurer and Satellite Liaison – Epsom

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### Minutes Secretary

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### Satellite Liaison - Mayday

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**Paul Connolly**

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### Hon. Secretary/Social Events

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Email: [patricia.mike@virgin.net](mailto:patricia.mike@virgin.net)

### Hon. Deputy Chairman

**Kevin Carter**

Mobile: 07732 952169

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### St. Helier Patient Liaison/Stock Controller

Position Vacant

### Press & Public Relations

**Fay Eves**

Willow Cottage, Church Street,

Rudgwick, West Sussex, RH12 3EH

Tel: 01403 822537

Email: [fayeves@aol.com](mailto:fayeves@aol.com)

### Satellite Liaison – Farnborough

Position Vacant

### Research Representative

**Sarah-Louise Harwood**

### Renal Social Worker/Amenity Subcommittee

**Meheret Moyo**

Renal Unit, St. Helier Hospital

Tel: 0208 296 2514

Email: [meheret.moyo@nhs.net](mailto:meheret.moyo@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

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

## OPTION 2 – Cheque Payment

Title:	Initials:	Surname:
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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](mailto: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.