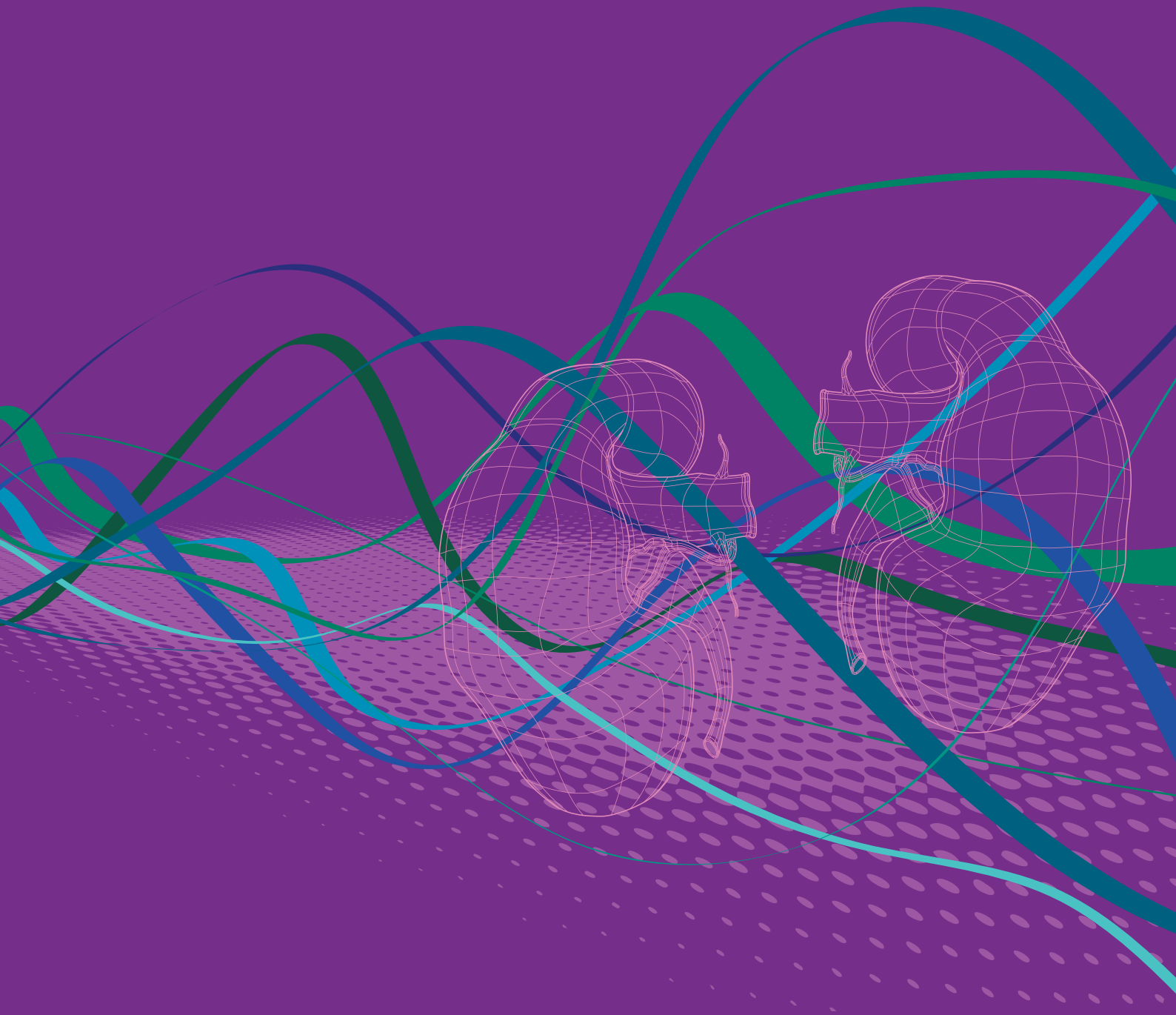


RENALITY

| SOUTH WEST THAMES RENAL & TRANSPLANTATION UNIT, EPSOM & ST HELIER
UNIVERSITY HOSPITALS NHS TRUST
| SOUTH WEST THAMES KIDNEY FUND SUPPORTING THE SOUTH WEST THAMES
INSTITUTE FOR RENAL RESEARCH
| ST HELIER & SURREY KIDNEY PATIENTS' ASSOCIATION

Newsletter June 2018



Featuring...

CHANGING
THE GUARD

CLINICAL TRIALS

GALA DINNER

RENALITY

Newsletter June 2018

There are many many ways in which you can help the **South West Thames Kidney Fund** and help ensure the future of Kidney Research. Further information on all of them can be accessed via the 'support us' page on our new website – or, if you do not have computer access and would like to know more, please do call **020 8296 3698**.

Make a **one-off donation** online, by text to SWKF22£_ to 70070, or by cheque to

SWTKF, Renal Unit, St Helier Hospital, Wrythe Lane, Carshalton SM5 1AA

Create a **standing order**

Donate via **payroll giving**

Join our weekly **lottery** and play to win!

Shop 'til you drop and **Give as You Live!**

Recycle your old car at no cost via **GiveaCar**

Call them on 020 0011 1664

Sell an item on **ebay**

Volunteer **your time** (we can give you all sort of ideas!)

Buy our **Christmas Cards**

Donate **shares**

Donate your **tax refund**

Useful Contacts:

RENAL UNIT reception:

020 8296 2283,

020 8296 3100

SWTIRR & SWTKF:

020 8296 3698

SOUTH WEST THAMES

KIDNEY FUND,

info@kidneyfund.org.uk

ST HELIER & SURREY KPA

Dave Spensley, Chairman

01483 426276

We would like to thank Riverprint Ltd, Farnham for their help in producing this Newsletter. Riverside Park, Farnham, Surrey GU9 7UG
Tel: 01252 722771 www.riverprint.co.uk.

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REMEMBER...

Our website addresses are:

South West Thames Kidney Fund:

www.kidneyfund.org.uk

South West Thames Institute for Renal Research:

www.swtirr.org.uk

St Helier & Surrey Kidney Patient Association

www.shskpa.org

The opinions and views expressed in this Newsletter are those of the individual or organisation expressing them. There can be no assumption that such views and opinions are supported by any other subscribing organisation or individual.

RENALITY is sent to all patients of the Renal and Satellite Units automatically unless they have asked not to receive it. If you do not wish to receive this newsletter, please contact Joanna Pope/Beverley Searles at the Renal Unit on 020 8296 3199/2587.

Changing of the Guard

Seven years ago, I had the great privilege of taking on the role of Clinical Director of the Renal Unit. This was initially for six months as James Marsh took on additional management roles in the Trust, then for three years, then another three... and suddenly you realise that you are in danger of being that thing you never wished, the person that people are waiting for to go.

So this month's headline is the confirmation of the (heavily trailed) news that this will be my final article for Renality as Clinical Director. Subject to official confirmation and executive approval, which I expect to be a formality, I shall be handing over the reins to colleagues in the Autumn.

This has been a difficult decision as there is never a 'right' time for regime change, but one of the definitions of a healthy organisation is that it evolves organically and that people are given the opportunity to showcase their talents. I am surrounded by excellence, and it is time for some of that to be allowed to blossom.

The new leader(s) will bring fresh ideas and enthusiasm, the wholehearted support of the renal team, and new perspectives. I know that you will wish to join me in wishing them well, and in offering them your support. This is a very exciting time for the Renal Unit, there is much to do, and it is important that it is done well.

Over the past 7 years, we have systematically renewed most of the infrastructure outside of St Helier, but there is no risk of sitting on our laurels. In no particular order, ongoing work includes:

- Building our new dialysis unit at the front of St Helier Hospital – delayed, but we expect to start dialysis in the Autumn.
- Designing and building our new dialysis unit at Croydon University Hospital.
- Design work for our planned move into the main hospital block at St Helier Hospital. For those who are unaware of these plans, we have been offered the opportunity to develop a new inpatient and outpatient area taking over the whole of the sixth floor of the main hospital at St Helier. While it will be sad to leave our current facilities, they are in a poor state of repair and this will offer the potential for customised wards and for new services such as emergency assessment beds, day case beds, enhanced high dependency facilities, more isolation facilities, walls that have been painted within the last decade, and co-localisation with other important services such as ICU, theatres, and radiology. No more will we be dependent upon a single lift to get to the main hospital and a legion of hospital porters! The plan – provisional
- Replacement of the dialysis facilities at Sutton, where our lease runs out in 2019.
- Refurbishment or replacement of the Manorgate dialysis facility.
- Development of additional dialysis facilities in North and West Surrey.
- Continued development and expansion of new renal services at Frimley Park Hospital and sister hospitals in West Surrey.
- Leading the South Thames Operational Delivery Network, which aims to integrate and rationalise many of the existing renal services in South Thames with the hope that, working together, we can improve waiting times, access to transplantation, dialysis training, and the quality and timeliness of dialysis access services.



Dr Peter Andrews, Clinical Director

at present but very likely to come to fruition – is to start this redevelopment in 2019. More of this anon...

What with the above and keeping one of the largest and most successful Renal Units in the country on track, we all have much to do. And while I shall be taking a step back from the managerial coal face, my clinical practise will remain unchanged, and I fully intend to help prod things forward from behind the scenes!

It has been a pleasure, and a privilege.

Renal Research Team (RRT) at St Helier Hospital Celebrates International Clinical Trials Day – 22nd May 2018

Led by Kwame Ansu – Senior Research Nurse and Team Leader



In a second year in a row, the RRT has successfully organised and celebrated the International Clinical Trials Day

within the Renal Unit. The theme for this year's celebration remained unchanged from the previous year – 'I am Research'. 'I Am Research' engages with patients and the public to encourage them to find out about the opportunities to get involved in health and care research.

With our stand mounted by the Renal Outpatient Department at St Helier Hospital, we celebrated the day with patients, staff, visitors and almost everyone who passed by stopped to find out more about what we do.

Kwame received lots of 'high fives' with his massive foam hand'. Amongst other things, we also gave the messages of:

- Asking patients to ask their healthcare professionals about taking part in health care research
- Giving the gift of research to mark the NHS' birthday and to help shape the next 70 years of research
- Asking members of the health and social care team to promote the benefits of clinical research and help patients to take part
- Reinforcing the notion that Research active trusts have better outcomes for patients.

The Day was unique and special in the sense that it was the first time we had a CRN representative (The Communication Manager from CRN South London joining the team at St Helier Renal Unit, meeting and speaking to those who stopped to learn about clinical research. And it was made special by our Special Guest (Anita), a patient who volunteered to attend, support and share her experience in taking part in research.

Anita (I have her permission to mention her name though) was interviewed by the CRN South London Communications Manager and we are looking forward to her experience being shared at the National Institute of Healthcare Research (NHHR) website. Anita is currently enrolled in 3 clinical trials and spoke passionately about how she has used her access to the 'Renal Patient View' (on the back of RaDaR, one of the open research studies) to manage her own healthcare. She also took the opportunity to encourage other patients, not only to make full use of the Patient View, but also to participate in clinical research.

The Day also saw photography sessions by the Medical Photography Department and it was amazing to see patients, staff, visitors and Anita posing for shots. Keep eye on the eupdate and **Renality** for those beautiful photos.

Whilst here, I would also like to mention that the Renal Research portfolio has witnessed a revival in the past 2 years and has become a force to reckon with. Although we are a very

small team of 2 core research nurses – **Martia Agustin and myself**, we have worked relentlessly in the past 2 years to 'wake the unit up'. The number of open studies has increased sharply; we have new studies in the pipeline and have embarked on Commercial studies as well. We are finding ourselves in the top five best recruiters in the country whilst in other studies, we are the best recruiters in the country. We are not only breaking records, we are also setting them and making inroads into the 'big guys'. St Helier Renal Research Team has been in the **eupdate** and the websites of **RaDaR, PAVE and CREDENCE** for positive and good reasons.

Our achievements have resulted from what I see as team work! We have incredible working relationship with all the renal consultants and I am aware of Dr Pauline Swift's drive to get all renal consultants to lead on renal studies. At present, a good number of consultants are at least a Principal or Sub- Investigator of one clinical trial which is amazing.

Susie Mallinder (Head of Nursing – Renal) has also embraced and provided a slot for Renal Research discussion at the Band 7 monthly meetings in an attempt to embed research deeply in the unit.

Staff in the renal unit – clinical and non-clinical are all amazingly supporting the renal research portfolio and we are so proud of you.

We are marching forwards!

Some pictures from the day...



Tales from the Doghouse

It only seems yesterday that I started writing for you all, but I recently celebrated my fifth birthday, or (depending on how you look at it) my 40th birthday in dog years. I celebrated by becoming especially muddy on a long walk with my alpha male, followed by a juicy bone and presents!

This week's picture shows the indignity that followed. The alpha female enjoys dressing up in expensive outfits, and apparently thought I would like to do so as well. So a fancy dress party was arranged and – surprise, surprise – I was forced to come as a lion. The shame...

I got to think about some common sayings about getting older, and how rubbish they all are. For example

- Age before beauty. I have always been beautiful!
- With age comes wisdom. I have always been wise!
- Grow old gracefully. Hah!

The only one I really agree with, one that the alpha male apparently often tells his patients, is

- It's no fun getting older, but it certainly beats the alternative! Well, he should know...

As you will know from the warblings of the alpha male above, I am hopefully going to be seeing more of him soon. I expect he is as excited about this as I am!



I am aware that, for most of you, these articles are the highlight of your Renality reading. So do not fear, I still plan to continue updating you on progress in the kennel complex!

Woof Woof! Elsa x

Those of you familiar with the old London Route Master buses will also be aware of the phrase – All Change!

Our Trust comprises a number of clinical divisions, each with one or more Clinical Directors at the helm. Whether it is altruism, egotism or just a great career move, there are many great consultants in the role of Clinical Director leading the Trust. However, it is much more than one of the above reasons that keeps someone driving strategy and implementing change for more than two terms like Dr Peter Andrews.

After starting my stint in renal with the inimitable Jonathan Quan and following a short time with James Marsh, I have had the pleasure of working alongside Peter Andrews for a number of years. Peter is respected by his renal colleagues and a formidable force when driving change in the unit. However, his 'no nonsense' approach does not hide his concern and support for colleagues, professionally and personally.

Peter will be missed in the Renal Executive but the very strong collegiate culture within renal means that all consultants take a key role in the running of the department so I am certain we will continue to benefit from Peter's experience and support.

What's coming?

In Peter Andrews article he has provided a comprehensive list of everything on the horizon and I can confirm that the whole team are excited by the changes which will greatly improve our ability to deliver great services over the next few years.

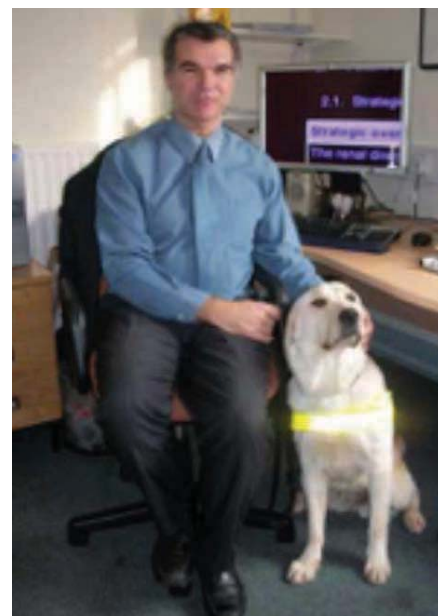
However, the delay in opening our new units at St Helier and Croydon and

the introduction of our new transport services has been frustrating for us and I am sure many of you may be confused by the mixed messages.

Unfortunately when working with old buildings there can be unexpected issues that cause unplanned additional work. At St Helier a number of drainage and water supply matters had to be addressed to ensure we provide adequate pressure to correctly operate dialysis machines. At Croydon, we are working with their Estates team to get the new space ready for Renal Services (UK) to turn into a state-of-the-art dialysis unit.

With the Transport services, we were all set to change the contract when we faced a legal hitch during the tendering process. This is regrettable but for now we have brought the service in-house, being managed by our own wonderful team. I will continue to update you as the saga unravels.

Peter also mentioned the need to re-provide our Sutton Dialysis Unit by December 2019. This need has served as a catalyst for us to work on a new program to tender all of our out-sourced units, as all of the contracts will end during the next three years.



ODN – What's that?

'ODN' is yet another acronym that us poor NHS staff have to adopt as part of our 'management speak'. ODN stands for Operational Delivery Network. NHS England have set up four ODNs in South London to review specialist services, including renal.

I am very pleased to say that Epsom and St Helier Hospitals Trust is the host for this network and I have been appointed as the Program Director to run alongside my current role as Divisional General Manager. This is an exciting program which will recommend, implement and support changes to renal services over the next few years.

The Renal ODN is focused upon five key areas:

1. Virtual Clinics – improving

communication between GPs and hospital doctors to better identify and support patients with early signs of kidney problems.

2. **Pathway Standardisation** – making it easier for people to access and understand available services, including transplantation.
3. **Supportive Care** – greatly improving the care and support we can offer to patients who may choose a different route from dialysis or transplantation.
4. **Vascular Access** – creating a better network to ensure timely and appropriate access to vascular services for renal patients.
5. **Procurement** – continuing to look at how and where we purchase goods and services to ensure they provide best value for money.

If you would like to receive a monthly electronic update about the work of the ODN, please e-mail me at stevesimper@nhs.net requesting to receive our e-mail updates.

GDPR – General Data Protection Regulations

Yes, even more acronyms! This time it affects us all. If you undertake any on-

line activity, then I am sure you will have been contacted by any number of organisations asking if you wish to continue receiving information from them.

You may recall that in the last edition of *Renality*, I asked you to confirm if you wish to continue to receive a copy of the magazine. This was considered necessary to comply with GDPR, which came into legislation on Friday 25th May.

We have received very many requests to continue receiving this magazine and I am pleased to let you know that following discussion with our Information Governance lead at the Trust, we believe that we can continue to send you this magazine without explicit consent from you.

However, to ensure we comply with the 'spirit' as well as the 'word' of the new regulations, we will continue to operate an 'opt out' process. Therefore, if you do not wish to receive a copy of *Renality*, please contact either Beverley Searles or Jo Pope at the St Helier Unit.

Message from Freeman

Dear Elsa,

I hate to paw cold water on your plans but if you think your Alpha Male is going to have more time to spend with you then think again! My owner tells me that even the less important human vets (I think he calls them doctors) work all hours of the day.

So, you had a 5th birthday! I can only assume that your préférence for eating the Alpha Male's documents means that my invitation was probably your breakfast. Still, if it meant I would have had to dress up as a 'big cat' of all things then it is probably as well I did not get invited.

Jenny (guide dog) has asked me to say hello and to let you know she is still enjoying retirement. If you think that 5 is old, you should see her sagging belly and scraggy neck. All credit to her though, when my owner prepares my harness, Jenny still comes running, thinking she is going out to work – it is either enthusiasm or senility!

Anyway, Elsa, time for me to close. I hope you are looking after your Alpha Male and his family. If ever you see them looking glum, remind them of my blood group – B POSITIVE.

Best wishes
Freeman



Today's quiz question

Do you know where to have a night out with a fun quiz and fish 'n' chips for just £12 per person?

Answer

It's at the Robin Hood Junior School, Thorncroft Road, Sutton on **Saturday 23rd June from 7.30pm!**

Teams of 6 (maximum) are invited to take part in The Kidney Fund Quiz. For further details or to register your interest please email kidneyfundraiser@gmail.com or call **020 8296 3698**.



www.kidneyfund.org.uk

Supporting Research into
Kidney Disease and Diabetes

Please bring your own drinks. As Fred Pontin would say "book early!"

Dear Kidney Fund Supporter,

For the last few months the fund has been strengthened by Cllr Jean Crossby, Mayor of Sutton on the Executive Board of the Fund.

Jean has been a vocal supporter of St Helier Hospital, as councillor for St Helier Ward in the London Borough. In that year Jean has raised £33,000 for her nominated charities. What an achievement.

Now Jean tells me that her successor,



Cllr Steven Cook, has nominated The Kidney Fund as one of his two Local Charities for the coming year.

It is going to be vital that we provide support for the Mayor's efforts.

Any of you living or working in the locality

are encouraged to offer your support to the Mayor by contacting Ms Ahmad in the first instance. Ms Ahmad can be contacted at the Fund's offices on **0208 296 9632** or **sarwat.ahmad@nhs.net**

This represents an enormous opportunity for the fund. We have to raise at least £100,000 a year and the Mayor's effort could go a long way to achieving this.

Throughout this edition of *Renality* you will see reference to our 20 year celebrations 1998 - 2018. Do join in and make life better for patients with kidney failure in the new century and the new millennium.

With very best wishes

Mike Bending
Chair, The Kidney Fund

Sean's London-Paris-London (Arch-Arc-Arch) cycle in 40 hours

Story

I've wanted to cycle London-Paris in 24 hours for a while. So when a club mate suggested we do this I was one of the first to put my name down.

Though most of you will know I am a keen cyclist this proves a very big challenge for me. The sheer distance and time on the bike are far beyond anything I have ever attempted, especially as I have back problems. We will be doing this unsupported, therefore carrying all our own kit.

The details/stats:

- Distance: 362 miles
- Target avg speed: 17.4 mph
- Leave London Fri 1st June: 6pm
- Arrive in London: Sun 3rd June

9am (though it will still be deemed a success if it takes 48 hours)

- Short sleeps on ferry journeys
- Few stops to refuel
- 3 hour stop in Paris before returning
- I am funding this myself 100% and thought it would be worth raising some money for this challenge.
- My cousin, one of my best friends, tragically died skiing in 2009, not a day goes by I don't think about him and he had a kidney disease. My mother also had a kidney disease and was lucky enough that her sister donated a kidney to save and pro-long her life.
- As it stands this is the only 'cure', but does shorten life expectancy, which is why research is so



important. You may remember The New Zealand rugby player Jonah Lomu died in 2015 aged only 40 due to complications of a kidney disease.

- Any money donated makes a massive difference to finding a cure. You can donate at the following link, even after the event.

<https://www.justgiving.com/fundraising/sean-standerwick1>

“The Ups and Downs of Renal Research”

So, I have a confession to make, don't tell anyone, it's a bit embarrassing. I am always the last person to submit their piece to Renality! It's really bad, it causes headaches for the brilliant team who put the magazine together for us and they are all volunteers giving up their time. I feel dreadfully guilty. I don't do it deliberately. These days even Dr Bending regularly beats me, how embarrassing.



Dr Mark Dockrell

My main problem is that there are so many things going on that I want to tell you about it's hard to decide what to leave out. I guess when Sarwat and I eventually sort out the Institute web site I can post blogs on it. Unfortunately, poor Sarwat has so much to do sorting out the Institute finance, insurance, the list of assets, planning a fund raising strategy, coordinating events I don't know when she'll get the time.

We've had a bit of a bumpy ride recently. In the last few months I have written about 6 funding applications for research projects at the institute. The score? Four rejections, one still pending and one success – God Bless the Tom and Sheila Springer Charity! Unfortunately this means we might lose our wonderful post-doctoral research fellow Kameljit Kalsi. Kam came to us on an endowed one year fellowship. In addition to being great company, she has been invaluable support in the lab and carried out some fantastic research. Really ground breaking stuff but one year wasn't quite enough to build up enough evidence to convince the grant giving bodies. I'm working on one more,

this time it's kidney cancer, but even if we're successful it may not come through in time. I'm praying for a wee miracle but like I said I'm running out of time.

It's not all doom and gloom, not by a long shot. This year the annual UK kidney meeting, now called UK Kidney Week, is in Harrogate on the 19th, 20th & 21st of June. (It's called UK Kidney Week even though it's only a 3 day meeting maybe these guys still think Ted Heath is prime minister with his three day week.) The Institute will be well represented. I will be chairing one session. Our newest recruit, Xinlu has been chosen to give a talk on her work with the new diabetes drugs, despite still being in the first year of her PhD. Arguably one of our most long standing researchers, Dr Phanish will also be giving a talk on some of our exciting research into new tests for diabetic kidney disease. Of course our most eminent alumni Professor Hugh Gallagher will be giving a talk on his current work. In addition our little start-up company, Helier Scientific, is hoping to launch a new product at the meeting. It's a kit for testing for kidney damage. At the moment it's a research

tool but if it takes off it might give the Institute a little more funding.

The reality is that only about 1 in 4 grant applications from universities are successful. With that in mind our little Institute isn't doing so badly. Of course we don't have the government funding or the student fees revenues that the universities have. In return we're not subject to the whims of universities well paid bosses who might make decisions like that of one London university, ranked in the top 25 in the world, that made a professor of nephrology redundant. Or, for that matter, like another leading university, ranked in the top10 in the UK, that just decided to stop renal research. Our independence is important to us. It allows us to carry out the work important to you but it can still be tough when we can't keep good people.

So, my quotation for the week is from one of my political heroes, Franklin D Roosevelt: *"When you come to the end of your rope, tie a knot and hang on."*

Funding = Research = Cure

A truly prestigious occasion to grace your social calendar

CHARITY GALA BALL

*at The RAC Club Woodcote Park, Epsom, KT18 7EW
on Saturday 3rd November 2018*



6.30pm start
12.30am carriages

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.

Call 07785 352594 to join us at this prestigious event



Black tie
£99 per person

Reception at the House of Lords

Lord Rogers

**(Internationally acclaimed Architect)
and Patron of The Kidney Fund**

**is hosting a reception
at The House of Lords**

**on Tuesday 16th October 2018
at 6pm**

**to celebrate the 20th anniversary
of The South West Thames
Institute for Renal Research**

Save this date for your diary!

The evening will entail a drink and canapes on the terrace of the House of Lords overlooking the River Thames and the London Eye. It will be followed by a personalised tour of Westminster Hall, the site of the execution of King Charles I. Hope the same fate does not befall Charles III. You will then be escorted through the upper House. A life time experience not available to all.

For further information about this amazing event email Anita on anita@kidneyfund.org.uk or Sarwat Ahmad on **0208 296 9632** or e-mail sarwat.ahmad@nhs.net

Very best wishes, and thank you for supporting our Kidney Research, which hopes to safeguard your future.

Michael Bending
Chairman of The Kidney Fund

Prudential Ride London

Hugo

Reason for Cycling for the Kidney fund: I have known Mike Bending for many years and think that the funds research into kidney disease has saved many lives and will hopefully one day eliminate kidney disease altogether.



Simon Williams

I am keen to cycle for the fund as a continuation of my previous fund raising efforts. I have twice run the marathon for SWTKF. I originally ran following my father's surgery for kidney cancer and in support of the amazing work undertaken by Dr Bending and the whole team in this field of medicine. The efforts made in first raising the money to build the research centre deserve the continued support to raise the funds to run it. Unfortunately achillies injury means my long distance running days are behind me so taking to the bike is the next best thing.



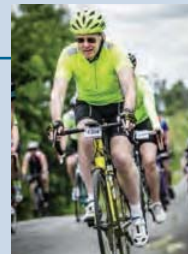
Paolo Standerwick

Maire Standerwick has been affected by kidney failure. Having taken care of herself with a good diet for many years e.g. eating only organic food for 30 + years, exercise regularly, kept her weight down to proper levels, the kidneys still failed at the aged of 63. She was fortunate enough to have been a live donation from her sister nearly 6 years ago. It's still going strongly whilst she makes sure she drinks 3 litres of water every day to keep the blood flow moving through her new kidney. Without this donation her life would have been very different.



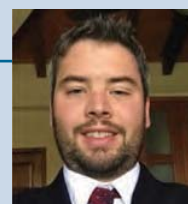
Jeremy Rolt

Whilst the South West isn't my region I have had occasion to use the renal services at my local hospital, albeit in a minor way, and appreciate the importance of these services and the pressure that they are under.



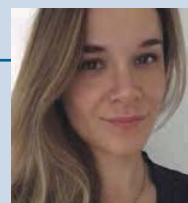
Cllr Manuel Abelan

Councillor for Beddington South Ward in Sutton and Chair of Environment & Neighbourhood Committee.



Cllr Hannah Zuchowska

Wandle Valley Councillor, elected in May 2014. Member of the Environment and Neighbourhoods Committee. Portfolio Holder for Sustainability. She chairs the Local Committee as she knows the local area well and supports its diverse communities. She wants to develop the traditional, distinctive community nature of our area.



Antonio Lanzalaco

I would like to participate in this event to help your company to raise the profile of how difficult it is to find a donor. Also I would feel honoured to help your charity as I know you all work hard and are all volunteers.



Simon Relf

I now Paolo's wife Maire and the illness she went through and know of your great efforts. So would love support the cause.



PRUDENTIAL
RIDE LONDON



Raising Funds for Kidney Research



This year, the seventh annual Camberley Car Show will take place on Saturday 18th August (Saturday before the August Bank Holiday). Over 200 vehicles, of many makes, types and eras will be on static display in and around Camberley Town Centre's streets which, to host the Event, will be closed to all other traffic for the day.

Since its inception the Show has grown year on year and is now hailed as 'Camberley's Event of the Summer' attracting huge crowds to the town. Initiated by Ken and Glenise Bonner the Event is organised to raise money for Kidney Research following Glenise's very successful kidney transplant in 2010 and is simply an attempt 'to give something back'.

Last year the total raised was £11,804.51 of which £9,279.51 went to 'The Kidney Fund'. The additional £2,525.00 raised by 'Sporting Bears' at the Event went to 'Kids Kidney Research'. This brings the total collected over the past six years to £41,912.93 with every penny raised donated to kidney research.

Many friends and family members and kidney patients, with their partners and relatives, give up their day to help out at the Show on the day and new volunteers would be very welcome to help with the collection of donations, even if you can only spare an hour or two. If you would like to participate at what is really a 'free fun day out' we would love to hear from you, please see e-mail details below.

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

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



London Marathon 2018

It was a great pleasure to take part in the London Marathon 2018 as a Kidney Fundraising supporter. Surprisingly for the first time, though wanting to partake in a race but never got the chance to do so, I was very pleased to see the large crowd. The most incredible thing was watching the elderly citizens completing the race; that was amazing. Secondly, the various costumes worn by many runners was hilarious, I couldn't believe people had such creative ideas and effort for this event.

Overall, I would like to thank St Helier Kidney Fundraising Committee for allowing me the opportunity to witness this amazing event. A big thank you to Sarwat for offering me a free 'Gold Pass'



Richard Trowbridge



Adam Farrant



Yvette Adair

ticket; much appreciated. I am looking forward to 2019 Race.

Martia Augustin, MSc, Junior sister, Institute for Renal Research

Here are our fantastic 2018 Kidney Fund runners, who raised £7,010.76. Thank

you for fundraising on our behalf and your support!

Unfortunately 3 of our runners, Amy Du Toit, Scott Reeves and Kier Charles had to withdraw due to injuries. The Kidney Fund would like to thank them for their support and fundraising.

A Date for Your Diary!

**SWT Institute for Renal Research +
St Helier & Surrey KPA + South West
Thames Renal and Transplantation Unit**

Attending meetings could be considered an occupational hazard for members of the scientific and medical professions. We have to go to find out the most up to date findings in our field, get feedback on what we're doing, hear about new techniques etc... To be honest, it is also pretty useful to meet and just chat with other people who are having similar experiences to ourselves, to see the bigger picture.

Every year we have a regional meeting called SWEKS which includes renal doctors and scientist from Guys hospital, King's College hospital and all points

south to Brighton and Portsmouth down on the coast. Each renal unit takes a turn hosting the meeting and they nearly always follow the same pattern. Some are better than others.

This year it's our turn and being who we are we're doing it a little differently.

To mark the 20th anniversary of the Institute we're having a renal science meeting in the morning which has already attracted a few national experts, then before the usual SWEKS meeting there will be a special patient oriented lunch time session coordinated by the St Helier

and Surrey KPA where you guys get to take the lead. We would like to invite you to join us for a patient forum on PatentView and Home Therapies. Perhaps you're on home HD or thinking about it, in which case this might be an opportunity to hear home truths about Home Haemo. Is PatientView a favourite or a frustration? The exact content of the session is still being planned, so you could help shape it. Come on, come and join us. If you're interested in attending or just want more information contact Sarwat on 020 8296 3698 or drop me an email mark.dockrell@swtirr.org.uk

**Wednesday 19th September
University of Surrey:**

- **SWTIRR Scientific Meeting - 9am**
- **St Helier and Surrey KPA Patient Forum - 1pm**
- **SWEKS - 2.30pm**

Gala Dinner

By Helen Green,
Treasurer of the Kidney Fund

21st March 2018 at The Grange in Beddington Park To celebrate the 20th Anniversary of the South West Thames Institute for Renal Research (SWTIRR)

To those of you new to 'The Kidney Tribe' - right next to the Renal Unit at St Helier is the Institute that does original research into Kidney disease. The Kidney Fund is the charity that raises money and they give a grant to the Institute to help them do the research into kidney and diabetic diseases. 25 years ago a band of worthy patients and Doctors got enough money together to build the Institute. It is a small two storey building but its research is so innovative that it packs a punch on the international stage for Kidney Research. So - it was time to celebrate this achievement - and as the Major of Sutton, Cllr Jean Crossby joined the Charity as a Trustee she helped us organise the event in the heart of her constituency. Another lady, capable of some impressive multi-tasking, Anita also helped - whilst she was preparing for her Kidney Transplant.

The Grange is a large restaurant overlooking Beddington Park that



Dr Bending & Anita

feels like a country house - but right near Wallington- so easy to get to but spacious. The evening started with Prosecco. There were 90 guests and it was time for everyone to get to know each other. Dr Mike Bending and the Major, Jean Crossby hosted the event. We were also delighted to welcome Siobhan McDonagh, MP for Mitcham and Morden. Distinguished guests also included the Deputy Major, Marlene Heron, Dr Robin Malcahy, Trustee of the Springer Trust and Gopal Hooper, Barrister and Recorder.

There was a 3 course dinner - Indian food or classic British options - you needed to have run a marathon to be able to eat all the food - but we all did our best! Entertainment was provided by Micky who serenaded us through the night. Karin Flower of Celeb FC (a charity who helps other charities) invited celebrities that included Jason Burrill BB Winner 2016. In the photo attached see who you can spot?

Doctors, nurses and patients and their



Siobhan McDonagh

families and friends all came together to celebrate 25 years of research. We were fortunate enough to have a table of scientists - it is difficult to get them out of their labs - so this was a treat - like spotting a rare animal. Although I struggle to understand the research - what is going on and sometimes even to spell what they are doing - I know it is all good stuff. When I go to meetings with them it feels like I am attending a Harry Potter seminar - but progress is being made and I am happy to play my small part.

Clarkes Jewellers of Sutton very kindly provided one of the prizes, a piece of beautiful jewellery. Sam Dorrington of Everlasting moments photography did some lovely photos of the evening for the charity - a few of which you can see here. Lord Taupe donated tickets for the Tour of the House of Lords and Tom Brake MP donated the House of Commons Tour. We auctioned these and there was some tough bidding. The Grange donated the Prosecco - so all profit went to the Kidney Fund. The



Celebrities



Martia – Research Nurse, Dr Seema Jain, Kam Kaur – Scientist, Abi Dear – Scientist



Major of Sutton, Cllr Jean Crossby, Dr Makanjuola, Dr Bending

Head and Tails game was won by Ann Hurely, a renal nurse. I will leave it to her to explain how it worked.

This was Sarwat's first big event to organise. We raised £4887 for the

Kidney Fund and we all went home fed and watered and entertained - so job done and well done Sarwat.

Finally - the excellent multi tasker, Anita, celebrated the Gala dinner with

us, having had her kidney transplant, surrounded by her family and friends and that is what these events are all about - helping each other.

Helen Green

OUR AMAZING LOTTERY HAS PAID OUT £50,651.50, NEXT WEEK COULD BE YOU!!!

We have now been running the lottery for just over 412 weeks and with 50% being paid out in winnings we have paid out over 50 thousand pounds in winnings with more than that being contributed to The Kidney Fund.

Thank you to all our members for their continued memberships without which we wouldn't have been able to make such a significant contribution.

Please encourage your friends, families and colleagues to join us as the more members we have then the more we can pay out in winnings which in turn increases the amount we can pass on to The Kidney Fund.

If you have previously been a member and would like to rejoin then please just contact me on lottery@kidneyfund.org.uk or call Steven Clark on 07305 931102 and I will be very happy to re-enter you.

The winning numbers and amounts over the last 14 weeks are:-

12/01/2018	101261	Purley	£162.50
19/01/2018	101217	Enfield	£162.50
26/01/2018	101244	Dorking	£163.50
02/02/2018	101021	Reigate	£162.50
09/02/2018	101004	Camberley	£163.00
16/02/2018	101162	Farnborough	£163.00
23/02/2018	101328	Ewell	£163.00
02/03/2018	101051	Raynes Park	£164.00
09/03/2018	101270	Addlestone	£164.00
16/03/2018	101015	Carshalton	£165.50
23/03/2018	101175	Broughton	£165.00
30/03/2018	101289	Croydon	£165.00
06/04/2018	101108	South Croydon	£162.00
13/04/2018	101065	Chelmsford	£163.50
20/04/2018	101240	South Croydon	£163.50
27/04/2018	101268	Wimbledon	£163.00
04/05/2018	101122	Wallington	£163.50
11/05/2018	101087	Fetcham	£161.00
18/05/2018	101107	Kingston	£162.00



4x5k Relay Race Inside the Stadium

GREAT TEAM RELAY
4th July 2018
Elizabeth Olympic Park



Incredible Running event
RUN, CHEER and MINGLE with Friends

CONTACT DETAILS:
Ms Ahmad Fundraiser
admin@kidneyfund.org.uk
02082963698

DRAGON BOAT RACE

Date - 22nd July 2018 • Venue - Kingston



Yes, it's that time of year again, when hardy competitors gather to win bragging rights on the Thames. Though neither hardy nor competitive, we have been a regular item at the boat race for a few years now and have always thoroughly enjoyed it. We have lived up to the mantra that 'it's not the winning, but the taking part that counts'.

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

We have two boats this year and are keenly looking for between 25 and 30 people to take part. You do not need to have been part of either the Oxford or Cambridge rowing crew. Even if you have never rowed before, there is a

10 minute training session, which will bring you up to the level of most of the people rowing on the day!

We are looking to raise funds to support research at the South West Thames Institute for Renal Research and any sponsorship you can raise will be very welcome. We would also be grateful for donations of prizes for the Tombola.

For further details, if you would like to take part in the rowing, or help with running the Kidney Fund stall, or just come to support us, please contact:

Sarwat Ahmad on 0208 296 3698, or email sarwat.ahmad@nhs.net

If you would like to make a donation please contact the office.

We look forward to seeing you there.

**David Makanjuola
and Mark Dockrell**



A message from your Chairman

There is not much to report on this time however, by the time you read this, it will almost be the end of June hopefully the summer has begun, and we'll all know more about Brexit!!!!

The works for the new St Helier dialysis unit are ongoing, albeit there have been some delays, and a completion date is scheduled towards the end of the year.

The unit needs to save yet more money to meet its targets, I'm unclear on the latest figure but suffice to say everything the unit needs must be justified, from loo rolls, through stationery and upto and including medical equipment.

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

- Replacement overlay mattresses and covers for St Helier & Satellites
- Fleece blankets for dialysis patients at St Helier & Satellites
- 6 x Laptops and stands for specialist nurses
- 8 x Dripstands for St Helier
- Wheelchairs for Mayday and Kingston
- Various ancillary equipment for the PD department

This, as we always say is only made possible by the donations we receive.

The *Renality* magazine will continue for the foreseeable future as 3 editions per

annum to save production and postage costs. These costs are met equally by the unit, the KPA and the Kidney Fund so it will save money all round.



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

Golf Day

Friday 15th June 2018 will see the hosting of the annual KPA golf day at the lovely Milford Golf course in Surrey and the outcome of the day will have to be published in the next *Renality*.

NKF Conference

This will be held at the Hilton Hotel in Blackpool on Saturday 20th and Sunday 21st October and the KPA will pay the special package rate for KPA members.

Other News

KPA AGM: This years AGM will be held on Tuesday 13th November 2018 at 7.30pm in the Blue Room at the renal unit of St Helier.

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

Best Wishes

Dave Spensley
Hon. Chairman

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
- Bertram Jones & Friends
- Roger Mann
- Carole Milne

KPA Memorial Donations...

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

- Roy John Down
- John Sullivan
- Phylis Clayton
- Mike Carpenter
- Edward Penfold
- Gordon Jupp

St Helier & Surrey KPA Committee Members – 2018/2019

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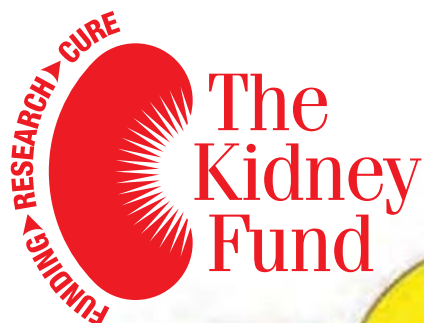
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PLAY OUR WEEKLY LOTTERY



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: _____
 Postcode: _____ 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:

1. 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: CAFbank Ltd, West Malling; Account Number: 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 quarter
Half-Yearly Payment:	_____	number of entries @	£26	per half-year	=	£ _____	& thereafter each half-year
Annual Payment:	_____	number of entries @	£52	per year	=	£ _____	& thereafter each year

2. 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 cheque payable to: The Kidney Fund Lottery & return to the address on this form.

If you have any questions or would like more information, please phone Anne on 020 8296 3698 or email lottery@kidneyfund.org.uk

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