

RENALITY

The NEWSLETTER of...

August 2012

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

KPA Golf Day a great success

JIM RAE, treasurer of the SHSKPA, is pictured presenting the winner's trophy for the 5th John Edward Foxwell Memorial Golf Day to D Tough after a closely-fought match at Milford GC.

The event raised £2,260, including Gift Aid, thanks to the fantastic support of so many. Mr Tough won on countback with 37 points from last year's winner M Rylot, who received the CONGU Trophy donated by the BB Golf Society.

The two new trophies which were donated by Baxter's were won by Paul Connolly and Simon Greenaway.

Jim Rae said: "This would not have been possible but for your participation and the excellent handling of our day by all at Milford GC."

"Next year's date for your diaries is Friday June 21st, I hope to be able to advise you of the venue in the not too distant future."



MARATHON MARVELS

SIMON BUTLER (above) was one of four runners who raised more than £14,000 for the SWTKF at the London Marathon. For full details, see Pages 12 & 13.

SUE'S OLYMPIC GOAL ON BBC TV

WHEN Sue Beesley found out her kidneys were failing she set herself one major target – to still be here to see the Olympics come to London.

Now Sue has not only achieved that goal, but she's feeling fit and well after having a kidney transplant six years ago.

Her story was featured on the BBC's regional television news and Sue was also due to be on BBC radio on July 27th, the day the Olympic torch relay finally reached London.

Sue, of Woking, said: "I was told that I had end stage kidney failure before the Olympics were announced. I was feeling really sorry for myself but I set a goal to try and get to the Olympics 7 years later. Anyway I had a transplant the following April and now I'm not only going to the Olympics, I'm a volunteer as well. "For me it's my dream come true and my personal achievement.



"I thought and hope it's an uplifting story and I hope it makes people realise how well you can be with a transplant. I contacted the BBC to help promote kidney transplants."

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Anne Collard, Administrator:

020 8296 3698

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Pat Godden, Secretary:

020 8777 7371

ST HELIER & SURREY KPA

Dave Spensley, Chairman

01483 426276

Jim Rae, Treasurer:

01403 242601

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 Anne on 020 8296 3698.

Make a one-off donation online, by cheque or via a text

Create a standing order

Donate via payroll giving

Leave us a legacy

Enter our car draw

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 Give a Car

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

Please join our Kidney Fund supporter email group! We will keep you up to date with our news, fundraisers and any volunteer opportunities that may appeal to you. Email anne.collard@kidneyfund.org.uk to ask her to add you to the group.

RENALITY

is now available on CD, PDF form & large print

Our thanks go to Joanna Bending who reads and edits the Newsletter and to her colleagues. Thanks must also go to Richard Sammons who produces the CDs and distributes them.

We thank Graham Morrow who produces the electronic version.

If you know of any patient who would like to use these services, please contact: Steve Purcell on

07970 675087 or

email: steve_purcell@btinternet.com

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

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 Paul Fischer at the Renal Unit on 020 8296 2514.

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.

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VARIETY IS THE SPICE OF LIFE...



The SWTKF benefitted to the tune of just over £422 from the fabulous concert presented by the Palace of Varieties at Fleet on Tuesday, 19 June.

The dedicated amateur troupe have been performing for 30 years and received thunderous applause following their rendition of songs from Rogers & Hammerstein, Burt Bacharach and the world of Disney.

Each and every member of the troupe gave their all to entertain whilst raising funds for the SWTKF: tickets have been requested for next year!

Event organiser Chris McSweeney said: "Everyone who came this year said they'd like to come again next year so I'm hoping that word will spread about the show. I'm so grateful to the PoV who help us raise funds so easily and in such a fun way: we try to raise funds through a variety of events, many with a musical theme as we are all mad about music!"

"My husband plays in a band who performed for us this year to help the fundraising of our daughter Kirsty and daughter in law Keri re the Virgin

London Marathon Golden places for the charity. Stuart has held organ recitals in the past and a musicathon."

Judith Barnett of the PoV said: "Court Moor Palace of Varieties, or POV, started with a single night's performance in 1983 and raised just £32 for the Court Moor School Society. Since then the show has grown considerably and we now not only perform and raise money for the Court Moor School Society but are able to offer charity performances to other organisations. Last year we raised £5,740 for Court Moor, £1,439 for

Leukaemia Research, £859 for Kidney Research and approximately £1,250 for Fleet and Crookham Parish Churches.

The format has changed slightly too, moving from Music Hall, to more recent musical sets and different composers, last year finishing on a high with a rousing Queen number.

Over the years different charities have been invited to host an evening to raise their own funds, including Leukaemia Research, Red Cross, Phyllis Tuckwell etc and more recently Kidney Research. The funds raised vary but range between £300 and £1400 per evening."



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

Annual General Meeting

of the

**St Helier & Surrey Kidney
Patients Association**

Will be held on

**Wednesday 21st November 2012
at 7.30 p.m.**

In the

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

Tea, Coffee and Biscuits will be available

Incentives and Others... (Carrots and Sticks)

Peter Andrews,
Clinical Director, Renal Unit

By the time you read this, England will probably have been beaten on penalties in the Euros, Wimbledon will have been won by Nadal or Djokovic, England will be facing South Africa in the third Test, and the Olympics, Para-Olympics and Transplant Games will be about to start.

It's ironic that there is so much sport and we are all encouraged to take more exercise, yet the overall effect may well be that people will be less active as they sit down with their remote controls to watch the television!

I mention this because it provides a classic example of a **perverse incentive**, in which a seemingly reasonable course of action (lots of international sport in the UK) sometimes leads to unexpected and adverse consequences (more TV watching, less outdoor activity). Others know this as the **law of unintended consequences**.

You might think that this doesn't apply to how we conduct medicine, and to a large extent you would be right. But there are areas where we need to be careful. For example, consider the case of a new formulation of a drug which allows some patients to attend for treatment less often, if they are not on dialysis. The drug is more expensive, but this is potentially offset by increased convenience for patients, reduced staff costs, and reduced travel costs.

But there are problems with using this drug. First, although transport costs are significantly reduced, there is no incentive for us to save this money as it does not come from our budget. Second, the Renal Unit is paid per unit of activity, and reducing the number of attendances would make sense for patients, but might blow a hole in our finances.

In short, this might be a sensible clinical change that would be cost-effective for the NHS as a whole, but it might not be adopted it because it would cost the Renal Unit more, while it would receive less.

So, what should we do?

We could take the 'helicopter view' and do what we think is right irrespective of the local cost – and in most cases we do. Last year, by taking difficult and sometimes brave decisions, we saved over £750,000 without any measurable change in the quality of services, and while providing them to 5% more patients.

But if doing the right thing for the wider hospital/NHS economy means the Renal Unit loses money, should we be forced to make additional economies elsewhere? For example, to make it very personal, should an increased spend on new drugs reduce our ability to support holiday dialysis?

These are the sorts of issues that make the job of Clinical



Director difficult and challenging and perverse and even – occasionally – rewarding. It probably won't surprise you to hear that I much prefer clinical medicine!

On the other hand, although it's a dirty job, the (perverse) incentive is that there is the chance to influence things on the wider scale, or at least to make the case for new treatments...

You will have read elsewhere about the recent 'Better Services Better Value' report regarding the future of services in SW London, which has highly significant implications for the future of St Helier and, by implication, the Renal Unit.

In everyday practice and in strategic matters such as our response to this report, we try very hard to make decisions that are as fair as possible, and there may sometimes be factors driving our discussions that are not immediately obvious. So while it's fashionable to have a go at 'management' and we don't always get everything right, sometimes – just sometimes – the bureaucracy may know best. And I can assure you that the Renal Unit - and St Helier in general - is blessed with some of the best managers that I have come across in the NHS.

I hope that this is of some reassurance as we look to develop our strategy for Renal Services for the next decade, and I will of course keep you all informed as things progress.

To finish on a lighter note, courtesy of my children, I am a recent convert to the concept of the 'anti-joke' (look this up on Google if you are confused). For example: Question - What's brown and sticky? Answer - A stick (those of you who assumed any other answer should feel ashamed). Question - What's green and smells of blue paint. Answer - green paint.

Question - What's better than a Renal Clinical Director? Sorry, out of space again. (Ed: Answers on a postcard please...)

AN EXCITING YEAR FOR SPORT AND RESEARCH

MARK DOCKRELL

Institute Director

Only six months in and what an exciting year we're having. I hope as many of you as possible enjoyed some part of the Diamond Jubilee festivities; it may have rained but it didn't dampen our spirits.

For the football fans there was Euro 2012: very exciting and I don't care what the naysayers say I thought England did well, they won their group. I'm a Scotland fan, if we even got through a group stage we'd be acting as if we won the final.

As I type we are in a wonderfully thrilling Wimbledon fortnight.

On the news today I heard some excited physicists talking about the Higgs boson – that extremely elusive “god particle”. It would appear that they have their best evidence to date of its existence and therefore an understanding of how everything became heavy.

And the next big thing is the Olympics! They will be carrying the torch through Sutton and up past Rosehill just down the road from the hospital.

It all got me thinking about the affects of exercise on our kidneys. I think we all know that some moderate physical exercise is good for us and perhaps particularly good for those with chronic kidney disease.

Some people are concerned about taking part in sports if they have CKD or have had a transplant, with particular concerns for children. On the whole they shouldn't worry too much about these things.

Not only do we have the world transplant games but there are also professional sportsman who continue

FUNDING

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RESEARCH



RESEARCH

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CURE



was the full display of all things nephrological going on in the UK this year and thanks to the tremendous support we get from you and the Kidney Fund we had 8 presentations from the Institute, all of them well received. Our new work on podocytes – those little cells that regulate the filtering function of the glomerulus – went down well with people intrigued by some of our ideas.

We also presented some of our work with the protein K-Cadherin including the preliminary data on what happens to it during transplant failure but also our work measuring it in the urine of people with diabetes.

Actually we've just made a stride forward in developing a lab test for that. On Monday Sarah showed me some of her very promising results; fingers crossed we could have this test set up by the autumn.

We may not have discovered the Higgs boson but I think our work is pretty exciting at the moment and the thanks goes to you for your continuing support that allows us to develop new test, probe new ideas, develop international collaborations and continue to push back frontiers of renal medicine.

in their sports after developing kidney disease and having a transplant including the American basketball player Alonzo Mourning.

There is a curious phenomenon called post-exercise proteinuria; of course most of us know that protein in the urine is a bad sign but not necessarily when you only get it after exercise.

Although we don't know exactly what causes someone to have protein in their urine after exercise we do know that IT Depends on the intensity of the exercise and that it goes away within 48 hours, so not much to worry about.

Of course sports medicine isn't what we're famous for here at SWTIRR.

No, our growing reputation is for understanding how kidneys fail so new medicines can be developed, and increasingly we're also known for developing new tests ourselves.

At the national Renal Association meeting in Newcastle in June there

GAME, SET & MATCH FOR OUR LATEST FUND-RAISER

Dear Kidney Research Supporter,

For those of you who are new to Renality, it is very important for us to introduce the medical research work which is going on in the South West Thames Institute for Renal Research, just behind the renal unit at St Helier Hospital, Carshalton.

When I first joined the unit as a rookie consultant in 1982 there were only some 50 patients on regular dialysis treatment and only 20 or 30 kidney transplant operations were being performed each year , almost exactly 30 years later, there are nearly 1000 patients on dialysis under the care of the unit.

The exact number: 750 patients on haemodialysis and 110 patients on peritoneal dialysis.

The unit exploded in size and activity and influence in the 1980s and 1990s and it became apparent, on becoming the sixth biggest unit in the country, that it was time for us to take an active role in basic medical research into those processes which cause progression of kidney disease.

For every patient who is on dialysis, there are 5 to 10 patients attending pre-dialysis clinics where close attention to control of blood pressure and control of diabetes can greatly delay the rate at which kidney scarring progresses.

In many patients the rate in declining renal function is delayed to such an extent that they are able to live out their normal lifespan without needing any dialysis treatment. This is such an important observation and it is in line with our knowledge of human disease.

From the medical point of view amelioration is the next best thing to cure.

With these thoughts in mind the patients and families over the years clubbed together to raise the money to build our fine research laboratories and now 20 years later Doctor Mark Dockrell and his team are producing scientific observations that are causing interest and excitement to nephrologists around the world.

It is a constant battle to fund exciting work which our kidney scientists are producing and it is a constant battle to think of new fundraising initiatives.

Kidney doctors and nurses and patients have quite a reputation for enjoying good partying and in the last few years we have held many fundraising evening gatherings, invariably with some special entertainment as well as good food, good wine and good company.

Next year on 13 April we are holding a very large reception and dinner with entertainments at the All England Lawn Tennis Club in Wimbledon.

In the past we have held receptions and dinner dances and educational tours in the Queen's Stand at Epsom racecourse, on the River Thames Terrace at the House of Lords in Westminster and at the Globe Theatre on Bankside. I think you will agree however, that to party at the all England Lawn Tennis Club is quite a special venue.



There will be the opportunity for those who are tennis buffs to have a guided tour of the museum and also a guided tour of the club grounds including a visit to the famous Centre Court.

Obviously such a high profile, high impact evening will be rather expensive (but in a very important cause) and the committee suggests that you might like to start saving your pennies now, perhaps a pound a week, so that you will be able to confidently reserve your place and join in the biggest kidney party of 2013.

We have chosen to hold this party in April. The 13th was the closest date we could get to the 23rd, St George's Day. We are already planning many ingenious tricks and entertainment to celebrate our National Day.

Obviously the numbers are quite significantly limited to approximately 250 people and in the past these events have been very considerably oversubscribed.

As tickets will be available on a first-come first-served basis I suggest that it is important to turn to the back page of this journal to make an application for tickets in the near future.

This event and all our fundraising initiatives require many helpers. If you could spare a few hours to support Anne Collard and her team, that would be big personal contribution to the cause.

With personal best wishes, yours sincerely

Michael Bending

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 and Mrs P Steele

Mrs Tessa Nash

Gary Pottle

The Residents of Tyle Place, Windsor

Mr C A Sweet

The Charities Trust

KPA Memorial Donations

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

Sidney Theobald

Pamela Wessier

David Buckley



Dave Barrett, who donated one of his kidneys to his son Christopher in April 2011, is holding a fund raising Motown dance night for the Kidney Patients Association on Saturday 8th September at Yateley School Hampshire GU46 6NW. A live Motown band The Tamla Tigers will be providing the music. Tickets are £15.00 and available from Dave on 07843 130343.

SHSKPA NEWS

St Helier and Surrey Kidney Patients Association

A message from your Chairman

By the time you read this it will be August already, and hopefully Summer will have started!

It's been a relatively quiet few months so there's not too much to report on.



Epsom & St Helier Foundation Trust

The latest information that I have detailing the names of organisations interested in merging with Epsom, St Helier and Sutton hospitals in order to achieve foundation status is shown below.

Interested in merging with Epsom hospital:

Ashford and St Peter's Hospitals NHS Foundation Trust are the preferred partner.

Interested in merging with St Helier (including Sutton Hospital):

St George's Healthcare NHS Trust have withdrawn their interest so the process is ongoing.

Golf Day

Friday 22nd June saw the annual KPA golf day at Milford Golf course in Surrey and this is covered in a separate article.

70 golfers took part and the event raised over £2,200, a fabulous total.

Thanks must go to Jim and Shirley Rae for organising this wonderful annual event and to all who turned out for the day. Thanks also to Milford for a wonderful course and a lovely meal.

NKF Conference

This will be held at the Hinckley Island Hotel, Hinckley, Leicester on Saturday 13th and Sunday 14th October and the KPA will pay the special package rate for KPA members.

Other News

KPA AGM:

This years AGM will be held on Wednesday 21st November at 7.30 p.m. in the Blue Room at the renal unit of St Helier.

Christmas Patient Luncheon:

This years luncheon will take place on Saturday 8th December between 12.00 and 2.00 p.m. and again this will also be held in the Blue Room.

Other Matters

The KPA Committee is still desperate for new members and patient representatives for Kingston, Farnham, Purley, Epsom and Sutton.

The present Committee has served for a number of years doing an excellent job but it would be lovely to have some new members, with fresh ideas, to enable us to continue to represent you, 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 on the first Wednesday of the month.

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

Best Wishes

Dave Spensley, Hon. Chairman

RENAL UNIT NEWS

A Word from the General Manager, Steve Simper

The sun has got its hat on, hip hip hip hurray

The sun has got its hat on and it's coming out to play.... *or is it just to keep the rain off its head?*

Well, having had one of the wettest months in history, we offer our heartfelt thanks to the staff in the main administration office for not complaining too much about the ingress of rain through the ceiling of their office....

The last few weeks have also brought us a national doctor day of action, a bus strike and further details of all of the local road closures due to the Olympics. However, for renal, this is mere trifle as we get on with the job in hand.

The Kingston Satellite Unit in Manorgate Road will be greatly affected by the cycling road races but Angela Sheerer and her team are well organised and all patients have a clear plan to ensure continuity of services. The same is true for the other units where patients may struggle to reach their usual unit, but do speak with your nurses if you have any doubts.

You will be pleased to learn that we have taken back local responsibility for Outpatients reception and medical records and have firmly planted Sarah Mitton into the centre of this to bring back what many of you have missed during the last few months.

We also have an interim Service Manager, Yasmin Ashrafi who is covering for Sara Jobson, now on maternity leave – yes.... another one on maternity leave! I would like to say it is part of our very long-term staff succession planning, but maybe not!

Yasmin has been in the Trust for many years working as a Service Manager so we feel pleased that we were able to cover Sara with someone who can quickly familiarise herself with renal and help to continue the developments.

We continue to have a healthy(ish) budget in renal but need to keep striving to make further efficiencies. We are very clear in the Trust that efficiencies do not mean just economies. We are all working hard to find ways of delivering the same or better services with fewer resources and in renal we have made good progress with renegotiating large contracts, switching to alternative but equally effective products and working closely with our procurement teams.

We do however, welcome feedback on all aspects of the service and would encourage you to either speak with staff, drop us a note or use the renalfeedback@esth.nhs.uk e-mail account.

With kindest regards

Steve Simper



6 Good Reasons to join the Kidney Fund weekly Lottery:

- 1, You may win!
- 2, It's easy to do and it costs just £1 per entry per week.
- 3, 50% of your £1 and everyone else's £1 will go to the winner (which could be you!)
- 4, 50% of all the £1's will go towards kidney research
- 5, The more members, the bigger the prize
- 6, The more members, the more funding for kidney research which will eventually result in prevention or a cure and then ... WE'LL ALL BE WINNERS!

Funding = Research; Research = Cure

To join the lottery go to: www.kidneyfund.org.uk/lottery, 'support us' and select 'join our lottery'

or email: lottery@kidneyfund.org.uk

or phone: 0208 296 3698

LATEST LOTTERY NEWS & WINNERS: See Page 14

SWTKF NEWS

Louise Ledwidge ran the Edinburgh Rock 'n' Roll Half Marathon on April 15th and raised £733.75. Here's her account:

I think the reason I decided to do this half marathon was a bit of a secret promise I had made to myself but never got around to or thought I would never achieve.

However I have been running (mostly 10k distance) for 5/6yrs now and when I turned 40 in December past, that was the wakeup call I needed to force myself to see this through.

Since registering for the race, my husband Paul suggested that as I'm doing it anyway, why not get some fundraising as I may never do another one.

That's where SWTKF came from - it was chosen by my Uncle Jim, a kidney patient on dialysis. I felt it much easier to ask people to donate to a charity that was personal to someone they actually knew and that their money was making a difference to them.

The Rocknroll half marathon is a new



race that has come over from the USA and is touring throughout Europe, with Edinburgh being its first stop. Starting and finishing in Holyrood park at the foot of Arthur's Seat (the backdrop in the photo) the route took in all areas of the city old and new.

Inevitably it was quite a hilly route, but with live rock bands playing throughout the course and the sun shining there was a fantastic atmosphere making it far

easier to stay focussed and get to the finish line. Having my family including my daughter Abbie, cheer my friend Elaine and I over the line was a great ending to a very exciting adventure. (That's us 3 in the picture). It was a fantastic day and am delighted to have completed 13.1 miles and raised some funds for this very worthwhile charity while doing so.

Louise Ledwidge

CHRIS ROCKS BRIGHTON

Chris Naylor ran the Brighton Marathon for the Kidney Fund to support a colleague who is actively involved with kidney research. Chris raised a whopping £1,045.75 for Kidney Research.

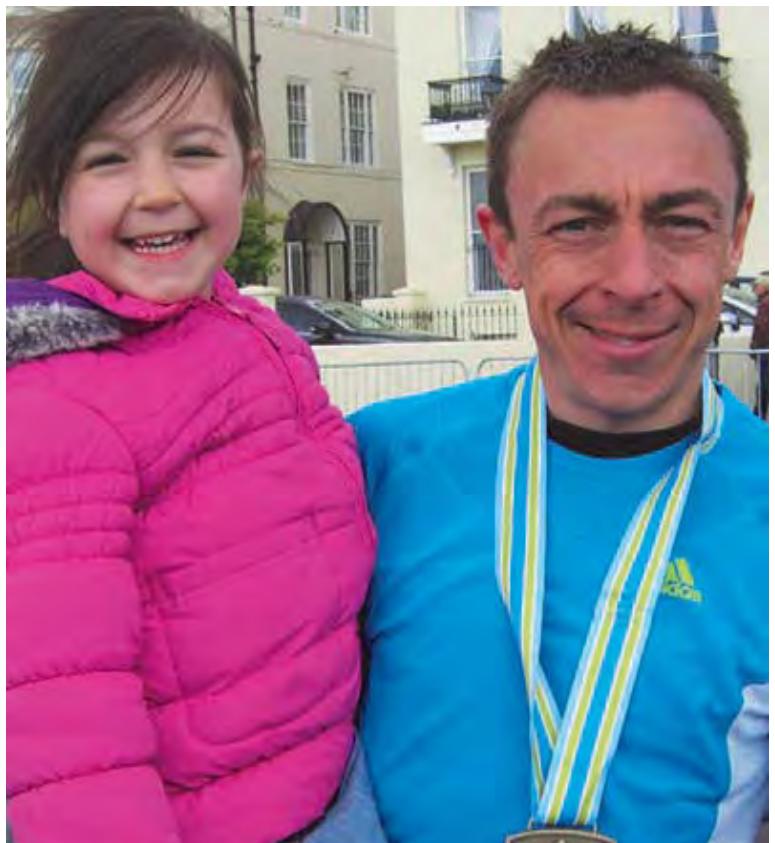
Chris, pictured with his daughter, said: "It was quite a nice temperature for running although slightly windy (cant have it all!). It went reasonably well up to about mile 16, after that I felt absolutely knackered! Nevertheless, I did finish and in a time of 3hrs 38mins which I was quite happy with. It's been a pleasure running for the South West Thames Kidney Fund."

Stuart McSweeney ran the Bristol 10K for the Kidney Fund and raised £588.00.

He said: "I really enjoyed doing the 10k again this year. The first half of the route is quite picturesque and the second half ends back in the centre of town where you start. The weather and temperature were good for running, quite overcast and not too warm.

In the end I was able to knock about 10 minutes off my time from last year, which was brilliant!

Next year I'll be taking the challenge of doing the London Marathon having been inspired by the incredible efforts of my wife, Keri, and sister, Kirsty, who raised around £6,000 for the SWTKF this year.



OUR FANTASTIC FOUR

Once again, the amazing hard work and dedication of a few have resulted in a wonderful contribution to kidney research. Keri, Kirsty, Ric and Simon trained for months in all weathers to ready themselves for the 26.2 mile London Marathon in April. Between them and with the generosity of their supporters they have raised nearly £14,000.00 in sponsorship.

We can't thank them enough for such a huge effort! We would also like to thank the Renality readers and patients visiting the Renal Unit for their sponsorship of the team as a whole. As you all know - every penny counts. Here is an account of their experience from our Fantastic Four...

Keri McSweeney

My marathon journey was just an incredible experience which did have a number of ups and downs along the way but the tired joints and muscles plus months of training was well worth it!

On the 22nd April, Kirsty (my sister in law) and I set to the challenge we had been preparing for.

Throughout the run thoughts of my family, who I was running for, and everyone who had donated to our cause really kept me motivated, especially in the hardest part of the marathon which for me was 21-25 miles.

I certainly couldn't have completed the race without seeing my family with supportive hugs along the way at miles 14, 21, 23 and 25.

Crossing the finishing line was the most amazing feeling – elation, relief and exhaustion but knowing we had raised over £6,000 for the South West Thames Kidney Fund was the most important part of the day – completing the challenge for everyone who had supported us.

Thank you to the Kidney Fund for the opportunity of a lifetime and well done to all the amazing people who took part!

Kirsty McSweeney

It was a cracking day & we were so blessed with the weather. I had a slightly burnt face the next day though!

It was an incredible experience and a day that I'll remember for the rest of my life.

I was very emotional sprinting down birdcage walk! We couldn't have done



without the South West Thames Kidney Fund so THANK YOU so much. Well done to Keri, Ric, & Simon - superstars! (and well done to you too Kirsty! – note from Anne)

Dad Derek with mum Chris and Jo and Nic McSweeney are pictured below having carefully transported Kidney Fund balloons from the family

home in Fleet, Hampshire, to Limehouse on the marathon route.

Chris said: "We got a few funny looks as we carried these helium-filled balloons on trains and the Tube.

"But they managed to survive the journey. I finally let them go in the grandstand area."



IN LONDON MARATHON



Ric Aldridge: Took this picture with Buckingham Palace in the background as he ran

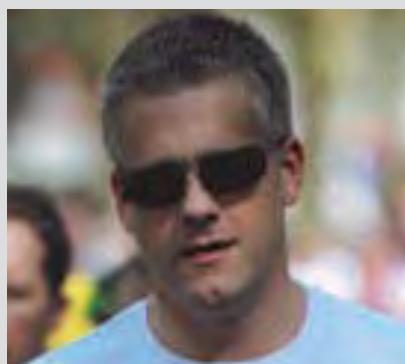
The 26.2 miles seemed a lot further than it did 10 years ago. At 23 years of age it felt tough. But at 33 it felt tougher. I trained harder than I did the first time around, the aim being to beat my first marathon time and prove that my running had improved with age.

During training my half marathon times were slowly improving and I felt good for the day. The thing I forgot about was the other 50,000 people all running at the same time and in the same direction. I'd forgotten how tricky it was running in such a large group of people. But of those 50,000 people it was great to receive an encouraging pat on the back. I thank Simon Butler for the encouragement and hope he and the others enjoyed their day as much as I did.

Simon Butler:

Thank you, thank you, thank you to all those kind people who directly or via the Renal 2012 Virgin London Marathon Team sponsored my run. Your kind words and support leading up to the day were invaluable in helping me get out of bed for those early morning training runs and on the day of the marathon.

The marathon itself was a fantastic experience and it appears I came through it relatively unscathed. In the end I had a couple of blisters, aching legs and a huge smile for a day or two after.



The weather on the day itself was fine (if a little windy). I started out keen to do well and come in under 5 hours. I found the first 22 miles seemed to fly

After realising I was running slower than expected I started having fun and forgot about aiming for a new personal best. By the half way stage it was obvious that the personal best was a long lost dream, and I couldn't have been happier. It turns out that the harder you train the more you are able to enjoy the experience. I never really thought about it that way during the long late night runs in the rain during training, but it was all paying off. The second half I felt more like a tourist, an aching and tired tourist but tourist none the less.

I crossed the line half an hour after I would have done 10 years previously but I had so much fun I certainly didn't mind. I had clearly timed my run perfectly as I finished a good 15 minutes before the heavens opened and rain started to fall. A big thanks to everyone who sponsored me, all those who cheered me along and of course all those involved at the South West Thames Kidney Fund.

by and the crowds very supportive all along the route. Soon after the 22 mile marker fatigue set in and the last 4 miles felt more like 44!

In the end I managed to cross the line taking 3 minutes off my time from 2007.

Still I didn't quite get under the five hour mark so I may have to do the Kidney Fund running top one more time... Now I just have to hope my wife doesn't mind more of the early morning training and the nurses don't mind their on-call pharmacist heavy breathing down the phone line while out on a long run!

The SWTKF have 5 Golden Bonds for next year's London Marathon. If anyone feels they can raise a GUARANTEED MINIMUM of £1,500.00 in sponsorship and would like to be considered for a place they should contact Anne.collard@kidneyfund.org.uk at the end of September/beginning of October

Lottery membership on the increase as second anniversary approaches!

The response to our May edition back page 'Six Good Reasons to Join the Lottery' increased our weekly lottery entries by 38%, bringing the weekly prize money up to around £95.00. This is good, but we hope to do a great deal better. If you haven't joined already we hope you may seriously consider doing so. The £1 a week paid for each entry from the start of the lottery in July 2 years ago to the beginning of July 2012 has generated £15,291.00 - 50% of which has gone to the winners and the remaining 50% to the other winner, kidney research.

For an entry form go to www.kidneyfund.org.uk/lottery or email lottery@kidneyfund.org.uk or phone Anne on 0208 296 3698 or if you still have your Renality issue from May, look on the back page.

The Kidney Fund would like to send out a 'SECOND ANNIVERSARY SPECIAL THANK YOU' to all our lottery members and to Steve Clark for his very hard work as our volunteer lottery administrator! We do appreciate you all very much!

MOST RECENT WINNING LOTTERY NUMBERS:

02/03/2012 101054 Shirley £74.00	13/04/2012 101153 Farnham £75.00	25/05/2012 101066 Bookham £86.00
09/03/2012 101164 Farnborough £74.00	20/04/2012 101096 Sutton £75.00	01/06/2012 101049 Merton Park £86.50
16/03/2012 101145 Farnborough £74.00	27/04/2012 101149 Purley £75.00	08/06/2012 101070 Guildford £93.00
23/03/2012 101050 Camberley £74.50	04/05/2012 101062 Bletchingly £75.00	15/06/2012 101161 Wallington £95.00
30/03/2012 101065 Ash Vale £74.50	11/05/2012 101089 Addlestone £75.00	22/06/2012 101094 Reigate £95.00
06/04/2012 101112 Wallington £75.00	18/05/2012 101113 Worcester Pk £82.00	

Once again the Kidney Fund is taking part in the **Great Big Small Charity Car Draw**. If you would like a chance to become the owner of a brand new Kia Picanto buy a ticket now! Tickets are on sale from now until 4th January 2013, and the lucky winner will be notified on 19th February 2013.

This is a great opportunity for the Kidney Fund to earn some serious money. The Car Draw is run by the Foundation for Social Improvement for the benefit of small charities.

The FSI buys or gets the car donated and to cover administration costs and any car related costs, they take 8% of the ticket sales, so for every £2 ticket sold the Kidney Fund gets £1.84.

Tickets can be bought online at www.kidneyfund.org.uk/car-draw. Paper tickets are also available for purchase individually or in books of 10 tickets.

Please let me know if you would like tickets to buy or to sell. Do you have any events coming up between now and January 4th where you could sell them? All tickets must be accounted and any unsold tickets must be returned to me. It would be very helpful if you could **volunteer your time to sell Car Draw Tickets and later in the year, Christmas Cards** in the St Helier Cafeteria at lunchtimes (the cafeteria is well attended then). Please let me know if you are able to help.

Many Thanks! Anne.collard@kidneyfund.org.uk or 0208 296 3698.

£2 *each ticket* **Win a CAR!** **£2** *each ticket*

Enter the Great Big Small Charity Car Draw

to win a brand new KIA PICANTO

the ultimate green machine with the lowest CO2 output of any internal combustion engine car currently on sale in Europe.

TO BUY TICKETS

Phone: 020 8296 3698; email: anne.collard@kidneyfund.org.uk; or go online and visit www.kidneyfund.org.uk/car-draw

All proceeds from ticket sales (£1.84 from each ticket sold) will benefit the

South West Thames Kidney Fund

and research at

South West Thames Institute for Renal Research

St Helier Hospital
Carshalton, Surrey SM5 1AA
Registered charity no: 800952




KIDNEY FUND CALENDAR PHOTOGRAPHY COMPETITION FOR RENAL PATIENTS!

We thought it might be fun to create our own Kidney Fund calendar featuring photos each month taken by our Renality readers. Scott Brawn, a photographer who is one of our readers, suggested the idea and has agreed to be one of the judges. He has allowed us to use a couple of his images on our example calendar.



If you have a photo that you have always thought was particularly good and you might like to share, please send it for consideration. For those of you that enjoy snapping away, you have just under a year to take the 'perfect' picture to submit for consideration for the calendar.

Main points of the competition:

1. The categories for entries are:
 - How Dialysis / Transplant Changed my Life
 - It's a Wonderful World / Life
 - Time Out / Holidays
 - Miscellaneous
2. Entrants must only enter photos taken by themselves. All submissions must be in digital format. Prints may be scanned to create a digital format
3. Digital entries should be emailed to Anne.Collard@kidneyfund.org.uk.
The subject or body of the email must state the competition entry category (point 1); your title for the photo and, if appropriate, the location.
4. 12 photos will be selected from the above categories
5. Deadline for photo submission is 31st May 2013
6. Winners will be announced in the July/August 2013 issue of Renality
7. The 2014 calendar will be available for purchase soon after printing – sometime in September/October 2013

Terms and conditions for entry:

Entrants must be patients and/or immediate family of patients of the South West Thames Renal & Transplantation Unit which includes St Helier Hospital Renal Unit and its satellites. The competition is not open to professional photographers. Owners of any photo submitted in the competition grant their permission for the photo to be used in a South West Thames Kidney Fund calendar if selected by the judges.

If you would like to see more of Scott's work, email Anne.Collard@kidneyfund.org.uk for details

SWTKF NEWS

'BEER' FESTIVAL AT VILLAGE DAY

This is the second year running that Allan & Sally Beer and family have run a Kidney Fund charity stall at the Ashtead Village Day On June 9th.

What a day! We were really lucky again with the weather - a little windy at times but it was dry and sunny.

We had more variety on the stall this year a better selection of 'Good as new Items' and this year Sally's brother Dave & his wife Jill donated a large variety of plants which with Jill's help and knowledge on the day went really well.

The Fair is extremely well attended so the stall was busy through most of the day some buying some just looking.

It always amazes me doing this the number of people who come to the stall that have Kidney Stories (if that's the right way to put it). One chap now 66 found out when he was 63 that he had only one Kidney from birth. A lady who at the age of 30 (now 67) found out she had 3 Kidney's from birth one has been removed through infection. There were probably another 3 or 4 stories. The usual suspects were helping again Sally, myself, Sally's brother and sister Barbara and Roy and their spouses Barry and Anne. Added in this year were Sally's brother Dave and Jill, his wife. On the day we had two large donations from Barbara & Barry and Rosa & Keith Edwards each for £50 - many thanks to them.

The photos show some of the team that helped for the day. A long day but, as last year, good fun. In total we raised £430.61.



Christina Ho may be retired but she is still often seen helping around the Renal Unit. In May she brought in a selection of home grown vegetable, tomato and herb plants, cut rhubarb and carrot cake and, assisted by Vicky Kiang (also retired!) did a brisk turnover of just about everything in under 2 hours, bringing in a profit of £128.19 for kidney research.

The Kidney Fund loves its supporters!

SWTKF DONATIONS

In Memory of:

Vipin Patel
Michele de Cristofaro
Monica Foster

And our thanks to:

Helena Shiatis for her birthday present donations to the Kidney Fund

Suresh and Menik Ellawala for donating a car to GiveaCar and raising £271 for the Fund

Mrs J Baker who donated a car to GiveaCar and raised £98 for the Fund

Waitrose, Raynes Park for the £280 raised from their Community Matters collection

All the generous people who supported the 2012 London Marathon Team and to the supporters of our 2012 Sweaty Kidney Scientists Team.

The too numerous to mention people who support the kidney fund on a regular basis.

DRAGON RACERS

As you read this article, the Dragon Boat Challenge will have already taken place, but as Renality went to print two days before the race we will have to wait for the Autumn edition to tell you the results.

In the meantime, we can report that our Dragon Boat Team - the Sweaty Kidney Scientists - have been training rigorously for this extreme challenge - as demonstrated in this photo of Dr Mark Dockrell and his family, Julie, Jeff and Martin. With this sort of dedication and training we feel this year's team is bound to make the finals!

The rest of the Sweaty Kidney Scientists making huge efforts on behalf of the South West Thames

Kidney Fund include David Makanjuola, Jonathan Kwan (back in the UK!), Auriole Wells, Darryn Pinto, Nadia Embleton, Lara Daniel, James Burton, Subash Somalanka, Seema Jain, Maura Pinkney, Sue Beharry, Claire Laidlaw, Edel Tungul, Nicola Smith, Anne Collard and Tarun Madne.

If you would like to sponsor this sterling effort on behalf of Kidney Research, and read an update on the day, please go to...

<http://www.justgiving.com/sweatykidneyscientists2012>



IT might still be summer (after a fashion) but it's time to remind you all that there's another major event looming after the Olympics. Yes, that's right, Christmas is a-coming and the cards are laying flat. But now's the time to think ahead and order your special SWTKF cards and help raise funds for our vital research!!

CARDS FOR CHRISTMAS 2012 to support the South West Thames Kidney Fund and Kidney Research



9 Different Designs

£3.00

per pack of 10 of the same design
plus postage if applicable

To view all the cards go to
www.kidneyfund.org.uk/charity-christmas-cards
or phone Anne 0108 296 3608

All proceeds will benefit the
South West Thames
Kidney Fund

Reg. Charity No. 800952

info@kidneyfund.org.uk

CHEAM OF THE CROP



On May 19th Paolo Standerwick raised £187.50 for the Kidney Fund on his stall at the Cheam Charter Fair.

DONATE BY TEXT!

You can now text a donation to the South West Thames Kidney Fund by texting the message:

SWKR22 £(amount of donation) to 70070

Get Texting!



**S.H.A.K Patient
Christmas Luncheon**

**Saturday 8th December
12.00 p.m. to 2.00 p.m.**

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

All Welcome

**The Christmas Grand Draw
will take place during the
Luncheon**



Care minister Paul Burstow MP meets renal patients and staff

The Renal Unit was visited by Paul Burstow this week, local Liberal Democrat MP for Sutton, Cheam & Worcester Park, and Minister of State for Care Services in the coalition government.

His visit was in recognition of the work done by the Renal Unit as part of National Transplant week. He spent 45 minutes meeting members of the transplant team and discussing the ways in which they are attempting to bridge the gap between organ supply and demand.

He was particularly pleased to meet three recent transplant recipients, and two donors who had recently donated kidneys to family and loved ones.

However, on being informed that members of the Renal Unit were donating an arm and a leg to help support the NHS, he declined to follow suit at this time with the offer of a kidney!





Join us at our ST GEORGE'S DAY CELEBRATION at
Wimbledon All England Lawn Tennis Club
on Saturday, 13th April 2013
and Fight the Dragon of Kidney Disease!

Enjoy a delicious 'English feast' in the Courtside Restaurant,
plus a variety of Entertainment, an Auction, Raffles & More.

In addition, all tennis enthusiasts have a chance to experience
an hour to browse in the Tennis Museum;
tea in the Terrace Restaurant;
an Official 1.5 hour Blue Badge Guided Tour of AELTC

Reception, Dinner, Entertainment etc: 7:00pm until 11:30pm + £70.00 per person

Guided Tour and Museum (2.5 hours): 4:00pm until 07:00pm £21.50 per person

Tea: 5:00pm until 05:30pm £ 5.00 per person

Guided Tour only (1.5 hours): 5:30pm until 07:00pm £13.50 per person

PLEASE JOIN US FOR A WONDERFUL AND A VERY WORTHWHILE EXPERIENCE!



Yes, I will fight the Dragon of Kidney Disease alongside the South West Thames Kidney Fund!

I wish to reserve _____ place(s) for dinner @ £ 70.00 per person £ _____ (total dinner cost)

I would also like to reserve the following:

_____ place(s) for a museum visit and tour @ £21.50 per person £ _____ (total museum & tour cost)

_____ place(s) for the tour only @ £13.50 per person £ _____ (total tour only cost)

_____ place(s) for tea @ £ 5.00 per person £ _____ (total cost for tea)

Total enclosed (cheque made out to South West Thames Kidney Fund): £ _____ (thank you!)

Guest Information (please put contact person first): If you would like more than 4 places please contact Anne below

(1) Title: _____ First _____ Last: _____

(2) Title: _____ First _____ Last: _____

(3) Title: _____ First _____ Last: _____

(4) Title: _____ First _____ Last: _____

Contact person's address: _____

Post Code: _____ Home phone: _____ Mobile phone: _____

Email: _____

I am unable to attend this event, but wish to join the South West Thames Kidney Fund in the fight against kidney disease. Please find enclosed my donation of £ _____ on which gift aid may _____ may not _____ be reclaimed. Your name: _____ Address: _____

Post code: _____ email: _____

Please return this form and your cheque made out to the 'South West Thames Kidney Fund' (charity no. 800952) to: Anne Collard, South West Thames Kidney Fund
Renal Unit, St Helier Hospital, Wrythe Lane, Carshalton SM5 1AA

Any questions? Please phone Anne on 020 8296 3698 or email: anne.collard@kidneyfund.org.uk