

# RENALITY

The NEWSLETTER of...

August 2015

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**



## CAMBERLEY CAR SHOW IS SET TO GO WITH A CHITTY BANG BANG...

TV and radio star Chris Evans has offered the original Chitty Chitty Bang Bang car as the star centrepiece for the Camberley Car Show, which will take place on Saturday, August 22.

The new host of the BBC's Top Gear has the iconic motor in his personal collection of historic vehicles and supercars and was happy to loan it out for the car show which raises funds for the SWT Kidney Fund. Event organiser Ken Bonner said: "We are all very grateful to Chris and this year's show promises to be a fantastic and memorable family day."



**Pub partygoers pull in £3,100 at The Wheatsheaf: See Page 6**

## NEW DIALYSIS UNIT PLANNED FOR ST HELIER

A brand new, state-of-the-art dialysis unit is planned to replace the current facilities at St Helier Hospital.

Dr Peter Andrews, the Clinical Director, says the new unit may well be completed within the next 18 months and further works to improve the renal unit at St Helier will also begin in a further phased redevelopment.

His full report on the planned works is on Page 5.

Dr Andrews says: "In Phase 1, we plan to open a brand new, state-of-the-art dialysis facility on the St Helier site, near to the car parks and main hospital facilities.

"This will include upgrades such as free Wi-Fi and climate control, more space for each dialysis station, better sight lines, better waiting areas, and a dedicated dialysis outpatient area."

Two further phases will see the existing dialysis area transformed into a new outpatient and office area, and the existing wards transferred to the main hospital.

Dr Andrews adds: "I would like particularly to recognise our new Chief Executive, Daniel Elkeles, for his energy in pursuing the redevelopments on behalf of the Renal Unit."



**KPA GOLF DAY RAISES OVER £3,200: See Page 4**

### ***In this issue:***

#### ***Renal Unit News:***

Dr Gallagher	3
Clinical Director	5
Shared Dialysis	14/15

#### ***SHSKPA News:***

Golf Day	4
Chairman's Report	7
Memorial Donations	9
Donations	9
Holiday Home	18

#### ***SWTIRR News:***

Institute Director's message	17
------------------------------	----

#### ***SWTKF News:***

Chairman's Letter	10
Twickers Fete	10
Deepak 20K walk	11
Dragon Boaters	12
Posh Tea	12
10k Runners	13
Marathon Report	13
Ride London	16
Lottery Results	19

#### **Useful Contacts:**

##### **RENAL UNIT reception:**

**020 8296 2283,**

**020 8296 3100**

##### **SWTIRR & SWTKF,**

**Anne Collard, Administrator:**

**020 8296 3698**

##### **SOUTH WEST THAMES**

##### **KIDNEY FUND,**

**HayleyAnne Fitzgerald,**

**Secretary: 07974 422424**

##### **ST HELIER & SURREY KPA**

**Dave Spensley, Chairman**

**01483 426276**

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 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**

**Please join our Kidney Research 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](mailto:anne.collard@kidneyfund.org.uk) to ask her to add you to the group. You will not be bombarded with emails and can ask to be removed from the group at any time.**

**'Like' us at [www.facebook.com/kidneyfund](http://www.facebook.com/kidneyfund) and...**

**follow us at [www.twitter.com/renalresearch](http://www.twitter.com/renalresearch)**

### ***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](mailto:steve_purcell@btinternet.com)**

### ***REMEMBER...***

**our website addresses are:**

*South West Thames Kidney Fund:*

**[www.kidneyfund.org.uk](http://www.kidneyfund.org.uk)**

*South West Thames Institute for Renal Research:*

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

*St Helier & Surrey Kidney*

*Patient Association*

**[www.shskpa.org](http://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.**

We would like to thank Riverprint Ltd, Farnham for their help in producing this Newsletter. Riverside Park, Farnham, Surrey GU9 7UG Tel: 01252 722771 Email: [www.Riverprint.co.uk](http://www.Riverprint.co.uk).

Newsletter Editor: Steve Purcell: 07970 675087 [steve\\_purcell@btinternet.com](mailto:steve_purcell@btinternet.com)

# Dr Hugh Gallagher reports on the work of Kidney Research UK's new ASSIST-CKD programme

I am delighted to be involved with a team from the medical charity Kidney Research UK who are leading an exciting national programme to help GPs identify people with progressive chronic kidney disease (CKD) earlier.

Nearly two million people in the UK have been diagnosed with moderate-severe CKD by their GPs, and a further one million people are thought to be undiagnosed as people with CKD often have no symptoms.

A small but very important minority of these people will develop kidney disease that deteriorates over time, to a point where kidney dialysis or a transplant is needed.

These people need to be referred by their GPs to kidney units at the right time to help stabilise their kidney disease or, if this is not possible, to prepare for a kidney transplant or dialysis.

The programme is called ASSIST-CKD, and looks for early signs of progressive kidney damage by combining information from routine blood tests carried out by GPs and hospitals. We use dedicated software to create graphs of kidney function over time. For those people whose kidney function is progressively declining a copy of the graph is sent to their GP.

Our aim is that by identifying patients with deteriorating kidney function early we will reduce the number of people

starting dialysis in an unplanned manner – this is an important ambition for renal services across the UK.

Over time our ultimate goal is to reduce the numbers of people who need a kidney transplant or dialysis treatment.

Following the success of a smaller-scale project in the West Midlands, the Health Foundation have awarded £400,000 funding to our team for expansion of this intervention across up to 12 locations across the UK.

The project runs from 2014 to 2017. We are currently coming to the end of the set-up phase and our first sites will be starting to report kidney function graphs to GPs in July 2015.

Kidney Research UK recognise that there should be appropriate patient and carer involvement at all stages of research projects and have established dedicated Patient Advisory and Support Groups for a wide range of research activities in the UK including ASSIST-CKD. Further information is available at [assist@kidneyresearchuk.org](mailto:assist@kidneyresearchuk.org) and <https://www.kidneyresearchuk.org/research/assist-ckd>

**Hugh Gallagher**

**Consultant Nephrologist**

## Invitation to the

### **ANNUAL GENERAL MEETING**

**of the South West Thames Kidney Fund & the Institute for Renal Research**

**to be held on the 23<sup>rd</sup> October 2015 at 2:30pm**

**in Whitehall Lecture Theatre, Post-Graduate Medical Centre, St Helier Hospital**

This is your chance to meet some of the people who are raising funds for kidney research and the scientists and doctors who are conducting the research.

It is also an excellent chance for them to meet you!

Everyone is invited. We encourage anyone suffering from kidney disease or who knows and cares for someone suffering from kidney disease.

All will be made very welcome and light refreshments will be provided.

You will learn about what we have been doing with the funds that are raised, and hear from Dr Michael Bending and Dr Mark Dockrell about the exciting research progress we have made.

**There will be a lively and entertaining debate between**

**Dr Mike Bending MB B Chir MA MSc FRCP**

**and**

**Dr Iain MacPhee BSc(Hons), BMBCh, DPhil, MRCP, FRCP – *the Barrack Obama and Vladimir Putin of the kidney world!***



## GOLF DAY RAISES MORE THAN £3,200

**DAVE SPENSLEY writes:**

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

On Friday 19th June 70 golfers took to the fairways of the lovely Milford Golf Course to play what has become a fabulous annual event to raise funds for our KPA.

This year's event was another roaring success with a great turnout and a financial surplus of over £3200 excluding Gift Aid.

The overall winner of the day was Rob Ewing with a magnificent 42 points (playing to 6 under his handicap).

Thanks must go to everyone who attended but in particular to;

- Paul Connolly, Carolyn Whitfield and Fay Eves for organising the event and the auction prizes.
- Di and Anna Spensley for helping on the day and,
- Ghansham Patel for keeping track of our finances.

In addition my thanks must also go to the following:

- Martin Dean of Becketts Barn Golf Society who promoted the event so well for us and did the score card calculations,
- The many members of the Becketts Barn Golf Society and the S and M Golf Society who attended
- Ivor Connolly who handled our auction and squeezed almost every last penny out of people !!!!
- Milford Golf Course, its members, Head Professional Simon and the Catering & Waitressing Staff for their welcome, hospitality and fabulous meal.

Everyone went out of their way to help and we've already booked next year's event, Friday 17<sup>th</sup> June 2016.

If you're a golfer or have golfing friends put it in your diary.



## Dog Days: The further adventures of ELSA

**Peter Andrews' popular pet has a new bone to pick...**

Not much space for me (again). I can report that the pack are well. The eldest pup returned unscathed from sliding down snowy mountains for five months, only to immediately announce his intention to visit most of east Africa. The younger pup will be crossing his path over the summer while working in a school in Port Elizabeth, though I don't know if they will acknowledge each other. Strange how humans don't seem to like sniffing bottoms!

Meanwhile, the pack leader spends most of his spare time bashing red balls all over a green field or muttering expletives while pushing buttons at a small television-like apparatus which at the moment is showing a rather fine picture of me; while the matriarch seems to be participating in some sort of sponsored coffee morning binge.

At least, she drinks an awful lot of coffee with an awful lot of friends.

Must dash and do guard duty.

The matriarch has just read this and is running after the pack leader woofing expletives!

**Elsa x**

Paws Script: The picture shows me winning a game of 'Steal the Stick' from my sister. I'm the good looking one on the left!



# Making Progress... Slowly

## Peter Andrews, Clinical Director

Another three months have flown by!

This has been a very busy time for the Renal Unit. As many of you will be aware, we have been replacing the Reverse Osmosis Unit\* at St Helier and this has involved significant disruption for many patients dialysing there. I would like to thank all those – patients and staff – who worked so hard to keep the inevitable disruption to the minimum.

Many who moved to nearby dialysis units at Epsom, Sutton and Purley will have noted how modern and spacious they are compared to our dialysis facilities at St Helier.

Although I understand people's reluctance to move away from the dialysis centre they know, it comes as no surprise that many who dialysed elsewhere now say they do not want to return! Far from being upset by this, I regard it as very positive. Indeed, it is a great strength of our unit that we provide so much quality dialysis for patients so close to their homes.

This leads to two exciting pieces of news, hot off the press.

First, and following from my observation that most of our outreach dialysis facilities put the infrastructure at St Helier to shame, we are making great progress in plans for a phased redevelopment of the Renal Unit at St Helier:

In Phase 1, we plan to open a brand new, state-of-the-art dialysis facility on the St Helier site, near to the car parks and main hospital facilities. This will include upgrades such as free Wi-Fi and climate control, more space for each dialysis station, better sight lines, better waiting areas, and a dedicated dialysis outpatient area.

In Phase 2, the existing dialysis area will be redeveloped into a new outpatient and office area, together with new day case and ambulatory care facilities. We are also including new areas for day care and home dialysis training.

In Phase 3, the existing ward areas will be relocated to a new build in the main hospital, adjacent to the main clinical areas including the operating theatres, A&E department, X-ray, and ICU.

We are drawing up detailed plans for Phase 1 at the moment, which I will share with you soon. If things go to plan, we hope to have rebuilt our dialysis facilities within the next financial year. In other words, within the next 18 months!

The timing of Phases 2 and 3 are more difficult to predict as they rely so much on other developments. But the Trust has ambitious plans to redevelop its facilities over the next five years and we are planning both phases to be underway within this time scale.

I would like particularly to recognise our new Chief Executive, Daniel Elkeles, for his energy in pursuing the above redevelopments on behalf of the Renal Unit. And no, this is not just me being obsequious. Daniel worked as a Service Manager ten years ago in the Renal Unit, and it is clear that he holds our service in high regard, but our facilities less so! So we all owe him, and the executive team, a vote of thanks.

[P.S. I hope the above does not come back to bite me. But the prospect of redeveloping our infrastructure is so precious that I



wanted to share it with you at the earliest possible moment. And once something is announced, it is much harder for it to be quietly forgotten...].

The other exciting news is that, after a highly competitive process, we have just been selected to develop a new model of renal care for the newly formed Frimley Health NHS Trust. This Trust serves a population of nearly 1 million patients in West Surrey, Hampshire and Berkshire and has been formed by the amalgamation of Frimley Park, Wexham Park and Heatherwood Hospitals.

We have been providing outpatient services and some inpatient services for more than 20 years to Frimley Park Hospital. This new development will greatly enhance the existing service through the appointment of at least two extra Consultant colleagues who will share their time between Frimley Park and St Helier. Among other things, this will allow more patients with acute kidney injury to be managed locally and reduce the number of patients transferred to St Helier. We also hope to provide acute dialysis services at Frimley Park by early 2016, and in time to extend this service to other hospitals in the region.

This is an exciting time for Renal Services. There are many other developments planned or underway, such as an expansion of our bed numbers and the appointment of a post devoted to reviewing quality within the Renal Unit, but space dictates that I update you in my next report. By then, we will also be about to undergo an external inspection by the Care Quality Commission...

In the meantime, I thank all those who are working so hard on your behalf, and I wish you all a happy and healthy summer.

Peter Andrews

Clinical Director

\* The Reverse Osmosis Unit (RO) is part of the dialysis equipment that keeps the dialysis water ultra-clean. In small dialysis units, it is incorporated into the individual dialysis machines, but in larger units it is a stand-alone piece of equipment that provides clean water to all the dialysis areas through a dedicated ring circuit. Our RO is being replaced as part of a £100K upgrade of the dialysis facilities at St Helier.



# The Wheatsheaf, Ewell

## Party in the Pub raises over £3,000 for the KPA

A huge, massive, enormous, gigantic thank you to everyone who came to the Party in the Pub on June 20 and supported the St. Helier & Surrey Kidney Patients Association (SHAK).

So far we've raised a wonderful **£3,100** for the charity which will go towards improving the facilities and welfare of Kidney patients under the care of the renal unit at St. Helier Hospital.

We are still fundraising in the pub with another £500 draw in progress plus we've left all the collection boxes on the bar so it's not too late to donate.

The day started in the glorious sunshine with Wheaty favourite, Josh Bolt, with another wonderful performance of swing from artists such as Frank Sinatra, Dean Martin and Michael Buble. Our cunning plan to book Josh to open the Party didn't disappoint as by the start of his second set there



was standing room only in our courtyard garden.

Our brilliant face painting team of Kerry, Ella, Candice and Dee were kept extremely busy with butterflies, rainbows, cats, mice, Spiderman and Dalmatians being

applied to kids' faces (and some grown-ups).

The kid's play area was packed to the rafters and Nanny Beryl was hard at it selling kid's lucky dip, name the teddy and guesses for how many sweet in the jar.

Next up behind the mic was Wheaty debutant, the sensational Emma Morris. Emma opened her act with a few well known numbers from musical theatre before belting out a rendition of Frozen's 'Let It Go' that went down a storm with the Mum's



and little ones.

Emma then got everyone on their feet for a set of girly anthems accompanied by daughter and future Wheaty superstar, Millie.

We've received an amazing response following Emma's performance and we'll be asking her to come back to the Wheaty to sing for us again.

Local singer, songwriter and all round brilliant guy Howard



Dee then took to the stage to perform a set of acoustic covers and material from his album, Unfulfilled Finale, available on iTunes. Unfortunately, the sky began to darken and the threatened thunderstorm arrived resulting in Howard having to finish his set early as the deluge of rain started to impinge on the outside electric supply.

We can't thank him enough for carrying on despite the dreadful conditions but the wet weather didn't dampen the atmosphere with party-goers finding shelter. Our wonderful chefs, Tim and Jim, were flipping burgers and sausages all afternoon cooking up a healthy profit for the charity. Grant, Marc, Beef and Dave were working full on restocking the bar, collecting



and washing glasses plus selling raffle tickets.

A special mention to all of our volunteers and artistes who gave up their time to assist us in what everyone has described as "the best Party in the Pub so far". You are all superstars!!

Wheaty pop princess and singing sensation Nikki Aston then sung her heart out in the main bar keeping the party in full swing with patrons dancing both inside and out in the beer garden.

Nikki's brilliant party set was warmly received by everyone.

We'll be writing to all of the local businesses and patrons who kindly donated prizes into our charity raffle and auction to thank them for their contribution in making the day a great success.

A final mention to Sam, Tom and Lee who worked tirelessly hard behind the bar all day. The 3 of you did an amazing job! So there we have it, Party in the Pub 2015 done and dusted!

# A message from your Chairman

By the time you read this it will be August already, only 4 months to Christmas !!!!!!!

The new Satellite units in Farnborough and Crawley are both up and running and they both seem to be really popular with patients after a few teething problems.

St Helier's renal unit is having some improvements made to Beacon ward and a replacement water plant is being installed which means patients will need to dialyse at local Satellites until the work is complete.

The unit needs to save yet more money to meet its targets, I believe it's around £1.1 million for this year, which when added to last year's overspend means over £2 Million needs to be found.

I can feel yet more correspondence to Jeremy Hunt !!



## **Golf Day**

Friday 19th June 2015 saw the annual KPA golf day take place at the lovely Milford Golf course in Surrey and this is covered in a separate article.

70 golfers took part and the event should raise in excess of £3,200.00 for the KPA, a fabulous total.

Thanks must go to KPA Vice Chairman, Paul Connolly, his better half Carolyn Whitfield and to Fay Eves for organising this wonderful annual event, to Di and Anna Spensley, all of who helped on the day and to our Treasurer, Ghansham Patel for keeping track of the day's finances.

Thanks also to Milford for a wonderful course and a lovely meal.

We've already booked next year's date Friday 17<sup>th</sup> June 2016.

## **Wheatsheaf Pub Fun Day**

On Saturday 20<sup>th</sup> June, The Wheatsheaf pub in Ewell Village held its annual "Party in the Pub" fun day and this year they made the KPA their nominated Charity. They have raised over £3,000 for the KPA, the final amount and presentation date is still to be confirmed.

This is covered later in a separate article and our thanks go to everyone involved.

## **NKF Conference**

This will be held at the Hilton Hotel in Reading on Saturday 10<sup>th</sup> and Sunday 11<sup>th</sup> 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 18th November at 7.30 p.m. 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**

## Patient and Carer Involvement at Kidney Research UK



### A message from Sarah Harwood – Patient Involvement Coordinator

I am the patient involvement coordinator. It is my role to facilitate patient involvement right across Kidney Research UK. I am here to recruit and support all patients and carers who wish to volunteer with us.

As a patient myself, I know the impact kidney disease has on people's lives.

I was 18 when I was diagnosed with kidney failure. I was actually treated at St Helier Hospital while I was on haemodialysis. I was lucky enough to get a transplant over 8 years ago which was performed at St George's Hospital. It is because of my experiences that I wanted to be a part of Kidney Research UK, to contribute to the life-changing research taking place. Patients and carers are key to that research.



### What is patient and carer involvement?

#### Putting patients and families at the heart of our research

Patient and carer involvement is an active partnership between patients and researchers where research is carried out “with” or “by” patients rather than “to”, “about” or “for” them. No longer simply the subject of the research, patients are able to get directly involved at all stages of the research process.

Giving patients this voice is essential, quite simply, active patient and carer involvement can lead to better research, which in turn leads to improved treatment and care of people living with kidney diseases.

Research is only worthwhile if it makes a difference to people and families. Patient and carer involvement increases the quality and relevance of the research creating a much greater impact.

There are many ways for patients and carers to contribute to our work through sharing their perspectives and experiences.

Whether joining our Lay Advisory Committee, getting involved in the planning and conduct of a clinical trial or becoming a part of a Patient Support/Advisory Group, people can contribute towards our work across the UK.

In the national research agenda there is now a growing expectation that all research projects will have appropriate patient and carer involvement. We recognise this at all stages of our research with the overall aim to generate a change in the perception of research to develop more valuable and beneficial treatments and care.

No matter how brilliant the research or the researcher, patients and carers always offer unique, invaluable insights. Patients are the key to research, it is for them and about them, so it follows it should involve them.

*“When you're faced with kidney disease and its impact on the family, there is an overwhelming desire to stop it happening again or to others and the only realistic hope is research and getting involved with making a difference”.*

#### Helen Corbett, Carer.

For more information on Patient and Carer Involvement and some of the opportunities we have available please visit our website;

<https://www.kidneyresearchuk.org/get-involved/volunteer/patient-and-carer-involvement>





## **PIVOTAL – improving dialysis care**

PIVOTAL is a four year clinical trial facilitated and funded by Kidney Research UK, looking at the use of intravenous (IV) iron in new haemodialysis patients (less than 12 months on dialysis) to determine the optimum strategy for the safe and effective use of IV iron in treating anaemia.

The trial is led by a renal anaemia expert, Professor Iain Macdougall from King's College Hospital and St Helier Hospital are one of the 50 participating renal units. The local investigator for St Helier is Dr Pauline Swift and the study nurse is Juliet Chana.

We have established a Patient and Carer Support group to provide support throughout the study.

This group currently consists of seven patients and carers and they will act as advocates for the research project. In the coming months they will be raising awareness of research and its value among patients and carers in their local areas. They will provide support and understanding for patients and research nurses as well as gathering feedback, particularly from the patient perspective, to help inform the research, improve practice and care, and potentially help boost recruitment into the trial.

For more information please go to our website [www.kidneyresearchuk.org/pivotal](http://www.kidneyresearchuk.org/pivotal)



## **ASSIST-CKD – helping those most at risk of kidney disease**

ASSIST-CKD is a UK wide collaborative quality improvement project which is being led by St Helier nephrologist Dr Hugh Gallagher. This project aims to help identify patients in primary care most at risk of progressive kidney disease.

We are currently developing a Patient Advisory Group that will be fully integrated into all aspects of the project and play a vital role in ensuring its overall success. This group will work at the heart of the project to support development and delivery and advise the project team from the patient perspective. Members will be helping to raise the profile of the project, developing materials and communicating with patients to promote awareness. The group will help to evaluate the impact of the project and help to disseminate the results.

These are just two examples of how patients and carers can get involved but we have a lot of other exciting opportunities and are always working on new projects so please contact Sarah Harwood at [patients@kidneyresearchuk.org](mailto:patients@kidneyresearchuk.org) for more information.

## **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**

**Sahjanand Swami Charitable Trust**

**Denise Emmerson**

**Wheatsheaf Public House, Ewell.**

**Ron Smith & the Woodstock Lodge**

## **KPA MEMORIAL DONATIONS...**

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

**Sheila Frances**

**Anne Reynolds**

**Carole Earle**

**John Hassell**

**Marie Patricia Clarkson**

**Eric Sliney**

**Ronald George Austin**

**Margaret Beatrice Beswick**

**Richard Langley**

## SWTKF Chairman Dr Michael Bending writes...

Dear Kidney Research Funders,

Austerity is beginning to bite in the world of Kidney Research.

It has always been thus.

Generations of medical researchers have given up financial reward to do work that is really important.

The Renal Unit and the Epsom and St Helier Trust have had to withdraw funding to cover the administrative support to the Research Unit.

Such a shame, because now you and I have to raise funds to keep the back office and fund raising machine running, as well as raising funds to support the vital research to protect the well-being of future renal patients and their families.

Never fear... We are one step ahead of the game, as always. Our wonderful committee have nominated three new



fund raisers who show great potential in bringing new ideas to our endeavours. There is always room for more.

If you have any reason to wish to support and help our efforts STAND UP now and be counted in the battle against Kidney disease. Just give me a call, 24/7 on: **0774 780 2494**

To anybody reading this column, please

give me a call to let me know how you are getting on.

Sometime I miss the contact with renal patient so much. Semi-Retirement is not all roses ! ! ! ! !

The Kidney Fund are also entering a new, exciting era of taking advice from the professionals behind the successful funding of St Christopher's Hospice.

Previous generations of kidney patients and their families have sweated and strained to build our Institute and keep renal research going at St Helier.

The need is always there. We request support and commitment.

With your personal support the money will come as a by-product.

**Very best wishes,**

**Michael Bending**

**Chairman**

## TWICKERS TURNS OUT NICE FOR OUR FUND RAISERS

**Ian Harrison** writes: A day of cloud but no rain, promised the BBC weather forecast.

We were suspicious at that point as we gazed out the window to see large droplets appearing on the glass and pavement and a stream of heavy clouds passing overhead.

A deep breath, and then we pushed on, loading the car with the SWTKF gazebo and a host of boxes full of bric-a-brac, most collected during our clearout of my late mother's flat and now destined for the Twickenham Green Fete on the 5<sup>th</sup> July.

We set up, and looked despondently around as a few disinterested people walked their dogs about.

And then the sun arrived, the fairground rides opened, the band of old rock lags started playing Mustang Sally (as those sort of groups usually do), and soon we had a host of people nosing through our eclectic collection of stuff – glassware from Swaziland, vintage Smartie tins, incomplete porcelain sets, and a bowl that my wife Kathryn insisted was a soup bowl, and I insisted was a gravy boat.

The bowl itself didn't care as it went proudly to its new owner.

Some people just donated, here for a son lost to kidney disease, there from a person with a mother in dialysis. In the end we collected nearly £250 for the Kidney Fund, and retired back home to soak aching feet, me still humming Mustang Sally [..think you'd better slo-ow your mustang down..]



## DEEPAK MARKS 20 YEARS SINCE TRANSPLANT WITH A 20km THAMES WALK

This year marks the 20th anniversary of my kidney transplant, writes DEEPAK MAHTANI.

I still remain thankful for that early morning phone call on the 25th of March 1995, a date that changed the course of my life.

Thinking of a way to celebrate, I decided to mark the occasion by organising a 20km walk on the Thames Path as I enjoy walking, nature and water.

I was joined by my wife, Celia, son, Arun, his wife Karenza and her father Ken. On the morning of Saturday 2nd of May, having parked our cars and donned our T-shirts, we started our adventure at Marlow. We ended up in Windsor 4 hours 45 minutes later on a glorious day with perfect walking weather with a few sore feet and tired limbs, but a feeling of great accomplishment!

Walking through this lovely part of the country made us all appreciate the gifts of family, health and life. There was much time to pause to think and cause to thank for all that has happened over 20 years.

My family has suffered from renal failure and many members have passed away as a result of it including my mother when I was 12 years old. I inherited the disease in my earlier 30s but I was one of the fortunate ones who has been able to enjoy the benefits of a normal life with a transplant. Against all odds, God provided in a most miraculous way. It is a new lease of life that has transformed my life and that of my family.

I am so grateful for the excellent care provided by the renal ward at St. Helier Hospital though these 20 years. My target was to raise £2,020.20 for the South West Kidney Research Fund, but the total raised was an amazing **£4,482.92!**

I would like to thank all my friends, family and supporters who encouraged, supported and gave so very generously. I know that the money will be used to improve kidney services to our community. Until the next milestone!

You can help raise even more at Deepak's Just Giving page: <https://www.justgiving.com/Deepak-Mahtani>



## Mott MacDonald Winning Team donates prize cheque to the Kidney Fund!

**PETER RUTTY writes:** The Fleming Award Competition is held annually to commemorate the life and work of Dr Ken Fleming and to recognise excellence in the practical application of geotechnics in a project or a part of a project.

The award is presented to the Project Team which most demonstrates excellence in geotechnical design & construction, with an emphasis on teamwork across the different disciplines involved in the project. Consideration will also be given to projects which are innovative.

I'm employed by Mott MacDonald Ltd in Croydon and have been the lead geotechnical designer for Victoria Station Upgrade for the past four years. I'm also a dialysis patient at Purley.

I entered the award with a team of colleagues from London Underground Ltd, Taylor Woodrow – BAM Nuttall jv and Keller with a presentation of our work on Victoria Station Upgrade – Northern Tunnels.

Our work is innovative as it is the first large scale application of a technique called jet grouting, which mixes cement with the ground to form a weak concrete.

This stabilises the ground and enables tunnels to be constructed much more easily in difficult ground conditions.

The new tunnels have been constructed successfully. We were judged the winners and our prize included a cheque for £1000.00 donated by the award's sponsors, Cementation Skanska, who were Dr Ken Fleming's employer.

The team decided to donate the proceeds to charity and I suggested the South West Thames Kidney Fund.





## SWEATY SCIENTISTS PLAY IT COOL FOR DRAGON BOAT RACE

The annual Dragon Boat race on the River Thames has become a regular fixture on the Kidney Fund calendar and this year it was more popular than ever with a record number of people wanting to take part.

So, despite a 9.15am registration time on a Sunday morning, the Sweaty Kidney Scientists, led by Captain Mark Dockrell, picked up their oars and were off.

True to form, it wasn't the winning but the taking part that counted and whilst the team didn't make it to the final they put up a fantastic effort.

Money from sponsorship is still rolling in so at the time of going to press we don't know how much was raised.

Alongside the activity on the river, friends and families were out in force on the gloriously sunny day and were kept entertained by the funfair and array of stalls.

The Kidney Fund stall attracted a large number of visitors with its ever popular Tombola and Mr Long-Legs, generously



donated by Peekaballoons certainly drew in the crowds and helped raise £360. Thank you to Ian and Kathryn Harrison, Gary and Pauline Pottle, Carol Makanjuola, Kathy Black and Vijayalakshmi Shanmugam for all their efforts in setting up and running the stall.

If you would be interested in taking part in next year's event or running the stall please contact:  
[Kathryn.harrison@kidneyfund.org.uk](mailto:Kathryn.harrison@kidneyfund.org.uk).

## HARTS LIONS ARE POSH TEA FOLK

Gill Main, whose husband Brian sadly died on the 12<sup>th</sup> February this year is a member of the Harts Lions.

The Lions held a Posh Tea in April with the proceeds from the raffle organized by Sue Jackson (£620 including a matched donation from Barclays, thanks again to Sue) benefiting the Kidney Fund.

Gill writes: "The Posh Tea was a great success, really hard work and we were all exhausted at the end of the day, but we all enjoyed it. Fortunately some of the husbands cleared all the chairs in the church and put up tables and then put everything back at the end.

"We had pretty tablecloths, bone china cups, saucers and plates with teapots, milk jugs etc.

"They had finger sandwiches, a scone with jam and cream and cakes which were on 3 tier stands, so it all looked very elegant. There was a fashion show, but we did it differently this time and the models just went round the tables so people could see the clothes, instead of a catwalk.

"I think the catwalk idea was better, but people seemed to like seeing the clothes close up.

"We had some good prizes for the raffle and raised £310 and because one of the husbands used to work for Barclays Bank they will add the same amount which brings the total to £620 which is really good. I hope SWTKF are pleased with the £620. Brian also left £500 to them in his will, which they will get after probate".

The Kidney Fund is very pleased with the £620 Gill, and we are very grateful to Brian for remembering us in his will.

# KIDNEY PAIR CELEBRATE WITH VITALITY 10K RUN

**Chris and Anna Howard write,**

Some of you may have known us from the renal unit, remember myself, Chris, from dialysis or remember our story. On the 12th July 2006 I was lucky enough to receive live donation from my then girlfriend Anna.



It seemed only fitting that when we decided to marry after a successful transplant that we would do it on the 12th July 2007.

Nine years later the little kidney is doing fantastically well and we are happily married.

So happily then when Anna received an e mail from Anne

Collard to do the the Vitality 10k on the 12th July 2015 she said, "I just have to do it" to which I replied "Of course and so must I". Well we did, we managed it. An easy feat for Anna an already keen runner but not so easy for me. With aching calves and a history of other ailments we crossed the finish line hand in hand in an hour and something (a large something but shhhh who's counting!!).

If we are talking numbers we are pleased to say that our efforts were recognised and we raised £1200+ thank you to all those who sponsored us. And please the next time I say "of course and so must I" please remind me how I felt 8k in!!

**Pictured right are Emma and Katie Bowen and Sophie Tipper, who also took part in the race, proudly displaying their medals.**



## Running Away With It

The weather on Sunday 26 April couldn't have been better – a grey start, cool and a forecast of light drizzle – better that is for our five fantastic London Marathon runners taking part to raise money for the South West Thames Kidney Fund.

The Fab Five – Martin Levett, Sarah Boreham, Lorna Marchant, Liam Vickery and Sophie Price all took to the streets, cheered on by the crowds who had come out to witness once again the incredible event that is the London Marathon.

Not only did they all finish in good times, from 3.51 to 5.00 but all together have raised an amazing £13,803.77, through individual sponsorship and a very generous £2,600 from those of you who picked up a form in the Renal Unit.

Thank you to everyone who made a donation, went along to support our runners on the day, helped them train and most of all the Fab Five themselves.

If anyone is inspired to give it a go next year it's never too late to start training, go on, you know you want to!



## Edinburgh Marathon

ANNE COLLARD writes:

When Joanna Bending ran the marathon for us in 2014, she met Joy Bariana on the start line and told her about the Kidney Fund.

Joy must have been impressed with what Jo told her because she subsequently offered to run the 2015 Edinburgh Marathon for us – which she did on Sunday May 29 in 4 hrs 4 mins, beating her personal best by 7 minutes! Joy is furiously pulling in the sponsor money, so we don't have a total yet from her, but we'd like to thank her so much for making such a huge effort on behalf of the South West Thames Kidney Fund! Thanks Joy!!



# Let's make Dialysis Better Together Shared Care

## 4. Shared Haemodialysis Care (SHC)

**CLAIR LAIDLAW** writes: In the first article we discussed 'Fluid Balance' the second was 'Blood Pressure' and the third, 'The kidneys and what they do?' In this, the fourth article, I would like to talk about the concept of 'Shared Haemodialysis Care' (SHC).

Evidence has accumulated from a range of long-term conditions regarding the benefits of greater patient involvement.

As quoted in the 2013 NHS Standard Contract for Renal Dialysis 'In recent years there has been growing recognition that, in patients who are not transplanted, self-care in the home or in a community centre by either peritoneal or haemodialysis should be encouraged wherever possible to enhance health and quality of life prospects'.

### What is Shared Haemodialysis Care?

The term 'Shared Haemodialysis Care' (SHC) is not a totally new concept. There have been a select few patients over the years who have been participating in their dialysis care, usually driven by the patients' pro-active approach.

Shared Care tasks can include some very basic pre-dialysis tasks such as weighing yourself, taking your own blood pressure and temperature (understanding your normal parameters), preparing the dialysis machine for treatment through to complete self-care. This is where the patient can learn to needle their fistula and manage their dialysis session, with support from the nursing staff.

Over the years, the demand for 'satellite' dialysis units grew to accommodate patients who were deemed stable.

Patients could dialyse in an outpatient setting, which often meant being closer to home and dialysis became a more efficient process, leaving hospital dialysis stations free for those less stable or acutely unwell. The negative side to this process meant that to increase the

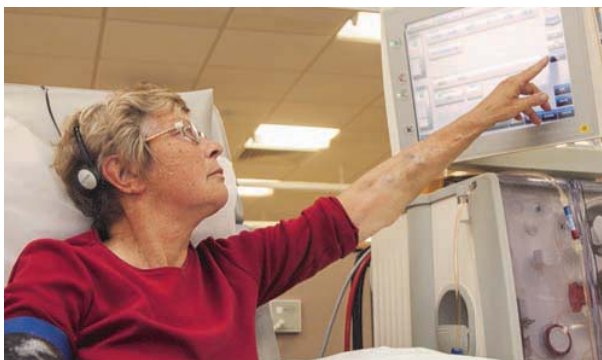
efficient running of these 'satellite' units control was often taken back by the nurses unintentionally.

Yorkshire & the Humber were given a grant in 2011 to improve haemodialysis treatment options by investing money in training nurses to deliver shared care skills and giving protected time to patients who wanted to engage and were able to do so.

It encouraged a partnership approach for patients and staff to work together on any aspect of care the patient chose to participate in. Their inspiration came from the Jonkoping team (Sweden) <https://www.youtube.com/watch?v=VEk-A3k98QA>

Here are two other good weblinks relating to the success of greater patient involvement in their care:

The Chief Executive and Finance Director for Yorkshire & the Humber talk about their personal involvement in the development of renal services in York in <https://www.youtube.com/watch?v=nRqhgoP5rrA>



### Entering your blood pressure

BBC Radio 4 did a piece on Harrogate in Healthy Visions, 'Patient in Charge?'. Yorkshire & the Humber talk about patient engagement during this broadcast <http://www.bbc.co.uk/programmes/b05q13vv>

The programme was launched and has exceeded its expectations; opening unmanned self-care units across the North of England where patients can now use the internet to skype their treatment progress to nursing staff at

the main dialysis unit. We are a long way from achieving this at Epsom & St Helier NHS Trust but every dialysis unit must start somewhere!

Many resources for patients and haemodialysis nurses can be found on the Shared Dialysis Care website at <http://shreddialysis-care.org.uk>

For patients with kidney failure, treatment with dialysis is essential to support life unless a kidney transplant becomes available.

As with many long-term health conditions, kidney failure can make patients feel like they have lost control as dialysis treatment requires so many changes to their lives.

### What are the benefits of Shared Care?

Evidence gathered from dialysis patients who have participated in their own care, show that they:

- Gain a better understanding of their condition & treatment
- Become experts in their own care
- Gain greater confidence and sense of control
- Have better mental health, less depression

In June 2014 I was asked to take the lead on 'Shared Haemodialysis Care' to support those patients who wanted to become more involved with practical tasks associated with their dialysis care. I have been visiting some of the satellite units talking to patients and encouraging them to get involved with their treatment.

The Kidney Patients' Association (KPA) kindly donated £500 towards the cost of producing leaflets to promote 'Shared Care' and supporting material to help patients.

During this time I have supported many patients across the satellite units linked to the Epsom & St Helier Trust and to date have trained three patients to totally self-care.

There have also been many others who do not wish to needle their fistulas/grafts or learn line care but have still been happy to engage in pre-dialysis tasks. For another patient who has a



needle phobia, he completes all pre-dialysis tasks and once needles have been inserted by the nursing staff, he is happy to commence his dialysis; wash back at the end of his dialysis and complete final observations once the nurses have removed the needles.

So you see this is why 'shared care' works so well; you can share your care with the nursing staff to a point that you feel happy with.

One patient reported *'feeling elated the first time he managed to needle himself independently and was so excited to get home & tell his wife'*.

This gentleman would now like to advocate shared care to other patients alike and will be engaging in a short video interview to talk about his positive experience.

He has also put himself forward as a patient representative for Fresenius (who run the satellite dialysis clinics) to be a voice for other dialysis patients.

It is these kinds of moments that inspire promotion of shared care and help to change the lives of patients who are frustrated with the lack of control dialysis brings.



### Securing tapes for dialysis

Some patients did also express some worries about shared care in particular if the nurses do not allow patients to enter the clinical area early to take time with shared care tasks they feel under pressure.

Those who decided not to engage:

*"I fear nurses will lose their jobs"*

(This is an interesting response given that the majority of patients gave their main reason for engagement with shared care was "to help the nurses")

*"I am worried I would make mistakes"*

*"I prefer professionals to take care of my dialysis"*

For a few, shared care is a stepping stone towards training for home dialysis. The thought of doing dialysis at home is a scary concept.

Engagement in shared care whilst dialysing in a unit can help alleviate those fears; help patients to reconsider their options and for those who do go onto the home programme, speed up the training process.

For others whom are not deemed suitable for home dialysis or simply do not want the responsibility of

doing their treatment at home, total self-care can be an appealing alternative.

A few units across the UK are introducing shared care bays; where patients can arrange their dialysis sessions via a booking in service to give themselves more flexibility.

This works particularly well for patients trying to juggle work/home commitments and takes away the burden of being tied to set dialysis slots which may not be convenient.

At St Helier we have a two-bedded training bay which is regularly used by

one patient and is often used to accommodate existing home dialysis patients when they need to dialyse back at the hospital for a temporary period of time.

I would like to see this area grow as demand for self-care increases!!!!

### What's in it for the staff delivering shared care?

Shared Haemodialysis Care can be a positive experience for patients and nurses. It provides nursing staff with the tools to promote, encourage, deliver and sustain Shared Haemodialysis Care which in turn can support their own personal development by changing their role from a care deliverer to facilitator.

Shared Care is probably already happening at your dialysis unit. You may already be doing some shared care and do not realise. Remember any task you are engaged with, no matter how small, means you are doing to some 'Shared Care'!

Just for the record.....

**'Shared Care' does not mean we are going to make you needle your fistula or make you do dialysis at home!!!!**

If you would like to get involved please ask your dialysis unit or discuss with your Consultant at your next clinic appointment.

If they think you are suitable they will refer you for an assessment. You may see posters and leaflets around the dialysis units which will have contact details should you wish to make enquiries.

If you have any questions about this or the previous articles in this 'Shared Care' series, please email Clair Laidlaw [clair.laidlaw@esth.nhs.uk](mailto:clair.laidlaw@esth.nhs.uk) or telephone 0208 2896 4531.



### Taking your own temperature

During March & April 2015 I returned to some of the units to visit patients who had started some shared care. Patient feedback was as follows:

The most common response when patients have been asked what was the main reason for getting involved with Shared Care was:

*"I want to help the Nurses"* followed by:

*"I want to have more control over my care"*

For those who did engage, the majority said they strongly agree that Shared Care has been a positive experience.



## Cycling for the South West Thames Kidney Fund

By the time you read this Prudential RideLondon-Surrey 100 will have taken place, a real legacy of the London 2012 Olympic Games. This 100 mile route follows the same as the roads as the professionals, starting at the Queen Elizabeth Olympic Park in Stratford and goes past the Tower of London and across the city to Richmond Park.

Past Hampton Court, the route dips into Surrey, through Weybridge and Ripley and on to that cyclists hot spot of Box Hill. From there the route heads back through Esher, Wimbledon and Putney, finally ending in The Mall in London.

It is broadcast internationally and watched by millions around the world.

This year the South West Thames Kidney Fund were privileged to have nine fantastic cyclists taking part: George Menzies, Paul Sims, Sean Standerwick, Harvey James, Bruce Driscoll, Ian Butcher, Ben Cameron, Robin Amy and James Loxton, all of whom have a personal connection to kidney disease in some way.

At the time of going to press the event hadn't taken place so we are not able to report on the event or how much the team raised but it is not too late to sponsor them by visiting our fundraising page at [www.justgiving.com/SWTKF-RideLondon2015](http://www.justgiving.com/SWTKF-RideLondon2015)

**PRUDENTIAL  
RIDE LONDON**  **SOUTH WEST  
THAMES  
KIDNEY  
FUND**

2<sup>nd</sup> August - IT'S 100 MILES ON A BIKE!!  
THEY'RE DOING IT FOR KIDNEY  
RESEARCH!



To DONATE and support these talented  
athletes go to  
[www.justgiving.com/SWTKF-RideLondon2015](http://www.justgiving.com/SWTKF-RideLondon2015)  
or text 'KFRL49 £[amount]' to 70070

## BIRTHDAY GIFTS BOOST SWTKF

**John and Dorothy Sadler** have been supporters of the South West Thames Kidney Fund for years now.

John has recently undergone a kidney transplant, and to celebrate, Dorothy asked friends to help her celebrate her birthday on the 9<sup>th</sup> May by giving donations to the Fund instead of giving her birthday presents or cards. Her family and friends donated a total of £455.00 – thank you to all of them!!

Dorothy said that her best present was John receiving a new kidney and thanked Dr Mekanjuola, Dr Harris and all the team for the care they showed him.

Thank you and good health and good luck to both of you!!



# IT'S ONLY YOURS IF IT WORKS FOR YOU

By **MARK DOCKRELL**

## Institute Director

Questions! Questions! Questions!

I love questions – well you would know that wouldn't you? Otherwise why would I do research?

I don't like all questions; my mother still asks me too many questions but apart from that...

Research is the search for truth and to find that you have to ask questions.

In the world of science there are always more questions than answers because often the answer to one question leads to many more.

How can we improve the treatment of kidney disease?

Can we diagnose progressive kidney disease better?

Can we stop kidney fibrosis? Can we grow a working kidney in a laboratory?

These are great questions. I ask myself them every day, along with where are my keys?

But today I have a question for you. Who owns the South West Thames Institute for Renal Research?

Answers on a postcard to SWTIRR St Helier Hospital or text to 07833617047.

This, my friends, is a real question and believe it or not there are many clever people at St Helier hospital who don't know the answer.

I have worked at the Institute for 13 years and been running it for most of that time, so you might think I know who I work for. I do. I work for you.

I work for you because my job is to serve the kidney community, to find ways of improving the lives of people with kidney disease, to find new therapies and maybe one day a cure.

I train doctors and scientists in the biology of kidney disease so that they in their turn can treat kidney disease and the people that suffer from it better.

By the same token, SWTIRR is yours! The reason it exists is to serve you, the members of the kidney community.

I direct the work here in the way I think it

will best help you. Over the 13 years I have been here, sometimes that direction changes a little but it is always about serving my masters – that's you.

In a new and very exciting slight change of direction we are planning to increase the amount of patient treatment studies we do.

Many of you will know that Dr Seema Jain has been involving transplant patients in her study for the last 4 years but now we hope to do even more patient based research working with Dr Pauline Swift.

Some people might say I work for Epsom and St Helier NHS Trust because they pay me.

It's hard to disagree with that argument, but that would mean I would have two masters! I think the bible has something to say on that.

I also saw a very funny play called One Man, Two Guvnors which basically had the same message – you can't do it, it doesn't work.

Of course, if my two masters want the same thing then the problem is solved.

I will continue to work towards better diagnosis and treatment of kidney disease and a better life for patients with kidney disease.

In some ways who owns the Institute is resolved in the same way because whoever owns it will continue to use it to serve the patients of the renal unit, won't they?

## FUNDING



## RESEARCH



## CURE



Four times a year for the last 13 years I have been writing in Renality to tell you what we have been doing and what we hope to do, one of the reasons I do this is because I want you to know – because we're doing it for you – and if you have an opinion you can always let me know: comments on a postcard to SWTIRR St Helier Hospital or text to 07833617047.

In my humble opinion, the Institute is a amazing place.

Its point is clear, to serve the renal community of South West London and Surrey.

In a very real way it is owned by the renal community of the South West London and Surrey and I am honoured to have the very big responsibility of serving that community too.

Something I do with great pleasure and I hope some success.

Next time in Renality I will tell you about two exciting projects we are working on.

The first is to improve the treatment of PD patients who get peritonitis and the other addressing an issue that is much more prevalent in renal patients than kidney failure.

Do you know what that might be?

Tune in next time to find out.

Remember I'm working for you, so if you're not satisfied, please tell me – on a postcard to SWTIRR St Helier Hospital or text to 07833617047.

Through research we will find a cure!

*Funding - Research - Cure*



## S.H.S.K.P.A Holiday home

### St Helier and Surrey Kidney Patients Association



Come and enjoy a relaxing and fun-filled family holiday in our new holiday home for up to six people, to suit all ages. The Holiday Home has a newly constructed ramp with decking to enable all patients to enjoy its facilities.

The Holiday Home is situated on 42 acres of grassland with tree-lined roads and the caravan centre sits on the edge of the popular seaside town Bognor Regis.

Children are well catered for, with The Riverside Rascals Club (4-13s) with its program of fun activities and games. A clubhouse also offers entertainment for the whole family, including cabarets, disco, live music, bingo and dancing. Please check with the reception office for entertainment and leisure facilities available during the period of your stay as it varies throughout the season. The Riverside Caravan Centre also has an indoor heated swimming pool and spa pool, outdoor heated swimming pool, outdoor heated children's fun pool, shop, amusement centre\*, bar/off-licence\*, pool table\* and launderette\*. Some of the clubs entertainment requires a membership for the duration of your stay and can be purchased from the reception on a daily or weekly charge. However S.H.S.K.P.A as a club member provides 6 free club memberships. (\*chargeable)

2010 Patient Rates

March	£150
April	£150
May	£150
June	£200
July	£200
August	£200
September	£190
October	£180

**To contact us:**

***Nita and Ravi Patel***

3 Darcy Road, London, SW16 4TX  
Tel: 020 8407 2525 Email: [nita@nitapatel.com](mailto:nita@nitapatel.com)  
Web: [www.shskpa.org](http://www.shskpa.org)

**Message from Holiday Home Managers:** We purchased our holiday home with generous donations in 2008. We are now into our second season. Please look after it so that we can enjoy it for many more years. It has been newly furnished with crockery, cooking utensils, duvets, a new TV and DVD player.



© Nityam Patel

## 5 YEARS OF THE KIDNEY FUND LOTTERY

We have been running the lottery for just over 5 years now and I am pleased to be able to report that by the time this article is published we will have paid out in excess of **£27,000.00** which means we have been able to contribute the same amount to The Kidney Fund to help research.

This has been a marvellous success that can only carry on with your continued support.

Please encourage your families, friends and colleagues to join us and let's keep being able to contribute in the fight to combat and control kidney problems.

A special thank to all our members without whom this fantastic sum would not have been raised and I hope all the winners have found something special to reward themselves with. The last 3 months winners are:-

10/04/2015	101251	Woking	£151.50
17/04/2015	101114	Carshalton	£152.50
24/04/2015	101084	Weybridge	£152.50
01/05/2015	101096	Sutton	£150.00
08/05/2015	101210	Farnham	£152.00
15/05/2015	101252	Swanage	£150.50
22/05/2015	101240	South Croydon	£150.50
29/05/2015	101072	Warlingham	£150.00
05/06/2015	101046	Chilworth	£152.00
12/06/2015	101253	New Addington	£150.50
19/06/2015	101270	Addlestone	£150.50
26/06/2015	101002	Guildford	£147.50
03/07/2015	101224	Carshalton	£151.50
10/07/2015	101049	Merton Park	£151.50
17/07/2015	101209	Banstead	£157.50

## SIGN UP FOR A PDF - MAKE SURE YOU ALWAYS GET YOUR COPY OF "RENALITY"! DID YOU KNOW ...

- If your appointments at the Renal Unit drop to 2 or less per year, you will be removed from the 'RENALITY' mailing list and will no longer receive the newsletter.
- You can receive a PDF of 'RENALITY' by email – just email [Graham.Morrow@kidneyfund.org.uk](mailto:Graham.Morrow@kidneyfund.org.uk) and he will add you to PDF distribution list.

Receiving a PDF will not stop you receiving the postal copy if you are on the mailing list. You can receive both, and share the PDF with family and friends.

However, if you are happy to receive your news online rather than receiving a copy through the post email [anne.collard@kidneyfund.org.uk](mailto:anne.collard@kidneyfund.org.uk) and we will remove you from the mailing list.

## Recognise kidney failure for the purposes of PIP and ESA

**KAREN THEOBALD writes:**

Many kidney failure patients are being turned down for Personal Independence Payment as they do not easily fit into the regulations. They are also being put in the Work Related group when claiming Employment Support Allowance instead of the support group as they do not fit into a category easily.

There is a petition at <https://petition.parliament.uk/petitions/104849>

Please forward it to everyone in your mailing list you know, or any other ways you can think of promoting it.



**SOUTH WEST  
THAMES  
KIDNEY  
FUND**

**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 1<sup>st</sup> Payment: \_\_\_\_\_  
 Name \_\_\_\_\_ Signed: \_\_\_\_\_

**Pay to: Kidney Fund Lottery; Bank: CAFbank Ltd, West Malling; Account Number: 00019588; Sort Code: 40-52-40**

<b>Monthly Payment:</b>	_____	number of entries @	<b>£4.34</b>	per month	=	£ _____	& thereafter each month
<b>Quarterly Payment:</b>	_____	number of entries @	<b>£13</b>	per quarter	=	£ _____	& thereafter each quarter
<b>Half-Yearly Payment:</b>	_____	number of entries @	<b>£26</b>	per half-year	=	£ _____	& thereafter each half-year
<b>Annual Payment:</b>	_____	number of entries @	<b>£52</b>	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](mailto:lottery@kidneyfund.org.uk)**

*South West Thames Kidney Fund. Registered charity no. 800952*