

RENALITY

The NEWSLETTER of...

February 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



ANT & DEC LAUNCH TRANSPLANT GAMES 2015

Graham Morrow is looking for people to join him at this year's Transplant Games in Gateshead from July 30 to August 3. Full details Page 12

NEW YEAR...NEW HOPES

Clinical Director Peter Andrews writes in this issue about the Renal Unit's achievements over the last 12 months and the hopes and ambitions for the year ahead.

Here he lists some of the many positives we can all take from 2014 and his full article is published on Pages 4 and 5:

The last year has been challenging. In addition to being asked to save nearly 10% of our budget while increasing the services provided, we have had to respond to changes in hospital senior management, questions regarding our philosophy of outreach care, and challenges relating to capacity and performance.

I will list some of the positives:

- * Increased dialysis numbers. We will soon be welcoming our 1000th patient to the chronic dialysis programme, only the fifth renal unit in the UK to achieve this milestone.

- * Improved dialysis facilities. We will be opening a new state-of-the-art dialysis facility in Crawley in January and a similar new £1.3M facility in Farnborough in March. In parallel, we are investigating an upgrade of the dialysis unit at Croydon, the possibility of increased dialysis sessions at St Helier, and a new dialysis facility in Streatham.

- * Increased numbers on home-based therapies: 26 patients now on home haemodialysis, and 134 on peritoneal dialysis. More kidney transplants: >100 in the last 12 months (up 35% over the last 3 years).



- * More patients seen in outpatients: >30,000 attendances in the last 12 months.

- * Greater emphasis on quality in the ward environment: for example, more nurses, more information, more day case procedures, lower rates of hospital-acquired sepsis.

- * Establishment of a new 'Quality' Directorate and related audit functions.

- * Contributions to plans for infrastructure redevelopment at both St Helier and St George's Hospitals.

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SOUTH WEST THAMES

KIDNEY FUND,

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ST HELIER & SURREY KPA

Dave Spensley, Chairman

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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 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 and...

follow us at 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

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.

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REMEMBER...

our website addresses are:

South West Thames Kidney Fund:

www.kidneyfund.org.uk

South West Thames Institute for Renal Research:

www.swtirr.org.uk

St Helier & Surrey Kidney Patient Association

www.shskpa.org

INSPIRATIONAL HELEN HAS MADE TRANSPLANT COUNT

Helen Haynes (nee Philpott), a former St Helier patient celebrated her 22nd anniversary of a successful kidney transplant by publishing her autobiography 'Make it Count!' a book to inspire others going through similar struggles.



Helen rebuilt her life after kidney failure destroyed her dreams of playing professional tennis.

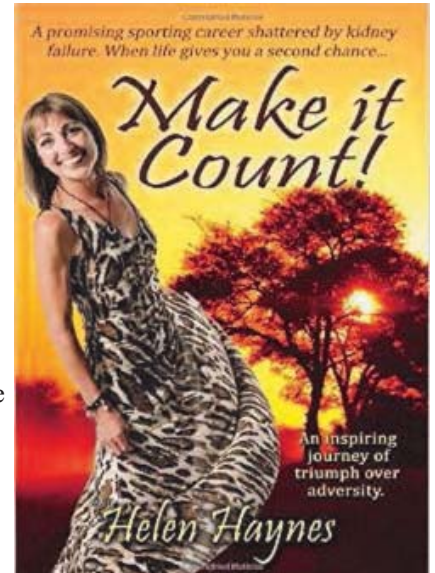
Undergoing more than 20 operations and surviving major organ failure would take its toll on anybody. But Helen not only survived these life-challenging experiences... she fought her way back to a successful working and sporting life, winning gold medals at the World Transplant Games and mastering her charity fundraising and professional speaking career.

Helen was a determined and talented tennis player with a very promising future when she was diagnosed with kidney failure at the age of 20 - the result of taking too many anti-inflammatories while coping with training injuries.

Helen endured years of ill-health, fighting for her life, before the generosity of not one, but two organ donors - including her own mother - ultimately saved and transformed her life. Now running her own business as a public speaking consultant and professional speaker, Helen shares her remarkable story in a candid and very moving way, empowering others to share their message confidently and passionately.

Since her transplant, Helen has also travelled extensively, lived in 5 different countries and become a competent golfer! What an inspirational story!

Anne Collard



The Kidney Fund has rebranded!

James Culver (a friend of Kidney Fund Trustee Mat Dibb) very kindly offered his services to design a new logo for us and we are very pleased with the excellent result.



Many thanks to you James for your creativity and hard work!

Starting with the new logo, we then went on to design two new leaflets, one describing the work of the Kidney Fund and the Institute, and the other promoting our lottery. Both of these leaflets can be viewed and downloaded in PDF form by visiting www.kidneyfund.org.uk/leaflets

We have had an excellent response to our new lottery leaflet, which has increased both our weekly prize and the weekly donation to our research!

James Culver is a graphic designer and if anyone would like his contact details please contact anne.collard@kidneyfund.org.uk

New Year: The Good, The Bad, and The Hoped For!

Peter Andrews, Clinical Director

First, may I take this opportunity to wish all patients, staff, relatives and supporters a Happy New Year.

The New Year provides an opportunity to take stock of what we have achieved over the last twelve months, and what we hope to achieve in the next.

The last year has been challenging. In addition to being asked to save nearly 10% of our budget while increasing the services provided, we have had to respond to changes in hospital senior management, questions regarding our philosophy of outreach care, and challenges relating to capacity and performance.

I will list some of the positives:

- Increased dialysis numbers. We will soon be welcoming our 1000th patient to the chronic dialysis programme, only the fifth renal unit in the UK to achieve this milestone.
- Improved dialysis facilities. We will be opening a new state-of-the-art dialysis facility in Crawley in January and a similar new £1.3M facility in Farnborough in March. In parallel, we are investigating an upgrade of the dialysis unit at Croydon, the possibility of increased dialysis sessions at St Helier, and a new dialysis facility in Streatham.
- Increased numbers on home-based therapies: 26 patients now on home haemodialysis, and 134 on peritoneal dialysis.
- More kidney transplants: >100 in the last 12 months (up 35% over the last 3 years).
- More patients seen in outpatients: >30,000 attendances in the last 12 months.
- Greater emphasis on quality in the ward environment: for example, more nurses, more information, more day case procedures, lower rates of hospital-acquired sepsis.
- Establishment of a new 'Quality' Directorate and related audit functions.
- Contributions to plans for infrastructure redevelopment at both St Helier and St George's Hospitals.

In addition, we have continued to develop our national and research profiles, with contributions at national level to the British Transplantation Society, Renal Association, British Renal Society, and NICE.

We receive outstanding feedback from our trainees with regard to teaching and training. Members of the unit have published around 20 articles in peer-reviewed journals.

Of course, we have not achieved everything we had hoped:

- Although progress has been made with improving access pathways, we still have much to do to create a seamless surgical service, and would particularly like to move surgical services closer to our patients.
- Our infrastructure is improving, but the Renal Unit still needs a fundamental rebuild (which is now – for the first time – part of the Trust's five year plan).
- Our growth and success means that waiting times and inpatient bed availability are under pressure and we need more medical, nursing and support staff to manage this. We are hoping to appoint new consultants and senior medical staff in 2015.
- We continue efforts (with partners) to improve inpatient services in Surrey, especially for patients with acute kidney injury, but this has been a slow process.
- Our average length of inpatient stay has increased in recent months. This is largely due to the increased age and frailty of our patients, and is to some extent inevitable. But we do need to work with sister organisations to improve the speed of discharge and the provision of community care.





So what, then, are the priorities for 2015?

- More consultant and nursing staff to allow an improved ward-based and outpatient service.
- More inpatient beds: plans are afoot to open four more renal beds on Beacon ward.
- More specialist nurses in hard pressed ward and dialysis areas.
- Improved support for acute kidney injury in our partner hospitals.
- Improved support for clinical and translational research.
- Not my priority, but certainly the Trust's, to maintain financial balance in the context of continuing harsh budgets.

As ever, we welcome comments on the service we are providing. It sometimes seems that we are trying to squeeze more and more blood out of a smaller and smaller stone. But I am immensely proud of the Renal team and we will continue to work to develop and maintain services on your behalf.

I wish you all a happy, healthy and successful 2015.

Peter Andrews, Clinical Director

P.S. Dieting is hard, isn't it? I am slightly behind schedule, but as of the time of writing I have lost more than a stone (6.5 kg), and am still going strong (allowing for Christmas). To those of you keeping pace – keep on, you will reap the benefits!

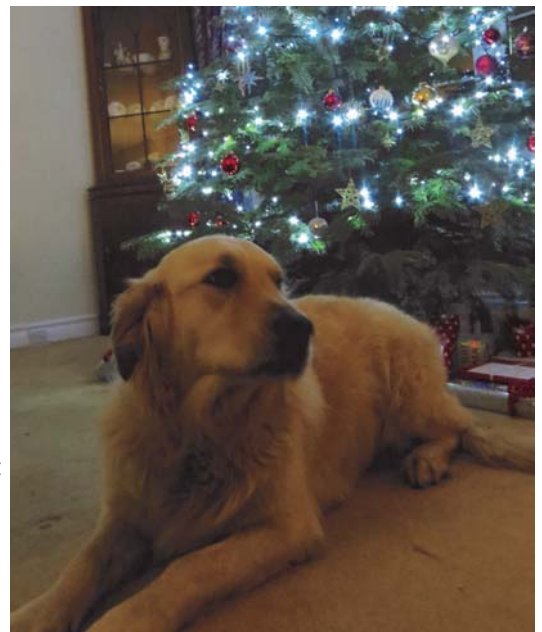
Dog Days: Woof woof and Happy New Year!

It has been a time of change in Andrews kennel complex. The senior pup disappeared in December and apparently is in Canada teaching people how to travel down steep snowy slopes on small strips of wood. How strange! I miss him lots, but he appears to be loving it so I mustn't pine too much.

It is especially irritating that I am still not allowed on his bed, even though he's not using it...

Speaking of the senior pup, he sometimes appears on 'Skype'. This is very strange. I hear his voice, I see his face on the desk, yet when I look under the desk, he isn't there. I'm beginning to think I must have offended him...

Elsewhere, I am working hard to reduce my master's waistline, with some success [mine, I should point out, needs no such attention!] He has taken up tennis again, which is clearly helping. However, it is very frustrating as I am not allowed to chase or fetch the balls. I could help out lots, as he really isn't very good... We had a large glittery tree in the house last month, but this has now disappeared (see picture). Is this anything to do with global warming?





St Helier and Surrey KPA Golf Day

**In Aid of St Helier and Surrey
Kidney Patients Association**

(Registered Charity Number 266391)

**Milford Golf Course
(Surrey)**



Friday 19th June 2015

Cost — £45.00 Per Person

The day will comprise of:

- **A shotgun start**
- **A Singles Stableford Competition (Full Handicap)**
- **Prizes for "Longest Drive" and "Nearest the Pin"**
- **Bacon Roll on arrival**
- **Three Course Sit Down Post golf meal (Please advise of any vegetarian dietary needs)**
- **Auction & Raffle**

**For Further Details or to book a place
please contact:**

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GU22 9PB**

Telephone: 07837 344 732

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paul@hotmail.co.uk**



**Cheques should be made payable
to St Helier and Surrey Kidney
Patients Association**



A message from your Chairman

I hope that you had an enjoyable Christmas and New Year and that you are looking forward to 2015.

Following re-election at the AGM in November, I have now started my ninth year as Chairman and the Committee and I will continue to work hard to benefit our members and support the staff at St Helier and its Satellites.

A full list of your Committee members appears in this edition.

The KPA AGM was held on 19th November and was attended by a disappointing total of only 13 people, 11 Committee Members and only 2 KPA members. All of the Officers and Committee Members were re-elected. A new Treasurer has been elected and his details are included within the Committee list.

There wasn't a St Helier patient lunch this Christmas as the numbers have fallen year on year so the KPA increased the level of financial sponsorship for individual parties at St Helier and every Satellite to £3.50p per patient, we also gave every renal St Helier in-patient a Christmas card containing £5.00p.

The Grand Christmas Draw took place at St Helier on Saturday 13th December, the winning tickets being drawn by the Dialysis nurses. Details of prize winners are published separately.

The draw showed a surplus of circa £1712.00p compared to £1425.00p last year and my sincere thanks go to everyone who purchased tickets despite the uncertain economic climate, to Jackie Moss for sorting and folding thousands of counterfoils and to Ghansham Patel, our new Treasurer for banking all those individual £5 cheques, a job I know they probably both loved doing!!!!.



Golf Day

Following the success of our previous golf days we are holding another event playing the lovely Milford Golf Course in Surrey. The event will be held on Friday 19th June 2014. This is a lovely venue which will provide a great day of golf for players of all abilities, it would be great to get 72 players or more so if you're a golfer please book your place and bring a friend. A poster on the event is included within this edition.

Other Matters

The KPA Committee is still looking for new members and patient representatives for Epsom and Sutton.

The present Committee has served for a number of years doing an excellent job but it would be lovely to have Committee members for every Satellite 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 generally on the first Wednesday of the month. It isn't essential that a Committee member attends every meeting as a report can be sent by email, letter or even a phone call.

We are also looking for volunteers to help on the servery counter at St Helier, if you are able to spare a morning or afternoon you would be helping the patients enormously, obviously without volunteers we can't open.

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

KPA Treasurer

Jim Rae finally stood down at the AGM in November after 8 years as Treasurer and Accountant to the KPA. I would take this opportunity to thank him on behalf of the Association and its members for doing an excellent job on their behalf

Finally, may I, on behalf of the Committee, wish you a happy and healthy 2015

Best Wishes

Dave Spensley, Hon Chairman



St Helier staff standing by one of 5 dialysis chairs funded by the KPA. From L – R Karen Smith (Home HD nurse), Lee Manser (Renal Technician), Juliana Egbe (HD Sister) and Rachel Addy (Renal Matron)

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ST HELIER & SURREY KPA CHRISTMAS DRAW

Following the Grand Christmas Draw at the Renal Unit, St Helier hospital on 13th December 2014, we are pleased to announce the winners were as follows:

	Winner	Total Prize Won
First Place	Mrs C Mitchell – Busbridge	£500.00
Second Place	Mr R Caton – Sutton	£200.00
Third Place	Mr R Cole – Chiddingfold	£100.00
Fourth Place	Mrs D Spensley - Godalming	£50.00
Fifth Place	Mr Carrick – Carshalton	£50.00

We would like to congratulate all of those people above and say a big thank you to all of you who once again, despite the current economic climate, purchased the draw tickets.

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

P.A. Golf Society

Meadhurst Club Retired Members

Carol Milne

KPA Memorial Donations

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

Clifford Everett

SCRAP OR SELL YOUR OLD CAR FOR CHARITY – IT'S FREE!

Recently the Kidney Fund has been lucky enough to benefit from the proceeds of old cars that our supporters have donated to **GiveaCar**.

For those of you who aren't aware of the scheme and would like to find out more about selling or scrapping an old car for charity, please read on. *(OH, and by the way, they don't just take cars, they take ride-on lawnmowers, farm machinery, vans, motorbikes and lorries as well!)*

How car donation works

Donate your car today and make a real difference to your favourite charity.

You can choose to donate all the proceeds, or give half to charity and keep half for yourself.

1. Contact Giveacar

(fill in the form at www.giveacar.co.uk/donate or phone 020 011 1664)

Fill in the online form or call their office - all they need is a couple of minutes to go through your details. Once they have your approval, they will arrange for one of their collection agents to call you to fix a convenient pick-up time.

2. Your car is picked up

A tow truck usually arrives within three days to pick up your car, though in a few rare cases it may take up to ten days. If there are problems they will try to let you know by phone, but it also helps if you can give an email address.

3. Your donation is made

Your car is sent to scrap or auction. They then donate the proceeds, after administrative costs, to a charity of your choice. They will send you a receipt for your donation, and so will the charity. Both of these receipts should arrive in 6 weeks. If you have chosen to donate half the value of your car, your receipt letter will also contain a cheque for half the donation amount.

How much can your car raise?

Every car is different, but they all create a valuable donation. Scrap car donations are based solely on the weight of the metal (so CD players/alloy wheels don't add to the donation). If your car is roadworthy, they may be able to raise much more by selling it at auction. They deal with hundreds of cars, so know how to get the best value – often trade prices which are higher than private sales.

Following is a glowing testimonial from the Kidney Fund's new Hon Treasurer, Ms Helen Green, who on a visit to the Renal Unit some time ago saw our GiveaCar poster and the answer to her problem:

I was hoping my 24 year old BMW 320i was going to become a classic car (25 years old) but with a broken timer chain it was now just fit for the scrap yard. I didn't know where to begin to dispose of it but remember seeing a poster at St Helier hospital where you can donate your car to charity.

All it took was one phone call. The car was picked up 2 days later from my house, and with 'Amazon-like' efficiency I was kept informed and sent all the official paperwork needed. I received a note from GiveaCar to say my car scrap value was £91. Then the South West Thames Kidney Fund sent me a lovely letter as well, thanking me.

It was a really easy thing to do and saved me a lot of hassle. I feel proud that my 'scrap heap' car has benefited the charity and it was an easy experience – a win-win for all. They also auction cars and will split the funds 50/50 – 50% to your charity and 50% to you. So – if you need to get rid of an old car this is a great way to do it.

And a couple of the testimonials from the GiveaCar website:

"I'm so happy I found Giveacar. I would have felt grubby making a bit of money from my old friend – the car which had seen me through all sorts of escapades over the last ten years – it's like having a donor card for a car!"

"Just thought I'd send a quick email to say how impressed we've been with how quickly you arranged the removal of the car we donated. Couldn't have been easier. The people who actually collected the car were very efficient too"

"An excellent painfree way of disposing of one's old car in a constructive and socially beneficial manner".

So everyone ... if you have an old car, lorry, ride-on lawnmower, van or motorbike lying round and was wondering how to get rid of it – just follow the 1, 2, 3 points of GiveaCar - and it will all be done for you!

SWTKF Chairman Dr Michael Bending writes...

Dear Kidney Fund Supporter,

It's amazing how a new year brings enthusiasm and drive and renewed commitment. Can we all keep it up until December??

2015 will be a very important year for scientific Renal Research at St Helier.

Our efforts over the last 15 years have led to providing a rigorous training in laboratory research to a significant number of young Renal Physicians who will have the responsibility for looking after you in the next 30 years.

No pressure there, then, for them!

The Institute for Renal Research at St Helier, partly funded by you at the Kidney Fund, will this year formalise its relationship with the Renal Service and the Hospital and it may be that the Institute is realigned with the Research and Development Directorate within the trust.

In a way I feel that this would be a great



shame because the Institute and the Renal Service have enjoyed a mutually supportive symbiosis over the past 15 years. As always, funding will be the main driver of any change.

It is very important that we as members of the Renal Community, patients, relatives, supporters, technicians, pharmacists, dieticians, administrators, nurses and doctors support research initiatives that are most likely to lead to

progress for the future.

Daniel Elkeles, some will remember, was our Renal Unit Administrative Officer in the 1990's and this year returns to Epsom and St Helier as Chief Executive Officer. This time he will have a far wider remit than just Renal Services, and he will need to ensure impartiality in dealing with all services in the trust.

If you have the inclination and the time do drop him a line of appreciation for the work done by Dr Mark Dockrell and his team in putting Renal Research at St Helier on the National map.

After all this is one of the factors which has helped our Renal Unit to grow from one to 14 renal consultants, and to become the sixth largest service in the country.

Thank you for your continuing support of the South West Thames Kidney Fund.

Michael Bending, Chairman

SWTKF Frimley Park and Guildford Branch

On Thursday 20th November a Tombola was held at Farnham Hospital. Patients and staff very kindly donated items for the Tombola and also knitted goods and preserves. I must say a huge thank you to Sandra Richardson, a dialysis patient who kindly helped Graham and me on the day and did publicity posters for the day; also Peter Simpson (Chairman) who always makes sure we are ok.

Farnham Hospital is such a nice place to have a stall and the hospital staff is always so helpful. A fantastic total of £489.24 was raised on the day and as we still have monies coming in from the sale of cards and toys and I think we might make £600 overall. Well done and Thank you all.

On Saturday 29th November Graham and I did a stall at the Ash Fantasia, we had a large hamper and vouchers for Zizzi and Pizza Express to raffle plus preserves and some of Graham's lovely honey. We raised a further £155, once again thank you Peter and to our friend Brenda Donnellan for their help.

Once again I am appealing for help to keep the branch raising the much needed money for research.

Please have a coffee morning, a raffle, organise a quiz or anything that will encourage your friends and family to take part. Our branch is fortunate to have a handful of very diligent members who do a magnificent job of organising events themselves and raise lots of money. Events don't have to be organised by a committee, so please get your thinking caps on and think of a fundraiser that would involve people you know and are willing to help you. The money you raise can then be passed to the local branch treasurer (Graham) or, if you prefer, directly to the central fund.

Graham and I would like to step back a little for a while and have a break as it's become exhausting after fundraising for over 20 yrs. We will of course be very happy to help anybody if we can, if you want to go ahead and organise an event and you need help, please just ask.

We cannot get to pass on ideas or discuss what can be done if members of our local branch don't attend the branch meetings, and as we don't have more than 4 or 6 attend we have decided to make the meetings twice a year.

The purpose of the meetings being to share information - not to organise events!

Please remember this money goes to fund research into Kidney disease and diabetes and hopefully for your future wellbeing. Good luck and Happy Fundraising.

Angie Morrow.

Transplant fun and games in Bolton 2014

A Competitor's View

The beginning of August meant only one thing to me, the British Transplant Games.

This year's games were in Bolton. Before I left, I knew I was going to have a great time. Meeting old friends and making new ones. Over 800 people competing, all with one thing in common; we have all had transplants.

It doesn't matter if we win a medal or not, we are there because someone gave us the "Gift of Life". By doing the Games it helps to promote organ donation. Next year's Games are in Newcastle. Come and join the team (we are friendly) and do your bit to promote organ donation.

Peter Warren

A Supporter's View

It doesn't seem possible we have been attending the Transplant Games for the past 18 years. It has been fun and so humbling joining many others from hospitals across the country including Ireland/Scotland and Wales. Meeting up each year with folks who have become very close friends is great, and is an experience I feel so blessed to be a part of.

People between the ages of 3 to 85 take part, swimming, running, golf, and many other sports, and in the evenings we enjoy meeting up with friends for supper or evening entertainment is organised.

This year we had a team of 7 athletes from St Helier, the team manager and 3 supporters, not many of us sadly but we all had a great time. It is such a shame we are unable to encourage more of you as it is such a good way to promote the hospital and transplantation. Why not enquire at the hospital at your next appointment and think about joining us next year in Newcastle. Come and join us you **will** enjoy it!!!!.

Angie Morrow

Team Manager's Plea

Once again, the Team excelled themselves in Bolton with every member returning home with at least one medal – well done to you all; and a huge thank you to SHSKPA for their continued support.

The Transplant Games 2015 will take place in Gateshead, Tyne and Wear from 30th July to 3rd August. The Games publicity has begun with support from Ant and Dec, Claire Balding, Alan Shearer, Jonathan Edwards and Lee Westwood amongst other great sporting names.

Please join us, the facilities in Gateshead are fantastic (we were there in 2000), the folk are very friendly and the sun shines there every day (well almost).

Do come and by publicising the success of organ donation, maybe you will help someone else receive the amazing gift you have received!

Graham Morrow (graham.morrow@ntlworld.com)

ANYONE FOR CRICKET

The Bunbury Cricket club has, over the years, raised over £16 million for charities.

We are very happy to announce that the Kidney Fund will benefit from one of their fundraisers to be held at the Purley Sports Club on Sunday 9th August 2015!

More details will be forthcoming as plans for the event develop, but I have been informed by Nick Ford, that the day normally starts at around midday with lunch accompanied by entertainment from The Bunburys (no more details here, you will have to wait & see!).

The cricket match normally begins at 2.30pm. with a break for tea between the innings. The day would end by about 7pm (depending on the number of overs played).

If you are interested in attending what looks like a really good event, please contact anne.collard@kidneyfund.org.uk and I will let you have more details as soon as they are available.





FIREWORKS GO WITH A MILITARY BANG

The Country Market at Malthouse & Osborne Farms, Bordon, hosted a Fireworks & Funfair event on November 5th last year with the Bordon Garrison SEME and The Bordon Whitehill Town Partnership.

The event was very popular with the local community, with over 3,000 people attending, and the profit raised from the event has been split between the South West Thames Kidney Fund and the Woolmer Forest Lions.

The picture shows the presentation made last week, with £631.62 going to the Kidney Fund.

HOW ADVENTUROUS DO YOU FEEL?

The South West Thames Kidney Fund is registered with Charity Challenge, the world's leading fundraising challenge operator.

Best known for organising the Comic Relief celebrity Kilimanjaro Climb, they organise over 100 expeditions each year and have run more international challenges, and raised funds for more charities than any other company worldwide!

So far they have helped thousands of people raise over £40m for over 1600 different charities.

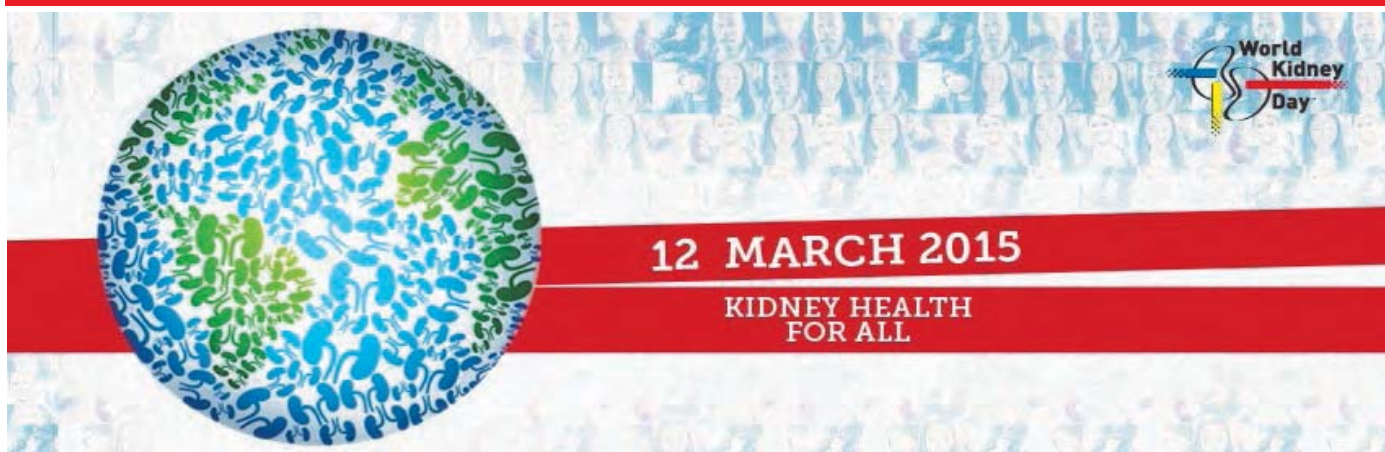
Their portfolio includes treks, bike rides and cycle rides, mountain climbs, rafting, sky diving, dog sledding, skiing and community challenges in over 30 countries worldwide.

They have even added Geographic North and South Pole expeditions to their ever expanding portfolio!

So whether you want to lose weight, get fit, experience new cultures, or just achieve an impressive goal, all whilst raising funds for your chosen charity, they can help. Go to www.charitychallenge.com/choose-your-challenge.html to find the right challenge for you!

To find out how the challenge is funded go to www.charitychallenge.com/faqs.html#faq7





On Thursday 12th March the South West Thames Kidney Fund and the South West Thames Institute for Renal Research will celebrate World Kidney Day. The theme for 2015 is 'Kidney Health for All'.

World Kidney Day (WKD) is an annual global awareness and education event. The event provides the perfect opportunity to get out in the community and share the WKD message with friends, family and people you meet. It is also a chance to raise awareness of the importance to life of your kidneys, how you can look after yourself and the risk factors for kidney disease - you might just save a life!

Our past experiences celebrating World Kidney Day have been excellent. The day is always a lot of fun with representatives from the Kidney Fund, the Research Institute, the Renal Unit, and our fantastic volunteers giving their time to meet with the public and make the most of this special day.

We hope that we will once again be located at the Bentall Centre, Kingston-on-Thames and at the time of writing are waiting for confirmation from them.

If you would like to be part of this very worthwhile annual event, and you have a few hours to spare on the 12th March, please contact wkd@kidneyfund.org.uk. We would love to see you there!

THANKS FOR YOUR SUPPORT AT CHRISTMAS

Thank you to everyone who bought our charity Christmas cards! We had a fantastic response, and have already ordered our Christmas cards for 2015 which, if you want a sneak preview, can be viewed by visiting www.kidneyfund.org.uk/christmas-cards.

Many thanks to all who helped sell the cards – particularly Helen, and Sarah, Jemma and the rest of the ladies at Renal Reception.

LOUGHRAN FAMILY'S 'BIG GIVE'

Maire Loughran writes:

I have made an online donation via The Big Give on behalf of my 93 year old mother- in -law, Lily Loughran. Lily has recently been an inpatient on the Richard Bright ward where she had dialysis following a severe urine infection.

It shows her great strength of character that she recovered so well at her age.

Lily has always supported St Helier's Renal unit following her own kidney donation to her son John over 33 years ago.

Both Lily and John have enjoyed excellent health and she is most certainly the best advert for being a donor!

Unfortunately, John is now due to start CAPD with a view to transplant (his sisters have both put themselves forward as donors) so the Loughran family indeed feel indebted to the renal unit and the wonderful care dedication and expertise they have received.

Please accept this donation to the South West Thames Kidney Fund in appreciation from Lily.

We are very grateful for the donations received in memory of:

Norman Thomas “Nobby” Nash

Patrick Evans

Alexander Henry Fraser-Mitchell

Andrew Leeson

Derek Maskell

Pearle Poole

Jim Leahy

Martin Thomas Hayes

Ian Reginald Avery

Cliff Lambert

We would like say a huge thank you to/for:

ASDA in Burgh Heath for including us in their Community Life ‘Chosen by You’ Scheme which raised £50 for us

The Waitrose stores in **Banstead and Cheam Village** for the cheque for £362 and £100 raised through their charity Community Matters collections.

Mr Ernest Middleton & Mr Stanley Birch for the proceeds of their cars donated through GiveaCar, raising £77 and £84 respectively

Karen Theobald for the donation of £100 from the sale of her handmade cards

Sheila Smith for her continuing annual sale of summer fruits and jams which generated £320 for the Kidney Fund!

The £500 legacy from **Barry Thomas**

Brenda Harris for the £57 raised from her quilt sale

The £5,000 legacy from **Beverley Platt-Higgins**

Aruna Vyas and all her friends and family for the fantastic collection they made for the Kidney Fund. They raised £1,000 and we were able to reclaim a further £173.50 in gift aid.

Lily Loughran and the Loughran family.

And to **Tanya Chalkley** and associates who raised £600.02 . Tanya wrote:

“I head up the Charities Committee at the **Shared Service Centre of Lloyds Register** in **Bracknell** and each year we ask employees to nominate charities that we can help. Generally we have ‘quarterly’ charities so over three months we have various fund raising activities with all proceeds going to nominated charity.

I nominated yourself as in August this year I received a kidney transplant from my husband.

I am one of the lucky ones, but over the last year or so while going through the transplant process I met so many people suffering from kidney disease who aren’t as lucky as myself, and have seen first-hand the work you have done.

We held 3 dress down Fridays, Cake Sales, also as it was around the time of the world cup we did a World Cup Draw where everyone put a £1 in for a team and then those holding the winning and runner up country won a small amount and the rest went to yourselves. People were very generous and re donated their prize winnings as well as lots of ad hoc donations”.

And last, but certainly not least, to all the wonderful people who have made donations and helped in so many ways! You may not be named here, but you are certainly appreciated!

London Marathon April 26, 2015 – The Team

The South West Thames Kidney Fund is delighted to introduce you to their 5 runners who will be taking part in the 2015 London Marathon, raising money for research into kidney disease. They are:

Lorna Marchant: In 2000 Lorna ran the New York Marathon and gave up smoking as part of her training. As she puffed to the finish line she vowed never to light up again and has kept to her word.

In 2015 she turns 50 and wants to mark the occasion in some way and said that she can't think of a better way than to raise money for the South West Thames Kidney Fund. As a friend and former colleague of Ian Harrison, a kidney transplant patient, Lorna knows how important research is.

Sarah Boreham: Sarah is a radiographer and the potential daughter-in-law of Debbie Noble, who many of you will know as our St Helier home haemodialysis sister, so she is aware of the impact kidney disease can have on people's lives and has always maintained an interest in renal care. A keen runner, she runs with her partner 4-5 times a week so is already a good way into her training. He is about to be deployed away from home so Sarah is looking forward to the challenge of having something to focus on whilst he is away.

Martin Levett: Martin is a personal trainer and fitness instructor so the challenge for him is about the time in which he can complete the course. He is already a keen supporter of the South West Thames Kidney Fund having twice taken part in the annual Dragon Boat race for the Red Hot Kidney Beans and as part of the support team for his brother Stuart who completed a 5 day endurance challenge last year.

Sophie Price: Sophie said "As a doctor I see first hand the effect that living with kidney disease can have on people's lives and those around them. Running the London Marathon is going to be the challenge of a lifetime for me and I cannot think of a better motivation than raising money to help with research and improving treatments for those affected."

Liam Vickery: Liam is running in memory of his Grandfather who died of renal failure in 2013. His family asked for donations to the South West Thames Kidney Fund instead of flowers at the funeral and have since raised money through a pub quiz and dress down day at work. Liam is fairly new to running so the marathon will be a challenge for him although the cause will provide the motivation to see him through.

All of our runners will be raising individual sponsorship and you can support the team by making a donation in any of the following ways:

Via the sponsor form in this newsletter

By texting KFLM15 £_____ to 70070

Online at www.justgiving.com/kidneyfundteam2015



A belated Happy New Year to you all.

I realise that as you read this it is probably already February and the newness of 2015 may have lost some of this gloss but as I sit here writing it the year is still very young.

I spend Hogmanay and the start of the New Year with my mother in Scotland and my mother is a great lover of words.

She reminded me that January is named after the two faced god Janus; one face looking to the past and one to the future.

As I sit considering the successes of last year and the challenges that lie ahead for SWTIRR I feel excited but also a little apprehensive.

A lot of hard work by the SWTIRR staff and the Kidney Fund paid far better dividends than you would get from any bank.

2014 saw great success for us at the UK annual kidney conference with a record 10 presentations – a record for us anyway.

It was also the year that we finally had success in getting funding from Kidney Research UK, twice; that was in addition to a grant from the Department of Health.

We continued to publish our work and another one of our PhD students finished writing his thesis and

FUNDING



RESEARCH



CURE

submitted it to the University. Seeds sown over the last few years are bearing some fruit.

So what for 2015?

Well, that fruit isn't quite ready for harvest yet. This year sees London host the European Renal Association in a joint meeting with our own, an event that happens about once every 15 years.

It will be an opportunity to find out about all the renal research going on across the continent and hopefully forge new partnerships as well as get feedback on our own work.

The president of the Renal Association has asked me to make sure SWTIRR is represented, although we might not reach the same numbers as last year we will showcase a range of our research projects.

The grant we got from the department



of health was a sort of starter grant and as we were very successful with that we now need to take the project to the next level, which will hopefully mean getting ourselves in a position to actually make the new testing kit.

One of the grants from Kidney Research UK is for a 3 year project so it's all ahead of us on that one.

The three year project is an exciting collaboration with a university in Chicago and it is investigating a theory that the kidney itself may be able to produce "growth factors" with odd names such as CCN3, which can limit some of the damage in fibrosis.

This is an interesting area and it ties in with some of the work that one of my colleagues, Dr Fred Tam, at Imperial College is working on.

Fred will approach the question from one direction and we will approach it from another.

I think this is a good strategy where different groups use their particular expertise and strength to try and bring the pieces of a puzzle together to show the whole picture in a way that one group with a only a single perspective might not.

Or as my wise old mother might say "None of us is as smart as all of us"; together we will find a cure, remember...

Funding = Research
Research = Cure



Let's make Dialysis Better Together

4. How dialysis works

DEBBIE NOBLE writes: In previous articles I have discussed Fluid, Blood Pressure and the functions of the kidney. In this article I am talking about how dialysis works but shall be focusing more on Haemodialysis. Please don't forget 'Shared Care' because we really want you to be involved with your treatment.

You may find it helpful to understand what is happening and why some aspects of dialysis are important.

Dialysis is the removal of waste products and water from the blood stream, through a selective membrane.

There are 2 types of Dialysis: Peritoneal and Haemodialysis. If your kidneys aren't working either Peritoneal Dialysis or Haemodialysis become essential. Neither dialysis is able to produce the hormones that a normal kidney would, however both types of dialysis will take care of blood filtering and waste removal.

Blood is made of four parts

Red blood cells; these carry oxygen throughout the body.

White blood cells; they fight infections.

Platelet; they help your blood to clot when you bleed.

Plasma; is the largest component of blood, making up about 55%. It's mainly made of water and surrounds the blood cells, carrying them around the body. The main purpose of plasma is to transport nutrients, hormones, and proteins to the parts of the body that need it. Cells also deposit their waste products into the plasma, and the plasma in turn helps remove this waste from the body.

So, plasma is mostly water. Dissolved in this water, amongst the good things, are waste products that your kidneys would filter out if they were working.

When things are dissolved in a solution they will follow certain patterns. Substances in water will move from an area of high concentration to an area of low concentration (I think of it as moving from a busy room, through a hole in the wall, to a quiet room). This is called diffusion.

Dialysis works on this principle of [diffusion](#) and also the [ultra filtration](#) of water across a [semi-permeable membrane](#).

A semi-permeable membrane is a thin layer of material that allows some molecules to pass through it, but not others, through holes/ pores. So the smaller molecules and water can pass through the membrane, but the membrane blocks the passage of larger substances (such as red blood cells and large proteins). Waste products are generally small molecules so the holes in dialysis membranes can be fairly small.

Not all of the small molecules are waste, some are essential, so the fluid on the other side of the membrane (called the dialysate) will have some of these essential molecules in it to balance the blood and stop them being lost.

This replicates the filtering process that takes place in the kidneys.

The two main types of dialysis, [haemodialysis](#) and [peritoneal dialysis](#), remove waste and excess water from the blood in different ways but using these principles.

Haemodialysis

Haemodialysis removes waste products and water by circulating the blood outside the body through an external filter, called a [dialyser](#).

The blood flows in one direction through the dialyser and the [dialysate](#) flows in the opposite taking away the waste products.

As discussed, earlier, there are some small molecules that it is important to retain at a low/ moderate level and these are added to the dialysate to stop the loss being too great.

The dialysis solution has levels of minerals like potassium and [calcium](#) similar to their natural concentration in healthy blood.

For another mineral, [bicarbonate](#), dialysate solution level is set at a slightly higher level than in normal blood, to encourage diffusion of [bicarbonate](#) back into the blood, to act as a pH buffer to neutralize the acidity of the blood that occurs when your kidneys don't work.

The haemodialysis machines that are used at St Helier and predominately used by the satellite units are amongst the finest machines available and work very efficiently to clean the blood and remove extra fluid.

Have a look at what is happening whilst you are on dialysis;

You will see the tubing coming from you and taking blood to the dialyser is marked with red coloured accessories, this is known as the arterial line. The ease at which the blood is able to leave you and enter the machine is monitored by a sensor and recorded as the Arterial Pressure.

The artificial kidney or dialyser is the cylinder about 10" or 25cms long, this is where the blood is actually filtered. The dialyser consists of thousands of very fine fibres/straws, each only the size of a single hair. The blood travels through the centre of each fine straw. The walls, of which, are very thin with small holes (semi-permeable membrane). Bathing the outside of the fibres is the dialysate. This dialysate will remove the waste and whilst doing this, the machine is able to apply pressure onto the fibre membrane forcing out extra water. Water loss is the amount of UF (ultra-filtration) that you programme in at the beginning of your session.

Once the waste and water is filtered out, the blood will come back to you via the venous line (marked with blue accessories). The ease at which the blood is able to leave the machine and come back into to you is monitored by the venous pressure sensor.



Each dialysis session all your blood will have to go through the dialyser many times, usually between 10 and 15, to clean your blood properly. Have a look or ask your nurse how many litres of your blood have been cleaned each session. It will depend on several factors.

How long is your dialysis session?

At a rate of 300mls per minute, each extra minute will mean another 300mls is cleaned. All the doctors agree that for the vast majority of patients you really should dialyse for at least 12hrs a week or 3 x 4hrs. The longer you are on the machine the better cleaned your blood will be. Dialysing for 3 hours may appear more convenient but for most people it's a false economy.

Speed of the blood pump?

Although many people dialyse with blood flows of 300mls a minute others, with a Fistula, can dialyse with a faster blood flow. Although this is absolutely not for everyone, one man who manages his own dialysis in the unit uses special needles and runs his pump at 450mls/min. You can see that this is 50% more efficient than the standard 300mls/min. There might be a very good reason why you are dialysing at 300mls/minute, or even less, but have a look and see how fast your blood pump is running. Ask the question, would it be safe for you to dialyse with a blood pump speed of 350mls?

If you have a 'Line' 300- 350mls/ min is probably the maximum flow the line will allow effectively before it starts to recirculate or recycle the same blood.

As discussed in previous articles, perhaps think about the amount of fluid that is taken off. If you would like a copy of previous articles, please don't hesitate to ask.

We monitor your blood with blood tests every month- please ask to see your results. It is also possible for you to see these on your own computer at home and so keep a personal check. It's very safe but you will need to register with 'Renal Patient View'. One of our IT specialists can easily help you, speak to your nurse or call 0208 296 2587 for more details.

Don't forget my colleague Clair Laidlaw

clair.laidlaw@esth.nhs.uk will be visiting the units assisting with shared care - PLEASE do get involved further with your dialysis and consider shared care.

Very best wishes for a happy and healthy 2015

Debbie Noble

Sister for Home Haemodialysis

Deborah.noble@esth.nhs.uk or 02082964531

What is Access?

In Haemodialysis your 'Access' is how we connect your blood to the dialysis machine and as I have just said, we need a really good blood flow that provides at least 300mls a minute.

The veins in your arms simply can't provide that much flow unless an additional supply is added from a fast moving blood vessel called an artery.

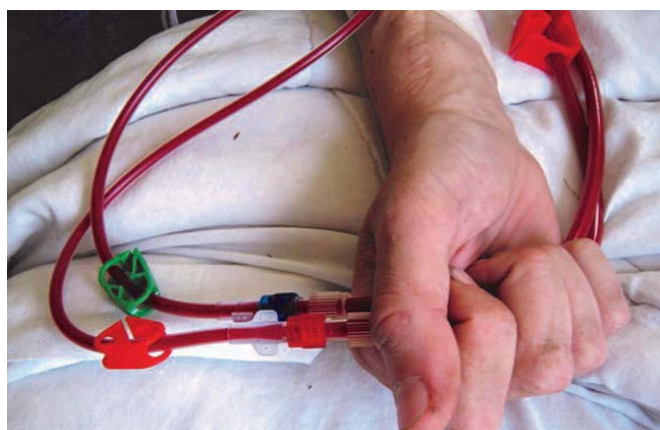
This joining of a vein and an artery is performed by a Specialist Surgeon in an operation and the new altered blood vessel, which now has blood from both an artery and a vein, is called a Fistula.

If the operation is successful, after about 6-8 weeks (sometimes longer) the new Fistula will be strong enough and big enough to be used for access. We use 2 needles – one takes blood to the dialyser and the other returns it back to you. A fistula is considered to be the best type of 'Access'. The other type of 'Access' for haemodialysis is to have a 'Line' inserted into one of the major veins in your chest, neck or groin.

A 'Line' can be inserted as an out-patient and then used for dialysis the same day. We use this type of 'Access' if dialysis is needed quickly or if it is difficult for the surgeon to make a Fistula.

If you are new to haemodialysis we will start with gently acclimatising your body to the changes in your blood chemistry with a low pump speed and shorter sessions. As your blood results improve and your fistula becomes more robust these increase.

We have between 5 and 7 litres of blood in our bodies (it varies depending on body size).



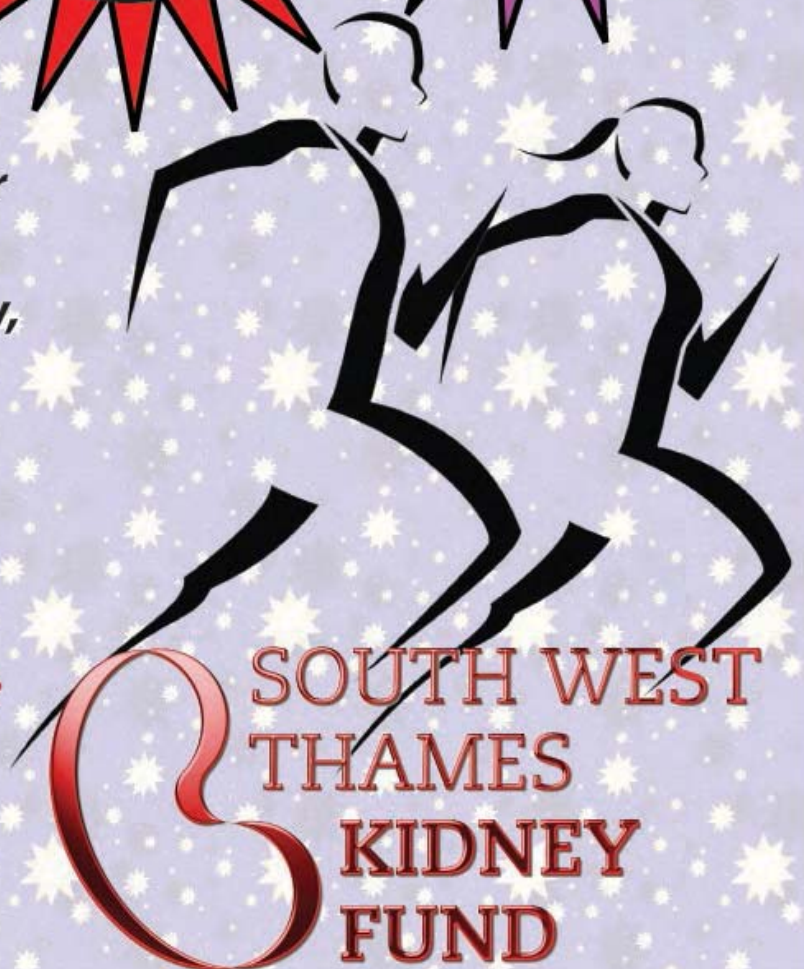
Introducing your Kidney Fund 2015 LONDON MARATHON TEAM



**Running 26.2 miles for
kidney research this year
are, clockwise from top
left to right: Liam Vickery,
Sophie Price,
Martin Levett,
Sarah Boreham and
Lorna Marchant**

Please sponsor the team:

- a) via the sponsor form
- b) by texting:
KFLM15 £_____ to 70070
- c) online at:
[www.justgiving.com/
kidneyfundteam2015](http://www.justgiving.com/kidneyfundteam2015)



charity registration no. 800952
www.kidneyfund.org.uk