

The NEWSLETTER of

**South West Thames Renal & Transplantation Unit,
Epsom and St Helier
University Hospitals 
NHS Trust**

South West Thames Kidney Fund (Registered Charity Number: 800952), supporting the
South West Thames Institute for Renal Research
and

St Helier & Surrey Kidney Patients' Association (Registered Charity Number: 266391)

"No Place like Home"



What is "No Place Like Home"?

The St Helier and Surrey Kidney Patients Association is launching an appeal to raise money to help dialysis patients perform their treatment in the comfort of their own home rather than travel to St Helier or one of the Satellites.

As a dialysis patient under St Helier's care you already have choice. You have the main unit, seven Satellites (Epsom will make it eight) and also peritoneal dialysis (PD). St Helier has an established PD therapy option and these patients realise the benefit of fitting their treatment around their life without the need to travel to a dialysis unit three times a week. This appeal will hopefully give that choice to haemodialysis patients.

The idea for this appeal came from a generous donation from the "Sussex for Sussex" Freemasons of £10,000. This donation was used to allow a Horsham based patient to start home dialysis and gave the KPA the idea of helping others to "find their way home" rather like Dorothy in the Wizard of Oz, hence our appeal logo. We've even got our own Dorothy in our Home Dialysis Sister, Debbie Noble.

Freedom comes at a cost and in the current economic climate with planned NHS budget cuts of £20 billion by 2014 the KPA want to help the Renal Unit with the set up costs of home based HD patients. These costs are approximately £6,000 - £7,000 per patient.

Can I ask you all to consider helping our appeal by either personal donation or by organising fundraising events?

We have already decided to use World Kidney Day (10th March 2011) as a fundraiser and will be collecting in Horsham Town Centre. We've been granted a Street Collection Permit by Horsham District Council so a big thanks to HDC. We are looking for volunteers to help collect on the day and if you can help please contact either Jim Rae or Myself.

Thank you in anticipation of your help with our appeal.

Dave Spensley, Hon. Chairman – St Helier and Surrey KPA

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St Helier & Surrey KPA

**Dave Spensley, Chairman
01483 426276**

Jim Rae, Treasurer:

01403 242601

We have enjoyed working with Steve Purcell on this issue of Renality. Steve is a renal patient and works full time. He has agreed to become Editor for future editions. We wish him every success.

Renality

**Would you like to
advertise in Renality?**

We distribute over 5,700 copies of this quarterly Newsletter to patients who live within the catchment area of S W Thames Renal & Transplantation Unit (SW London, all of Surrey, W Sussex and NE Hampshire).

If you would like to advertise your business in this publication, contact **Sue Beesley on 01483 724615**

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: Peter or Margaret Simpson on

**01252 792196 or email:
mps@mpsmpson.demon.co.uk**

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

Newsletter deadline:

We welcome letters, articles and opinions from our readers. If you wish to contribute, all items for inclusion in the next Newsletter must reach us by Friday 1st April 2011.

The opinions and views expressed in this Newsletter are those of the individual or organisation expressing them.

There can be no assumption that such views and opinions are supported by any other subscribing organisation or individual.

Renality

is sent to all patients of the Renal and Satellite Units automatically unless they have asked not to receive it. If you do not wish to receive this newsletter, please contact Paul Fischer at the Renal Unit on 020 8296 2514.

We would like to thank Riverprint Ltd, Farnham for their help in producing this Newsletter.

9 Riverside Park, Farnham, Surrey
GU9 7UG
Tel: 01252 722771
Fax: 08707 702781
Email: www.Riverprint.co.uk

ST. HELIER & SURREY K.P.A
REG. CHARITY 266391

When on dialysis, there truly is

"No Place like Home"



Dialysis can feel a bit like an endless road.
Can you help dialysis patients "find their way home"?

Please make donations payable to SHSKPA - NPLH Appeal

Mail them to: Mr J G Rae, Hon. Treasurer
24 Beaver Close, Horsham, West Sussex RH12 5GB

*It costs about £6,000 to give each patient the choice of Home Dialysis
Please be as generous as you are able, many thanks.*

SHSKPA **Memorial** **Donations**

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

Joseph James Murphy

Annette Shirley Moore

Peter William Northey

Peter Seaman

Clive and Justine Dechant

SHSKPA Donations

St Helier and Surrey KPA would like to thank
the following people for their much
appreciated donations...

Sussex for Sussex Freemasons
Paul Connolly & Carolyn Whitfield
The Members of Banstead Downs Golf Club
The friends and family of David Austin
St Mary's Church, Addington
Mr & Mrs Gumball
Mrs Margaret New
Mr & Mrs J Phillips

S Shafiq
Helen and Nick Ball
Richard & Deborah Salmon
Mrs H Shiatis
Kay Abbott
Roffe Swayne Chartered Accountants,
Mr and Mrs G Thorneley
Mrs R L Hobson
Mrs V Lubbock (Moves Fitness)

St Helier and Surrey Kidney Patients' Association

- concerned with the welfare of patients of the Renal and Satellite Dialysis Units

A message from your Chairman

I trust that you had an enjoyable Christmas and are looking forward to 2011.

Following re-election at the AGM in November, I have now started my fifth year as Chairman and the Committee and I will continue to work hard to benefit our members. A full list of your Committee members is published within this edition.

The KPA AGM was held on 2nd November and was attended by 19 Committee Members and KPA members. All of the Officers and Committee Members were re-elected.

The St Helier and Surrey KPA Christmas Patient Lunch took place on 11th December and was attended by around 60 patients, carers and staff who all enjoyed a superb spread prepared by Pat Harris, the Committee's Secretary, ably assisted by Di Spensley and Carol Robinson with Jim Rae providing the festive music. I would also like to thank all Committee members for their help on the day.

The Grand Christmas Draw took place during the lunch and details of prize winners are published separately. The draw showed a surplus of £5478 and my sincere thanks go to everyone who purchased tickets despite the uncertain economic climate, to Jim and Shirley Rae for sorting the monies and to Jackie Moss for receiving and organising the counterfoils.

For 2011, in addition to our normal business of assisting renal patients under the care of St Helier, we are launching our "No Place Like Home" appeal and as you will see from the main article on our appeal we plan to use World Kidney Day as a fundraiser.

We also plan to have a Summer Draw with funds raised going directly to the appeal and we propose to ask local MPs, Companies and various organisations for help. If you feel that you are able to help in anyway that would be great and donations of any value will be much appreciated, if every patient under the care of St Helier Hospital was able to donate £1 then that would enable us to send a patient home on Haemodialysis. Jim Rae has produced a separate article on lotteries describing how our current lottery licence works and our proposals for our 2011 draws.

Golf Day

Following the success of our previous golf days we are holding another event playing the superb Kingfisher Course at Mannings Heath Golf Course in Horsham. The event will be held on Friday 17th June 2011. This is a lovely venue which will provide a great day of golf for players of all abilities. It would be great to get 70 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.

May I, on behalf of the Committee, wish you a happy and healthy 2011.

Best Wishes

Dave Spensley, Hon Chairman

St Helier & Surrey KPA Grand Draw

Under the rules of the London Borough of Sutton Small Lottery Licence, we are only permitted to print tickets to a maximum value of £20,000 for any one single draw. I became the KPA's Treasurer in November 2006 and at that time we had about 4,800 patients who received Renality and therefore were mailed a book of tickets. By November 2010 the number of patients to whom we needed to mail Renality and tickets had increased to around 5,700 and one can assume that by November 2011 we will be looking at a number closer to 5,900.

Of course this has meant that we have had to make that £20,000 stretch further and further each year, hence each year each book contains fewer and fewer tickets – I hope this answers the questions I know people have raised about the declining number of tickets in each book.

For many years the Xmas Draw Prizes were supported by a generous donation from the Peacock Trust (2010 =

Continued next page



ST HELIER & SURREY KPA COMMITTEE MEMBERS – 2010/2011

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Renal Social Worker/Amenity Sub.Committee

Celia Eggeling
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email: Celia.Eggeling@esth.nhs.uk

£1,500), alas the Peacock Trust have informed us that we no longer fit within the scope of charities that they wish to support; so in 2011 fundraising will effectively start off £1,500 down – and this in the year where the KPA launches the “No Place Like Home” (NPLH) Appeal.

The KPA Committee have decided in 2011 to run two Prize Draws, one in the summer (the proceeds of which will go to the NPLH Appeal) and the usual one at Xmas (General Funds of the KPA). With the Summer Draw we shall be trying an experiment; I will try here not to bore you too much. We will print 20,000 £1 tickets, in each Renality we shall put 3 tickets; we then anticipate that we will have around 2,500 tickets in a reserve for those of you who wish additional tickets. The prizes of which there will be 5 (£500, £200, £100 and 2 x £50) will total £900.

At this point I make a plea?

If you receive tickets but do not wish to participate in the Draw can you please recycle them back to us here at the KPA via Clinics, Satellite Units or the St Helier Tea Bar within the Renal Unit as this year we ran out of tickets meaning that people who were desperate were unable to take part.

If the KPA do not raise funds, then the KPA will not be in a position to help patients in need – it is that simple.

Jim Rae

Hon. Treasurer

Christmas Draw results. See page 9

**DONATION IN LIEU OF
CHRISTMAS CARDS**



As a reflection of their commitment to the environment, their team and the wider community, Roffe Swayne Chartered Accountants based in Godalming Surrey, chose to make a donation to two Charities that have touched the lives of their team members during the year.

The two Charities chosen were 'beat' which is a leading UK charity for people with eating disorders and their families and St Helier and Surrey KPA.

The KPA would like to take this opportunity to thank the Partners at Roffe Swayne for their generous donation.

A Wonderful Donation from Sussex for Sussex Freemasons

Alf Bridges, a St Helier Renal Patient, approached the Sussex for Sussex Charity through his lodge.

The Charity generously donated £10,000 to the KPA to provide a home haemodialysis machine for a Horsham based patient.

The cheque was presented to Dave Spensley, the KPA's Hon. Chairman, at an evening function in Worthing.

The donation was passed onto the Renal Unit and we understand that the patient is settling into their home regime and enjoying not having to travel for dialysis.

Thank you to Alf and Sussex for Sussex.

Pictured in the foreground left to right: Paul Connolly, Carolyn Whitfield, Di Spensley, Dave Spensley and Alf Bridges at the presentation evening



**FUNDRAISING AT THE WINDSOR HALF MARATHON
ON BEHALF OF ST HELIER AND SURREY KPA**

My mother, Ruth Dechant passed away suddenly in September 2009 – a year on from her passing, I and my wife, Justine, ran the Windsor Half Marathon to raise money for the Kidney Patients Association in her memory.

The training had been tough at times, but worthwhile as neither of us had attempted anything like this before. The amount of people who kept telling us that the Windsor course was particularly tough and hilly made the prospect daunting, but also helped to raise those levels of determination. There were times when it seemed like too much, but the generous amount of sponsorship that was coming in was all the inspiration we needed to carry on. The day of the race was disappointingly cloudy, with a cool wind and the threat of rain, but it didn't dampen our spirits as the 6,000 competitors started to gather at the start.

We wanted to run as much of it as possible together, aiming to finish in under two and a half hours. Soon after the eight mile mark, it was clear that Justine's legs were stronger and she powered away, completing the in course in a fine time of 2hours, 18 minutes and 51 seconds. I, meanwhile, struggled on, but was delighted to make it down the Long Walk to complete in 2 Hours 26 Minutes 11 seconds, still under my target time.

We are both proud of our achievement, but are equally proud to have raised a total of £1,461.30 for the Association. We have been touched by people's generosity, and I know that mum would have appreciated everything everyone did to support us.



Clive Dechant

THANK YOU TO BANSTEAD DOWNS GOLF CLUB

When I became Lady Captain of B.D.G.C. in November 2009 one of the first things I had to do was to choose a charity to support. I think most captains choose a charity with which they have a personal interest and this is what I did.

My first husband Robert Thomson had kidney failure and was treated at the unit at St Helier from 1987, firstly with dialysis at the hospital and then under their guidance at home. He was fortunate to get a kidney transplant in 1989 but sadly died in 1996 with related heart problems.

He was one of the founder members of The SW Thames Kidney Fund so that charity was an obvious choice but I was also aware of the good work that SHAK does for patients. Therefore I decided to support both charities.

I was able to raise £4,652 during my year and I shared this equally between the two charities.

The money was raised in a variety of ways; we had two Charity Bridge Drives, several Charity Golf Events, a Dance, a Bring & Buy Sale and lots of little fund raising on-going-things such as Book Sales etc.

I hope that this money will help these two very deserving charities and I wish them every success.

Anne McSheaffrey



Anne McSheaffrey presenting her cheque for St Helier and Surrey KPA to Dave Spensley, Chairman, KPA



Pictured are David Austin (Runner 160) and John Buttery with their cycle support team

David and a Truly Heroic Effort

David Austin and his running partner John Buttery completed an Ultra Marathon running from London to Brighton, a distance of nearly 60 miles!!

David's Father in Law, Roger Pashley, is a Renal Patient and David ran to support St Helier and Surrey KPA whilst John supported Help for Heroes.

Despite running with a calf strain and suffering periods of cramping, dehydration sickness and blisters, both David and John completed their amazing challenge with David raising over £2,200 to date for the KPA.

Huge Thanks to David and best of wishes to Roger.

In Memory of Peter William Northey 1947 - 2010

Peter spent most of his younger life in India coming home to attend boarding school at Wellington College.

A keen golfer (being a member of Hankley Common), Peter lived and worked in London, before retiring to Farnham where he had a family home.

Peter frequently attended St Helier and dialysed at Farnham where he was always made very welcome and comfortable.

His wife, Diana, together with family and friends made a donation of £1,000 to St Helier and Surrey KPA as Peter would have wished to help others with problems similar to his own.

Diana Northey presents her donation to Dave Spensley





**John Edward Foxwell
Memorial Golf Day**
In Aid of St Helier and Surrey
Kidney Patients Association
(Registered Charity Number 266391)
**Kingfisher Course
Mannings Heath Golf Course
(Horsham)**

Friday 17th June 2011

Cost — £40.00 Per Person

The day will comprise of:

- A Two Tee Start
- A Singles Stableford Competition (Full Handicap)
- Prizes for "Longest Drive" and "Nearest the Pin"
- Post golf meal
- Auction & Raffle

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

**J G Rae
Event Organiser
24 Beaver Close
Horsham
West Sussex
RH12 5GB**

**Telephone: 01403 242601 or 07810 608678
Email: raedar@supanet.com**

**Cheques should be made payable
to St Helier and Surrey Kidney
Patients Association
whose members thank you
for your support**





ST HELIER & SURREY KPA CHRISTMAS DRAW WINNERS

Main Winners:

J Stevens 1st Prize of £500
(Sutton)
G Thorneley 2nd Prize of £200
(Chiddingfold)
C Milne 3rd Prize of £100
(South Croydon) -
Generously donated back to
NPLH Appeal

The following are winners of the £25 Prizes:

E Graves (Woodley, Reading)
J Wareham (Woking)
R Williams (Banstead)
T Fulcher (Merrow, Guildford)
J Packman (Orpington)
P Lofthouse (Farnborough)
A Sully (Lightwater)
P Ransom (Churt)

Celia's Special Birthday and Non Retirement Celebrations

On 13th October, the Renal Unit and friends held a surprise lunchtime party for Celia.

Although she had a feeling something was afoot she was genuinely overwhelmed by the number of staff, past and present, and friends who attended.

The gifts presented to her read like 'sale of the century' - a silver bracelet, a Radley bag, a Swarovski crystal cat, vouchers, champagne, an orchid, chocolates but unfortunately, no cuddly toy! She then went off on a well earned holiday to Peru but arrived back at the Unit in November for business as usual.

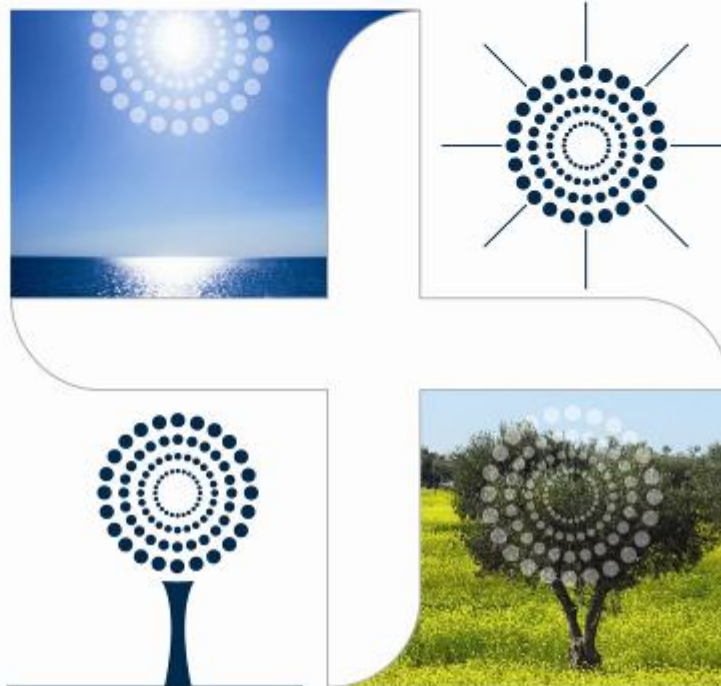
Although she has thanked everyone, I would like to thank the Renal Unit and friends and KPA for making it such a special day.

Joan Shonfield



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**The Mesogeios dialysis center in Halkida will be opening in September 2010*

Surrey Renal Unit - update

I hope that you all had a relaxing and enjoyable break over the Christmas and New Year period. I would like to start by thanking everyone in the Renal Unit for the hard work and excellent care that has been given through 2010. I appreciate that these are challenging times. However, I am constantly reminded how lucky I am to work in the Renal Unit, and be surrounded by such a dedicated team.

As you know, in April 2009 NHS Surrey issued a tender for the provision of Renal Services across the county. The Renal Unit at St Helier is the current provider of approximately 90% of this work, and is committed to developing the shape of renal care in Surrey with an enhanced local service.

We were actively bidding for the service, and the tender had reached the point where two bidders were left in competition. Our bid entailed providing in-patient care at St Peter's Hospital, Chertsey, utilising the expertise of our current staff at St Helier with a gradual transition to more independence of the new service over a number of years.

Over the Christmas period, we heard that NHS Surrey have withdrawn the tender so the service will remain unchanged. I understand that NHS Surrey have to balance so many priorities with the changing role of the PCTs, and the need to manage increased productivity on a reducing budget. At the time of writing, NHS Surrey have not had their board meeting to explain their decision.

I have mixed feelings about this. On a positive level, this gives us certainty that our service will continue, and we can continue to focus on delivering renal care with the knowledge that there is no threat of another renal unit taking away our work.

However, many of us (including patients) have felt that we could offer a great service within the county of Surrey, and that there was opportunity to deliver better local care. Sadly, this vision is not going to materialise in the near future, but it should not stop us considering how we can develop and improve what we already do.

I know that many of you have been actively involved in the bidding process: - collecting information, developing models of care, attending numerous meetings, talking to other patients and staff, and considering your own future. I would like to thank those of you that have had direct input into this project, and I recognise the stress that the uncertainty may have caused. Special thanks must go to Paul Connolly and Dave Spensley who have both worked tirelessly on your behalf behind the scenes.

We can now concentrate on what we do best - delivering renal care to the population of south west London and Surrey. All of us within the department play a key role in making the Renal Unit a special place to be, with patient care at the centre of all that we do.

On behalf of the Renal Management Team, I am pleased that we have certainty for our immediate future, and that we have the opportunity to make 2011 a positive year for the Renal Unit. Please remember, this is your renal unit and staff and the kidney patients association need to hear your voice so that we can work together for better care.

James Marsh

Surrey In Patient Centre



Over the past year I have been reporting on this project and in my last message I said that a decision would hopefully be made in the first quarter of 2011.

St Helier has recently been told by NHS Surrey that their tender is being withdrawn and the centre therefore will not happen.

I am amazed at NHS Surrey's action and cannot understand their reasoning.

I have been involved with this project for nearly 2 years, originally as a patient representative for NHS Surrey to put the tender model together and then on the various workstreams for the St Helier & St Georges bid to host the service at St Peters Hospital.

We have had numerous meetings with NHS Surrey over the 18 months since the tender was first issued and have amended our model several

times to accommodate their revisions. We believed we had an extremely strong clinical and financial bid that would meet the needs of both NHS Surrey and, more importantly, the renal community of Surrey.

I have no idea why the tender has been withdrawn and intend to write to the Chief Executive of NHS Surrey to ask for an explanation.

Two years ago NHS Surrey held road shows on this project which were attended by numerous patients, carers, family member of renal patients and medical staff where we were promised a “state of the art in-patient centre” without the need to travel to St Helier or St Georges and I personally would like to know why they have reneged on their promise to provide this much needed facility.

St Helier has developed a really good working relationship with St Georges and St Peters as a result of this tender process which can only be good for the future but I cannot help but think that NHS Surrey have caused us all to waste a great deal of effort, time and money.

If you, as a renal patient, carer or family member, wish to write to the CEO of NHS Surrey, then please do so on the address below and, if you wish, send either myself or the KPA a copy of your correspondence and any reply that you may receive back from them.

**Ms Anne Walker, Chief Executive,
NHS Surrey,
Cedar Court,
Guildford Road,
Leatherhead,
Surrey KT22 9AE**

**Dave Spensley
Hon. Chairman – St Helier and Surrey KPA**



HOLIDAY ON LAKE GARDA - ITALY

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30 YRS. 1978-2008



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LAKE GARDA

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Tel. 0039 0464 531153 - Fax 0039 0464 531414
E-mail: Gardadialysis@iol.it - www.gardadialysis.it

Renal Unit News:

A profile of the Acting Clinical Director:

As many of you know, James Marsh has taken a six month sabbatical to focus on delivering the best possible bid for long term Renal Services in Surrey. I have therefore stepped up as the Clinical Director of the Renal Unit while James has a period of 'paternity leave'.

I was born and bred in Cambridge, where my family still live. I had a very happy school career, ruined only by a badly broken wrist sustained when playing rugby in the sixth form. After two operations and three months in plaster, I realised that I quite liked hanging around hospitals. At the last minute, I changed my university course from engineering to medicine and the rest, as they say, is history!

I studied pre-clinical medicine at Balliol College, Oxford. Bored of Oxbridge life, I moved to the East End of London and performed my clinical studies at the Royal London Hospital. That was a culture shock, to say the least! I subsequently rotated around the major London Hospitals before moving to the Renal Registrar rotation at the Hammersmith Hospital. From there I moved to a Clinical Lectureship at Guy's Hospital, which was a 50:50 mix of clinical medicine and research. Whilst at The Hammersmith Hospital and Guy's, I worked with many of the leading members of the nephrology, and it is still a matter of amazement and pride when strangers come up to me in a foreign land and say 'so you actually knew...'. On a more prosaic note, I also helped train Drs Marsh and Quan, who have moved on to more local fame!

After my MD and ten years of commuting across London, I was determined that my long term career would be outside the M25, not least because I was by now married and looking to the future. I therefore rotated through posts at St George's and St Helier Hospitals. Despite this (!), I was appointed Consultant Nephrologist at St Helier in 2000 with primary responsibility for the catchment area of Frimley Park Hospital, where I now spend two days per week.

Over the last 12 years, I have seen much change. I have seen the Renal Unit grow from 3 to 12 Consultants and become the sixth largest in the country; bed numbers grow from 24 to 56; outpatient numbers quadruple; and spare time evaporate! I have developed particular interests in vasculitis and transplantation and three years ago became Lead Consultant for Transplantation. I am currently involved in a number of research studies, am a member of Council of the British Renal Society and the British Transplantation Society, and am Chair of the Standards Committee of the BTS. In my spare time, I examine and set examination questions for the Royal College of Physicians.

When not working, my weekends are spent with my family. My wife, Caroline, has a number of roles including Chair of Governors of a local primary school, organising me and the children, and part time work in HR and training. We have two sons: David, aged fifteen and Michael, aged twelve. I am just getting used to the teenaged years and find the stresses of work almost joyous in comparison! I enjoy all sport, and still open the batting for my village cricket team; but now, sadly, spend more time as a chauffeur and reliving my youth through my children's exploits on the rugby, hockey and cricket pitches. I am hoping for a dog to complete the family at Christmas, if nothing else because my wife tells me I need the exercise!

We are faced with many new challenges, especially in a difficult financial environment where the future of Epsom & St Helier Trust is uncertain, relationships with St George's are evolving, and new satellite dialysis facilities are opening. I am supported by a fantastic and dedicated team, and look forward to working with you to maintain and improve services over the coming months.

Peter Andrews



The British Transplant Games will take place in Belfast from 4th - 7th August 2011

Would all interested in participating (either as competitor or supporter) please register their interest with Graham Morrow (Tel: 01252 325230 or email graham.morrow@ntlworld.com) so they may be kept informed of the details of the event.

News from the Renal Nursing Team

My last article in the summer of 2010 highlighted many changes that had been implemented to continue to improve our infection control practice. I have summarised the changes:

- Development of a 'Cohort' Ward for patients requiring isolation, this is on Beacon Ward
- A new policy for 'locking' haemodialysis catheters after dialysis, the new locking solution contains antibiotics and heparin, to help prevent infection
- MRSA admission swabs are now analysed using a different technique, this will give us results within a few hours, so patients can be nursed in appropriate isolation facilities if appropriate
- Disposable and single patient BP cuffs
- Enhanced cleaning of all equipment on the Renal Unit on a regular basis
- 2 person technique used when commencing and completing Haemodialysis using a permacath.

A further changes that has been implemented since last summer is:

- Relaunch of blood culture policy- to ensure aseptic technique is used when testing blood for infection, we are hoping to minimise the risk of contamination.

We are working towards using specific cannulation packs, so when patients require a cannula, all the specific dressings etc are included in a sterile pack.

The Renal Unit infection control training reached 100%, the best in the Trust. This confirms the commitment of the whole renal team, working together to reduce infection rates.

At the time of writing this, all of the hard work and changes appear to have made a significant impact on the Renal Unit Infection Rates for MRSA Bacteraemia and Clostridium Difficile (CDT).

Infection Control will continue to be a priority for 2011, we will keep you updated with further changes and the impact these have.

Changes to monitoring Observations

Research has shown that performing manual Blood Pressure recordings (using the old fashioned inflated cuffs and stethoscopes), and nurses monitoring the pulse rate by feeling the pulse in your wrist has advantages over the current practice of using the electronic dynamaps. Irregular pulses, clammy skin, patient temperature can also be monitored just by touching your wrist whilst monitoring your pulse rate. So, over the next few months, any patients admitted to our wards at St Helier will notice that nurses and healthcare assistants will be using the old fashioned methods. The use of the electronic dynamaps will be minimal, but still present in patients requiring frequent monitoring.

I can confirm that frilly hats and starched aprons will not be returning to the wards.....

Assisted Automated Peritoneal Dialysis (aAPD)

Health Care Assistants trained and employed by Epsom and St Helier NHS Trust will soon be supporting the small number of patients who are on aAPD. This initiative will support us in increase the number of patients on this form of treatment. This treatment option is suitable for patients who chose to perform home treatment using peritoneal dialysis, but are unable to manage CAPD or APD independently. A healthcare assistant attends the patients home daily to set up the APD machine. The patient then connects themselves to the APD machine overnight, then disconnect in the morning.

Mary Murkurva Peritoneal Dialysis Sister 0208 296 2494 can answer any queries related to this form of treatment.

We would like to wish you all a very Happy New Year, we look forward to working with you all in 2011.

Susie Mallinder , Joint Lead Nurse

Renal Patients and the Seasonal Flu Vaccine

The Department of Health recommends that all patients with chronic kidney disease, and all those on drugs to suppress their immune system, should be vaccinated against seasonal flu. Please contact your GP Surgery to arrange vaccination.

The only exception is patients who have received a recent Transplant (within the last 3 months) - in this instance discuss with your nephrologist first.



South West Thames Institute for Renal Research



I wish to start by wishing all the readers of Renality a very happy new year. As many of you know I usually spend my New Year's Eve (or Hogmanay I should say) in Scotland. And around this time of year we seem to spend as much time looking to the past as looking to the future, "for the sake of auld lang syne" and all that.

So even though we are usually very forward looking people at the Institute, and I'll return to that later, I have had occasion to reflect on the past a little. In November there is the annual international kidney meeting, the ASN, and last year (2010) when I was there I ran into James Browne, well more than ran into him I went to hear him give a talk. Some of you may remember the name James Browne, not the singer but the marathon running young scientist who did his PhD with me here at the Institute. James is currently working in Chicago with a leading US research team studying diabetic nephropathy. It's very encouraging seeing someone we trained doing so well. The first three years of James' studies was paid for by a grant I was awarded from the Research & Development Department here at St Helier but the final year was paid for by the generosity of our donors and people who had left us a legacy. And the way of these things is that when you start thinking about one person from the past you often start to think about others; our first scientist PhD student was Alex Pearson whose work was also supported by a combination of different funding sources including legacies. Alex worked in Renal Research for nearly 10 years before he moved over to cancer research; I noticed his name as one of the authors of a very impressive paper about breast cancer just last year. I mention these chaps because of the extremely impressive work they are now doing and will probably continue to do and I think what a tribute they are to the Institute and what a real living legacy they are to the people who helped support them in their PhD training by making donations or leaving money in their will.

That is the past and as I said the very nature of what we do here at the Institute is the future. We must make sure we continue to train scientists and clinicians as well as performing our own ground breaking research.

A little while ago I mentioned to you that we had a bright new PhD student with us by the name of Irbaz Badshah (or Buzz for short), well at this very moment I am also in the process of trying to recruit another, a young man who would bring all his own funding. Obviously our reputation is growing because this chap actually approached me about coming to the Institute and if we can get the relevant paper work sorted out we may be able to bring him to SWTIRR by March or April 2011. Both of these scientists are going to be delving into a new area of research for us; their work will involve studying human podocytes. And what is a human "podocyte"? Well I'm sure the classical scholars among you can see that it comes from the two Greek words meaning foot and cell; it is, indeed, a type of cell that appears to have feet. In fact it is a cell that plays a very important role in the filtering function of the kidney, is severely affected by diabetes and may play a role in diabetic nephropathy.

It is not often that we have two scientist PhD students in the Institute rather than 2 doctors but there is increasing financial pressure on the renal unit and us and although we consider it part of our mission to train junior doctors in the science underlying kidney disease and produce well rounded expert consultants this is an expensive venture. I have no intention of stopping the current programme we have of training renal registrars in research but we have to use our money the best way we can in our fight against kidney disease.

**"No Funding = No Research;
No Research = No Cure"**

Mark Dockrell, Director

Looking to the future –

Renal and Diabetic research at the South West Thames Institute for Renal Research.

It was a late summers evening in 1989 a group of patients and carers gathered at a house in Sutton. It wasn't a social gathering, many of us hadn't met before and yet from that gathering Dr Mike Bending's vision of the South West Thames Institute for Renal Research was born.

Shortly after that meeting the “Epsom Kidney Fund” was renamed the “SW Thames Kidney Fund” and I became involved, firstly as the fundraiser and then once the building work of the new laboratories started as the project co-ordinator for the fund.

It was a fascinating process, with tremendous support from patients, staff, carers and friends. I had been involved in fund raising for local charities but only on a relatively small scale. The challenge of raising the £745,000 to build the new laboratories and then much of the funding to equip the Institute was not without its problems and disappointments but by the end of 1995 we had raised most of the fund needed. Thanks to those who helped and made it possible, in 1999 the Institute opened its doors and has continued to expand its work through to today.

The Issues Facing the Institute today.

Firstly the uncertainty of funding:- Research grants and commercial funding which has been a major source of income has been dramatically reduced. **We need new sources of funding if we are to ride out these difficult times.**

Secondly we need to expand the Institute's facilities:- If the Institute is to continue it's work and naturally grow we will need to expand the building and provide new equipment. **We need the funding to enable this to happen.**

We have never employed any paid fundraisers, the patients, staff, carers and friends have always been our unpaid fundraisers, **Over 99% of money raised has been spent on the Institute and its research programs.**

The Task Ahead - Raise £2,000,000 in the next 2 to 3 years.

Operational Fund. - Raise an additional £1,000,000 to ride out the shortfall in our running costs and expand the research over the next 3 or 4 years.

Building Fund. - Raise another £1,000,000 needed to expand the building and provide new equipment.

How do we achieve our target? - With your help!

In 1989 I left that meeting in Sutton thinking that I must have been crazy to get involved in such a project as to build a Research Institute. We had about 2,000 patients and carers at the time and they raised the funds needed to get the building built.

Today we have sent out about 5,000 copies of 'Renality' together with a DVD which explains how the South West Thames Kidney Fund works to fund the work of the Institute. It also explains how Helier Scientific Ltd. exploits commercial opportunities and passes back all profits to the South West Thames Kidney Fund to support the research at the Institute.

Renality is read on average by at least a patient and a carer. This should mean that about 10,000 people will read this article and hopefully watch the DVD. If everyone of those who read the article and watched the DVD raised £200 over the next two years that is £2 per week over the next two years we would reach our target. I can hear you all saying to yourselves but it just does not work like that, and you are right, it does not, but we would have raised £2,000,000!

What will work is if everyone tries to raise £200, some will perhaps only raise £20 or £50 over the two years some £100 some £200. Some will surprise themselves and raise may be £500 or £1,000. Some will surprise themselves and raise much more. You may wish to remember the South West Thames Kidney fund in your will.

How do you raise your £200. The best advice I can offer is to ask you to talk to your friends and family, show them the DVD if you can, we do have some spare copies if needed and the film clips will be on our websites. You will be surprised how willing friends and family are to help when asked. When we were fund raising to build the institute in 1990 one pensioner with a number of medical issues spoke to a number of his friends one of which was organising a charity golf day, some weeks later he was handed a cheque for just under £8,000 for the fund. We received several very large donations that were made simply because someone told somebody who told somebody else. It does work; try it. Do contact us if you need any help or wish to join a local fund raising group.

If you are on Facebook or another social networking group why not use it as part of your fund raising effort.

Renal replacement therapy can cost up to £50,000 per year for some patients. Here is your chance to help fund valuable research to improve the treatment of renal disease and diabetes both now and in the future.

Make fundraising for the South West Thames Kidney Fund part of your contribution to the Big Society!

Richard Sammons, Chairman, SWTIRR





South West Thames Kidney Fund - raising funds for research at South West Thames Institute for Renal Research



Dear Kidney Funders,

For over forty years Renal Consultants at St Helier Hospital have been pressing for improved access to renal services in Surrey. In ancient history we opened clinics at St Luke's Hospital in Guildford, and this was subsequently transferred to The Royal Surrey County Hospital. Clinics followed at Frimley Park and St Peter's Hospital and Kingston Hospital, but still there was an enormous void in Renal Services between St Helier Hospital, Carshalton and St Mary's Hospital Portsmouth.

This deficiency was partly remedied by the opening of satellite dialysis units in Woking, Crawley, and Farnham.

Through 2010 it looked as though in-patient facilities for patients with renal failure might be provided in Surrey, but the financial crisis may prevent this.

Meanwhile research and development continues apace in the Institute for Renal Research at St Helier, and your Kidney Fund continues to raise money to ensure this continuation. Branches of the fund are extremely vigorous in Farnham and Sutton but we desperately need new supporters and new ideas in Croydon, Redhill and Reigate, Wandsworth, Kingston, Esher, Chertsey and Guildford. Working together on a cause that is so important to all in the Kidney community can be most invigorating, enjoyable and great fun.

2010 saw the second five year assessment of the quality of renal research pursued. This was conducted by five visiting Professors from around the country. The feed back was very encouraging and quite a few suggestions were made for modifications and improvement in our work.

Elsewhere in this journal you will be able to read Dr Mark Dockrell's report on the research we are engaged in.

During the last year Richard Sammons has again challenged us to consider extending the Institute, providing more laboratory space and better conference facilities. If we are to keep up with Richards dream (page 13) we are going to have to work even harder at providing the necessary funds.

With seasons greetings
Yours sincerely

Michael Bending, Chairman

South West Thames Kidney Fund Branch News:

Sutton Branch of the SWTKF held a very successful Christmas Gourmet Supper on the 23rd November at The Chateau in South Croydon. A good time was had by all and the evening raised the grand sum of £695.

Frimley Park & Guildford Branch: A sale was held at Farnham Hospital on Wednesday 17 November and the total sales of goods and produce raised £150 for the Kidney Fund.

When the snow was thick on the ground, Dennis Amy and his family spent Saturday 4th December in the open air at Godalming Christmas Fayre, selling the marmalade and chutneys Dennis had made throughout the season. Despite

the weather, £1007 was raised for SWTKF. That is devotion to a cause! Thank you, Dennis and family.

On the same day, the last of the tickets for the Branch Grand Christmas Raffle were sold at Ash Village Fayre. The stall was run by Angie & Graham Morrow and their son Craig. Gross takings for the Draw were £1031.50 and after expenses there was a net profit of £752.50. Our thanks to Angie and Graham for organising this and to all who helped. (Prize winners on next page)

Our grateful thanks go to Budgens at Ash who continue to support SWTKF. This is the third year running they have contributed to our funds by holding Easter raffles, selling carrier bags for the Fund, holding collecting boxes and running stalls at events. To date, the total they have raised for us is £3131.10.

SWTKF Grand Raffle Prize Winners 2010

No.	Ticket	Name	Prize	No.	Ticket	Name	Prize
1.	000494	R Moore	£200	9.	001353	H Coupland	Bottle Red Wine
2.	001349	A Merritt	Trial Flight lesson	10.	004623	P Meehan	Satsuma Body Set
3.	000716	S Brockbank	Single Malt Whiskey	11.	004841	D Nutley	Desk Clock
4.	001345	J Warnes	Tennis Racquet	12.	000041	P Hoggett	W&G Coffee Set
5.	002897	H Shiatis	Racer PS3 wheel	13.	004263	LH Conley	Set of Plant Pots
6.	001583	Rose	Cappuccino set	14.	004885	J Newberry	Danish Butter Cookies
7.	001308	Jo Carlson	Box shortbread	15.	000451	T Kersting	Herbal Essence Gift Bag
8.	003033	Carole	Bath Gift set				

SWTKF would like to thank

The Waverley Singers who gave a very successful concert in Guildford Cathedral on Saturday 23rd October to benefit St George's Kidney Patients' Association and South West Thames Kidney Fund. The programme included Bach's Magnificat, Handel's Coronation Anthems, Zadok the Priest, My Heart is Inditing, Bach's Orchestral Suite No 3 in D and Handel's organ Concerto Op 4, no 4.

The Singers chose kidney charities for their annual Autumn Concert, facilitated by one of their members, Jo Reader who is a kidney transplant patient at St. Georges. Her cousin and a lady in the same village as her, Kate Sipton are both kidney patients at St .Helier,

We received a donation from the Waverley Singers for £376 - £1 a ticket donated to each charity. They sold 376 tickets which, they said, exceeded their expectations. We also received a cheque for £340 which was an equal share of the proceeds from the bucket collection, set up by Chris Elliot, Chairman, St George's KPA.

A fantastic result.

Kirsty McSweeney and the Stopgap Group who held a Coffee and Cake Sale which raised £97.66 for the Kidney Fund.

Doris Catterole for making the Kidney Fund the beneficiary of their Long Service Recognition Award from Waitrose

Ken & Glenise Bonner who raised £150 during 2010 at Classic Car Shows and a charity sale.

Many thanks to the **Freemasons of the Rivermead Lodge** have donated £100 from their Relief Chest Scheme.

CSC, a company that gave a donation of £200 to South West Thames Kidney Fund. Employees have the opportunity to apply for charitable donations if they are actively supporting a charity. They supported Chris McSweeney who worked hard with her family during 2010 to raise funds (and awareness) of the work of SWTKF.

We would like to thank those families who gave donations in memory of:

Royston Thomas
George Dann
Anthony Patrick Selby
Lannon Guyatt
Mrs Sheena Elizabeth Vacha
Rebecca Pettitt (at the request of her mother, Jill made a donation to SWTKF)

B&Q for their Employee Matched Funding Scheme. The Kidney Fund benefited to the tune of an additional £112 to match the 2010 Adidas 5K sponsorship raised by Paula White.

Mrs Phyllis Hall
David Rout

We are very grateful for the legacy from Mrs Cheriton



Start planning next World Kidney Day now! 10 March 2011

The 2011 Campaign will focus on the important link between Chronic Kidney Disease and Cardiovascular Disease and the fact that Chronic Kidney Disease is a major risk for Cardiovascular Disease. The slogan for this year's campaign is **'Protect Your Kidneys and Save Your Heart'**.

Join the South West Thames Kidney Fund at their stall outside the Robert Dyas store in the St Nicholas Centre, Sutton High Street on 10 March 2011.

Let us know if you would like to volunteer to help on the day.



Christmas is over, but the Time for Giving is **NEVER** over!

The New Year is a time for New Resolutions. With will-power and resolve we strive to break bad, unhealthy habits. How about forging new, good habits?

Exercise your 'WILL POWER' and leave the South West Thames Kidney Fund a gift in your will.



The lives of many people, and those close to them, are seriously affected by kidney disease.

"I have an incurable kidney condition which has ultimately led to dialysis and I am currently awaiting a kidney transplant. I face many hours of each week given over to dialysis. This has a huge impact not only on my life but also on the life of my family who help me cope with the physical deterioration caused by kidney failures, and with the black moments when one wonders where this is all going to end".

What can we do to stop this?

RESEARCH is the only answer to find a prevention or a cure for kidney disease.

"Knowing that there are research charities such as the South West Thames Kidney Fund working very hard raising funds for kidney disease research helps me stay positive while I face an uncertain future. Without the knowledge that there is hope through research, the future would look very bleak".

How can you help?

Make "INVESTING IN KIDNEY HEALTH" your legacy for the future. You can help secure the future of Kidney Disease Research by remembering the South West Thames Kidney Fund (registered charity no. 800952) in your will. Every gift, no matter how large or small, will make a difference to present and future generations.

Visit www.kidneyfund.org.uk/legacies for examples of types of legacies; wording for your will; ways to add a codicil to your existing will and more information on how your gift will be used. Please, do consult a solicitor.

Thank you for thinking of the South West Thames Kidney Fund in this special way.

If you would like further information, please email legacies@kidneyfund.org.uk or

Kidney Fund Lottery Winners (26 winners from July to December)

October 2010

1st	101069	Addlestone
8th	101037	Chobham
15th	101114	Farnham
22nd	101083	Guildford
29th	101019	Shepperton

November 2010

5th	101068	Wallington
12th	101122	Wallington
19th	101085	Ewell
26th	101105	Horley

December 2010

3rd	101088	Woking
10th	101044	Shepperton
17th	101076	Wallington
24th	101039	Frimley
31st	101144	Belmont

Winners have received cheques ranging between £60 and £77.

More people are joining the Kidney Fund Lottery. Will You?

London Marathon Runners' stories: see back page



PATRICK WALLIS - I am just turned 40. I have been running for ever. I have always been fit fortunately and it came as a bit of a shock when a routine urine test indicated kidney problems. I had just returned from Austria where I had been training often in the lakes. I was so shocked when I found out I just sat down and didn't train for 5 months. The consultant advised me to have a biopsy to determine the exact disease I have. Foolishly I have not had the biopsy yet as I'm kinda nervous to have this procedure. I work as a personal trainer and I coach running too sometimes.

RICHARD EVERSDEN - Last year a friend, aged 26, died very tragically after a successful heart transplant. His family had the courage to donate his kidneys before his life support was turned off as they believed it would have been his wish as his life

had been transformed by the transplant and he would want the same for others. In addition my mother has worked for the Trust for many years and leads the lithotripsy team. I know something of her work and the importance of clearing kidney stones.

I chose the S W Thames Kidney Fund because of the above reasons and also I believe the high profile charities get a lot of support but there are smaller charities such as this, which do equally important work but do not get the same level of income. I am pleased that I can make a contribution to their research funds. I work in the hospitality industry which I enjoy very much, I am on my feet, constantly busy and always keen to do my best, which is the same for reaching my pledge to this charity and my personal goals leading up to the Marathon. I have my elder sister to thank for setting a competitive time for the Marathon, which I now, obviously have to beat!!



STUART HAYWARD - I am a 26 year old (27 at the time of the Marathon) Personal Trainer currently working at a gym in Croydon. I have a long and passionate love for all sports, especially Football and Running. I have been playing football since the age of 7 and am an extremely keen follower of Chelsea FC.



I was diagnosed with Behcet's Syndrome in 2003 and thanks to the amazing Dr Makanjuola and the fantastic care that I've received from the CAPD team I am able to stay fit and well most of the time. I can't thank the team enough for what they have done for me but hopefully running the Marathon will be a very small token of my heart felt appreciation. My job involves training individuals and helping them to reach their highest level of mental and physical fitness even if they suffer with health issues as I do. As well as being a Personal Trainer, football and athletics coach, I teach Spin, Circuit Training, Abs, Stretch and Strengthen and have recently started a new Running Club for the gym - I couldn't possibly do

any of this if it weren't for Dr Makanjuola and the team. I am trying to raise as much money as possible so I'll be running the Paris Marathon the week before the London marathon..... If I can still walk!

ADRIAN FULLER - I'm very honoured to be able to be able to give something back for what was done for my son Fred. The reason I've chose the South West Thames Kidney Fund is because my son was only found to have kidney failure through a tragic event which saved his life. If he had not been not involved in this event kidney failure would not have been detected for a few more years which could have been catastrophic for our family. I have seen the Renal Dept first hand and the fantastic work and support the staff give and realize the need for further research to identify kidney disease earlier as others may not be as lucky as my family. I am an avid Portsmouth FC football fan and a keen sportsman. I'm a dog lover and have a King Charles spaniel & a Jack Russell. I have 3 children one of each (boy, girl and one in the Navy LOL). I have been on the Railway doing engineering for all my working life at present I'm an assistant track section manager for Network rail Based at Havant. I would like to think I have a good sense of humour.



PATRICK ADAMS - My name is Patrick. I am 22 years old and currently work for the Elective Orthopaedic Centre at Epsom General Hospital in Theatres. I have chosen to run for this particular Charity as my mum is a sufferer of Kidney Disease and I see this as a worthy cause. I am also running because it is something I have always wanted to do and I need to beat my mum's time that she set back in 2004 for her to double her donation! Bring it on!

Our Kidney Fund Team will run the London Marathon on 17th April:



Here are their stories:

VIP DE SILVA - I have been a kidney doctor for just over 10 years now. In that time I have met so many people who have been affected by kidney disease. Some have recovered, some have ended up needing regular dialysis and a few have had successful transplants. Sadly many have died. Our treatments are far from perfect and we have a vast amount to learn about why kidneys fail and what we can do to save them. The South West Thames Kidney Fund is a charity that supports cutting edge research into the causes of kidney disease. Much of what it does is focused around the renal research institute and renal wards at St Helier Hospital in Carshalton, Surrey. In 2011 I will be 40 years old. It seemed an appropriate year to run a race of just over 40km and at the same time to raise as much funding as I can for the Kidney Fund.

I started 2010 extremely unfit and rather overweight. In April I started running and the photo above is from a 5km race in June. I agreed to run the Marathon in October and I will keep this page updated with my training progress as the next 6 months pass.

SUE WOODCOCK

So why am I running the 2011 Virgin Marathon? First, because supporting the Renal Research Institute is a great thing to do, helping to fund research that one day might help to find a cure for kidney failure. Second, because in 1982 I watched my 45 year old Dad run the first Wolverhampton Marathon and as an 18 year old it was one of the most inspiring things I had ever witnessed. I was so proud of my Dad and decided there and then, that one day I would also attempt a marathon. Well, the years have rolled by and I have become a keen competitive swimmer and have done more than a few triathlons but I have never quite got round to that marathon ... until now, at 46 and one year older than when my Dad first ran! I doubt I will achieve his best time of 3 hrs 30 mins. I am aiming more for a sub 5 hour time, but I am planning to run dressed as Amy Winehouse. The wind resistance set up by that huge wig will be quite something, but to be completely honest with you ... anything to get on the telly! So on the 17th April 2011 keep your eyes peeled and look out for a slow plodding Amy Winehouse wearing a South West Thames Kidney Fund t-shirt!



*Our Team will be training in all weathers for
South West Thames Kidney Fund
and the future of kidney research*

**Please support them by using the sponsor form provided in this issue or
online at <http://www.justgiving/kidneyfund2011>**

