

RENALITY

The NEWSLETTER of...

July 2011

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

Bumper year marks a major boost for the Kidney Fund

By Dr Michael Bending, Chairman South West Thames Kidney Fund

SOMETIMES I think that it is amazing that democracy has flourished in our Islands.

We are a pretty cynical, down to earth, pragmatic group of nations. We have a very healthy distrust of authority and we love to feel free to pursue our own ideals.



So when our new coalition government comes up with the concept of the Big Society our first thought is "This is a wonderful idea: all caring for each other, the strong looking after the weak, the rich looking out for the poor."

And our second thought is "What a scam: the Kidney Community has been doing this for years...this is nothing new to us!"

In the renal community, patients, relatives, friends, nurses, technicians, dieticians, secretaries, cleaners, social workers, receptionists, managers, accountants, research workers and doctors have been working as a team for many, many years.

The height of this team effort is perhaps to see a mother or father, brother or sister, or spouse step forward to donate a precious live kidney to end a life on dialysis. Truly inspiring. (continues on Page 3)

'£226,605 in 2010/2011 – What an achievement' Turn to Page 3



FAREWELL TO CHRISTINA

As many of you will already know, sadly for us, Christina Ho has retired after working in the Renal Department for a staggering 34 years - over 40 years in the NHS, writes SUSIE MALLINDER.

She was an absolute pleasure to work with, knowledgeable, dedicated, committed, extremely hard working, so passionate about her work, and every other superlative there is!

Christina retired on 25th May 2011, but we wouldn't let her go quietly. A couple of 'lively do's' were organised. One being a surprise party in the Renal Unit (which Christina arrived at, having gone home to change)!

The crowd included ex-members of staff that Christina had not seen for numerous years, to recent transplant patients who were still under her watchful care. Curry and cakes were consumed, unfortunately champagne had to wait until the following night.

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ST HELIER & SURREY KPA
Dave Spensley, Chairman
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Jim Rae, Treasurer:
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A Message from the Editor:

In this issue we record a fantastic year of fundraising for the South West Thames Kidney Fund which, of course, will mean the dedicated renal research team at the Institute will be better equipped in their quest to improve the lives of all kidney patients.

The magnificent efforts of those who contribute to that fundraising are also recorded and we should all applaud their continued support, and also those who generously donate and make bequests.

There is also news of a new leaflet available, describing in detail what to expect when you undergo a transplant. I was given my own new kidney two years ago on September 16—and those of us lucky enough to have gone through that process know only too well the conflicting emotions prior to the operation and the enormous relief and sense of well-being afterwards.

Mine was a small piece in the history of the Renal Unit, being the Trust’s first ABO-incompatible transplant. Even my own GP couldn’t believe I’d had the operation as such things were “impossible” not too long ago. But that’s what Renal research means—saving ever more lives! So I’d like to add my own personal thanks to each and every person who raises money for the SWTKF and also for the St Helier and Surrey KPA who help to maintain and improve the quality of life for all those facing the daily battle with dialysis.

Steve Purcell (steve_purcell@btinternet.com)

RENALITY

is now available on CD, PDF form & large print

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

We thank Graham Morrow who produces the electronic version.

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

07970 675087 or email: steve_purcell@btinternet.com

REMEMBER...

our website addresses are:

South West Thames Kidney Fund:

www.kidneyfund.org.uk

South West Thames Institute for Renal Research:

www.swtirr.org.uk

St Helier & Surrey Kidney Patient Association

www.shskpa.org

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

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

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

**A BUMPER YEAR
SEES SOUTH WEST
THAMES KIDNEY
FUND BOOSTED
BY £226,605...**

CONTINUED FROM PAGE 1

It is this spirit of endeavour that achieved the building of the South West Thames Institute for Renal Research.

This year our scientists have pushed the boundaries of knowledge further towards the goals of early diagnosis of chronic kidney disease, and of slowing down that disease process from and ever earlier starting point.

The South West Thames Kidney Fund is delighted to report a bumper year of fund raising to support these aims.

Our accounts, to be presented by Hon Treasurer, Alan Ratcliffe at our Annual General Meeting on 13th July will show that, despite hard times, our income in the last year is up from £163,085 in 2009/2010 to £226,605 in 2010/2011.



What an achievement. Much of this increase is due to an increase in most generous legacies from friends and well-wishers who appreciate the importance of research and development in maintaining progress in the future.

This year Your Kidney Fund has also set up a new fund raising sub-committee.

The brief of this committee is to document ways in which individuals can make a difference.

We will be providing starter packs bursting with new ideas for fund raising events, and we will be providing help in getting projects up and running.

Thank you all for your continuing support of the BIG KIDNEY SOCIETY...

And here's how some of it was raised for **SWTKF**



Pachesham golfers to the fore

STEVE MANSLEY and Nicole Watkins were delighted to hand over a cheque for £3,430 to Dr Michael Bending as proceeds raised by Pachesham Park Golf Club for their 2010/11 designated charity the South West Thames Kidney Fund.

As club captains for last year, Steve and Nicole raised the money through a successful Charity Day as well as an auction and various raffles, quiz nights, and lunches held during their term of office. A '£1 Charity Bunker' on the course also claimed many victims throughout the year!

The collection was also boosted thanks to collection boxes at Sandown Sports Club organised by Nicole's husband Terry. Men's captain Steve said: "We have a relatively small membership here at Pachesham so were absolutely delighted with the response of our members and their guests in raising such an amount, it exceeded all our expectations."



ALLAN and SALLY BEER ran a 'Good As New' stall at the Ashted Village Day, raising an impressive £215.35 – PLUS another £94 selling tickets for the SWTKF 'Win A Car' draw.

Sally donated a kidney to her sister Barbara last September who has had long-term kidney failure.

Allan says: "What a day. The weather was excellent, in fact at times too hot. We decided to run a 'Good as New Stall' with all the items being donated by family and friends, clothes, CD's, jewellery, ornaments, etc. This being our first year, in fact our first attempt at anything on this scale, the hardest part was pricing the items. You

want them to sell but also raise as much money for the Charity as possible.

"I think in the end we were probably too low in price but we did sell a lot. There were, of course, many other Charities, all running similar stalls.

There were five of us running the stall, myself, Sally my wife, sister-in-law Anne and Barbara, Sally's sister (the girls are pictured above).

My brother-in-law Roy and Barbara's husband Barry also helped. They were all great and made the day what it was — a really good laugh which should be one of the main aims of the day."

Donating and receiving a kidney...

WHAT TO EXPECT

TRANSPLANT nurses at St Helier Hospital have worked closely with patients and the British Kidney Patient Association to produce two attractive and helpful new leaflets for anyone donating or receiving a kidney.



These comprehensive leaflets are now available not only in our hospital, but all over the country to help others on their journey through a living kidney transplant. They've been launched to coincide with the National Transplant Week at the beginning of July and will be a valuable new resource for patients and their families.

Kate Shipton, a patient at St Helier received a kidney from her 32 year old son Matt in September last year. She had a positive experience of living kidney donation and is now keen to help others around the country have a similar experience. Kate feels that more information on what tests and examinations both the donor and recipient will have to go through would be valuable to know before, during and after transplant.

These new leaflets called *Donating and Receiving a kidney – What to expect* have been carefully planned with input from patients and members of the transplant team at the South Thames Renal Unit. They offer a clear guide to patients wanting to know more about their pathway through donation and what to expect along the way and allow progress to be recorded.

Kate is a Trustee of the British Kidney Patient Association and is keen to help others with kidney disease. She also writes a blog for the charity website. Chief Executive of the BKPA, Rosemary Macri says: "Many kidney patients visit our website to find information and it's our duty to provide quality and informative leaflets that will support what local hospitals can also provide. These new leaflets can be picked up in clinics or downloaded from our website."

Living Donation: Kate and Matt's story

Matt, 32 donated a kidney to his mum Kate in September last year.

Matt says it was an easy decision to give a kidney to his mum as he was a good match.

He says: "Whilst mum said 'no' to start with, I'm stubborn and I like to make my own decisions. My main concern about donating a kidney was whether I could still drink beer and when I had a positive answer, it was all go.

"I was quite sore after the operation, but the pain eased off and I was back to work quite soon. I know I can live with one kidney and so my life hasn't changed at all really.

"I still have the same plans and goals just like anyone else my age. I possibly get slightly worse hangovers, but I try to keep myself well hydrated."

For Kate, the story is slightly different and she says that she still finds it hard to celebrate.

"I'm a naturally cautious person and it's hard to celebrate too soon, especially when it's your son who's given one of his kidneys. It's such a big thing to be given the 'gift of life'. It's an emotional time and involves the whole family too.

"There are lots of reminders too at the beginning, with regular visits back to the hospital and there's the medication to take every day but I can now live life to the full again away from dialysis and give back to others."



Copies of the leaflet can be downloaded from the BKPA website www.britishkidney-pa.co.uk or please call the BKPA on Tel 01420 541424 and copies can be posted.



SURPRISE, SURPRISE..

Party time for Christina with work colleagues

I started work in the renal unit in May 1977, writes CHRISTINA HO.

This year, after more than 30 years working here, I am excited about the prospect of retirement, but am also very sad to leave the wonderful, committed staff and fantastic patients I've come to know over the years.

Working at St Helier, I have met so many interesting and lovely people, from all walks of life, and this is something I shall miss and treasure very much. I have been constantly inspired by the bravery, strength and positive attitude of our patients and their determination to overcome their illnesses.

I've also been touched by people's capacity for generosity as parents, children, friends and family members have come forward to donate a kidney.

When I started at the renal unit, home haemodialysis was the only option for renal replacement therapy.

Over the last 30-odd years, there have been many developments and new technologies that have transformed the treatment of chronic kidney disease and given many people the chance of a better quality of life.

One of the most wonderful changes has been the increased understanding surrounding kidney donation – leading to huge increases in those coming forward. Much of this has been down to the openness of patients and donors willing to share their experiences.

I've been really touched by all the good wishes and kind gifts from patients and staff and would like to thank everyone who helped make my retirement parties such fun. It has been a pleasure working at South West Thames renal unit. I appreciate all the help and support that I have received from my nursing colleagues, admin, secretarial and medical staff, who have made my time at St Helier so memorable.

I look forward to seeing many of you at fundraising events and the Patient Transplant Games!



IT'S PARTY TIME PART 2

FROM PAGE 1...

The 2nd Do has been described as a rip roaring night out at Tapanco's Restaurant in Wimbledon, which over 80 guests attended - friends, family, colleagues, medical, nursing, clerical and patients.

Christina (with her husband right) will be sorely missed by all, especially her patient's who she cared for dearly. She had exemplary caring skills towards both her colleagues' and patients. Nothing was too difficult for her. She loved her job.



We also loved her cooking, which she was well known for within the Renal Unit and the wider community. Staff report that their clothes are feeling more comfortable and inches have been lost from the waist lines, now that the famous banoffee pies are no longer circulating.

We wish you a very Happy and Healthy retirement and thank you Christina for the past 34 years!

Louise and Anna have joined Tracy and Debbie in the Transplant Team. Kirstie is currently on Maternity Leave, but will be returning next year. (SUSIE MALLINDER, Lead Nurses)

Change, challenges and reflections...

By Dr JAMES MARSH,
Outgoing Clinical Director



St Helier Hospital is facing a time of huge challenge. Many of you will have heard about the proposed changes to the NHS structure proposed in the government's Health Bill. One of the consequences is that Epsom and St Helier Hospitals will merge with new partner hospitals in order to apply to become a Foundation Trust.

I have taken on a new role as Deputy Medical Director to work through some of the clinical aspects of this process, as well as helping to review the wider clinical services in the hospital.

It is therefore with mixed emotions that I have stepped down as Clinical Director of Renal Services. I have been in this post for the past three years and it has been a privilege to have worked in the Renal Management Team. Peter Andrews is now the Clinical Director, and I know that he will bring energy and a fresh perspective to the Renal Unit.

I have a few personal reflections of life as Clinical Director over the past three years.

Independence

The identity of the Renal Unit is important to us as staff, patients and carers. The Hospital has allowed us to maintain a degree of independence which we feel is important to flexibly adapt to changing needs and pressures. However, we don't live in a vacuum and over the past three years, I have worked to forge closer working relations with the Renal Service at St George's Hospital so that we can provide a more integrated service for patients across the region. We have a number of projects underway to strengthen this clinical network across south west London, Surrey and its borders.

People

There are so many wonderful individual members of staff working within the department but what matters most is team-working, care and empathy. I could name so many people from front line nurses and doctors to the essential behind the scenes staff who are so often unsung heroes. I know that we don't always get things right, but I don't doubt the huge effort that team support workers, receptionists, booking staff, secretaries, and clerks put into trying to keep things running smoothly.

Patients

I am indebted to the work of your Kidney Patients Association committee members who raise so much money and contribute in so many ways to creating a community feeling within the Unit. It is a regret that we don't have more patients attending the KPA meetings, and as a minimum, I would like to see each dialysis unit having a patient representative. It is *your* service, and we need to know how we can make things work for you. Please provide constructive feedback (either positive or negative) from your experience on the ward, outpatients or dialysis so that we can improve what we do. I know that many patients 'mentor' new starters onto dialysis, and it would be good to formalise this support for patients undergoing a difficult transition in their care.

Myself

I am, first of all, a renal physician. One condition of taking on my new role was that I would retain my existing clinical commitments. I therefore do not see any difference to my clinical working in the near future. My outpatient clinical work at West Byfleet and St Peter's provides me with a degree of sanity and within the chaos that is the NHS.

I wish Peter Andrews all the best in his role as Clinical Director. I hope that he feels as honoured and blessed as I have been over the past three years. No doubt the Renal Unit will face significant challenges in the future, but I know that he will be grounded and have wise counsel from the rest of the Renal Management Team.

WE ARE LIVING IN INTERESTING TIMES

‘The Renal Unit is recognised by the Trust as a beacon of excellence but we know there are some difficult days ahead’



By Dr PETER ANDREWS
Clinical Director

Those with a good memory will recall that I wrote in November about acting up in the role of Clinical Director while James Marsh was seconded elsewhere in the Trust.

After a brief return to the fold, James has been seduced by the glitter of senior management and has accepted a part-time role as Deputy Medical Director for the Trust. He will continue to work part-time as a renal physician, both at St Helier and at St Peter’s Hospital, Chertsey.

This is a well deserved recognition of his excellent work over the last three years, and I am sure you will join me in wishing him well in his new position.

The search for a new Clinical Director for the Renal Unit was a short one, and I ended up the one standing when the music stopped. I follow in the footsteps of Anthony Eisinger, Jonathan Kwan and James. Each had very different styles and strengths, and are very big boots to fill. I look forward to working with you all, and the opportunity to bring my own approach to the role.

This is a particularly challenging time to take up the reins. No-one can ignore the huge pressures – political, clinical and financial – that are building.

While we can be proud that the Renal Unit is recognised as a beacon of excellence in the Trust, it would be naïve to assume that we will be protected from the coming storms. Perhaps the most immediate concern is the upcoming separation of Epsom and St Helier Hospitals.

As you may be aware, the merged Trust has never been a comfortable marriage, and government reforms together with reductions in the money available for the local PCTs have meant that each site will have to seek a new partner.

At the time of writing, it is likely that St Helier will end up in a new alliance with St George’s Hospital, while Epsom may pair either with Ashford & St Peter’s, or Guildford.

It is difficult to predict what the impact of these changes will be for the Renal Unit, but an alliance with St George’s Hospital is bound to lead to a closer working relationship with the renal unit there. This is obviously

both an opportunity and a risk, and you can rest assured that the Renal Management Team at St Helier will be looking to use the changes to keep renal services in South West London, Surrey and borders right at the top of the local health agenda.

Financial pressures aside, this is also a difficult time for some of our colleagues. Significant changes are proposed internally within the Trust, both to the way in which our Administrative and Clerical teams work, and also to medical rotas and working patterns. Allied to management reorganisation, it seems that we are always in the process of reform!

On a more positive note, we had the welcome news that two of our Consultant staff have recently had healthy babies – a boy for Dr Shiell and a girl for Dr Wahba. I am assured that both are healthy and beautiful (the children, that is).

We were also recently pleased to announce the development of a new clinic, the Transition Clinic, which is designed to help the sometimes difficult transition from childhood to adult life, made all the more difficult if you are also suffering from kidney disease.

Led by Dr Fiona Harris, we hope that it will make a difficult time easier for the (fortunately) small number of people who will be attending it.

Finally, and following on from my Christmas newsletter, the sad news for those who were kind enough to enquire is that I was not successful in my bid for a family dog.

My wife tells me that she is already fed up with three ugly, slobbering millstones around her neck.

All the more time to devote to the Renal Community!

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

Annual General Meeting

of the

**St Helier & Surrey Kidney
Patients Association**

**Wednesday 16th November 2011
at 7.30 p.m.**

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

Tea, Coffee and Biscuits will be available

St Helier and Surrey Kidney Patients' Association



A message from your Chairman, Dave Spensley...

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

It's been a relatively quiet few months so there's not too much to report on. An update on the main ongoing projects and various other matters are set out below.

Surrey Renal Service

I have finally received a reply to the letter that I sent to the CEO of NHS Surrey.

It basically says that a new In Patient renal unit in the heartland of Surrey would not have been the best use of the taxpayer's money and the existing service is adequate. If that's the case I'm at a loss as to why NHS Surrey started the tender process in the first place, a process that wasted a huge some of tax payer's money !!

Their CEO also said that Surrey Renal patients have alternative choices saying that we can use St Georges, Guys & St Thomas's or the Hammersmith hospital. The exercise was to provide a service at least as good as St Helier's closer to home so I can only presume NHS Surrey's geography skills need improving!!

Epsom & St Helier Foundation Trust

On 16th June 2011 the board issued a press release detailing the names of organisations interested in merging with Epsom, St Helier and Sutton hospitals in order to achieve foundation status. These are:

Interested in merging with Epsom hospital:

Ashford and St Peter's Hospitals NHS Foundation Trust

Royal Surrey County Hospital NHS Foundation Trust

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

St George's Healthcare NHS Trust

All three organisations will now be invited to formally 'tender' to merge with their selected hospital. The tender process is due to start in July and close in September.

Golf Day

Friday 17th June saw the annual KPA golf day at Manning Heath Golf course in Horsham and this is covered in a separate article. Seventy five golfers took part and the event raised over £2,900, a fabulous total.

Thanks must go to Jim and Shirley Rae for organising this wonderful annual event.

NKF Conference

This will be held at the Hilton Hotel, Blackpool on Saturday 8th and Sunday 9th October and the KPA will pay the special package rate for KPA members.

Sutton, Purley and Epsom Satellites

All 3 of these units are up and running and we need Patient Representatives for all of them. If you're interested please contact me on (01483) 426276.

Other News

KPA AGM:

This years AGM will be held on Wednesday 16th November at 7.30 p.m. in the Blue Room at the renal unit of St Helier.

Christmas Patient Luncheon:

This years luncheon will take place on Saturday 10th December between 12.00 and 2.00 p.m. and again this will also be held in the Blue Room

Best Wishes,

Dave Spensley, Hon. Chairman

Golf day putts a fantastic £2,900 into KPA funds...

SEVENTY-FIVE golfers braved the rain at the fabulous Mannings Heath Golf Club for the John Edward Foxwell Memorial golf day.

We had five businesses or organisations sponsoring holes/long drives, and we had nearly 40 other businesses, organisations or individuals donate to our auction or raffle table.

To all those I say a huge thank you. I also say a big thank you to those that helped along the way and on the day; in particular to Harry Hotz for handling our auction so well.

In cash terms this year the day rendered a surplus of £2,286 - along with this I will be able to recover a further £614 in Gift Aid; making a grand surplus for the event of £2,900

Next year's event will be held on the 22nd June 2012, probably at Mannings Heath; that being dependent upon the deal that we are able to construct. I will be personally thanking all groups that have played, sponsored or donated.

Let's hope that we are able to make the 5th JEF Golf Day in 2012 as good as this year's! **Jim Rae, Hon. Treasurer**

Pictured we have Shirley Rae (John Edward Foxwell's daughter) presenting the trophy to competition winner Mick Rylot who won on count-back with 38 points.



S.H.A.K Patient Christmas Luncheon

Saturday 10th December

12.00 p.m. to 2.00 p.m.

The Blue Room, Renal Unit, St Helier Hospital

All Welcome

The Christmas Grand Draw will take place during the Luncheon

EMILY'S SONGS OF HOPE IN GRANDAD'S MEMORY

Now you can buy her CD to raise funds...

My name is Emily Ware, and recently I lost my Grandad. He was treated at The Renal Unit at St. Helier Hospital. Three times a week he received dialysis on the Harry Secombe Ward and received outstanding care. The nurses were fantastic, but unfortunately on March 16th 2011 he passed away at home.

My mum asked me to sing at his funeral, and I felt honoured to do so. I sang "Gone Too Soon" by Michael Jackson, as I felt it really symbolized how everyone was feeling.

I decided that I was going to put together an album of covers to raise money for the charity SHAK, as it's based at the Renal Unit at St. Helier. I got in contact with a studio called Ten21 in Maidstone, and I went there on 2nd June for a 10 hour recording session, and managed to get 5 songs recorded.

1. Endless Love (Featuring Ross Hardman); 2. Greatest Love Of All; 3. Make You Feel My Love; 4. Promise This; 5. Gone Too Soon

As "Gone Too Soon" was so special to the family, I wanted to name the album after it. I am extremely grateful that my Nan put the money together to pay for the recording, as she has been an amazing help with everything.

My Nan misses my Grandad so much as they were married for a very long time. I hope by doing this for my Nan it will enable her to focus on something positive and help her through this time of sadness.



Emily's CDs are available for a £5 donation, which will all go to SHSKPA. CDs can be purchased at the St Helier server counter or by contacting Dave Spensley on 01483 426276.

KPA Memorial Donations

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

- | | | |
|------------------------|------------------------|---------------------|
| Colin Norman Wakenshaw | Peter Alexander Wright | Cliff Woodman |
| George Armstrong | Elsie Woolerton | Kathleen Sailes |
| Lawrence Martis | Brian Hallowell | Raymond Ruff |
| Kathleen McCarthy | | William Henry White |

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:

- | | |
|--|-------------------------|
| Jackie Moss | Mrs J Walker and Family |
| The staff and patients of Kingston Dialysis Centre | |
| Hannah Cooke | Viv Quek |
| David Stagg | John Burroughs |

OUR MIGHTY MARATHON SWEAT AND TEARS AND



SUE WOODOCK (left)

The London Marathon 2011 - what an experience. I did it! My training indicated I should have finished in 4hrs 40 minutes, but on the day it turned out very differently indeed!

I started at Red Start in pen 9, so right at the back alongside an elderly gent painted blue who called himself The Marching Smurf and 2 guys carrying a double decker bus! I really really wanted to beat that bus!

It took me 25 minutes to cross the start line, an amazing sight all of those thousands of people in front of us. I was on for a 4:40 until just after Tower Bridge, mentally ticking off the times and miles on my pacing band, but then it all went pear shaped.

Was it the heat (it was very hot) was it the demoralising sight of seeing runners on the other side of the road who were 10 miles ahead of me? Whatever it was, I went to a very bad place for about 5 miles and did quite a bit of walking.

But then I knew I would see my kids Josie and Fin with grandma Anne at mile 18, some friends Jackie and Adele at mile 23, Fin and Josie again at Westminster and finally my Mum and Dad and husband Rob on the Mall.

The anticipation of seeing them plus the incredible support from the crowds - lots of 'Come On Sue' - got me round.

I can't tell you just how much that support helped and how much it meant. It is difficult to describe.

Anyway, I finally finished with a time of 5.24.05, ahead of the double decker bus, the Marching Smurf, Sonic the Hedgehog and someone dressed as a huge testicle for a prostate cancer charity.

Would I do it all again?...You bet I would. My application is already in for 2012!

STUART HAYWARD

Congratulations everyone!!

It was a fantastic day and an amazing experience, slowly coming round to the idea of wanting to do it all over again next year!!

My time of 5:36 wasn't the time I expected but I'm just glad to have completed it....

I had to make seven stops with the physio's as well - I think my legs gave up on me but they kept getting me back on my very sore feet!!

Well done for all the pain, effort and money raised everyone!!

RUNNERS GIVE BLOOD RAISE OVER £21,617

MANY many thanks to all of our Renality readers, their families and friends who have raised a fantastic £8,196.87 in response to the marathon sponsor form that was included in the January issue.

This, combined with the amazing £13,420.89 raised by the individual sponsorship efforts of each team member results in a fantastic MARATHON amount of £21,617.76.

In aid of the South West Thames Kidney Fund and the future of Kidney Research.

Despite the heat, every member of the team completed the marathon – in times ranging from 4:34:52 to 7:03:05. Read their accounts to see how they felt about the experience...

VIP DE SILVA

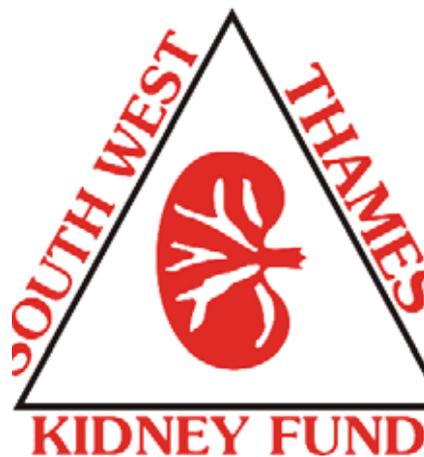
Anne Collard has asked me to jot down a few words about running the London marathon this year as part of the South West Thames kidney fund team.

My association with the St Helier renal unit and the research institute started in 2000 when I joined the team as a rather green junior doctor.

Over the decade since I have been regularly mystified and quietly impressed by the amount of self harm risked by many in the name of fundraising.

In recent years I have witnessed my old bosses Drs Kwan and Bending torture themselves over the winter months in preparation for that one day in April when they could experience even more pain than ever before. Amazingly they always seemed to be smiling afterwards.

Jonathan and Mike have of course left us now for other pastures. I had taken up



running last year largely in an attempt to curb my steadily increasing belt size. Somehow this seemed to lead to me volunteering to be part of the 2011 London marathon team - though I am still not sure of the details of how this happened. I am however, very glad I did.

The generosity of patients, staff and

friends and their willingness to support my efforts was very touching.

I am very grateful to all of you that were able to sponsor me. The training over winter was difficult and in particular very time consuming.

Like most novices at this game I acquired an injury in the form of a pulled calf muscle - though I maintain that this just proves I was at least trying. Race day was much hotter than I was ready for and by the time I reached 20 miles I could not run a step more.

Fortunately my family were able to prod me along at each mile marker and I walked the remainder of the race to finish in a time of just under 6 and a half hours. Never again I proclaimed to random people at the finish line.

With excellent foresight I had booked leave for the week after the race to allow my legs to recover and my feet to heal. A week later I entered the ballot for 2012.

PATRICK WALLIS

This years London Marathon was particularly enjoyable for me because I had recently been informed I had Kidney Disease.

I have always been into running and this news had come as a real shock. I didn't run for 3 months as I struggled to get my head round what this might mean. I managed to talk to a few people who had also experienced Kidney Disease and this helped me greatly.

I got back into my running but not really within enough time to race a marathon. So despite having a zone 1 starting number based on my previous runs, I dropped myself way back amongst the fun runners. I jogged around in little under 5 hrs and had a really enjoyable run.

The last two miles are always a heads down kinda thing but I am happy to know that I am still perfectly able to do this thing I love.

I'm not sure if this is the Kidney problems but I had to pee around 20 times! This was quite funny because at times there were no loos and the course was lined with spectators. I had to nip under the tape at the side of the course and find a bush. I'm glad I'm not a girl!

I am now training for the Berlin Marathon in September. My best wishes to all involved with South West Thames Kidney Fund!

ADRIAN (ADI) FULLER

I thoroughly enjoyed the day. However I pulled my groin very early on – an injury that I had only recently recovered from.

So I beat Michael's (Bending) record of 6hrs 30m by doing it in 7hrs 3mins. Sue was the only one I saw at about 6 miles cheering and waving as she passed me - she was doing really well.

I'd love to do it again without injury but hey what a day!

Running for fun and funds

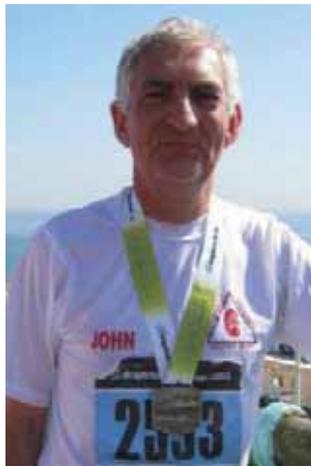
JOHN TURNER competed in the Brighton Marathon on April 10th and raised £800 for the SWTKF.

HE SAYS: "This was the 5th Marathon I have run for charity, and when I registered for the event it did not take me long to decide - with my family connections - to run for kidney research.

I travelled down to Brighton with three of my running 'mates' and whilst the journey was fine, we did have a tense moment when we thought that we may not find a place in the 'nominated car park', and be late. However we made it to the start.

At the start of the marathon the weather was warm, which became hotter as the race progressed. The first 10 miles contained all the 'climbs', and by the time I had reached the twenty three mile mark I was flagging. I slowed for the last few miles, however having John printed on my kidney fund T shirt meant the large crowd lining the sea front could shout out my name in encouragement and therefore I was able to complete the marathon in 3 hours 35 minutes (my fastest time).

I have now collected all the sponsored money, and the total (before gift aid contribution) is £800. I am grateful to all those who have donated.



STUART McSWEENEY ran the Bristol 10k race and raised more than £800.

Stuart said: "I really enjoyed it. There was a fantastic atmosphere and I didn't think I'd enjoy it as much as I did!

There were about 9,000 people doing the race and there were lots of groups, lots of individuals, young and old, people in fancy dress.

I remember passing Scooby Doo and Bananaman somewhere — someone with a '40 today' on his back and even some marines power walking with heavy equipment on their backs.

I'd love to do it again and to keep doing these events on a yearly basis, if not more regularly.

I highly recommend it to anyone! We received medals for completing the race as well as commemorative t-shirts.



ADRIAN WARD will be competing in the GREAT SOUTH RUN on October 30. He says: 'I shall be running the 10 miles through Portsmouth to raise as much as possible for the South West Thames Kidney Fund and Kidney Research. I aim to complete the run within 1 hour 50 minutes, which may not be Olympic athlete pace, but before my training started I had never voluntarily run more than a few hundred yards, so this will be quite a challenge!

In 2007, I met the woman who was to be my wife, and I very soon discovered that she, like many other members of her family, suffers from PKD (polycystic kidney disease). And now at the age of 26, I am married and we have a beautiful daughter, but we are all too aware of the statistics which mean that there is a significant possibility that she may develop this disease later on in her life.

If I can help to raise awareness and fund the ongoing research then I would consider my two hours of suffering on 30th October a small price to pay. The more sponsors, recognition and support I receive the more it will spur me on to train harder and to better represent my cause on the day. So if you believe this to be a worthy cause, please donate anything you can at my website www.justgiving.com/adrian-is-running

UK BORDER AGENCY BIKE-A-THON RAISES £1,765

A pack of wet wipes, a tub of flapjacks and several bottles of water... not my usual weekend shopping list but the provisions I took into the office with me for the UK Border Agency Bike-a-thon, **writes KATHRYN HARRISON.**

Ten senior managers from UKBA took part in a "Make Your Managers Sweat" Bike-a-thon in the foyer of the UKBA HQ in Croydon, to raise money for the South West Thames Kidney Fund. Using an exercise bike on loan from the staff gym each of them sweated it out for an hour from 08.00 in full view of the staff entering and leaving the building. Such was the delight, amusement and of course recognition of the worthy cause that staff gave generously and we raised £1765.38 (inc gift aid).

The drive behind this was my husband Ian's kidney transplant last July for which I was the donor. It has given him, and therefore me, such a new lease of life that we felt it right to try to give something back and the fantastic team of people that I work with at UKBA were keen to support the effort.

Andrew is pictured right with his fan club, but Richard saw off the competition by cycling the furthest and John confessed it was the first exercise he had done since he left school! Cheryl did it for the ladies.



KIDNEY FUND LOTTERY IS ONE YEAR OLD AND HAS PAID OUT OVER £3,470 IN PRIZES

JULY 2nd marked the anniversary of the first weekly draw of the Kidney Fund Lottery. We have 157 members and have paid out a total of £3,472.50 in prizes, with a matched amount going to fund research at the South West Thames Institute for Renal Research.

The more lottery members the bigger the weekly prize and the more funding for kidney research – so if you haven't applied yet, do please request an application form and we will get one to you straight away. Phone 0208 296 3698. You can also download a form by going to

http://www.kidneyfund.org.uk/Misc/Kidney_Fund_Lottery.htm We are very much overdue in saying a heartfelt thank you to Steve Clark who volunteered to take over the lottery and has been managing it since January. **THANK YOU STEVE!**

STEVE CLARK writes... When my daughter, Laura, was diagnosed with kidney failure on 17th March 2009 the lives of everybody in her immediate family changed forever - she had just turned 17.

Due to the professionalism, understanding and great friendliness of everybody in the renal unit at St Helier, not to mention the excellent staff on Buckland Ward at St. Georges, we got through the trauma and stresses involved in preparation for me to be able to give my daughter one of my kidneys by way of a transplant on 28th October 2009.

Thankfully, because of the superb expertise of all the doctors and surgical staff, everything went well and Laura has fully recovered and is leading a full and healthy life - she is currently in Corfu on holiday with her friends!

Whilst reading Renality in October 2010 I saw an advert asking for someone to help administer the weekly lottery and, apart from making me and several members of my family join, I thought that I should be able to help with this and in such a small way "do my bit" to help the Kidney Fund and the Research Institute receive much needed additional monies.

All I would say is that these few minutes a week spent administering the lottery are very enjoyable because, although I can never thank or repay everybody, I can try and help to provide funds for the Renal Research Institute to continue its excellent work.



A SPECIAL WAY TO CELEBRATE 60th BIRTHDAY



Many thanks to Liz and Gordon Hardless. They threw a 60th Birthday bash for Liz's special day and invited friends and family to join them for a fun filled Saturday night in Fleet. They asked for donations to the Kidney Fund rather than presents for Liz and the total (inc. gift aid) raised was a fantastic £506.25. Fundraising with a difference!



A TOAST OF TARTAN

Glen Grant of the Society of London Toastmasters hands over a cheque for £3,500 to Dr Mike Bending on behalf of the SWTKF following their fantastic Touch O Tartan Ball, held at London's Lancaster Hotel in January. Dr Bending said: "We're delighted the SWTKF was one of the beneficiaries."

South West Thames Institute for Renal Research

Mark Dockrell, Institute Director

I hope you are all enjoying the summer. As I write this we are currently experiencing that rare phenomenon; a largely rain-free Wimbledon fortnight, with the exception of the odd dramatic thunder storm.

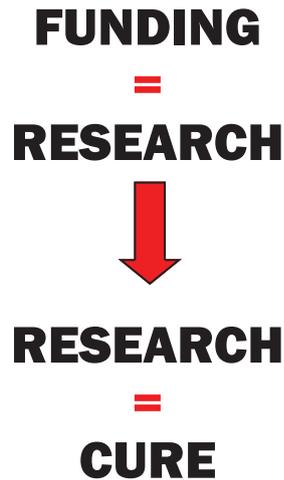
Just as the tournament was starting we did have a little rain and I cynically quipped something about “typical, two months of drought, then the day before Wimbledon it starts to pour”; but then I’ve never been very good at that mystical art of weather forecasting. Many people are a lot better than I.

For example the old adage “red sky at night, shepherds delight” is, as I understand it, predicting what the weather is going to be liked based on what we can see. So, if the sunlight has a clear path from the west where the sun is setting it will light up the water-laden clouds moving off to the east; and we decide the bad weather has passed and clear skies are on their way.

Medicine is a little similar to this; we hope that some medical tests can not only tell us what is currently wrong with us but might also predict what is likely to happen. That way the doctor can warn us, advise us on what we can do to lessen the severity of disease and even prescribe medicine that will help avert the worst consequences.

So we try and develop better screening; how often do we hear that the best thing we can do “is catch it early”. Of course this is no easy task, but worthwhile effort none the less. In some cases it should be easier than others; for example we know that if you have diabetes you have an increased chance of developing chronic kidney disease, although it’s not always easy to say which patients with diabetes will develop kidney disease and which won’t. And if you have diabetes and chronic kidney disease you have increased chance of developing established renal disease and ending up requiring a transplant or being on dialysis. But again it’s not always easy to know which patients with diabetes and chronic kidney disease will progress to established renal failure and which won’t. It would be great if we had a test that would tell us this. It would be great if we could develop both diagnostic and prognostic tests.

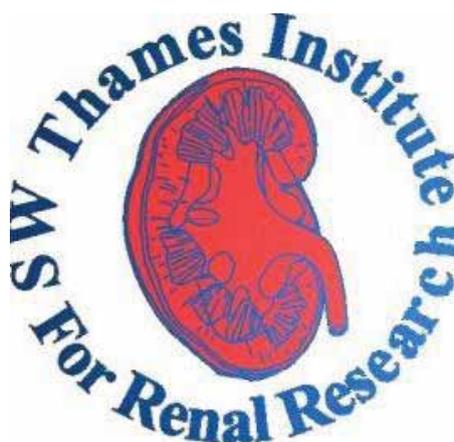
I’m sure many of you know that protein in



the urine can be a strong diagnostic indicator of kidney disease and in some patients where the protein in the urine increases over time it may be a prognostic indicator of what may follow. Indeed, we have done much work in the Institute to try and understand how protein in the urine may damage the kidney and how we might prevent it.

Yet there are some patients with protein in their urine who don’t develop renal failure and some others who don’t have high urinary protein who do develop renal failure. It’s certainly not perfect but definitely better than “red sky at night”. At the Institute we have been trying to identify new prognostic markers of diabetic renal disease that could be used in addition to protein in the urine.

One of our current research fellows, the talented Dr Nilesh Shah, may have found



something. He has been studying molecules that hold cells together and then are lost during kidney disease. When they are lost they are sometimes excreted in urine. When Nilesh was studying one particular molecule, he identified it was lost from the kidney during diabetic kidney disease.

Following this, he then identified that it often appeared in the urine of patients with diabetic kidney disease. In a small pilot study Nilesh took his investigations a step further. He looked at a small number of urine samples and then what happened to the subject/patient two years later; he saw that if someone didn’t have any kidney disease they didn’t have this molecule in the urine.

If they had kidney disease which progressed they always had the protein in the urine at the start of his study. This suggests that the presence of this molecule in the urine of diabetic patients may be a warning that they are more likely to have progressive kidney disease and we should highlight them as patients who need more intervention.

You may have noticed I keep emphasising that this was a small study. The reason why it was only a small study is two-fold: first at the moment there aren’t any really good tests for this molecule in urine, the second reason is that it costs a lot more money to do big studies.

We’re addressing the first point by working with a company called Scipac to develop a new test for this molecule. Scipac are experts in developing these tests and the Institute is working closely with them on a number of studies. I am also trying to find ways to raise the money to do a larger study involving more patients once the test is developed.

Dr Nilesh Shah is the South West Thames Kidney Fund Clinical Research Fellow; without your kind support this work wouldn’t have happened.

A SPECIAL DONATION

The Trustees of the Patrick Evans Foundation have donated £9250 to purchase a NanoDrop Spectrophotometer for the South West Thames Institute for Renal Research in memory of Patrick Evans...

HOW YOU CAN HELP OUR RENAL RESEARCH

Do you have any of the following conditions?

Dent's Disease
Fanconi Syndrome
Renal Tubule Disease
Serum Creatinine value above 200µM/L

YOU have the ability to help others, just like you

By helping to keep current tests running which are used to diagnose patient conditions.

To make tests, which diagnose patient conditions and keep current tests running we need your help!

If you are willing to help all you have to do is to donate a small single sample of urine.

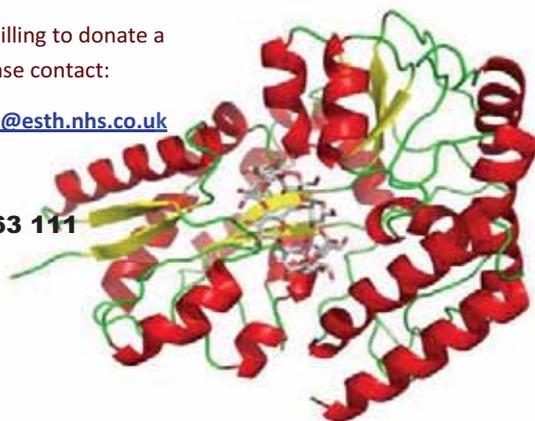
Your sample will be screened for specific proteins to see if it is suitable.

If you are willing to donate a sample please contact:

sarah.vates@esth.nhs.co.uk

or call

02082 963 111



DONATE BY TEXT!

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

SWKR22 £(amount of donation) to 70070

Get Texting!



AUCTION OR SCRAP YOUR UNWANTED CAR

AT NO COST TO YOU

****AND RAISE MONEY FOR THE SOUTH WEST THAMES KIDNEY FUND and KIDNEY RESEARCH****

If you have an unwanted vehicle that you want to recycle for auction or scrap, 'GiveaCar' will recycle it at **no cost to you** and they will donate 80% of the money raised to charity.

The direct link to donate the proceeds from the vehicle to the Kidney Fund is:

<http://www.giveacar.co.uk/donate-a-car-to-charity/south-west-thames-kidney-fund>

In brief, this is how it works:

1. Contact

A Giveacar employee takes down all customer details. They then forward those details to their salvage partner. A collection agent is assigned and calls to arrange a convenient time for vehicle collection. You can contact online or by phone on 020 0011 1664

2. Collection

All vehicles are collected within 7 days of the initial enquiry, with the vast majority being collected within 3 days. All cars, including those that do not start, can be collected and loaded onto the tow trucks.

3. Donation

Depending on a vehicle's state of repair, it will either be sold at auction or disposed of at an Authorised Treatment Facility. Giveacar receives the donation after the sale or disposal. They will process the donation for their own records and then forward it to your chosen charity. You will be sent a receipt from both Giveacar and the charity.



Please tell your family, friends and colleagues about the scheme.

For more information on the phone GiveaCar on 020 0011 1664 or go to:

<http://www.giveacar.co.uk/about-giveacar-the-vehicle-donation-service-for-uk-charities>

SWTKF Donations...

MANY THANKS TO:

Mrs Shirley Eades for nominating the Kidney Fund as the charity to benefit from the £40 raised through the Ladies Eclectic Competition at Cuddington Golf course.

The Dumas Egerton Trust for their £500 donation towards our research.

Miss Marie Leiser for her continued support of our work.

Mrs B Wiggins for donating £150 representing her birthday gifts.

Last year, donations were made to the Kidney Fund in memory of **Royston Thomas George Dann**. His family continues to raise money for the charity in his memory, and, as Captain of the Copthorne Village Golf Club, Mr Dann's son-in-law **Steve Lewis**, has made the Fund their charity of the year. Their first raffle has raised an additional £168. Many thanks the continuing support.

DONATIONS IN MEMORY OF:

Margaret A Johnson

Pauline McGuire

Nancy Smith

Derek B H Lamboll

Albert Freestone

Denis Blake

William Henry White

Leonard Alan Cruse

Kathleen Sailes

James Ahern

2011 Adidas Women's Challenge - a 5K (3 mile) fun run/walk/stroll/stagger/crawl in Hyde Park

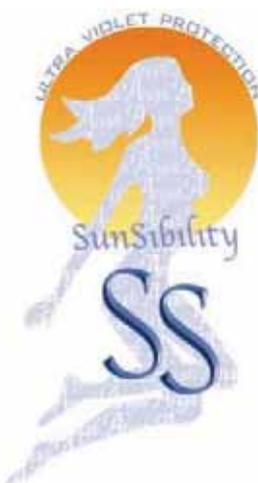
This year's Hyde Park Adidas 5K run is scheduled for Sunday, 11th September 2011. It's a 'Female Only' event with no age limits for participants. As long as you feel you can get around the course - whether by running/walking or crawling - you can enter.

So ... give some thought about female relatives/friends/colleagues who might like to take part with you and enjoy a really fun day while raising funds for Kidney Research. More information will be available in April by visiting www.womenschallenge.co.uk/home/

Once the online entry is opened, you can register online, or contact me for an entry form. For online entries please type in the South West Thames Kidney Fund as the charity you would like to support and then £5 from your entry fee (which last year was £15) will come directly to us. You will not be able to choose the Kidney Fund from a list as we do not pay for that service.

We will supply you with a Kidney Fund T-shirt, sponsorship forms and lots of support!

Anne.Collard@kidneyfund.org.uk or phone Anne on 0208 296 3698



For stylish, practical, fashionable
UV50 Sun Protection Clothing

Visit www.sunsibility.co.uk to view our full 2011 collection, or phone 0208 224 2299 for a free brochure.

A 10% donation will be given to the SW Thames Kidney Fund when you quote "Renality" with your order.

£2
each ticket

Win a CAR!

£2
each ticket

Enter the Great Big Small Charity Car Draw



to win a

FIAT 500

hatchback 1.2 Pop S/S 3 dr



TO BUY TICKETS

Phone: 020 8296 3698; email: anne.collard@kidneyfund.org.uk; or go online and visit

www.kidneyfund.org.uk/Great-Big-Small-Charity-Car-Draw.htm

All proceeds from ticket sales will benefit the

South West Thames Kidney Fund

and research at

South West Thames Institute for Renal Research

St Helier Hospital

Carshalton, Surrey SM5 1AA

Registered charity no: 800952



Letter from the Lead Nurses

SUSIE MALLINDER AND SUE WOODCOCK

Recent articles from the Lead Nurses have highlighted many changes that had been implemented to continue to improve our infection control practice. This time I am going to inform you of current initiatives relating to Pressure Ulcer prevention (Bed Sores) and Safety Crosses.

Pressure Ulcer Prevention

A pressure ulcer is an area of localised damage to the skin and underlying tissue caused by pressure, shear, friction or a combination of these. A pressure sore is an area of localised damage to the skin and may involve underlying structures.

Tissue damage can be restricted to superficial or extend to involve muscle and bone.

Pressure ulceration occurs when the skin and underlying tissues are compressed for a period of time, between the bone and the surface, on which the patient is sitting or lying. Blood cannot circulate causing a lack of oxygen and nutrients to the tissue cells.

If the pressure continues, the cells die and the area of dead tissue that results is called **pressure damage**. The amount of time this takes will vary, but may develop in as little as two hours in patients at greatest risk.

As nurses, our aim is to prevent pressure ulcers from developing. New patient repositioning documentation has been implemented in all areas, so nurses are required to turn or mobilise patients who are at risk of developing pressure sores every 2 or 3 hours.

Focused mandatory training for all nursing staff has been provided

The Renal Lead Nurses ward rounds have included focussing on skin integrity along with other nursing assessments

Additional pressure relieving mattresses have been obtained, nurses also know how to obtain additional specialist mattresses if they are required.

2 hourly comfort rounds have been re-introduced to ward areas



to ensure patients are repositioned, offered oral fluids (within fluid restriction), and are comfortable and pain free.

All patients should have a Risk Assessment (Waterlow Assessment) within 6 hours of admission, so patients who are at risk of developing pressure ulcers are identified early.

Weekly ward round reviews of all vulnerable patients by Pressure Ulcer Nurse specialist to ensure skin integrity assessments and repositioning is appropriate and in place.

Capital funding for replacement additional static mattresses and profiling beds has been approved by the Trust Executive Team.

Safety Crosses relating to the incidence of pressure damage are displayed in each ward area

Ward Safety Crosses

As part of the Productive Ward programme, each renal ward will be displaying and using a standard set of 4 safety crosses. The cross represents the days in a month and will be used for the following:

- Patient falls
- Ward acquired infections
- Pressure ulcers
- Ward staffing levels

The intention is for the safety crosses to provide a quick and easy way for people to know how the ward is performing.

Staff complete the crosses on a daily basis by marking each day off with the appropriate coloured marker pen to indicate the status.

Patient Falls

As part of the Trust programme to reduce

Staffing levels

Month:

Ward:

		1	2		
		3	4		
		5	6		
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
		25	26		
		27	28		
		29	30	31	

patient falls, wards are using a 'safety cross' to indicate the number of incidences as they happen during a month. A member of the ward team will update the cross on a daily basis.

This information can be quickly acted on, helping to make the ward safer.

Staffing levels

This safety cross is being used by the ward team to easily capture the staffing level on a daily basis during the month.

This information can be used to identify potential issues and allow appropriate actions to be taken.

Pressure ulcers

This safety cross helps the ward to quickly identify any incidences of pressure damage on a ward. This ensures the ward team are able to identify any issues and provide the appropriate care for their patients.

Ward acquired infections

This safety cross is use to identify the development of an MRSA bacteraemia whilst on the ward area. It does not include people who developed the infection prior to coming into hospital or if it developed in a different ward.

I am hopeful that these recent initiatives will support the Renal Nurses in continuing to provide high standards of care to all of our renal patients; I can report back our evaluations in a later article.

YOUR GUIDE TO RENALITY...

Renality is a quarterly newsletter updating you on news encompassing 'all things renal'. You will read articles, letters and news from:

The South West Thames Renal & Transplantation Unit

The charity, **St Helier & Surrey Kidney Patients Association**

The charity, **South West Thames Kidney Fund** that supports research at

The South West Thames Institute for Renal Research

PATIENT CARE

South West Thames Renal & Transplantation Unit

Website: <http://www.epsom-sthelier.nhs.uk/renal>

The work of the Renal Unit is well known to you all. It is one of the largest Renal Units in the UK offering a full range of renal services with dialysis and clinic facilities on 15 different sites in Surrey and South West London.

The work of the charities explained below is very different, but each charity is often confused with the other. Every now and again we like to update you with a brief description of what each charity has to offer.

PATIENT WELFARE

St Helier & Surrey Kidney Patients Association (SHSKPA)

Website: <http://www.shskpa.org>

Chairman: *Dave Spensley*

The emphasis of the SHSKPA is the welfare of patients under the care of St Helier's Renal Unit and its satellite clinics.

Patients who become members of the SHSKPA are eligible for many benefits including petrol allowance; assistance with the cost of dialysis sessions when on holiday in the UK and abroad, and rental at heavily subsidised rates of a holiday home in Bognor Regis (conditions apply). SHSKPA also has an amenity fund available to members in genuine need.

Membership forms are available at St Helier and all the satellites.

Further information on the benefits of membership in the SHSKPA can be obtained via the website or by contacting: Dave Spensley, Hon. Chairman on 01483 42627

email: daspensley@btinternet.com

KIDNEY DISEASE RESEARCH

South West Thames Kidney Fund (Kidney Fund)

Website: <http://www.kidneyfund.org.uk>

Chairman: *Dr Michael Bending*

supporting research at

South West Thames Institute for Renal Research (SWTIRR)

Website: <http://www.swtirr.org.uk>

Senior Scientist: *Dr Mark Dockrell*

The emphasis of the Kidney Fund, a member of the Association of Medical Research Charities, is the promotion of research into kidney disease and its links with diabetes. To this end it built, and now supports, the South West Thames Institute for Renal Research (SWTIRR).

Under the leadership of Dr Dockrell, SWTIRR specialises in laboratory based research, primary care research and diagnostic research. The aim is to improve the quality of patients' lives by finding the causes of kidney failure, slowing down the process, improving the treatments, and ultimately finding a cure.

for further information on the work of the Kidney Fund or SWTIRR please visit their websites or contact Anne Collard on 0208 296 3698 email: anne.collard@kidneyfund.org.uk