AVA, CAKE & EAT IT

LITTLE Ava Abdeen tucks in to a delicious chocolate bun at a bake sale organised to raise funds on World Kidney Day by Guildford based video games development studio Media Molecule.

The event raised £400 for the SWT Kidney Fund after the Media Molecule staff got into their Mary Berry or Paul Hollywood alter-egos for a great British bake off - and sold the delectable delicacies at work the following day.

Ava’s mum Gemma Abdeen, 31, has been a kidney patient since she was just 15 and her precious 14-month-old daughter has been her own little miracle.

“Words can’t describe how lucky I feel,” says Gemma, who went through the pregnancy with her fingers crossed that her failing kidneys would remain healthy enough to see her through.

In the event Ava was born at 34 weeks...a healthy 5.13lbs. Gemma tells her story on Page 11.

HARD TIMES AHEAD

Richard Sammons, Chairman
South West Thames Institute for Renal Research writes:

We are all aware of the financial difficulties in health care.

No matter what all the political parties say about ring-fencing the NHS, we still feel the cuts.

Last year despite ‘no cuts in the NHS budget’ the government cut the dialysis funding by over 10 per cent.

Within the Epsom and St Helier NHS Trust there is also a big push for efficiency savings.

Unfortunately for us a lot of these savings seemed to be disproportionately aimed at our hopes for a better future, with about a 25 per cent cut in the Renal Unit’s contribution to the Institute budget.

Seventeen years ago we opened the South West Thames Institute for Renal Research, a collaboration between patients and the Renal Unit, at St Helier hospital.

Our ambition for the Institute was to offer real hope for the improvement in the care and treatment of renal patients.

We all knew it wouldn’t be easy and that it would take time. Now as so much of our work begins to come to fruition with pre-clinical test of novel treatments, the development of new tests and funding from national organisations like the NHS and Kidney Research UK, the Renal Unit and the Trust seem to be taking away its support.

The support of the Epsom and St Helier NHS trust has been invaluable to us at so many levels, not only the direct financial support but all the other little things like the last Chief Executive and his wife taking part in sponsored events to raise much needed funds.

Continued on Page 3
There are many many ways in which you can help the South West Thames Kidney Fund and help ensure the future of Kidney Research. Further information on all of them can be accessed via the ‘support us’ page on our new website – or, if you do not have computer access and would like to know more, please do call Anne on 020 8296 3698.

Make a one-off donation online, by text to SWKF22£_ to 70070, or by cheque to SWTKF, Renal Unit, St Helier Hospital, Wrythe Lane, Carshalton SM5 1AA

Create a standing order

Donate via payroll giving

Join our weekly lottery and play to win!

Shop 'till you drop and Give as You Live!

Recycle your old car at no cost via GiveaCar Call them on 020 0011 1664

Sell an item on ebay

Volunteer your time (we can give you all sort of ideas!)

Buy our Christmas Cards

Donate shares

Donate your tax refund

Please join our Kidney Research supporter email group! We will keep you up to date with our news, fundraisers and any volunteer opportunities that may appeal to you. Email anne.collard@kidneyfund.org.uk to ask her to add you to the group. You will not be bombarded with emails and can ask to be removed from the group at any time.

‘Like’ us at www.facebook.com/kidneyfund and...

follow us at www.twitter.com/renalresearch
Dr MIKE BENDING, Chairman
of the South West Thames
Kidney Fund writes:

THIS year marks the 30th
anniversary of the founding of
The South West Thames Kidney
Fund.

In those days we were beginning
the journey of expansion that was
going to lead to one of the top ten
Renal Units in the UK.

It was clear that if the clinical
service to patients with kidney
disease was going to thrive it had
to be backed by a Research
Institute that would attract some
of the brightest young renal
doctors and nurses in the country.

This is ancient history. The
challenge now is that we have to
raise £250,000 a year to keep the
show on the road.

We are very much in need of
active committee members with
fresh ideas. The commitment is to
attend four or five meetings a
year.

All of the supporters over the past
30 years have been patients,
family or friends with a big
personal interest in making kidney
failure treatment better and safer,
and this is as it should be.

Many have been patients putting
new energy after a kidney
transplant to good effect.

Some of our most energetic
supporters have been kidney donors for loved-ones, and then
still had even more determination
to improve things.

Wherever our supporters have
come from, they would all say
that the work of the Fund has
brought them new insight into
kidney failure treatment, and
many new friends and a lot of
extra laughs.

If you feel you could support our
work feel free to contact one of
our existing committee. The best
email contact addresses are
below....

Kathryn.Harrison@kidneyfund.org.uk
anne.collard@kidneyfund.org.uk
Margaret.Porter@kidneyfund.org.uk
Mark.dockrell@esth.nhs.uk
Helen Green:
helen.green@kidneyfund.org.uk

CAN YOU HELP US?

HARD TIMES: WHAT YOU CAN DO

CONTINUED FROM PAGE 1

The new approach that the hospital is taking could be a real threat to our efforts to make a better future for renal patients both locally and nationally.

It is imperative that you talk to your consultants, write to the renal unit, email or write to the Trust’s chief executive Daniel Elkeles, who started his NHS career as the renal administrator at St Helier Hospital, and also do not forget your new MP.

Let them know that you appreciate the great care you receive but that you also need hope for a better future.

You can also remind them that over the years patients groups have raised over 5 million pounds to make the Renal Unit what it is today.

They built the SW Thames Institute, and raise much of the money to help run it with the full support of the Trust. They raised the money to improve the infrastructure and buildings at the unit, again with the full support of the Trust.

We understand and welcome the savings that can be made in improving the efficiency of the health service and negotiating better contracts with suppliers but not at the expense of important services.

Richard Sammons
Chairman
South West Thames Institute for Renal Research
So here I am looking rather less sophisticated than usual, just to show that mud is no respecter of beauty. It’s a bit like one of those before and after photos…

Easter was a disappointment. Can’t understand all this nonsense about the Easter Bunny. He was rubbish at running away, and mostly smelt of chocolate!

On another embarrassing note, I understand my pet has been regaling you with his favourite songs. How boring!

These are my favourites:

- Who Let the Dogs Out?
- Hound Dog
- Puppy Love
- Hungry Like the Wolf
- Anything by Boney M, the Rolling Bones, or Bone Jovi. Also Snoop Dog. But NOT Atomic Kitten (scary thought!)

I’m also a bit of a film buff. Favourites are 101 Dalmatians, Lassie, and Groundhog Day (I may have that one a bit wrong). And I’m especially looking forward to the new James Bone film!

Hope you all have a lovely summer.

I hope to shake paws with some of you at the charity Bunbury cricket match in August.

In the meantime, life will be busy around here as we are about to start building a new kennel complex for the family. It’s all very exciting, though I think the rest of my master’s hair has already turned grey at the thought (what’s left of it!).

Elsa x
Peter Andrews, Clinical Director

I thought that we would start today with a history lesson.

- Do you remember the plans to develop a Renal Unit at Guildford?
- Do you remember the plans to move services from the St Helier and Epsom sites to a new hospital in Sutton?
- Do you remember the Budget of 2010, when the Chancellor of the Exchequer announced a £219 million redevelopment of St Helier Hospital, and the banner that hung outside the hospital for three years afterwards?
- Do you remember BSBV, which threatened to close A&E and acute services at both Epsom and St Helier?
- Do you remember plans to sell the Sutton Hospital site?
- Do you remember plans to build a new Renal Unit at St Peter’s Hospital?
- Do you remember plans to combine the Renal Units at St Helier and St George’s?

If you remember all of the above, well done! You also probably need to get out more, or develop some hobbies!

I raise the above because, like Groundhog Day, the Trust is yet again in a cycle of re-examining its future. And again, we have the options of merging services with St George’s, moving services to Surrey, moving to Sutton, repelling all borders, and the status quo.

It is tempting – very tempting – to disengage from these activities on the basis that nothing has changed, and nothing ever will. But that would be a mistake.

The Trust has made enormous strides in the last five years, and I do believe there is a road map for development that – finally – has a chance of success.

As ever, there will be setbacks, but the biggest mistake would be to do nothing. Irons are in the fire, and I will keep you informed of progress.

There are a number of markers of progress that I can report already. The long-awaited new dialysis units at Crawley and Farnborough have now opened, and are looking magnificent. Together, they have truly brought HD in West Surrey and East Sussex into the 21st century.

My thanks to all who have effected a smooth and effective transition.

Other important news includes the announcement that two of my medical colleagues have been appointed to senior positions within the Trust.

Pauline Swift has been appointed Associate Medical Director for Research and Development, and Rebecca Suckling has been appointed joint Associate Medical Director for Quality.

These are important positions which were keenly contested. My congratulations to them both.

And not to be outdone, our Head of Renal Nursing, Susie Mallinder, has recently been promoted to acting Head of Nursing for the whole Trust. Again, this is very well deserved and a marker of the excellence of our nursing staff on whom we rely so much.

I finish today by saying goodbye to Nihil Chitalia, who has worked with us for the last year to cover the sabbatical leave of Mysore Phanish.

Nihil has secured a Consultant post working with a certain Dr Jonathan Kwan (remember him?) at Derwent Valley Hospital in Kent. We wish him well for the future.

Phanish will be re-joining us in May, and we very much look forward to welcoming him back. I have already dealt with the person who suggested he return his leaving gift, having returned after only a year away!

To match this article’s theme of change, I am currently humming ‘The Circle of Life’ from the Lion King. I guess it could equally have been ‘Bridge Over Troubled Water’.

I wish you all a happy and healthy summer.

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

The Holiday Home is situated on 42 acres of grassland with tree-lined roads and the caravan centre sits on the edge of the popular seaside town Bognor Regis. Children are well catered for, with The Riverside Rascals Club (4-13s) with its program of fun activities and games. A clubhouse also offers entertainment for the whole family, including cabarets, disco, live music, bingo and dancing. Please check with the reception office for entertainment and leisure facilities available during the period of your stay as it varies throughout the season. The Riverside Caravan Centre also has an indoor heated swimming pool and spa pool, outdoor heated swimming pool, outdoor heated children's fun pool, shop, amusement centre*, bar/off-licence*, pool table* and laundrette*. Some of the clubs entertainment requires a membership for the duration of your stay and can be purchased from the reception on a daily or weekly charge. However S.H.S.K.P.A as a club member provides 6 free club memberships. (*chargeable)

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To contact us:
Nita and Revi Patel
3 Darcy Road. London, SW16 4TX
Tel: 020 8407 2525 Email: nita@nitar Patel.com
Web: www.shskpa.org

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

A message from your Chairman

Hopefully by the time you get to read this it will have warmed up and the sun will be shining.
This is a generally quiet time of year for the KPA but there is one important date for your diary

Friday 19th June, Golf Day
Following the success of our previous golf days we are holding another event playing the superb Milford Golf Course in Surrey.
The event will be held on Friday 19th June 2015.
This is a lovely venue which will provide a great day of golf for players of all abilities. 2014’s event was a great success and raised a significant amount for the KPA.
It would be great to get 72 players for this year. If you are a golfer please book your place and bring a friend. A poster on the event is included within this edition.

Purchase of Equipment
Since the last Renality we’ve purchased the following items

- Wheelchair Adapted Weighing Scale for St Helier
- Overlay Mattresses for St Helier and its Satellites.
- A Profiling bed for Kingston Satellite
- A Tabs Fall Monitor System for St Helier
- 2 Dialysis Chairs for St Helier
- Patient Training Manuals/Information Booklets
- We have also agreed to provide 6 No 24 Hour Blood Pressure Monitors.

This has only been possible due to the generous donations that we receive from patients, their families and friends, together with what we make on our Grand Draw at Christmas and our Golf Day so as always thanks to everybody who supports us and helps us to improve patients’ lives.

Other Matters.
The KPA Committee still doesn’t have patient representatives for Sutton and Crawley. Ideally we would love to have some younger Committee Members to enable us to represent the entire age range of St Helier’s patients.
The position isn’t onerous; we meet once a month in the Blue Room within the Renal Unit at St Helier at 7.30 on the first Wednesday of the month.
If you can help please contact me on 01483 426276 or email daspensley@btinernet.com

Best Wishes
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Hon. Chairman
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email: beparkers32@gmail.com

Renal Social Worker/Amenity Subcommittee
Celia Eggeling
Renal Unit, St. Helier Hospital
Tel: 0208 296 2940
email: Celia.Eggeling@esth.nhs.uk
St Helier & Surrey
KPA Golf Day

In Aid of St Helier and Surrey Kidney Patients Association
Registered charity no 286391

To be held on Friday 19th June at
Milford Golf Course (Surrey)

The day will comprise of:
A Shotgun Start
A Singles Stableford Competition (full handicap)
Bacon Roll upon arrival
Three Course sit down (post golf) meal
(advise any dietary needs)
Auction & Raffle

All for just £45 per person!

For further details or to book a place
please contact:
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Hon. Vice Chairman
St Helier & Surrey KPA
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Woking
Surrey
GU22 9PB
Phone: 07837 344 732
email: connollypaul@hotmail.co.uk

Cheques to be made payable to St. Helier & Surrey Kidney Patients Association
By MARK DOCKRELL
Institute Director

As I write this it is the beginning of April, March seems to have whizzed by, there seemed too much to do that I hardly had time to stop.

Yet for me, March has two particularly memorable days; world kidney day falls in March as does the anniversary of the opening of The South West Thames Institute for Renal Research.

Usually on World Kidney day we head out to somewhere in the St Helier Renal patch to set up a stall and talk to the general public about kidneys and kidney disease. There are members of the research team, nurses and even the occasional consultant lurking in a shopping centre somewhere ready to pounce on innocent passers-by.

It’s a really useful exercise to get out of the hospital and find out what the general public know and what they don’t, testing for blood pressure, talking about early signs of disease and getting people to sign up to be on the transplant list.

Unfortunately, this year we didn’t quite make it. Stalwarts of the team like Anne and Nimmy weren’t available and there were fewer members of the Kidney Fund around to help, but I’m determined we will be back next year.

So, watch out for us in Croydon, Kingston, Wimbledon or Sutton, you never know where we will pop up.

And the anniversary of the Institute! Well, what can I say? I remember coming to the opening of the Institute.

I was working at King’s College London at the time and to be perfectly honest with you I hadn’t even heard of St Helier Hospital in those days and names like Mike Bending and Jonathan Kwan were like mythical figures from some far-away land.

I was very impressed by the beautiful suite of labs that the patients had funded and the dynamic Dr David Newman who was taking on the not inconsiderable tasks of launching this brand new Institute dedicated to serving the patients and integrated in the everyday workings of a busy renal team.

It was fabulous.

The next few years brought various challenges. Sadly only 4 months after I arrived David Newman tragically died in a climbing accident. I vividly remember the situation as various people wondered what would happen to the Institute without its forward thinking and hardworking director.

Yet I could see that there was a real determination to carry on and not be set back by this tragedy; I knew I wanted to be part of this and so I agreed to stay on and pick-up the reins till someone else could be found to run the Institute.

Dr Paul Coleville-Nash came in as the new director, but sadly Paul only stayed a few years before moving on to bigger things at the MRC.

So once again I stood into the breach after some discussion and an interview with the then clinical director, Dr James Marsh, I was appointed as a senior scientist in the renal unit to lead the research in the Institute.

And with my good friend and colleague Dr Mysore Phanish as a clinical research lead we set off on the next phase of development of SWTIRR.

Phanish and I certainly had our own core interests that we wished to pursue but the Institute is here for the whole of the St Helier Renal family.

Consequently, we developed quite a wide portfolio of research. There are some who thought it a little too diverse and that we should have stuck to our interest in fibrosis but I’m proud of our diversity.

I’m proud that we supported the dietician project looking into risks of malnutrition in renal patients. I look back fondly on the work we did with urology on markers of prostate disease.

As many of you know we are still carrying out a range of research projects, doing pre-clinical trials into new therapies for fibrosis in collaboration with King’s.

We are looking at how kidney disease affects the ability of liver to break-down drugs with colleagues at St George’s and new quicker ways of diagnosing peritonitis with Prof Bob Price.

Of course, in these difficult financial times I have had to cut the Institute’s coat according to our cloth but we will always continue to try to take up the challenges that are important to you and the renal family.

As many of you know cardiovascular disease is a huge problem in patients with chronic kidney disease and because of this we are investigating whether our expertise could be useful in this area too.

As I’m sure you all know, I believe that research will bring real advances in our understanding of disease and through this understanding we will find a cure, we mustn’t give up.

Funding - Research - Cure
Cakes and Football, a different mix!

G4S raised over £1,060 to help the renal patients transport lounge look a little more inviting, whilst they wait for their journeys home after treatment. The transport team from G4S sold cakes for over a month in October to all the patients and staff throughout the hospital. Just to add a little competition to the recipe, they then challenged their St Georges counterparts to a football match with winner takes all.

The muddy pitch was “spongy” underfoot, but flat as a pancake. A hard fought match saw G4S St Helier take on the might of G4S St Georges. Both goals took a real “Battenburg” but under enormous pressure from the Renal department to win, G4S at St Helier dutifully obliged and came home with proceeds. A resounding victory of 10-6 meant the winning pot came to ESTH, which was the icing on the cake.

Kelly Francis presented the cheque to the Renal department General Manager, Alison Jones and Matron Rachel Addy and a group of patients: Jeneta Clarke, Vivien Manu and Maryiam Olaynian. James Glennister, the winning G4S captain said it was the most tense game he has played in with both pride and money at stake.

Alison Jones reported that the money would be spent on updating and providing better facilities in the waiting lounge.

A perfect Bake!

FROM FRONT PAGE:
Gemma Abdeen, 31, writes:
I’ve been under the care of Dr Andrews since the age of 15 and I have stage 3 renal failure.

Since I was very young I always wanted to be a mum something I wasn’t sure I was going to be allowed to do with my health.

Dr Andrews approved for me to start trying and I fell pregnant a few months later. Pregnancy although very straightforward for me I found very stressful as I was monitored every month and I just prayed my kidneys held up so I could grow my baby safely and also keep my health intact! I sailed through the first 7 months with my kidney function even improving! At 8 months my kidneys started to suffer so they took the decision to induce me.

I told my husband and we started to get ready to have our baby the following week. Our baby had other ideas and decided to come that very night! 24 hours later we were parents of a very healthy little girl weighing 5.13lb which for 34 weeks was a great weight! With the support of Dr Andrews and the team at Royal Surrey Guildford, my husband and I have a very happy 14 month old daughter called Ava who makes me feel complete. Words can’t describe how lucky I feel.

Even after a few biopsies we still don’t know why my kidneys are failing which is why the work the South West Thames kidney fund do is so important and I try and support them as much as I can.

My work, Media Molecule are the most supportive group of people and last month we held a cake bake to raise more money for the fund which Media Molecule doubled.

HOW AVA ENJOYED MEDIA MOLECULE’S BAKE-OFF!
PURLEY SPORTS CLUB

‘Wates Giving’ presents

Celebrity Charity Cricket Match!

In aid of South West Thames Kidney Fund
based at your local St. Helier Hospital, Carshalton

Sunday 9th August

ALL STAR BUNBURY X1 vs PURLEY CRICKET CLUB

Acting and Sporting personalities playing for The Worlds No 1
International Charity Cricket Team!
(Subject to availability)

- Alec Stewart (England & Surrey)
- John Salako (Crystal Palace & England)
- James & Oliver Phelps (Harry Potter Twins)
- Mick Harford (England & Chelsea)
- Paul Nixon (England & Surrey)
- David Smith (England & Surrey)
- Steven Crook (Northants)
- Graham Cowdrey (Kent)
- Darren Cousins (Northants)
- Barry Fry (Manager & former Busby Babe)
- Perry Groves (Arsenal)
- Andy Jacobs (TalkSport)
- John Keeble (Spandau Ballet)
- Peter Leete (AKA The Stig)

Tickets
Tables of 10 available £650.00
Individual places £65.00
(To include 3 course lunch with wine and afternoon tea)

SOUTH WEST THAMES KIDNEY FUND

A fun filled day for all the family
Nick Ford writes: After the fantastic care that I received from the Doctors and Nurses at St Helier Hospital’s Renal Unit following the failure of my kidneys last year, I am arranging a Bunbury Cricket game on August 9th at Purley Sports Club to raise much needed funds and awareness for the South West Thames Kidney Fund.

The Bunbury’s are the World’s No. 1 International Celebrity Charity Cricket Team. Over the past 29 years they have raised over £17m for various charities.

The Bunbury’s were founded by Dr David English CBE 29 years ago after he retired from managing Eric Clapton and The Bee Gees.

We are expecting at least 700 people to attend the event with 300 in the marquee and another 400 paying for admission on the day. Tables in the marquee will include a 3-course luxury buffet lunch with wine plus afternoon tea between the innings at a cost of £65 inc. VAT per person. Tables are available at the very reasonable cost of £650 inc VAT for a table of 10.

Although not confirmed at the moment, we are hopeful that both Kevin Pietersen and Ian Wright will be two of the celebrities present.

We have already secured a Main Event Sponsor in Wates, one of the largest UK building and construction companies, but other opportunities exist to become part of what we hope will be an amazing day!

The event will be mentioned on Talksport National Radio and local press will be in attendance.

There are still some sponsorship and advertising options available including Matchball Sponsor.

To discuss becoming part of this fantastic event, email Bunburycricket@hotmail.co.uk or contact @Bunbury Cricket on Twitter.

A reservation form is on the back page.

Hurry and book your place for this fantastic event!

The South West Thames Kidney Fund is very grateful for the donations made in memory of:

- Brian Dean
- Sylvia Ellison
- Robert Edwards
- Valerie Barnett
- Nobby Pash
- John Robert Aplin
- Alfred Ronald Clarke
- Alexander Henry Fraser-Mitchell

We would like to say a huge thank you to:

- Beck Interiors and Michelle who nominated us for their wonderful donation of £2,000
- NG Bailey and their employees for the donation to the Kidney Fund representing the money saved by sending Christmas e-cards
- The Mount Caburn Lodge for holding a raffle to benefit the Kidney Fund
- Mark & Collette Jones for raising £782.50 at their charity quiz night

And to everyone who has contributed in any way great or small to the continuation of our work!

Remember, our research cannot continue without you!
SWTKF NEWS

Charity Quiz Night with live music – Sat 28<sup>th</sup> March 2015

A great night was had by all at the Chertsey Road Hall in Windlesham!

Six rounds of quiz questions, including one question in each round that was preceded by a song played by our band - ‘The Practice’; plus a picture round of album covers and their artists to add extra marks!

Fish and Chips were served half way through the quiz, followed by a raffle draw and small auction. The band played some more songs to end the evening – encouraging the audience to sing along too, before final results were announced.

The winners were presented with Easter Eggs as prizes.

Mark and Collette Jones organised this event with the help of Sue Champion and the other band members – Keith Champion, Steve Jefferies & Mark Sugden-Best.

Mark’s father, Gwynfi Jones was an in-patient at St Helier’s Hospital from mid-September to December 2013. When at last he was able to come home, just before Christmas, he continued to be transported back to St. Helier’s three days a week for dialysis.

Sadly, Gwynfi died on January 9<sup>th</sup> 2014 and in remembrance of him we decided to organise this event to raise money for the ‘South West Thames Kidney Fund’ and their valuable research. The event raised more than £1,000 for the SWTKF.

With all our thanks to the staff at St Helier’s Hospital Renal Unit, especially Beacon Ward.

Mark & Collette Jones

LOTTERY WINNERS

Here are the winners since the beginning of October 2014:-

<table>
<thead>
<tr>
<th>Date</th>
<th>Ticket No</th>
<th>Location</th>
<th>Amount</th>
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<tr>
<td>03/10/2014</td>
<td>101029</td>
<td>Purley</td>
<td>£126.50</td>
</tr>
<tr>
<td>10/10/2014</td>
<td>101152</td>
<td>Badgers Mount, Kent</td>
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<tr>
<td>17/10/2014</td>
<td>101140</td>
<td>East Horsley</td>
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<td>Belmont</td>
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<td>New Malden</td>
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We have been going 250 weeks this week and have paid out £24,695.50 with the same going to The Kidney Fund at an average of just under £100 per week.

GREAT FEEDBACK ON FACEBOOK

Staff at the St Helier Renal Unit were delighted to receive this lovely feedback on Facebook from the family of one of our patients.

It is such a nice message that we wanted to share this with you all, so here below is a screenshot.

Feel free to use social media to let us know how YOU feel about your care.
The Kidney Fund has 12 places in this year’s British 10k London Run on the 12th July – a wonderful event through the heart of London where lucky runners will pass many iconic London landmarks
Do it yourself, or with a friend or your family and have a terrific day out!
Up to 25,000 runners from all over the UK and overseas take part raising millions of pounds for worthy causes! All abilities are represented from seasoned runners to beginners.

THE ROUTE
The route, starting on Piccadilly outside the Calvary & Guards Club, is dressed with Union flags.
Each year there is live entertainment including ceremonial bands which in the past have included the King’s Troop, Royal Horse Artillery, the band of Her Majesty’s Life Guard and the mounted band of the Blues & Royals.
Significant landmarks include the Bomber Command Memorial on Piccadilly with Wellington Arch at Hyde Park Corner forming the back-drop. Next is the famous St James's Palace.
Runners will then pass Trafalgar Square and Nelson's Column.
From here runners pass Golden Jubilee Bridge and the magnificent St. Paul's Cathedral, then along the Victoria Embankment towards Big Ben.
As runners approach Big Ben they will pass the Battle of Britain Memorial with the London Eye to their left.
After crossing Westminster Bridge runners perform a U turn adjacent to the London Eye heading back towards the British Houses of Parliament and the Westminster Abbey.
After circling Parliament Square runners head towards the finish line on Whitehall, past the entrance to Downing Street, then The Cenotaph.
The finish line is at the junction of Royal Horse Guards with Banqueting House, the last building associated with the palace of Whitehall.
This year is the 15th Anniversary of the Vitality British 10k London Run, and the new route to mark this special year will incorporate even more of the London landmarks!
What a brilliant way to see London! Why don’t you do it with a friend or family members?
Hurry and register before all the places go. Runners must be 15 or older on race day.

In return for one of our places, we are asking our runners to raise a minimum of £50 in sponsorship for the South West Thames Kidney Fund and pay a non-refundable £5 deposit to secure their place.
Please email british10k@kidneyfund.org.uk to ask for a registration form.
The SOUTH WEST THAMES KIDNEY FUND
&
THE BUNBURY CRICKET CLUB
(who have raised £17 million for charity)
invite you to join them for a fundraising lunch, celebrity cricket match and tea hosted by
PURLEY SPORTS CLUB
on Sunday, 9th August 2015
@ £65 per person

Your ticket will buy you a fabulous three course buffet lunch with wine, auction, raffle and varied fun-filled entertainment

After lunch you will be treated to a great charity cricket match with the Bunbury Celebrity Cricket Club v Purley CC
and a traditional cricket tea served between innings

The Bunbury’s are the World’s No1 international Charity Cricket team and will contain an array of well-known entertainers; actors; top names from the cricketing world; professional football players and other entertainment personalities

THIS IS AN EVENT YOU WON’T WANT TO MISS!

I wish to reserve ______ place(s) for lunch @ £65.00 per person £________ (total cost)

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

Guest Information (please put contact person first) If you would like more than 6 places please contact email/phone below

(1) Title: ______ First __________________________ Last: __________________________
(2) Title: ______ First __________________________ Last: __________________________
(3) Title: ______ First __________________________ Last: __________________________
(4) Title: ______ First __________________________ Last: __________________________
(5) Title: ______ First __________________________ Last: __________________________
(6) Title: ______ First __________________________ Last: __________________________

Contact person’s address:
_________________________________________________________________________
Post Code: _____________ Home phone: ________________ Mobile phone: __________________
Email: _____________________________________________________________________________

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

Please add me to the Kidney Research Supporter Email Group. I understand I can ask to be removed at any time.

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

Any questions? Please phone 020 8296 3698 or email: bunbury@kidneyfund.org.uk