

# RENALITY

The NEWSLETTER of...

November 2012

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

## MAKE A DATE WITH OUR CALENDAR COMPETITION

IT'S time to get creative and snap happy! If you are inspired by the beautiful autumnal colours, wowed by a winter wonderland or excited about spring, why don't you take a photograph and enter the Kidney Fund calendar competition. You might already have a photo you are particularly proud of... now you can see it published in our 2014 calendar. All 12 photos used will be taken by patients and family members. For full details see Page 18.



## HERE COME THE GIRLS

Jade Brown, Nicole Witney and Charlotte Manser (above), pupils at Carshalton High School for Girls, raised £70 for the South West Thames Kidney Fund as part of a Youth and Philanthropy Initiative.

The girls were hoping to win a £3,000 prize for the SWTKF but despite their fine efforts the prize went elsewhere. However, they enjoyed working with the Fund and helped to raise awareness about kidney disease amongst their fellow pupils and friends. They said: "Sadly we did not win but we have raised £70 and just as important the awareness of kidney disease. We raised this money by running three cake sales, a sponsored run up Boxhill and a chocolate and strawberry sale.

"We have loved working with this charity and are grateful to them for allowing us to visit the Research Institute based at St. Helier Hospital and for all the information and support they provided us."

## YOUR KPA NEEDS YOU



YOUR Kidney Patients' Association is looking for new members and patient representatives to assist the committee which does so much important work on your behalf.

The St Helier & Surrey KPA is also looking for someone to replace Treasurer Jim Rae (right), who is ready to hand over the reins after six years looking after the charity's financial health.

KPA Chairman Dave Spensley said: "Jim has decided to stand down as Hon. Treasurer at the AGM in November after serving for six years, albeit he will continue till around the end of the first week of January.

"Jim has been an excellent and diligent Treasurer and together with his wife, Shirley they have done great work for the KPA with their many fundraising activities.



"The KPA Committee is also desperate for new members and patient representatives for the various Satellites.

"The present Committee has served for a number of years doing an excellent job but it would be lovely to have some new members, with fresh ideas, to enable us to continue to represent you, the patients.

"Ideally we would also 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@btinternet.com](mailto:daspensley@btinternet.com)."

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**SWTIRR,**

**Anne Collard, Administrator:**

**020 8296 3698**

**SOUTH WEST THAMES**

**KIDNEY FUND,**

**Pat Godden, Secretary:**

**020 8777 7371**

**ST HELIER & SURREY KPA**

**Dave Spensley, Chairman**

**01483 426276**

**Jim Rae, Treasurer:**

**01403 242601**

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 cheque or via a text

Create a **standing order**

Donate via **payroll giving**

Leave us a **legacy**

Enter our **car draw**

Join our weekly **lottery** and play to win!

Shop 'til you drop and **Give as You Live!**

Recycle your old car at no cost via **GiveaCar**

Sell an item on **ebay**

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

Buy our **Christmas Cards**

Donate **shares**

Donate your **tax refund**

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

***RENALITY***

*is now available on CD, PDF form & large print*

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

We thank Graham Morrow who produces the electronic version.

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

**07970 675087 or**

**email: [steve\\_purcell@btinternet.com](mailto:steve_purcell@btinternet.com)**

***REMEMBER...***

**our website addresses are:**

*South West Thames Kidney Fund:*

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

*South West Thames Institute for Renal Research:*

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

*St Helier & Surrey Kidney*

*Patient Association*

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

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

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

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# Volunteering and Community Spirit

## Peter Andrews, Clinical Director

As the 'summer of sport' comes to a close, perhaps the most striking and moving aspect has been the feel good factor generated by the volunteers who have collectively – and somewhat against expectations – made the Olympics and Paralympics so successful.

These 70,000 'Games Makers' have been the unsung heroes of the piece, and it was fitting that they should have been singled out for praise by the press and by the speakers at the closing ceremonies. What a pity that it takes events like the Olympics to bring out such appreciation.

So I would like to start by thanking the many people in St Helier - and connected with the Renal Unit more widely - who do so much for others as volunteers.

It is always dangerous to single out for fear of offending those you omit, but please forgive me if I particularly mention Dave Spensley, Chair of the KPA, and Richard Sammons, Chair of the SW Thames Institute for Renal Research, without who so much would not happen.

They are supported by small (too small) but dedicated teams, many of whom have supported the Renal Unit for many years.

I am sure they will not mind me mentioning it, but some of these supporters are no longer in the flush of youth. There is an urgent need for new blood, both to keep the ship on course and also to bring new ideas and perspectives.

Could you be one of them?

There are so many ways other than being a member of a committee that people support the unit.

Thank you to the people who man the tea bar in Outpatients – resuscitation with tea and coffee makes it much more likely that I will give a sensible opinion at the end of a clinic – and also to the volunteers who deliver papers and treats to the wards; the people who man the volunteers' shop and the tea



room; the fund raisers and their supporters; and so many others.

This list made me think of how my family contributes to the wider community, and I was pleasantly surprised.

Outside of work, I was part of group that raised a large sum of money to redevelop an ancient sports pavilion in my village into a modern community clubhouse; my wife has so many hats that she rarely has time to think; my children combine volunteering through the excellent Duke of Edinburgh scheme with mentoring in the CCF, fundraising for a school in Cambodia, and ad hoc commitments through their schools.

I mention my family only because I know of them, but there are many other examples, from rowing in Dragon boat races to running in marathons, from helping with Scout troops to supporting charities in Africa; from giving money in a good cause to spending it wisely on that cause's behalf.

To all the volunteers, thank you.

*Peter Andrews*

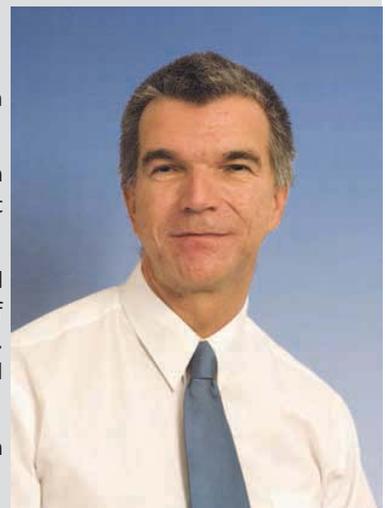
## OUR THANKS TO STEVE SIMPER

I finish with a rather crude link to pay a personal tribute to Steve Simper, who has been General Manager in the Renal Unit for the last three years.

Steve has been seconded to another post within the Trust where his mixture of common sense, humanity and technical excellence will no doubt provide the same superb support that he has delivered for us.

Many of you will know that Steve has severe visual impairment, and indeed has relied upon the use of a guide dog for the last two years. Like all who know him, I am in awe of the way in which he has responded to challenges that would have defeated a lesser man. And in addition to his full time job, Steve supports a local charity by sitting on its council and managing its finances.

In the year of the Paralympics, supermen live amongst us, as well as on the television screen by proxy. We have much to thank him for, and we wish him well for the future.



# LONDON 2 BRIGHTON CHALLENGE



100KM. WALK IT. RUN IT. YOUR CHALLENGE. YOUR WAY.



## Walk, Jog or Run 100km !!

**25 - 26 May 2013**

The London 2 Brighton Challenge is a tough but rewarding walk, jog, or run. The 100km route from city to coast – across varied terrain, through day and night – is a challenge like no other. Over the bank holiday weekend of 25 - 26 May 2013 - many will take on the longest walk of their lives, some will attempt the challenge as an ultra marathon style run with an eye on the clock, and others will mix it up with a bit of jogging and walking! A personal goal for a charity of your choice - sign up as either an individual and meet

other challengers along the way or create a team of friends, families or colleagues.

In 2012 over 1,500 took on the challenge - fundraising over £1 million for UK charities. Nearly 75% of challengers completed the full course, with many displaying amazing determination and emotion. To succeed requires good preparation, the ability to dig deep, and to absorb the camaraderie and team work to take you all the way to the finish line in Brighton.

### **What you can expect from the London 2 Brighton Challenge in 2013....**

- **Walk It! - 100km at a pace that suits you**
- **Run It! - An epic cross-country Ultra Marathon**
- **As an individual - we will support you all the way**
  - **Create a team and support each other**
  - **Fundraise for a charity of your choice**
- **Fully supported with checkpoints every 12.5km**
- **Hot meals provided en-route and brunch in Brighton**
  - **Pace walkers, physios, masseuses, medics**
- **£85 to register + £400 fundraising for your charity**
- **Online resource area to help you prepare!**

**The London 2 Brighton Challenge is an experience that you'll never forget!**

To register, go to [www.london2brightonchallenge.com/](http://www.london2brightonchallenge.com/) click on the top tab 'how to join'; click on the button on the right 'Register Now' and follow the instructions. You will be able to choose the **South West Thames Kidney Fund** as your charity at the beginning of the registration process.

**Do something amazing in 2013 for yourself;  
for the South West Thames Kidney Fund; and for others ...**

Raising money for good causes needn't be a chore, the South West Thames Kidney Fund will be on hand with advice, support, and ideas to help you exceed the £400 target. The registration fee of £85 covers around 50% of the cost of your place on the challenge and your charity will receive a minimum of 80% of your fundraising. Your efforts will help others who face even bigger challenges! Once you have signed up to the challenge you will be directed to set up your online fundraising page with the Challenge's online fundraising partner Just Giving - all you need to do is follow the simple steps and your fundraising will start!

If you would like more information, please phone Anne on 0208 2963698 or email [anne.collard@kidneyfund.org.uk](mailto:anne.collard@kidneyfund.org.uk)

# British Transplant Games – Medway 2012

It has been hailed as the best ever British Transplant Games, a four-day sporting extravaganza featuring special athletes who all had their own remarkable stories to tell.

Each has been the beneficiary of an organ transplant, and the games are a showcase of how life after a transplant can be lived to the full.

The Games give transplant patients a focus to regain fitness, meet friends made through treatment, share stories and increase public awareness about the value of organ donation and what a difference a transplant can make.

More than 600 athletes aged from 2 to 80 competed for medals in a variety of events, with everything from swimming and athletics to bowls and fishing on the schedule.

Representing St Helier Transplant Team were competitors **Louise Cook, Moray Laing, George Lebon, Craig Morrow, Gene O'Hara, Matt Rogers, John Wills** and our latest recruit **Martin O'Halloran**.

Supporters Catherine Cook, Helen Hayton, Angie Morrow, Gene's wife and sons, David Saxton, Steve Whitcombe and Deborah Wills, Sholto Downs, Moray's mother, wife and son, Nick and Clare Martin, Kate and Guy Shipton and Peter Warren also travelled to Medway to support the Team.

Medway Park in Gillingham was the hub for many events, although Rainham School for Girls, Deangate Ridge golf course and Chatham Bowls Club also opened their doors.

The Games began with an emotional opening ceremony at Rochester Cathedral on Thursday. It might not have had the big budget of Danny Boyle's Olympic epic, but it was no less significant to the 2,000 people



**4 Gold, 2 Silver, 5 Bronze..  
Congratulations to them all**

packed into the historic cathedral. Athletes from as far away as Glasgow, Edinburgh, Portsmouth, Oxford and Belfast paraded from Rochester Castle into the cathedral to loud cheers from those gathered inside (although there were few outside to witness the parade!).

The Team outshone themselves this year by winning 4 Gold medals, 2 silver medals and 5 bronze medals. The medals were won by Louise (bronze medals in archery and ball throw), Moray (gold medals in javelin, discus and shot putt), George (badminton bronze), Craig (badminton bronze), Matt (table tennis gold and badminton silver) and John (archery silver and badminton

bronze).

On Saturday, Catherine, Steve, David and Louise with more than 300 people ran and walked around the Great Lines Heritage Park for a 3km and 5km donor run.

The climax to the games saw a full day of track and field events.

It was followed by an unusually disappointing (£40 two course) gala dinner in the sports hall at Medway Park where more than 1,000 people packed into the hall to see awards given for the best individual athletes and teams.

**The St Helier team were grateful to be sponsored by the Kidney Patients Association.**

## **TEAM GB FOR MORAY, MATT & GEORGE**

**As a result of their performance at Medway, Moray Laing, Matt Rogers and George Lebon have been selected to represent Great Britain at the World Transplant Games in Durban, South Africa 28<sup>th</sup> July – 4<sup>th</sup> August 2013. They each need to raise £2,000 for equipment, kit, travel and accommodation – can you help by sponsoring them? Please contact me if you can help.**

**Thanks, Graham Morrow (01252 325230)**

# A message from your Chairman

I am nearing the end of my sixth year as Chairman and I am more than happy to continue.

I hope that everyone is pleased with the work that the Committee has done on your behalf and on a personal note I would like to thank all of the Committee members, all of our Volunteers including those on the Servery together with the Renal Unit staff all of whom provide invaluable support throughout the year.



identify the position of fistulas.

- Renal Overlays for Kingston, Farnham, Epsom and Byfleet Satellites
- Replacement televisions for Kingston Satellite Unit
- New televisions for the St Helier dialysis suite and isolation room
- Ice makers for Richard Bright ward and Kingston Satellite

We have over 750 members so we're kept pretty busy dealing with the many and varied requests which we receive so I thought a review would be in order to show how we have distributed our funds during the past year. These include

- 5 Profiling beds & mattresses for St Helier
- Special blood pressure machine for The Mike Carpenter Procedure Suite
- A Sonosite Nanomax Doppler machine to

- Financial assistance with Holiday Allowances, Travel Benefits and Amenity payments
- Financial support of the participants in the St Helier Team at the Transplant Games

Supporting of a number of buffet lunches and PEP's

This has all been possible due to the generous donations that we have received and fund raising events reported upon in previous editions.

With this edition you will find our **Grand Draw**

## KPA TREASURER

FOLLOWING THE DECISION OF OUR EXISTING TREASURER TO STEP DOWN AT THE AGM IN NOVEMBER 2012, ST HELIER & SURREY KPA REQUIRE A NEW TREASURER.

ANYBODY INTERESTED IN THE POSTION SHOULD IDEALLY HAVE KNOWLEDGE OF BOOKEEPING /ACCOUNTING TO AAT STANDARD, AN UNDERSTANDING OF CHARITY ACCOUNTING AND STATEMENT OF RECOMMENDED PRACTICE (SORP) AND MICROSOFT EXCEL WOULD BE AN ADANTAGE.

THE ROLE WOULD CONSIST OF:

- ACCURATELY RECORDING INCOMES AND EXPENDITURES IN AN EXISTING EXCEL WORKBOOK FORMAT INTO THE VARIOUS CATEGORY HEADINGS AS REQUIRED COMPLYING WITH SORP ACCOUNTING STANDARDS.
- COMPILING A SHORT CASHBOOK REPORT ON INCOMES AND EXPENDITURES TO THE TRUSTEES AND COMMITTEE OF THE KPA ON A MONTHLY BASIS.
- ASSISTING THE TRUSTEES WITH THE SELECTION OF INVESTMENT OPTIONS FOR THEIR DECISION IN ORDER TO SAFELY MAXIMISE THE RETURN ON RESERVES.
- RAISING A SMALL NUMBER OF INVOICES IN RELATION TO THE DISTRIBUTION OF COSTS AND INCOMES OF THE RENALITY MAGAZINE.
- COMPILING A NUMBER OF SIMPLE ANALYSIS WORKSHEETS TO ASSIST WITH YEAR-END REPORTING WITHIN THE EXISTING EXCEL WORKBOOK PACKAGE.
- COMPILING FULL YEAR-END TRUSTEE REPORT AND ACCOUNTS FOR INDEPENDENT REVIEW BY EXTERNAL CHARTERED ACCOUNTANTS.
- THE FILING OF THE SIGNED-OFF ACCOUNTS AND ANNUAL REPORT WITH THE CHARITIES COMMISSION.

FOR FURTHER INFORMATION ON THIS POSITION PLEASE CONTACT DAVE SPENSLEY, HON CHAIRMAN ON 01483 426276 OR [daspensley@btinternet.com](mailto:daspensley@btinternet.com)

## SHSKPA NEWS

**tickets** and whilst I know that the dreaded Credit Crunch is still affecting everyone could I please urge you to purchase them as this is our main fundraiser and makes a huge difference to our funds and our ability to continue to help the Unit, it's Satellites and its Patients.

If you feel that you are unable to purchase them can I please ask you to return it to the address printed on the tickets as we had requests for additional books last year?

The draw will be made at our Patient Christmas Lunch which will be held in the Blue Room at St Helier on Saturday 8<sup>th</sup> December between 12 noon and 2 p.m. and as always you are all welcome to attend. I'm afraid that the KPA will not have Christmas cards this year. Our cards have been generously donated for a number of years but this is no longer possible.

### No Place Like Home Appeal (right)

This appeal, to help home dialysis patients, has been really successful.

It has been running for a couple of years and thanks to the Sussex for Sussex freemasons, the British Kidney Patients Association various fundraisers and general donations we have raised over £35,000 which has been donated to St Helier's renal unit.

My sincere thanks must go to everyone who has supported our appeal, especially the BKPA for their continued support.

### Committee/Patient Representatives

The KPA Committee is desperate for new members and patient representatives for the various Satellites. My previous appeals have given us 2 new Committee members but we could still do with more.

The present Committee has served for a number of years doing an excellent job but it would be lovely to have some new members, with fresh ideas, to enable us to continue to represent you, the patients.

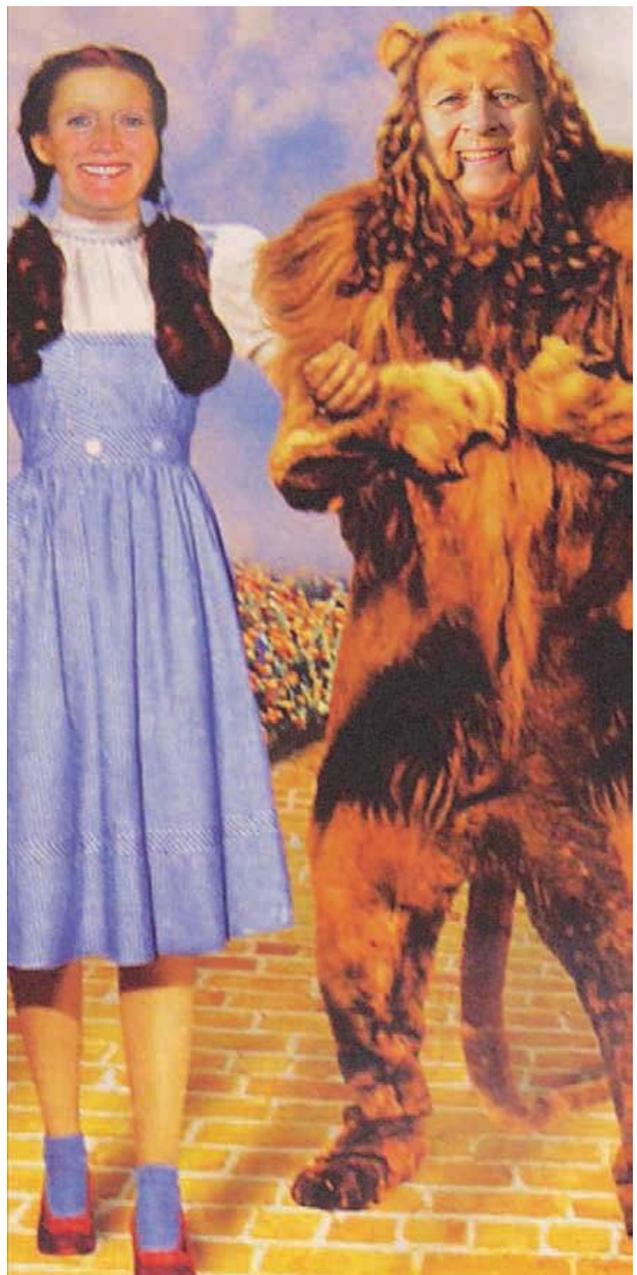
Ideally we would love to have some younger Committee Members to enable us to represent the entire age range of St Helier's patients.

The position isn't onerous; we meet once a month in the Blue Room within the Renal Unit at St Helier at 7.30 on the first Wednesday of the month.

If you can help please contact me on 01483 426276 or email [daspensley@btinternet.com](mailto:daspensley@btinternet.com). I have added a personal note of thanks to our retiring Treasurer Jim Rae, which is on the front page.

### Other Matters

The Trust was involved in an exercise called "Taking



Stock" which resulted in a change of personnel on the reception desk/booking office. I think it's fair to say that there were some issues which have been addressed, changes have been made and it's great to see some of the original ladies back in place.

The next battle is the future of St Helier itself and the current proposal to close A & E and Maternity. If Accident & Emergency was to close it will have a major impact on the renal unit

Suffice to say there are some tough financial times ahead for all hospitals.

I think that it all I have to report so may I be one of the first to wish you all a very Happy Christmas and New Year...

**DAVE SPENSLEY**



**S.H.A.K Patient  
Christmas Luncheon**

**Saturday 8th 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**

# **PRAISE FROM THE TOP**

The Renal Unit received high praise in July after being nominated for the Chief Executive's Monthly Award of Excellence by Dr Peter Andrews.

Although not the overall winner, Chief Executive Matthew Hopkins wrote: "You should be very proud that a colleague has taken the time to compliment you on your commitment to providing the best possible service.

"Dr Andrews wished to nominate you because to your credit the Renal Unit has continued to grow and is now the 6<sup>th</sup> largest dialysis and outpatient centre in the UK. Despite growing by 6% and reducing costs last year by £1.4million, the Renal Unit maintained its reputation for innovation and excellence.

"Dr Andrews went on to state the Renal Unit is supported by a hardworking and active patient organisation which raises funds for research, patient care, and patient facilities, to which we are very grateful. If there is a more dedicated, flexible, hardworking, or collegiate workforce in the Trust, then it is indeed blessed. It's a privilege to be a member of such a team."

# **KPA Donations** ■■■■■■

St Helier and Surrey KPA would like to thank the following people for their much appreciated donations to either the KPA's general funds or the "No Place Like Home" appeal:

- |                       |                 |
|-----------------------|-----------------|
| Mr & Mrs P Steele     | Mr Bert Coleman |
| Mr J C Burch Emmanuel | Kaye Foundation |
| Mrs Fay Eves          | D A Spensley    |
| The Charities Trust   | M J Hurst       |
| S Savage              | S M Poole       |

People can now donate to the KPA by texting the message "RCAM11 and the amount of their donation" to 70070, they will receive a text receipt from our Just Giving registered short code of SHSKPA

## **THE WORK OF THE BRITISH KIDNEY PATIENT ASSOCIATION**



The BKPA is a well known national charity that really cares about the personal circumstances of individual kidney patients and their families.

We know that life with kidney disease can very tough at times and patients and families have to cope with numerous hospital visits as well as the impact of the disease on work, family life and finances.

- We provide information, support and advice.
- We give grants to help patients and families cover the costs of domestic bills, hospital travel, education and holidays
- We provide financial support to kidney units throughout the UK to help improve kidney services and patient care

What makes us different from other charities is the level of financial support that we can give to patients, families and kidney units during times of financial difficulty.

In addition, we've just set up a new support phone line for patients in units with no counsellor or social worker.

Find out more from the BKPA website [www.britishkidney-pa.co.uk](http://www.britishkidney-pa.co.uk) Tel: 01420 541424

Email: [info@britishkidney-pa.co.uk](mailto:info@britishkidney-pa.co.uk)

## **In loving memory of Norman French**

On Friday 23rd March, Norman's wife Trisha and daughter Nikki presented the Renal Unit charity with a cheque for £1120. Donations from Norman's family and friends for his funeral reached £1440 in total. The money was given in the hope that it may help in some way to ease the difficulties that dialysis patients have to endure.

Norman started dialysis in the late summer of 2009, when his kidneys failed as a result of his heart transplant medications. He had many medical problems but he told his wife that 'dialysis was the hardest part' of any of the treatments he has had to date.

Norman was 'extremely grateful' to the dialysis staff for all of their care until the time of his death in February 2012. It is for these reasons that Trisha and Nikki felt that Norman would have wanted the money to go to the dialysis unit at St Helier.

The money has been gratefully accepted by the renal unit charity and will be used only for purposes that might improve the quality of life of our dialysis patients as Norman would have wanted.

# DRAGON BOATERS'

The 2012 Kingston-upon Thames Dragon Boat Challenge was cancelled at the last minute on July 15 due to torrential rain and switched to Sunday, September 9th which turned out to be a BEAUTIFUL day and a HUGE success.

Forty-five teams comprising around 700 competitors took part in the racing and many other people worked on the assortment of stalls and games all of which contributed to a fantastic day!

Of course, the main contribution is from the Kingston Rotary Club who organise this day each year. Many thanks to them!

The South West Thames Kidney Fund's two teams - Sweaty Kidney Scientists and Red Hot Kidney Beans - never get a chance to practice and

the day of the challenge is the first time they have ever been in a boat together ... but they did not come in last! They came in, respectively, 40th and 41st out of 45 teams which we feel is a fantastic result! Even better, each team managed to complete one race in under a minute - a new first!

Approximately **£12,000** will have



been raised from team sponsors and the charity stall. This is a huge benefit to Kidney Research and a brilliant result which could only have been managed with the massive group effort from: our fantastic teams; the volunteers on the stall; the people who donated the incredible items for our successful tombola and games; and those who sponsored a team or a team member! Thanks so much to one and all!

Next year's Dragon Boat Challenge will be on 21 July 2013. If you or anyone you know would like to take part, contact [anne.collard@kidneyfund.org.uk](mailto:anne.collard@kidneyfund.org.uk) and please remember our stall if you come across any items that you think we could use!

## BRIGHTON'S A BREEZE



Michelle West, her husband Steve and their team - Parryspeddlers - rode their bikes from London to Brighton on the 16th September. They set off just after 9:15 am and finished at 4:00 pm on the dot so with a 45 minute break they rode for 6 hours in total.

Michelle writes: I had my transplant in Jan 2005, and after losing 4 stone in weight last year in an attempt to get fit and healthy, I decided with my husband and some friends to attempt the London to Brighton bike ride as I wanted a challenge and a goal to aim for, so what better cause to do this for than the SWTKF as I owe them so much. It was tough and at times I thought I'd never get there, but today I can easily say I loved it and might even do it again next year! **Many thanks to all the riders from the Kidney Fund!**

# £12,000 TARGET



## Sweaty Kidney Scientists

**Dragon Boat Race rookie Auriole Wells writes:**

The race itself is exhilarating fun and yes they really do play the theme from 'Hawaii 5 O' during heats. I rowed for the first 2 races and drummed for the 3<sup>rd</sup> which I really enjoyed, apart from the fact that the drummers' tiny seat is perched precariously up on the prow of the boat and I think I used more energy gripping the drum with my knees to stop myself from falling in the Thames!

We didn't come last, 40<sup>th</sup> out of 45 teams, even more remarkable as some of us had only just met, never mind get in a boat with each other. We may not have been the most technically gifted team, but it's the most fun I've had in a pair of shorts for a long time. The carnival atmosphere on the day is fantastic with loads going on and lots of support from everyone. Huge congratulations to the rest of our team what an incredible effort and an amazing amount of £12,000 raised! Will I be doing it again next year? You bet!!

## Red Hot Kidney Beans

**Kathryn Harrison writes:** The weather forecast for 9<sup>th</sup> September was for a hot and sunny day and we were not disappointed. Conditions for the rescheduled Dragon Boat Race couldn't have been better.

The Red Hot Kidney Beans may not take the actual rowing too seriously but what they lack in paddle coordination they make up for in enthusiasm for fundraising. A team of Home Office civil servants and a couple of personal trainers proudly sporting their now distinctive Red Hot Kidney Bean logo on their T-shirts achieved their own personal best of completing a race in under a minute - 59.99 seconds to be precise! Their efforts have paid off as they have raised £1500 for the South West Thames Kidney Fund.



# WORKING TO DETECT TRANSPLANT FAILURE

**MARK DOCKRELL**  
**Institute Director**

Autumnal greetings Renality readers.

So what news? Well, some of you may have seen a piece in the national news last month entitled “Grandmother offers kidney to save woman from dialysis” or something similar.

It was about a young woman from Coalville in Leicestershire who had a renal transplant two years ago which unfortunately is already failing; now her 61-year-old grandma is stepping in to offer her granddaughter one of her kidneys. Donations from family members aren’t that rare when there’s a match and some of you will probably have received or donated a kidney to one of your loved ones.

Kidney transplants are undoubtedly good; improving both quality and quantity of life and through various scientific advances we have greatly increased the “life-span” of the transplanted kidney.

However, for many recipients the transplants do eventually fail, the average length has now increased to something over 12 years; but the average means for some it could be as short as 5 and for others 25 or even longer.

It would be great if we had some easy way of telling how the transplant was doing, some easy test what could warn us early that things might be starting to go wrong. Do you know where this is going?

Yes, new work at SWTIRR! Last year I told you that we had two new research fellows; two bright renal registrars who were going to do some research. I have told you a little about Dr Somalanka’s



project investigating the regulation of the N-Ras gene but I don’t think I’ve told you about Dr Seema Jain’s project. Seema is studying a possible new early marker of renal transplant failure; she is studying a protein called k-cadherin.

You may remember that we already have evidence that k-cadherin in the urine is a marker of progressing diabetic kidney disease, well Seema is interested in finding out whether it might also be a marker of progressive scarring (fibrosis) in a transplanted kidney; fibrosis is the reason most kidneys fail.

There is some good logic behind this; the process of fibrosis can be similar in different organs and very similar in the kidney despite what the causes might be. Similar, but not necessarily the same, which is why Seema has research to do.

Seema has been with us for a year, learning laboratory techniques, carrying out work on kidney cells, filling out

paper work and planning her study. Now she’s ready to start the clinical side of the project. She will be hoping to recruit all renal transplant recipients from St Helier, St George’s and Brighton over the next 12 months. Being involved in the study is not very arduous, there’s not much more than the normal treatment that the patient would receive. So we’re very excited about this work, we believe that it could lead to a simple urine test that would help tell the doctor how well the new transplant is doing and whether the treatment needs to be changed.

Once again this work is only possible due to the fantastic support from the South West Thames Kidney Fund and you. Thank you!

**Meanwhile another bit of transplant news you may have seen in the summer: “83-year-old man becomes the oldest person in the UK to donate a kidney.” As I told my dear old mum as she was filling out her organ donor form, it’s never too late to help!**

## SWTKF CHRISTMAS FAYRE

The SWT Kidney Fund, Frimley and Guildford Branch, will be having a stall at a Christmas Fayre at The Ash Centre, Ash Vale on Saturday 1st December 1pm to 5pm; also on Wednesday 5th December we will be having a Tombola Stall at Farnham Hospital from 9am to 3pm.

If you have any items for the stalls please would you leave them with Anne Collard at St Helier or with me Angie Morrow, The Cedars, Horseshoe Lane, Ash Vale, Surrey GU12 5LL 01252/325230. Thank you.

# SPORT IS THE ANSWER

Dear Kidney Funders,

If SPORT is the answer write the questions on a post card and send to the Kidney fund. I say "questions" in the plural, because, of course, every answer has many questions.

After a summer of Olympic and Paralympic sports and tennis and football and cricket we have had uncountable examples of the ways in which physical activity can help people to pull together as a team, and how even International rivalry can be turned into gripping fun.

As a Nation we are immensely proud of the organisation of our own Olympic Games, and of the spirit in which these games were played out.

The questions are, of course:

How can we build team spirit, how can we control weight gain, how can we fight off the blues, how can we keep ourselves in the best possible mental and physical shape, how can we raise funds for Kidney research? The answer is through PHYSICAL ACTIVITY...SPORT.

A recent review of fund raising by the SWT Kidney Fund shows that a high proportion of income comes from sporting events and activity surrounding them. For many years sponsorship through marathon running has been one of our leading sources of income.

More recently we have added one and then two entries to the Thames Dragon Boat races organised by the Kingston Rotary Club. Next year we are planning to field a team of cycling road racers to emulate



Bradley Wiggins. Willing teams of supporters turn out to organise fund raising side shows and raffles and tombola's. A great day is enjoyed by all.

So many individual fund raising events have involved sponsored cycle rides, runs, walks, swims, bungee jumps, parachute descents...is there no end to human imagination.

Of course many who would like to support kidney research are not in a position to be able to join in mega sporting endurance but Organisation is what is needed to marshal the fit and able bodied to get stuck in in the first place. Here our Nation has done us proud this summer. Look at Andy Murray's Mum, look at the Olympic volunteers, look at the marshals and time keepers at the games and say "I could do that!!!!!"

The first Paralympics games were called

the 1948 International Wheelchair Games set up for WW II veterans, in parallel with the second London Olympics of that year. We have all been inspired by the vision of Dr Ludwig Guttmann of Stoke Mandeville Hospital but how many have heard of the UK Transplant Games set up in 1978 specifically for patients who are recipient of organ donation.

Our own team run by Graham Morrow, has had a very distinguished record over thirty years or more. Some of the sports are a little more sedentary, but then we Brits generally do better in the sitting down sports.

This moment, then, must be the perfect time to club together to plan your own, local community, sporting event for 2013. This is usually best hosted by an existing team, club or village committee. We can provide much support and many ideas and unending encouragement. Get stuck in.

A very sporting year to all our supporters.

**PS The big Kidney Fund Party in 2013 is to be held at the All England Tennis Club in Wimbledon. We are so very privileged to be able to use this World Famous Venue.**

**Many of you will remember memorable PARTIES organised by the Kidney Fund in the House of Lords and at The Globe Theatre and at Epsom Race Course..**

**Next years' party could outdo them all. See notices elsewhere in this edition of RENALITY. Start saving your pennies now and book a place for the event of 2013.**

*Michael Bending*

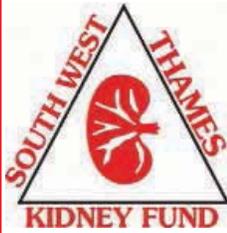


Once again, our gratitude to the Book People who have contributed £220 from their annual Loud Shirt Day to the South West Thames Kidney Fund (winner above).



Paolo Standerwick raised £106.25 at the Belmont Festival (above) on July 15.

# St George's Day Fundraiser at Wimbledon ALL ENGLAND LAWN TENNIS CLUB



Join us at our St George's Day celebration supporting the Kidney Fund's Fight Against the Dragon of Kidney Disease at the All England Lawn Tennis Club on 13th April 2013.

For those of you that have attended our previous events I think you will agree that this will be an evening worth attending. You will enjoy a reception followed by a sumptuous feast, multiple entertainments, auction, raffles and more.

The cost of the evening is £70.00 per person with an added cost for any tennis enthusiast who wishes to visit the museum and/or go on a Blue Badge Tour of AELTC.

Even if you are not a 'tennis buff' I would highly recommend that you add the tour and visit to the museum and make this a complete experience.

As an organiser of the event, I was lucky enough to be invited to join a tour and it is a really good experience with something for everyone.

The Blue Badge guide made everything so interesting from the story of the longest game in tennis history which took place on Court 18, to an opportunity to sit where the winning players sit in the press interview room to the visit to the world renowned Centre Court where the scores from the 2012 Men's Final are still on the board!



The museum really surprised me. It was fascinating with lovely tennis related tableaux, information on the development of the game, exhibits of costumes from the early days to today



(the poor women players had to wear corsets under their long skirts), information on the growth of the Tennis club from the early days in Worple Road to relocation to the present site which has developed into the Wimbledon we know today.

A reservation form was printed on the back page of the August issue of Renality.

However, if you cannot put your hands on that issue, do not despair – contact me on 0208 296 3698.

Or email [anne.collard@kidneyfund.org.uk](mailto:anne.collard@kidneyfund.org.uk) for a form and any further information you would like.

If you know of anyone who would be interested in attending, do please let them know about the event and the very worthwhile cause it will support.

**In the meantime, Kidney Fund wishes for a very Merry Christmas & a Happy & Healthy 2013 to you all!**

Anne Collard

## CAN YOU HELP WITH OUR AUCTION?

If you have any contacts that might be able to help us with auction items for our Wimbledon do could you please contact me. Ideas are sports memorabilia, a short break/week in a holiday cottage/apartment/b&b/hotel, anything travel related, paintings, jewellery - ANYTHING appealing you can think of.

If you have someone/a company you would like to approach and need a 'request' letter, let me know and I will forward one that you can use. Let me know and thanks! [Anne.collard@kidneyfund.org.uk](mailto:Anne.collard@kidneyfund.org.uk)

## Make a date with DIBFEST...

Keep the weekend of next March 15th to 17th free to visit 'DIBBFEST 2013', based at the Chichester Hall in Witley, where a team of 6 local men will be cycling non-stop from 19:00 on Friday evening until 19:00 on Sunday evening on a static turbo-training bike.

They will be aiming to cover between 750 and 1,000 miles and will each be spending a total of 8 hours in the saddle during the course of the weekend. While being entertained with music, stalls, games etc., you will be able to cheer on Mat Dibb and the team as they raise funds for Kidney Research! For further information and to learn about Mat and his team go to [www.dibbfest.com](http://www.dibbfest.com) and to sponsor this epic static bike ride, visit [www.vrginmoneygiving.com/matdibb](http://www.vrginmoneygiving.com/matdibb).

# SILVER WEDDING SUPERSTARS

On the 30th June **Neal and Beverley Clinch** had a big party to celebrate their 25th Wedding Anniversary and they asked all their friends and family to donate to the South West Thames Kidney Fund instead of giving them gifts.

## **WHY?**

In Beverley and Neal's words: This charity is so important to us as Neal is a kidney patient of St Helier. And we felt the money could be put to a better use than us receiving presents. Having our family and friends help us celebrate was enough for us.

We also set up a Justgiving page too and that raised £112.50.

In total we raised £397.50 are we really pleased with that amount and very grateful to our family and friends for being so generous'.

The Kidney Fund would like to say a big **THANK YOU** to Beverley, Neal and their family and friends.



**Maureen Ayling** trained as a nurse at St Helier Hospital in 1957, eventually working on the isolation ward, where the Renal Unit now stands. She took a break to raise her family and then returned to nursing - again at St Helier. She became president of Bishop Duppas Bowls Club in April and because of her association with St Helier and the fact that her husband Eric was the first home haemodialysis patient, she chose the South West Thames Kidney Fund as her charity. On 28th August a cheque for £740 was handed to Dr Michael Bending. Many thanks to Maureen & Eric.

## **Guildford & Frimley Park Branch**



We have had a very successful four months since the last Renality with collections at Sainsbury's Watchmoor Park, The Meadows Camberley, Secretts Garden Centre Milford and sales at Farnham Maltings (organiser Angie Morrow), Frensham Village Fete (organiser Kate Shipton), Farnham Dialysis Unit Cake Sales and Tombola (organiser Karen Robinson and patients), Camberley Classic Car Show (organiser Ken & Glenise Bonner) and collection boxes at various stores and Farnham Hospital.

In total the Branch has raised, together with donations, over £3,000 to support the SW Thames Institute for Renal Research.

We are, however, desperately short of volunteers to help. You need only give 1-2 hours of your time each year holding a collection box, manning a stall at a fete or hosting a coffee morning for your friends.

Every penny counts if we are to invest in research to conquer kidney disease and diabetes.

**PLEASE HELP – IT AFFECTS YOU!**

**Thank you. Graham Morrow Branch Treasurer**

# FSI 4K or 10K Challenge

The FSI 4k or 10k Challenge took place in the grounds of Thornbridge Hall in the Peak District over the weekend of June 29th. Two friends from the Trust, Emeshe Grew and Kate Bailey took up the Challenge to raise money for the Kidney Fund. Between them Emeshe and Kate raised £359.51 for Kidney Research. Hopefully their impressions of the weekend may inspire you to take up next year's Challenge yourself. There is no charge to enter the event and camping (if you want to camp) is free. If you have any questions contact Anne on 020 8296 3698.

**Emeshe and Kate** write: We definitely enjoyed the camping and the walking.

Apart from the torrential rain, the field that we got to stay in had beautiful views and we had lovely chickens for neighbours. The rest of the campers were very friendly and a couple helped us to pitch our tent. Having no hot water and cold showers was most refreshing to say the least but it did wake me up enough to drive home on the last day!

The walk was very pretty and I think it was mostly on the grounds of Thornbridge Hall. As well as the walkers for the FSI, there were ramblers, cyclists and kids doing the Duke of Edinburgh so it was busy.

At every Kilometre mark there were scouts who handed us water and shouted encouragement. I stupidly decided to wear jeans for the walk and ended up with pretty awful chafe



wounds. Kate and our colleague Sue thought it very funny that for the rest of the day I walked like John Wayne.

At about 6 o'clock on the Saturday evening the fire was lit for the BBQ. There were beef burgers, wild boar burgers and four different types of salad. Fantastic value for money at £4.50.

Once everyone had eaten, the owners of Thornbridge Hall came down to relax with us and their son made a lovely big bonfire that kept Kate and I toasty for the next two hours before we went to bed for our last night.

I would definitely recommend taking part as, apart from supporting your charity of choice, the camping made it that much more fun.

## SWTKF Donations

In memory of:

**Mr Peter Douglas Limmer**

**Mr Ashworth**

**Mrs Carmel Ennis**

**Mr Albert Frederick Bexley**

**Mr David Arthur Yeomans**

**Mr Ronald Joseph Hobdell**

**Mr William Buttle**

**Mr Geoffrey Mayes**

**Mr Charles David Howe**

Many thanks to **Mrs Vera Joy Moore**, **Mrs Juliet Fryer** and **Mrs D Page** all of whom made the Kidney Fund the beneficiary of birthday celebrations resulting in wonderful gifts to the Fund! A belated Happy Birthday to all!

Once again, many many thanks to **Sheila Wright** for the £110 she has raised for Kidney Research from her sale of summer fruits and jams.

And special thanks to all the unsung heroes (you know who you are) who make regular donations to the Fund and who are always there to give their support!

## WEST CROYDON LODGE

The Kidney Fund was lucky enough to be selected as the charity to benefit from the West Croydon Lodge Charity Evening.

Matthew Crook, Secretary of the Lodge wrote:

On Saturday May 19th the West Croydon Lodge No. 5688 held our annual ladies festival charity fundraising event at the Coulsdon Manor Hotel.

Thanks to the generosity of the members of the lodge and their guests through the raffle, auction and generous donations, we managed to raise £2085.00 which we are donating to the South West Thames Kidney Fund.

As master of the lodge it is my wife and I who choose the charity to which the proceeds of the fundraising event goes. Therefore, we decided to choose a charity which meant something to both of us. We both have family and friends affected by diabetes and kidney disease or need the services of dialysis etc. which the South West Thames Kidney Fund help to support.

One such close friend is my best friend's wife, Juliet Fryer, who has been under care for her diabetes for many years and has received some life changing operations and care from the Renal Unit. Both Nathan and Juliet speak very highly of the South West Thames Kidney Fund.

Therefore we held our fundraiser in honour of the help you have given Juliet. We know it only goes a small way to helping but we would like to thank you for all you have done for her and many others like her.

# ‘A Barbie for Ken’

**Auriole Wells, a member of the Frimley and Guildford branch, has raised a fantastic £1912-66 for the Barbi4Ken that was held in September in memory of her late husband Ken.**

**Auriole arranged a very tasty BBQ, Raffle and Auction, and a very moving display of the Spitfire and other small planes which performed a fly past for us. Ken used to fly at White Waltham airfield near Maidenhead. A great day.**

**ALSO Auriole raised £1000 in sponsorship for the Dragon Boat race held last month, an amazing 2 days fundraising.**



Auriole (pictured left with Olympic torchbearer Angela Cassidy) writes:

My fundraising this year, in memory of husband Ken Wells, should have taken place in his anniversary month of July, but the elements and Olympics had other ideas, and so with some hasty re-scheduling it came to pass that Saturday 8<sup>th</sup> and Sunday 9<sup>th</sup> September ended up being quite a weekend!

I had been praying for good weather all week and the gods must have heard me.

As Saturday dawned it was the most perfect, hot sunny day and I just knew we were in for a great day for Ken’s Barbie. I’d decided a while ago to hold it at Ken’s old flying club, West London Aero Club in White Waltham near Maidenhead.

It really was his second home, such was his passion for aviation and it’s such a lovely setting that it seemed the right thing to do.

Well I wasn’t disappointed, we had a great gathering of family, friends and fellow aviators, the club took care of the catering and laid on a fantastic spread and we had some great music from singer/guitarist Keiron Cox.

As a totally unexpected and wonderful extra the Spitfire from the Battle of Britain Memorial Flight, just happened to be at the airfield that morning.

It’s the oldest operational Spitfire in existence and as he was taking off to leave, gave us an impromptu mini-display in front of the clubhouse. Magic!

People donated for the food, we had fun with an auction and raffle, some amazing prizes had been donated and as an extra treat a friend Angela Cassidy, a Maidenhead torch bearer and games maker for both the Olympic and Paralympic Games, came along in her kit with her torch.

We gave a folks a photo opportunity to pose for a photo with her and the Olympic torch in return for a donation to the fund. She really worked the crowd too, filling her collecting bucket very quickly.

As a fitting tribute to Ken, there was a quiet moment when our friend Lawrence Hawthorn, flew one of Ken’s favourite aircraft the Nanchang CJ6, a Chinese military training aircraft in a flyby and victory roll over the club house.

In all the Barbie raised the amazing sum of £2,412.66 and £1,912.66 of that will go through my branch of the South West Thames Kidney Fund, which is Frimley and Guildford. Angie and Graham Morrow from the branch came along to support us with their son Craig, They were thrilled with the day, even bidding for and winning some fantastic aviation prints.

The remaining £500 will be donated to the RAF Benevolent Fund who donated a wonderful coffee table book ‘Spitfire The One’ to the raffle. I really couldn’t have asked for more and Ken would have been very chuffed to know that we were all there for little old him.

## FARNHAM DIALYSIS FUND-RAISERS

Karen Robinson, Clinic Secretary at Farnham Dialysis has started fundraising for the Kidney Fund. She and her two volunteer helpers had a busy day on Thursday with their bottle and jar Tombola.

Karen ran the tombola with two patients, Mrs Shirley Savage and Mrs Janice Martin, who kindly volunteered their services. Their fundraising (including the sale of wrist bands etc) has raised £360.40! Our thanks to them all and long may their support continue!

## KIDNEY FUND CALENDAR PHOTOGRAPHY COMPETITION FOR RENAL PATIENTS!



We thought it might be fun to create our own Kidney Fund calendar featuring photos each month taken by our Renality readers. Scott Brawn, a photographer who is one of our readers, suggested the idea and has agreed to be one of the judges. He has allowed us to use a couple of his images on our example calendar.

If you have a photo that you have always thought was particularly good and you might like to share, please send it for consideration. For those of you that enjoy snapping away, you have just under a year to take the 'perfect' picture to submit for consideration for the calendar.

### Main points of the competition:

1. The categories for entries are:
  - How Dialysis / Transplant Changed my Life
  - It's a Wonderful World / Life
  - Time Out / Holidays
  - Miscellaneous
2. Entrants must only enter photos taken by themselves. All submissions must be in digital format. Prints may be scanned to create a digital format
3. Digital entries should be emailed to [Anne.Collard@kidneyfund.org.uk](mailto:Anne.Collard@kidneyfund.org.uk).  
The subject or body of the email must state the competition entry category (point 1); your title for the photo and, if appropriate, the location.
4. 12 photos will be selected from the above categories
5. Deadline for photo submission is 31<sup>st</sup> May 2013
6. Winners will be announced in the July/August 2013 issue of Renality
7. The 2014 calendar will be available for purchase soon after printing – sometime in September/October 2013

### Terms and conditions for entry:

Entrants must be patients and/or immediate family of patients of the South West Thames Renal & Transplantation Unit which includes St Helier Hospital Renal Unit and its satellites. The competition is not open to professional photographers. Owners of any photo submitted in the competition grant their permission for the photo to be used in a South West Thames Kidney Fund calendar if selected by the judges.

If you would like to see more of Scott's work, email [Anne.Collard@kidneyfund.org.uk](mailto:Anne.Collard@kidneyfund.org.uk) for details

## IT'S TIME FOR YOU TO GET INVOLVED

The SWT Frimley and Guildford Branch had a 2 day collection at Secretts Garden centre, Milford, Surrey in Sept and raised £544 a very good result, writes **Angie Morrow**.

But sadly it is becoming very difficult to get help from group members and it is the usual few that help, of which I am always very grateful.

Our local group has over 100 members of which a probably 10 people can be called to help and collect but it is always the same people and we are unable to gain new members.

This puzzles me as we have all gone through the worries, uncertainty and concern regarding our loved ones, so why not give a little time or offer to hold a coffee morning, tea party or raffle to help The SWT Kidney Research Fund.

I am so glad Dr Bending told me about our local branch and now 20 years on I am still helping. It was meeting people with the same problems that made it so much easier for me and my family. So why don't you try it, find out which is your local branch and hold that tea party etc.

# London to Paris bike ride raises £3,296

## 301 miles in 4 days

**JOHN WILLIS** writes: In May this year I successfully completed a London to Paris cycle ride which turned out to be a very tough but rewarding experience.

After my transplant in 2008 I was looking for a way to give something back and came across the charity cycle ride run by Skyline, allowing me to raise funds for the South West Thames Kidney Fund.

After obtaining the all clear from Dr Phanish to embark on such a venture, I bought a road bike and started training in earnest last November. I was under no illusions how hard the ride would be and wanted to ensure my fitness levels were sufficient to complete the ride.

I joined Redhill cycling club, for regular weekend rides of 45 miles, went to some spin classes to build up my stamina and rode some training routes round Cobham and Ranmore Common to improve my ability to tackle hills! In the winter, when it was really wet and cold, I got on the static turbo trainer in the garage and watched BBC iPlayer to relieve the boredom.

### Day 1 – Crystal Palace to Calais – Distance 100 miles

My wife Deborah dropped me off at 6:30am at Crystal Palace with my clothes bag, bike of course, energy drinks and what was previously her kidney. 134 cyclists set off in earnest to



cycle through South London and the lanes of Kent to make it in time to catch the ferry at 6pm from Dover.

We were all doing the ride for our own chosen charities, all had different stories and all had the same goal of getting to Paris under our own steam. The camaraderie was brilliant.

Riders were experiencing punctures, broken chains and bike troubles on the journey, but soldiered on through the rain, hills, more rain and more hills before arriving at Dover in time for the ferry

### Day 2 – Calais to Abbeville - Distance 84 miles

We started off the next leg at 9:00am into a

very stiff headwind, driving rain and straight up a steep hill. This formed the pattern for the day.

Not only did I have pains in my knees but I found out that Northern France is not flat! It took until 7:50pm to arrive at the next hotel, wet, very tired and relieved, the hardest day I have ever cycled was over.

### Day 3 – Abbeville to Beauvais - Distance 64 miles

Day 3 was much better. It wasn't so wet, the knees were not so sore and 64 miles seemed like a doddle compared to the previous days. The scenery could now be appreciated, the roads were generally quieter and the hills whilst similar, seemed easier.

### Day 4 – Beauvais to Paris – Distance 53 miles

We arrived safely at the foot of the Eiffel Tower, to be greeted by friends and family cheering us in after 301 miles, about 200 punctures and 2,000 bananas eaten - all in 4 days!

A few tears were shed by all, relieved that we had successfully achieved what we had set out to do.

The total raised for the SWTKF was £3,296, kindly donated by friends, family, work colleagues and a successful quiz night. Definitely worth all the effort for the cause, and proof that my kidney transplant gave me the gift of life.

## LOTTERY RESULTS:

29/06/2012	<b>101163</b>	East Grinstead£91.50	17/08/2012	<b>101178</b>	Carshalton£92.00
06/07/2012	<b>101132</b>	Addiscombe£92.00	24/08/2012	<b>101048</b>	Horley£98.00
13/07/2012	<b>101110</b>	Wallington£92.00	31/08/2012	<b>101068</b>	Reigate£98.00
20/07/2012	<b>101022</b>	Woking£91.00	07/09/2012	<b>101144</b>	Belmont£98.00
27/07/2012	<b>101152</b>	Badgers Mount, Kent£91.00	14/09/2012	<b>101028</b>	Leatherhead£98.50
03/08/2012	<b>101106</b>	Warlingham£92.00	21/09/2012	<b>101193</b>	Wallington£100.00
10/08/2012	<b>101141</b>	Farnborough£92.00	28/09/2012	<b>101118</b>	Farnborough£99.50
			05/10/2012	<b>101170</b>	Stoneleigh£100.50

Once again the Kidney Fund is taking part in the **Great Big Small Charity Car Draw**. If you would like a chance to become the owner of a brand new Kia Picanto buy a ticket now! Tickets are on sale from now until 4th January 2013, and the lucky winner will be notified on 19th February 2013.

This is a great opportunity for the Kidney Fund to earn some serious money. The Car Draw is run by the Foundation for Social Improvement for the benefit of small charities.

The FSI buys or gets the car donated and to cover administration costs and any car related costs, they take 8% of the ticket sales, so for every £2 ticket sold the Kidney Fund gets £1.84.

Tickets can be bought online at [www.kidneyfund.org.uk/car-draw](http://www.kidneyfund.org.uk/car-draw). Paper tickets are also available for purchase individually or in books of 10 tickets.

Please let me know if you would like tickets to buy or to sell. Do you have any events coming up between now and January 4th where you could sell them? All tickets must be accounted and any unsold tickets must be returned to me. It would be very helpful if you could **volunteer your time to sell Car Draw**

**Tickets, Christmas Cards** in the St Helier Cafeteria at lunchtimes (the cafeteria is well attended then). We need your help now. Many Thanks! [Anne.collard@kidneyfund.org.uk](mailto:Anne.collard@kidneyfund.org.uk) or 0208 296 3698.

## GIVE A GIFT THAT KEEPS ON GIVING

### GIVE AN ENTRY TO THE KIDNEY FUND LOTTERY

Are you racking your brains for a meaningful Christmas present for that person who has EVERYTHING? We can help!!



Buy them an entry to the Kidney Fund Lottery. Entries are £1 a week. You can buy entries to cover from 13 to 52 weeks, or you can make this an ongoing gift by completing a standing order bank mandate. This truly is 'the gift that keeps on giving'.

For more information, contact Anne on 0208 296 3698 or email [lottery@kidneyfund.org.uk](mailto:lottery@kidneyfund.org.uk)



*All players must be over 16 years of age.*

**Growing lottery membership means increased funding for kidney research and an increased amount for the weekly winner which makes us winners all round!**

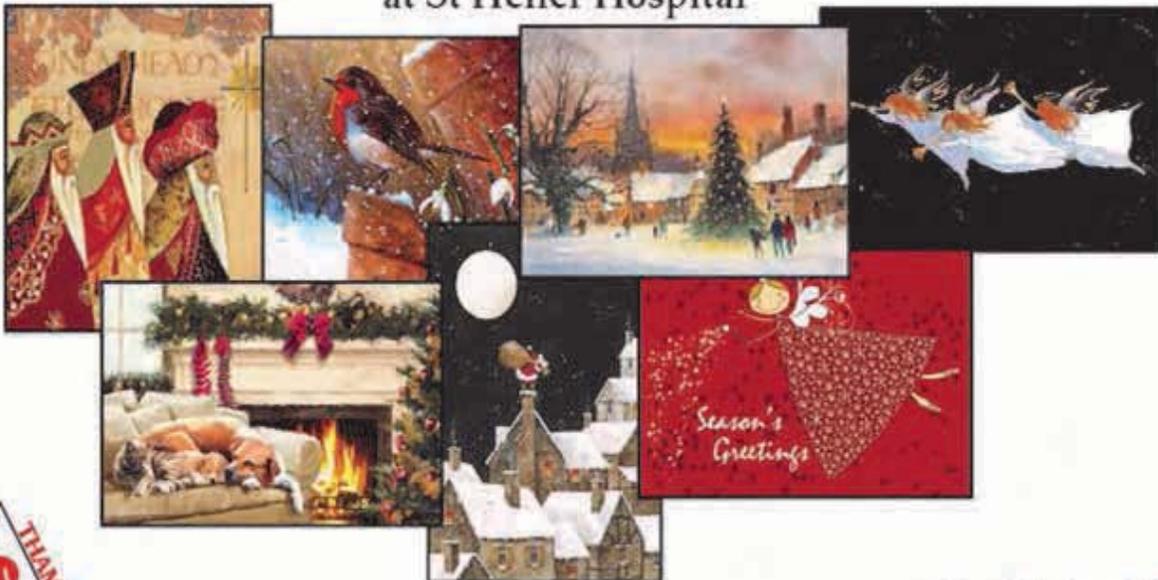
*The draw is made weekly with 50% of entry money going to the winner and 50% going to kidney research.*

**£3.00**  
per pack  
of 10 cards

## CHRISTMAS CARDS

**£3.00**  
per pack  
of 10 cards

benefiting the  
South West Thames Kidney Fund  
and Research into Kidney Disease & Diabetes  
at St Helier Hospital



#### HOW TO BUY THE CARDS?

Call Anne on 0208 296 3698 or email [aune.collard@kidneyfund.org.uk](mailto:aune.collard@kidneyfund.org.uk) or ask for directions to my office in the Renal Research Institute at the rear of the Renal Unit

registered charity no. 800952