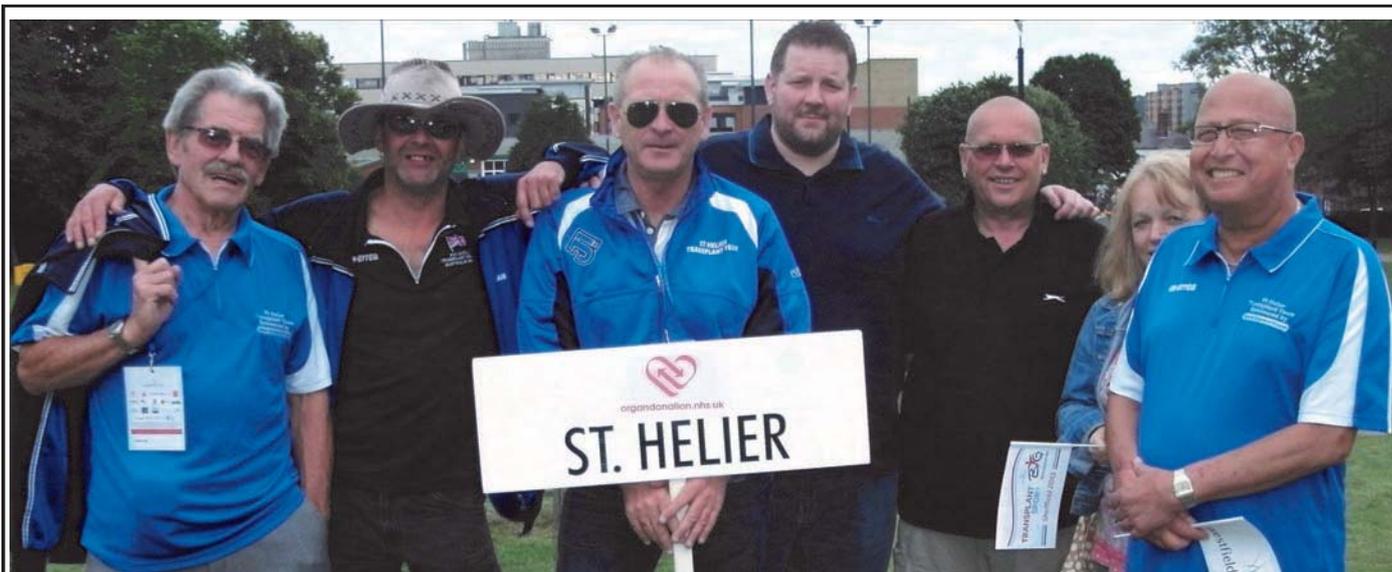


RENALITY

The NEWSLETTER of...

November 2013

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



TRANSPLANT GAMES: How did they do? P4/5



Look who was in Camberley: P12

BLOOD TEST RESULTS: RPV

THERE is some good news this month for patients with concerns about the Renal Patient View computer system.

Consultant Vip De Silva and a team of 18 renal staff have been working on a replacement for the current RPV system which has for some time been unsatisfactory.

Happily the team are in the advanced stages of testing a new system and hope to have a working version by early November.

Several patients have highlighted their frustration with RPV through Renality. They include Joan Raftery whose husband is a PKD patient at the Royal Surrey Hospital. Joan writes: "As things stand, the patient is

left in limbo for at least 4 to 5 weeks from the blood test to the next visit to the Consultant, causing more stress."

Paul Tiller is seeing his consultant at St Peter's Hospital. He says: "Since being seen at St Peter's my results online have dried up. I either get them from Dr Marsh directly or I call the transplant nurses. I think this a great pity."

And Elizabeth Bell writes: "Access to my blood/urine results is essential allowing me to monitor my progress and to check on any changes from previous results."

Vip De Silva explains all about the new system on Page 7.

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020 8296 3100

SWTIRR & SWTKF,

Anne Collard, Administrator:

020 8296 3698

SOUTH WEST THAMES

KIDNEY FUND,

HayleyAnne Fitzgerald,

Secretary: 07974 422424

ST HELIER & SURREY KPA

Dave Spensley, Chairman

01483 426276

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, or by cheque to SWTKF, Renal Unit, St Helier Hospital, Wrythe Lane, Carshalton SM5 1AA

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 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

REMEMBER...

our website addresses are:

South West Thames Kidney Fund:

www.kidneyfund.org.uk

South West Thames Institute for Renal Research:

www.swtirr.org.uk

St Helier & Surrey Kidney

Patient Association

www.shskpa.org

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

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

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MACHU PICCHU TREK RAISES SWTKF £3,000

ABIGAIL and Richard Herring, together with friends Anne and Rachael Conquest, travelled more than 6,000 miles to tackle the high-altitude challenge of a trek to Machu Picchu, one of the world's iconic sites.

And they raised more than £3,000 for the SWTKF.

Abigail writes: I have a close friend who has been supported by this charity for a long time. She had a Kidney transplant when she was in her early twenties and although it was predicted that she would require another one after 10 years it is still going after 20 years!

I felt it important to help SWTKF to continue their research, support and vital work they do for Kidney Patients.

Our trek was amazing but tough! There were 29 people on the challenge 3 guides, 1 doctor and numerous helpers who

cooked for us, set up camp, carried our gear. We couldn't have been better looked after! Everyone was very friendly and the whole group got on well together.

The altitude made it tougher due to the side effects we felt - I came off the flight in Cusco (which is 3300 meters above sea level) and felt like I just got off a boat and felt it was still rocking. This became easier the longer I was at altitude.

Other effects were - any quick moves or turning around to look behind me would make me lose my balance, this never got better during our time! Richard seemed to cope better but also found going upstairs at any of the hotels there was no running up them!

Just walking at slow speed up one flight of stairs found people out of breath! George our guide reminded us constantly this was no race, just slow and steady

pace would help us to reach our final destination and it certainly did!

The majority of the route we took was a route no other group takes, due to the company being aware of their impact on the environment and wanting people to experience a trek meeting locals who live throughout the Andes.

It was so remote, with breathtaking views - it was very special The highest we trekked to was 4460 meters above sea level and while camping we slept (or tried to) in -12, that was chilly!

Getting to Machu Picchu after climbing 3000 steps through the sun gate at sunset was such an achievement we were very proud of ourselves!

Doing the trek with Charity Challenge we were well looked after and the way they organised the trek made it an amazing 'once in our life time' experience.



Find us on
Facebook

CALLING all our Friends - we are now www.facebook.com/kidneyfund. Visit us on Facebook, add us to your 'Likes' list and if you are having an event or taking part in an adventure like the one above, advertise it on the Kidney Fund page.

2013 British Transplant Games, Sheffield

Here's what the team members had to say:

Hello, my name is Kevin Trimming and I'd like to share with you an incredible journey which hasn't finished, in fact, it's only just started.

I was diagnosed with end-stage renal failure in July 2008, and so started the long process of dialysis and all that goes with it.

On 29th August 2012, I got home late after treatment and at midnight that evening, I received the phone call that I'd been dreaming about.

I had the transplant the following day and my life changed immediately.

I had received the Gift of Life and the donor and his/her family remain firmly in my thoughts and prayers.

A few months later, I was chatting to a friend of mine and he asked me if I was going to get involved in Transplant Sport. I had never heard of it so I looked it up on the internet and found that there was, indeed, a British Transplant Games held every year. This year it was to be held in Sheffield.

I rang Graham Morrow who is the Team Manager of the St. Helier team and it was one of the best phone calls I ever made.

Graham and his family do an enormous amount of

unseen work both in raising funds for the Renal Unit, and raising awareness about Kidney disease. He invited me to Sheffield just 'to get the feel' of the Games.

And so to Sheffield.....

As soon as I arrived in the hotel, I knew I had entered into something special. I met Graham and some of the members of the team. Although I didn't know any of them, I was greeted like an old friend.

And so to the Games.....

The atmosphere was astonishing. The love, camaraderie the friendship, the respect – indescribable! People from all over the UK, children, adults, the elderly, the families. All had transplants in common. Kidney, liver, heart and lung, we had all received the Gift of Life. The Donor families were there. How emotional the patients felt about these people cannot be put into words.

I thought it couldn't get better. I was wrong. When competition started it was compelling; children competing, adults competing, everyone smiling.

Next year, the games are in Bolton. God Willing, I'm going to compete.

If you are able, why don't you? Trust me when I tell you it will change your life.

It changed mine." **Kevin Trimming**



LOUISE COOK

"Thanks for another great games! Definitely think we need a plan for promoting the team/hospital and getting more youngsters through to the games".

Louise and David

"A very relaxed and enjoyable games this year and a great result for St Helier winning so many medals for such a small team. It would be great if more people from St Helier would simply give it a try. This isn't about being a sportsman; it's about celebrating and enjoying a weekend with people that have experienced the same as you have. If adding anything to your 2014 calendar... make it the 2014 Transplant Games in Bolton"

Craig Morrow

"The Games is always my highlight of the year and I can't see that changing as long as I am breathing God's air. It always inspires me to live life to the full because someone gave me the chance to do so, and that to me is what it's all about. The Games highlight this to the full and always will as long as more people that have had transplants get more involved. Looking forward to seeing you all in Bolton."

Martin O'Halloran

"Well done Sheffield for making the Transplant Games an enjoyable event. Being a supporter of the St Helier Team for the past 16 years has always been fun and exciting but above all a most memorable time.

Transplant competitors taking part age from 2yrs to over 80 yrs. old and it is so amazing to see such determination and courage. I feel immensely proud and very fortunate to know such wonderful people who go to the Games to have fun, prove to themselves that after a transplant they can lead a normal life and even enjoy some sport.

Why don't you come along and join us in Bolton, Lancashire next August? It really is a time to remember"

Angie Morrow

2013 British Transplant Games, Sheffield

Young and old transplant survivors stood shoulder to shoulder as hundreds proudly paraded from Devonshire Green to Sheffield City Hall in a colourful procession.

Some wore medals from previous transplant games, others cheerfully waved flags, but all were united in raising awareness of the miracle of organ donation.

Teams from all over the country and across the world, including teams from USA, Australia and the Channel Islands (that was us - St Helier!), had travelled to Sheffield to take part in the Westfield Health games.

The Games are just so inspirational and there is a great atmosphere. It is very emotional. You never have anything to do with transplantation until you need a new organ. But we say thank you every day to our donors and this is also what the Games are about.

The procession - led by the England football band - kicked off a spectacular opening ceremony inside the city hall where teams were announced as they entered.

There was a rapturous standing ovation as finally representatives of the Donor families entered City Hall.

The Lord Mayor of Sheffield, Councilor Vickie Priestley, spoke as did Graham Moore, the chairman of Westfield Health and also the local organising committee for the games.

Chairman of Transplant Sport Andrew



MORAY LAING

Eddy lit the Donor Family Flame to signal the start of the event.

Transplant survivors compete in events from archery to tennis, from athletics to swimming at venues including the English Institute for Sport Sheffield and Don Valley Stadium.

Representatives from St. Helier were Louise Cook, Moray Laing, Craig Morrow, Martin O'Halloran, Gene O'Hara, Matt Rogers and Peter Warren supported by Angie Morrow, David Saxton, Kevin Trimming and me.

This year's Games were very relaxed and enjoyable and all team members went home with at least one medal. The final tally was 6 gold, 3 silver and 4 bronze medals – **fantastic!**

Thank you to SH&SKPA for their fantastic support and special thanks to Paul Connolly for obtaining and delivering the



MATT ROGERS

SH&SKPA T-shirts.

On a final note - The Sheffield Star's **Gift of Life Campaign** recruited over 22,000 local people to the NHS Organ Donor Register.

And the British Transplant Team once again topped the medal table at the World Transplant Games in Durban, South Africa with a total of 214 medals (114 of them Gold). Well Done!

Graham Morrow, Team Manager

(Tel: 01252 325230)

Billy and Charlie Stagg raise £2,550 with a daredevil Parachute Jump

Dave Stagg writes:

I have been a patient at St Helier for over 27 years, currently dialysing at Croydon University hospital. My two sons Billy and Charlie wanted to give something back for all the help I have been given over the years and raised £1,250 for SHSKPA and £1,300 for Kidney Research by carrying out a parachute jump on the 8th July this year.

They raised a fantastic sum of £2996 smashing their original target of £2,000. After taking out the fees for the parachute jump £1,300 was raised for Kidney Research and £1,250 raised for St Helier and Surrey Kidney Patients Association.

A big thank you to everyone who gave money for these causes!

TIPS TO AVOID SLIPS, TRIPS & FALLS

Renal Patients are commonly prescribed medication to reduce their blood pressure. Together with the effects of fluid removal on dialysis, these can cause dizziness or feeling light headed. As a result, renal patients may at a greater risk of slips, trips and falls.

During your visit to the Renal Unit or satellite haemodialysis unit, it is important that you stay safe and any potential hazards are minimised so far as is reasonably practicable. Staff are regularly trained on health and safety procedures, but you can also help. Here are some guidelines to help reduce the risks to your own health and safety.

Please observe the following:

Never rush around

always take your time when moving around the unit.

Take care when entering or leaving the unit, avoid stairs if possible

always use ramps if available, hold on to the handrail; use lifts where provided (except in the event of a fire).

Never enter prohibited areas

if an area is off limits to you, it is for a reason.

Take care when getting on and off your dialysis chair

ensure your clothing is not caught on anything before you stand up. Ideally, you should put the chair in the upright position and lower it to a comfortable level before getting off.

Never leave items on the floor

they are a trip hazard to yourself, other patients and the staff; always keep personal belongings on the tables provided alongside your dialysis chair in the treatment area, or on your knee in the waiting areas.

Do not walk around the unit without wearing shoes

you are more likely to slip in stockinged feet.

Observe and follow any hazard warning signs

they are there to inform you of any

hazards, which may be present.

Always take your time when leaving your dialysis chair after treatment
sometimes standing up too quickly can lead to light headedness, which could potentially make you lose your balance and fall.

Pay attention and take your time when standing on and off the weighing scales
ensure your access to them is clear. If in doubt, ask for assistance.

Never overreach to get something
always ask for assistance, our staff are always happy to help.

If you accidentally spill something such as a drink
please inform a member of staff immediately so it is cleaned up quickly to prevent anyone slipping.

If you wish to report any hazards
please inform a member of staff who will ensure that they are dealt with.

NADEEM'S FREE BLOOD PRESSURE APP

NADEEM RASOOL has developed an application to record and monitor your blood pressure and weight which is available FREE on Google Play Store - iDialysis.

Nadeem says: I was suffering from Stage 5 End Stage Kidney failure. This happened two years ago and it was all of a sudden.

I didn't realise for 3 months, I had a BP of over 200. When I thought I had a cough, it turned out to be something very serious and I fell into a coma.

I had about 10% chance of living, but thank god, I pulled through. But the virus had killed my kidneys, leaving me with just 5% working.

I was being treated at St Helier in Sutton. The staff there were brilliant and so were the Doctors. When I was stable, they put me on dialysis.

Last year while doing dialysis I wanted to record my BP and weight. Looking around there was no app for it, so being from a developer background, I went and developed an app.

This was a lifeline for me, as while I was doing dialysis, I was getting depressed a lot. I am so glad I thought of this.

On June 19th 2013, I had a kidney transplant from my little brother. I'm sore, but doing well. In between going to St Helier for Transplant Clinic, I've devoted my time to fixing the bugs and finally published the app on Google Play.

I wanted to help other dialysis patients who want to monitor their treatment, and may not want to sign up to Renal View.

The application allows you to record your blood pressure, your weight before and after each dialysis session and if you are diabetic then your blood sugar level

This is then presented in either a table format or graphs. The idea being that the patient can see at what days their BP level spiked or was too low to help them through it.

The main website will show you screenshots and you can also click on the Google Play store and download the app for free.

Main website: <http://idialysis.co.uk/index.php>



A new version of Renal Patient View for blood test results is on the way

Like many kidney doctors I tend to obsess about blood test results, writes Vip De Silva.

Over the last few years as the technology has improved it has become easier and easier to share this obsession with the kidney patients who come to see me.

Most of you reading this will have wondered about your blood test results, particularly as each follow up appointment with your kidney doctor draws near. Some of you would have heard of Renal Patient View, a website that you can access to look up blood test results.

Each renal unit in the country has information about its patients stored on a special kidney patient database. There are several different databases in use in the country and for many decades now the renal unit at St Helier hospital has used a system called proton.

This dates back from the days of monochrome unix terminals and ASCII graphics. The days when mice were little furry animals and windows were things you close to keep the wind out.

As time moved on and our patient population grew it became apparent that we needed to be able to get blood results into proton from other hospitals. So we jury-rigged up various systems that with a bit of luck and a lot of tinkering managed to take blood tests from these external places and put them on the database at St Helier.

Then when renal patient view was introduced, we set up a connection from proton to this system, so that when your results were visible in proton, they could also be made visible on renal patient view.

As the years rolled by, these old connections became less and less reliable. This was speeded up by the changes that happened recently around how blood tests are processed in Surrey.

Worse still, everyone who was involved in setting them up and keeping them going either moved on or retired. Worse still, as proton aged, even the company that made it no longer felt that they were able to keep up the expertise required to maintain it.

As the connections broke down it became more and more difficult to get blood test results into renal patient view which I am sure many of you have noticed.

At the moment while most tests taken at St Helier are available, those from Surrey sites are often missing.

Ever since I joined the renal unit as a junior doctor in 2000, it has been clear to me that we really needed to get a better renal



database. One that had more reliable connections, and that anyone with a bit of IT training could fix when it broke down. We knew there was a very good candidate database available called Clinical Vision version 5 (CV5).

This is made by the same company that produced proton and can be thought of as the great grandson of proton. It is also the database in use at our neighbouring unit at Brighton, while St Georges uses version 4. Such big changes are difficult to do however and usually very expensive.

After much effort we were able to acquire the capital in late 2011 and since then I have been working with a team of 18 other renal staff to upgrade our database from proton to CV5.

We are currently approaching a critical time in the project during which we are testing all our new connections to prepare for the change-over, which we plan to do by the end of October this year.

So far the testing is going well. I am optimistic that once we go live and iron out the inevitable early kinks, we should be able to get your blood test results onto renal patient view much more reliably.

In addition, I am hoping that a modern database will also greatly improve our ability to provide care in a co-ordinate way and to constantly audit and check that we are always doing the very best that we can.

Hopefully I can report back in a later issue of Renality about how this exciting project evolves.

Vip De Silva, Renal Consultant.

KPA Memorial Donations

Roy William Sampson

Peter Rowland Mills

B Rapley

D Butcher

Janet Valentine Gibbs

RG Warne

Joggers run for fun... and funds

St Helier & Surrey KPA received donations totalling a fantastic £1625 from Yateley Road Races and Sandhurst Joggers.

The committee of the Yateley Road Races is pleased to donate £1000 from the proceeds of the Yateley 10k series. The race organisers are supported by the Lions who marshal the course, the Scouts who set up water stations, Yateley Football Club who organise the finish and Sandhurst Joggers who organise the event, registration, the fun run and the site.

The Yateley races take place on the 1st Wednesday of June, July and August and consist of a fast one lap undulation 10km run for adults, and a 2km fun run for children (and the young at heart). It usually has about 1000 participants competing in each race with the winners completing the course in about 33 minutes. The race series is a very popular event in local runners' calendars and is renowned for being a very well-run and friendly event with many people setting personal bests on the course.

Sandhurst Joggers is a small-medium size friendly club in Berkshire that welcomes members of all abilities. The club train most nights and have runners competing in various distances nearly every weekend of the year.

The club recently took part in the River Relay, which is a mixed team baton relay run over five stages from Virginia Water to Kingston-upon-Thames. Sandhurst joggers A-team went into



this event with high hopes, having won the event since 2008. The team not only managed to retain the title for the fifth consecutive time, but they also beat the course record. As part of the winner's spoils the club has kindly donated the winnings of £625 to SHSKPA.

For more details about Yateley Road Races please go to the website: <http://www.yateley10kseries.info/>

And for information on Sandhurst Joggers please go the website: <http://www.sandhurstjoggers.org.uk>



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

**Saturday 14th 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**

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 and Mrs P Steele	Nicola Wright
Mr R and Mrs C Sammons	
St Helier Transplant Team	
Counties Riding Club	A & Y Crang
Anna Spensley	Billy and Charlie Stagg
Richard MrCready	
Yateley Road Race Club	Sandhurst Joggers

A message from your Chairman

I am nearing the end of my seventh 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 Served together with the Renal Unit staff all of whom provide invaluable support throughout the year.

We have over 750 members so we're kept pretty busy dealing with the many and varied requests 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:

- 2 Profiling beds for St Helier
- 2 Profiling beds for Mayday
- 10 TVs for St Helier.
- 3 Portable TVs for Mayday
- 3 Portable DVD players for St Helier
- 60 Renal Overlays for St Helier and its Satellites
- Replacement televisions for Kingston Satellite Unit
- Patient bedside chairs and tables for St Helier
- Ice makers for Richard Bright and Beacon wards
- Wheelchairs for Kingston & Mayday.
- Renal bedside folders
- Home therapy DVDs
- Patient information PC for St Helier
- 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 tickets and whilst I know that times are hard for 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, its 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 14th December between 12 noon and 2 p.m. and as always you are all welcome to attend.

Committee/Patient Representatives

The KPA Committee has 3 new members but it would be lovely to have every Satellite represented,. We need reps for Kingston, Epsom and Sutton.

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.

Other Matters

The future of St Helier is still in question and the current proposal is to close A&E and Maternity. If Accident & Emergency was to close it would have a major impact on the renal unit

At the present time a final decision appears to be on hold. The KPA will do all it can to ensure the renal unit stays in place providing excellent care to renal patients.

Finally, may I be one of the first to wish you all a very Happy Christmas and New Year.

Best Wishes, Dave Spensley, Hon. Chairman

SWTKF Chairman Dr Michael Bending writes...

Dear Kidney Research Funders,

These are exciting times in the world of Renal Research in the Institute at St Helier and for the Kidney Fund.

Our job is to increase income to fund this research. We are being aided by the recruitment of two young energetic executive members, Kathryn Harrison and Mat Dibb.

One of the major contributions to maximising income in the last four years has been provided by Alan Ratcliff, our sage treasurer, who has greatly increased the investment earned on our financial reserves.

Alan will have completed five years of service to the Fund by our next AGM in July 2014 and we are looking for a replacement treasurer to carry on the good work.

Is there anyone out there with experience of finance and accounting, who has a few hours to spare? It will be a hard act to follow but the task will be



made easier by the ordered state that Alan leaves.

Our second major challenge is to replace the incomparable Pat Godden as Hon. Secretary to the Fund.

Pat has been preparing our minutes and correspondence for 25 years. I have just heard today that this post may be filled by Hayley, Margaret Porter's daughter.

We are so grateful to Margaret for

stepping into the vacancy, and then volunteering Hayley's services.

Well done both of you I am always saying that the life preserving work of our dialysis nurses and technicians, and the work of our doctors and Consultants and dieticians and pharmacists and receptionists would all be in vain if we were not also researching developments that are going to make a difference for the patients of the future.

Finally we always need novel ideas for raising money.

The Kidney Fund lottery, instituted by Anne Collard and now run by Steve Clark is a great success. For a very small regular donation there is the chance of winning a nice little payback at the end of each month. Do check elsewhere in this edition of Renality and consider making a regular subscription.

Happy days,

Mike Bending,

Chairman, S W T Kidney Fund

OUR THANKS TO THOSE WHO MADE DONATIONS IN MEMORY OF...

Sarah Gibbs

Jean Shaw

Denis Glyndwr Evans

Eric Noel Castledine

Michael Raymond Schwarz

Norman Ronald Webb

Frances Ring

Frank Welland

KPA CELEBRATES 40 YEARS

What a lovely way to spend a sunny Sunday afternoon.

On Sunday 14th July the KPA held a tea party to mark its 40th Anniversary in the Downs View Suite overlooking Epsom Racecourse.

The party was attended by 92 patients, carers, friends, doctors, nurses and administration staff from St Helier and its Satellites.

We all enjoyed a lovely spread of sandwiches and cakes none of which suited a renal diet but I guess neither did the alcohol!!!!

It was great to see so many friends catching up with each other and it was the KPA's way of saying "thank you" to the renal unit staff and our volunteers who have helped us over the years.

Thanks to everyone who attended, and special thanks to Fay Eves for organising the afternoon and to Jackie Moss and Pat Harris for distributing the tickets.

Here's to the next 40 years!

Dave Spensley, Honorary Chairman



Looking Back – and Forward

Peter Andrews, Clinical Director

By the time you read this, it will be nearly Christmas. Sales will have started, trees will have been up for a couple of months in some particularly impatient stores, and alcohol and calorie intakes will be rocketing.

I start by wishing you all well for the festive season.

I am writing this on a Saturday morning while my eldest son is preparing to demolish the house by hosting his 18th birthday party. How can this be?

In my mind, he was only born a few years ago, and he is certainly too young to drink, have a girlfriend or be planning his gap year; let alone flying solo or travelling the world independently. Yet this is the reality. He has grown up, and not just by virtue of being as tall as me. Where did it all go?

Melancholy thoughts in some ways. And yet there is immense pride in seeing how he has developed and in anticipating his future. Times change. Lives move on.

I write this not just out of parental affection, but as a metaphor. Looking back at previous articles in this series, I was surprised to find that I have nearly reached my third anniversary as Clinical Director. It seems to have flashed by.

The unit is growing, evolving, changing. It is not really 'mine' any more. Not that it ever was – it is 'yours'. All I am doing is carrying the torch, hoping to pass it on in a better state than I received it.

So a moment for reflection: what has changed over the last three years?

Positives:

We continue to provide high quality care which is appreciated by patients and exceeds all relevant quality standards.

We are demonstrably efficient.

We continue to expand. We have good relationships with colleagues in related disciplines. We punch above our weight in hospital management and research.

We remain a harmonious and tolerant unit. We have a regional and national profile in many areas.

Despite pressures related to NHS finances, we have maintained and improved services.

Negatives:

We remain in an outdated infrastructure with significant planning blight. We need to redefine our relationships with adjacent Trusts.

Our surgical services need to improve.

Our ambition to develop services in Surrey remains unrealised.

On balance, I think we have done well. But just as the evolution of my son's life is leading to changes at home, we need to plan for the future of the Renal Unit. I am likely to remain in post for another two years before passing on the baton: what do I hope to have achieved by then?

The first priority, as always, is to maintain a high quality,

patient focussed clinical service. But that is just standing still. My real hope is that, by two years time, I will be able to report real progress in the reorganisation of renal services in SW London and Surrey.

As I write, we remain constrained by the uncertain outcome of the proposed BSBV reorganisation of services in SW London, with no certainty re the future of either the Epsom or St Helier site. [Things may have changed by the time you read this – but I doubt it!]

However, I believe that there are grounds for (cautious) optimism. A way forward may be emerging that will allow renal services to develop at St Helier, at St George's and in Surrey to the immense benefit of all.

There is a renewed determination across many organisations – some with very different agendas – to work together and to make things happen. Suddenly, co-operation seems to have come back onto the agenda.

I am a natural cynic. We have been here before, many times. However, whatever happens, I am confident that we will continue to see major service developments over the next twelve months.

At the very least, this may involve significant improvements to our infrastructure at St Helier. As with your hopes and dreams for your children, what a prize that is to reach for.

PS: (That stands for Paws Script)

Woof, woof! I haven't been left much space, which is a shame given the fantastic feedback from my last article. But just time to tell you that I am fine, and that the training is still on course.

My pet has lost nearly ½ stone following regular walking.

I hope to be able to write more next time. In the meantime, Merry Christmas from me, whatever that means. I'm hoping for a large bone.

P.S. I was forced to be pictured with this ridiculous hat. How demeaning for a good-looking dog about town! But as you can see, I retained some pride and chewed it rather than wearing it. That will teach them!



CAMBERLEY CAR SHOW

This is to say a huge thank you to everyone who visited and participated at the **Camberley Car Show** on Saturday, 31st August 2013.

Thanks to your generous donations, fund raising and participation we managed to raise **£1,727.15** from collections on the day.

Barclays Bank, Camberley have agreed a whopping '**fund match donation**' of **£1,500.00**. The Ice Cream Vendor at the event '**Surrey Ices UK**' have very kindly donated a cheque for **£126.70** as a percentage of their day's takings.

The Fund received a **£20.00** on-line donation through 'Just Giving'.

Also, 'Collectively Camberley', the management group for Camberley Town Centre are to donate an additional **£500.00** to the Fund as a result of the Car Show and would now like it to become an annual event!

So the total raised as a result of the Camberley Car Show on behalf of the South West Thames Kidney Fund is now £3,875.85.

Every penny raised will go to The South West Thames Kidney Fund to support research into kidney disease and diabetes. So a huge '**THANK YOU**' to all who participated, assisted or donated.

Ken & Glenise Bonner



THREE PEAKS ARE CONQUERED

Joanne Brown & Douglas Earle write: Well we did it!

The day started at 6.30am with our guide and other eager walkers. The morning mist was still there when we ascended the first peak, Pen-Y-Ghent within the hour.

Rather windy but pleased to have got one in the bag, we proceeded down the lovely 11 mile path towards the next peak. The walk was lovely, the scenery stunning, and so peaceful, with a beautiful day awakening.

We reached the base of the second peak about 11am, and we stopped for a quick sandwich and a water refill before passing the famous Ribbleshead Viaduct and starting the long winding ascent of Whernside.

It was turning out to be a lovely day, and we were pleased that it was, as poor wet weather would have made the paths even more treacherous. A rather steep descent this one, but a farm at the bottom with the promise of a cup of tea kept us going.

After a short break and attention to some blisters brewing, we made a strong effort to get on with completing the final peak - Ingleborough. Feeling rather weary, we set about climbing to the top although it was steep and the legs were wobbling. A quick chocolate bar later, and we were relieved the worst was over and only the final descent to go. It was longer than we



had hoped, there was field after field of rocks, and the last sign post of 1 mile to go was a lie I'm sure! As we finally saw the village where we had started all those hours ago, we were buoyed to get finished, and even managed a little jog for the last 200 metres to make sure we got in under the 11 1/2 hour mark! Exhausted, but pleased we had achieved our goal, we met with the family, had a quick shower, and enjoyed a lovely meal in the local pub, before a long undisturbed sleep!



10th Anniversary party raises £270

Cassandra Joy, 26, of Surrey has had her kidney transplant for 10 years so she celebrated with a party for friends and family. She wrote: I was diagnosed with Reflux nephropathy which causes the bladder to reflux to the kidneys when I was 5 years old and I was very ill. I was sent to Guys where I was treated for kidney failure under the team of Dr Godfrey and Dr Rigden with the very best treatment.

My kidneys worked a little till the age of 12 years old when I started haemodialysis. It was not easy having dialysis so young fitting in school and friends, but I was very lucky and grateful to have a great family around to support me.

The day came that changed my life forever when I was 16. Doctors told me they had a kidney for me. It was the best news ever. I couldn't wait to get off dialysis and live day to day without going for dialysis and feeling ill.

My transplant was a great success I have had a few small rejections but nothing major.

My creatinine today is 75 and the kidney is working great. I am now being taken care of by the wonderful Dr Wahba at St Helier.

I live life to the full going to work spending time with my friends, family and pets. I am a big animal lover.

I am always happy and smiling and love the little things in life which so many of us take for granted but not me ... every day off dialysis is a great day! If it wasn't for the kidney transplant I wouldn't be here, I am so happy and grateful to medical science and all the doctors and nurses that have treated me.

We raised £270 at my party for the South West Thames Kidney Fund. Thank you to everyone who contributed.

Frimley Park and Guildford Branch: We need your help!

Another year of fundraising is rushing by and how increasingly difficult it is to raise this much needed money.

After 22 years of continually pleading with friends, colleagues and family to empty their pockets for our fund I feel its time to ask the folks who have and will benefit by this Research, you the members and Kidney patients.

We have a handful of wonderfully diligent members who work very hard to raise money and do a fantastic job but where are the rest of you? I understand a number of you are not well enough to be active, so why not ask your family?

Please can you do something to help us raise more funds? Can rattles are not happening as often as other bigger charities get the slots, and people are not carrying the cash like they used to. How about having a coffee morning in your home and doing a small raffle and charging some pennies for a cuppa and a cake, if a few of you did that and raised £20 the money would soon add up. Graham or I would be very happy to collect any monies raised and bank it in the Branch account, so please give us a call and we will do our best to assist.

Regards, Angie Morrow, The Cedars, Horseshoe Lane, Ash Vale, Surrey GU12 5LL (01252 325230)

YOUR CHANCE TO RUN LONDON 10K OR MARATHON

The South West Thames Kidney Fund has guaranteed places for runners in **The British 10K London Run** for 2014 which will take place on the 13th July. If you would like to apply for a place in this run, please contact Anne on 0208 296 3698 or email anne.collard@kidneyfund.org.uk

LONDON MARATHON

If you or anyone you know are interested in one of our Gold Bond places for 2014 and can raise a minimum of £1500 (excluding gift aid) in sponsorship, please contact Anne on 0208 296 3698 or email anne.collard@kidneyfund.org.uk And if you got a place in the ballot, would you consider being on the Kidney Fund team and raising funds for kidney research?

RIDE LONDON-SURREY 100 READ ALL ABOUT IT!

MATTHEW HOPKINS

What a fantastic experience the Prudential Ride London-Surrey 100 2013 proved to be.

I have to admit that I was unsure what to expect from a cycling sportive, as the only major mass participation event I had previously been involved in was the London Marathon back in 1995.

And 100 miles is further than I had ever cycled before and a good third further than my longest training ride to date.

My other worry was whether I had done enough training as I only started any sort of preparation in May this year.

The pre-ride organisation was excellent and my rider cohort (known as Blue N) was shepherded to the start line on time, leaving the Olympic Park slightly early.

The first part of the ride, along the A12, was great fun, as it entailed cycling along a three carriageway road, no traffic, no spectators just loads of cyclists on various types of road bikes enjoying the open road. And on we went, through the Blackwall Tunnel, past Tower Bridge and on to Trafalgar Square.

Arriving in Kingston I met my wife and two children who had cycled from our home in New Malden to cheer me on at the same spot we had cheered the British cycling team at the Olympics a year ago.

Then onwards into Surrey... I had trained on the Surrey section several times so I knew what to expect. I did though take it quite steady and stopped to refuel at Hampton Court and Newlands Corner.

The people of Dorking were really great, lining the main street and cheering very loudly. My name was called out a lot, so I am grateful for their encouragement. The volunteers and road marshals were really helpful and the food and drink refuelling pit-stops were all well organised, apart from the Boxhill one, which added about 20mins to my time.

My official time was 7hrs and 8mins, but I now know I could do the course faster than that! I'm grateful to the Kidney Fund for the opportunity of fundraising and participating in the Ride London event and am very keen to repeat the experience next year!



HARVEY JAMES (above)

I did Ride London100 in 4h 31mins and I'm really happy.

It was a fantastic day. I've raised just over £1400 and reckon there's a bit more to come in. Harvey's brother, Keiron James, wrote:

In 2010 Harvey donated a kidney to me to help restore a normal life back to me and my family due to kidney failure. A noble act this may have been, but he always has said he wanted to do more to support the wonderful Renal Team at St Helier who have supported me throughout my illness.

Harvey was set with the challenge back in March when I informed him there was an opportunity to do a 100 mile bike for the South West Kidney Fund. Harvey has always been a very keen cyclist but his focus was in Mountain Biking for well over 20 years. He had, however, recently started road riding, so rising to the challenge, he spent many hours on the saddle training slowly but surely to build his ability to be able to ride the 100 miles.

On Saturday 4th August 2013 at 3:20am Harvey set off to where he was

to start his ride. His start time was 6:25am and off he went. All his family and friends were positioned at various places throughout the route. I was at Byfleet with my family and many friends. Harv came through at around 7:45 to the cheers and roars of encouragement from us and all the crowds - a fantastic atmosphere especially so early in the morning.

We managed to keep track of Harv's progress through Facebook where his progress was being updated at various points along the route from friends, which was great. Harvey set himself a very steep finish time of 5hrs 30mins. So we were expecting him to finish around midday.

At 10:45 am we were all super shocked to find that he had finished in an incredible time of 4hrs 31mins. It was unbelievable - he had absolutely smashed it!

My wife and I arranged a celebration BBQ for Harvey in the afternoon which was brilliant and completely deserving for our hero. I am so proud and amazed for what he has done, not only has he given me his kidney but now this. He is my hero.

THE GREAT **BIG SMALL** CHARITY **DRAW**

WIN A LUXURY HOLIDAY ABROAD by entering the Great Big Small Charity Draw!

The Great Big Small Charity Draw is a free fundraising event which allows small charities like the South West Thames Kidney Fund to raise money for themselves. The event is run by the charity FSI (Foundation for Social Improvement) and all prizes are supplied by them. For each £1 ticket we sell, the South West Thames Kidney Fund will receive .92p, with the remaining 8p covering administration costs incurred by the FSI.

If you would like to buy paper tickets or can help us sell them, contact Anne.Collard@kidneyfund.org.uk or phone Anne on 0208 296 3698.

For an online entry go to <http://www.smallcharitycardraw.co.uk/tickets.php?id=swtkf>

The FSI will also be giving away the following prizes in the draw:

**Weekend at Lake Windermere, Lake District; iPad Minis;
Segway Rally Thrill for Two; Bungee Jump
London Eye Experience for the Family; £100 Trailfinder Voucher
Keg of Thornbridge Ale**

In addition, they will give ...

£500 to the participating organisation that sells the most tickets

£250 to the participating organisation that sells the winning ticket for the top prize.

All ticket sales will end on Monday 16th December 2013;

The draw will take place on the 19th February 2014.

RIDE LONDON: OUR STORIES

LUKE MORRIS

It was a fantastic day, one of the best I've had on a bike.

The closed roads and the crowds helped create the illusion that we were pro cyclists. It was the equivalent of having a kickabout at Wembley before an England match.

Some of the descents down the narrow country lanes were absolutely thrilling. My cycle computer clocked 40mph, the fastest I've ever been on a bike. (40mph doesn't feel too fast in a car, but it feels like Warp Speed on a bike!)

There were so many cyclists that it was really easy to draft one another. I passed Boris Johnson en route, at around 40 miles. I'm really surprised and impressed that he managed to finish, as he looked like he was struggling.

I had a bad patch just before the end and started slowing down. Then at the 99mile marker everyone got a second wind and upped the pace. I even found a little left in the tank for a sprint finish down the Mall. What a great day. My official time was 6hrs 16mins.

The following day, however, my legs were in bits and I was walking like John Wayne. But it was worth it!

JUSTIN DUNN

I am pleased to say that I completed the course including the hills.

A fantastic day, really well organised. Having finished the ride I then relaxed in Green Park and managed to pull my hamstring getting back up off the ground!

From a personal point of view I did much better than I thought I was going to do and am elated with the result. The weather and the ambience were perfect. Am already thinking how can I improve things for next year

Thank you again for the opportunity!

RICHARD BOWEN

Had a great day although it started very early and almost badly as I had a puncture halfway between the drop off and the Olympic Park! But a quick tube change in the middle of a road island and I was back in action.

The ride was amazing. I was in the very last start at 8:00 (the first start was at

6:00) so almost everyone had started in front of me.

I thought we might roll out gently allowing for there being quite a long way to go, but nothing of the sort with the initial miles at 20mph+.

By the time we got to Kingston (24 miles) people around me had slowed a little which was better for me although on the first proper hill up to Newlands Corner at 45 miles I got my first bit of cramp. I hadn't really followed the recommended training very well!

Still, I just about managed to keep the cramp under control for the next 55 miles (I did have to ride up part of Box Hill with only my left leg attached to the pedals) and with a couple of drink and loo stops finished in 6 hours 25 minutes which I was very pleased with.

The organisation of the event was brilliant. Immediately after the ride I was tired but surprisingly ok otherwise.

The bruising from the cramp was a bit noticeable especially in the next couple of days and I have to admit to finding it difficult to reach my feet to get my socks on!



£6,300 Raised from the 2013 Dragon Boat Day

Once again, a very enjoyable day, blessed with excellent weather, was experienced by everyone at the Kingston Rotary Club Dragon Boat Festival on Sunday, July 21st.

This year's team participated in all three heats and managed to place 34th out of 49 teams – so a great improvement on previous years! The stall did very well with a successful 'bottle top' tombola and lucky dip and wonderful balloon crafting from Sofhia Scala-Smith. Many thanks to all who helped on the stall, contributed items for the tombola and lucky dip, and to all those who paddled their way to 34th place!

If you have a business and need a good team builder and would like to raise funds to support the South West Thames Kidney Fund this is the event for you! Each team needs a minimum of 13 people, with a maximum of 17. Go to kingstonrotaryclub.org.uk/dragon-boat-challenge for further information on How to take part in this event.

Would you like to step up and organise the 2014 Dragon Boat Day? Please let Anne know if you are interested – anne.collard@kidneyfund.org.uk, 0208 296 3698

WHERE THERE'S A WILL...

The Kidney Fund and all those who support it want to see an end to kidney disease! And the best way to do that is to keep the funds coming in to ensure the future of kidney research. We will continue doing everything we can to keep the research going and keep alive the fight against kidney disease - but the obstacles are becoming more and more difficult to overcome.

The main obstacle for the SWTKF, and for all charities, is the poor economy. To maintain a decent standard of living many people have pulled in their purse strings and have much less to spare on little 'extras'. This has resulted in a vast reduction in charity income from donations, fundraising etc.

The work at the South West Thames Institute for Renal Research costs approximately £500,000 per year. Some of this is covered by grants but the Kidney Fund has to raise around £300,000 to cover the remainder each year.

Chronic Kidney Disease (CKD) is "*Common, Harmful and Treatable*" (World Kidney Day website). Roughly 1 in 10 adults in the UK have some form of kidney disease, and every year many die prematurely because of it, either through kidney disease or an associated condition. Improving the detection of kidney disease can allow an earlier intervention to

help save lives. Improved understanding of the disease will help us develop new and better treatments.

It will be a terrible shame for present and future generations if this vital research had to come to an end before it delivers.

May we ask that you consider including a gift for the South West Thames Kidney Fund in your will. This would be a very special gift, no matter how large or small, that will not affect your lifestyle, but may dramatically brighten the lifestyle of future generations.

So ... with your help may we amend the above saying to 'Where there's a WILL there's a way forward for Research'.

If you would like information on how to leave a gift in your will, or how to make a codicil to your will, call Anne on 0209 296 3698, email anne.collard@kidneyfund.org.uk

Or check our website <http://www.kidneyfund.org.uk/support-us/leave-a-legacy/>



Protecting Your Veins for the Future

Best practice suggests that blood tests should be taken from the back of your hand when you have chronic kidney disease. Frequent blood tests, even when taken years before you need dialysis, can lead to damage blood vessels.

Although you may not need dialysis at the moment, this can jeopardize the chance of successful formation of a fistula in future.

At our clinics in St Helier, we have previously not been able to provide this service to our patients. We now would like to welcome our dedicated renal phlebotomists who are trained to take blood from both the elbow and the back of the hand, giving you the option of having blood tests from the back of the hand. They will routinely offer to take blood from the back of the hand, unless you request them to take it from the elbow.

Generally we would suggest anyone with Chronic Kidney Disease stage 4 or 5, those attending pre dialysis clinics, those already receiving dialysis and those with a transplant consider having blood tests taken in this way. If you are not sure, please check with your doctor when you see them in clinic. We hope this development in our service will help to protect your veins and improve the chance of a successful fistula being formed in the future.



SWTKF DONATIONS

Thank you to:

Roy & Lesley Down for the further donations we have received in respect of their Golden Wedding anniversary – and our Congratulations!

Pupils of Bordon Junior School, Hampshire, who held a series of Charity Market Days' during their break times, selling items ranging from cakes to origami. The whole organisation and promotion of the 'charity markets' was down to the pupils themselves with three charities benefiting from their efforts. They sent the Kidney Fund a cheque for £108.00

The Book People who raised £281.00 for the Kidney Fund from their annual Loud Shirt Day All Hallows Catholic School's St Swithins Welfare Fund

The anonymous person who donated their 'runner up' prize from the Big Give Charity Raffle

AMAZING STU RAISED £4,600

He ran, kayaked, cycled (and almost swam when the kayak capsized!), and in 5 days **Stuart Levett** covered more than 220 miles, raising £4600.

Stuart, a personal trainer from Teddington, set off on foot from his training studio in Teddington, through Bushy Park, the Surrey countryside and into Hampshire where he and his support team stopped for the night. The next day he completed his run to Portsmouth.

Day 3 saw him kayak across to the Isle of Wight only to capsize just a few metres from shore. Undeterred, Stuart was then on his bike and cycled the circumference of the island. Then it was back in the kayak across the Solent. Days 4 and 5 were the reverse of the run, ending appropriately at Mo Farah's gold postbox in Teddington where a group of friends and family were waiting to welcome him back and wish him a happy birthday.

"It was the hardest thing I have ever done," said Stuart, "but the most inspirational. I had a great support team backing me up and receiving messages from friends throughout the event really kept me going."

Stuart became a supporter of the South West Thames Kidney Fund through two of his clients Ian Harrison, who received a kidney transplant from his wife Kathryn 3 years ago. He was also a little busy over the last couple of months planning his next big event – his wedding in October.

Winning SWTKF lottery numbers

05/07/2013	101058	Ash	£105.00
12/07/2013	101092	Croydon	£104.50
19/07/2013	101130	Farnborough	£105.50
26/07/2013	101201	Leatherhead	£105.50
02/08/2013	101009	Camberley	£105.50
09/08/2013	101006	Thornton Heath	£106.00
16/08/2013	101182	Farnborough	£106.00
23/08/2013	101155	Ashted	£106.50
30/08/2013	101179	Wisley	£107.00
06/09/2013	101115	Purley	£107.00
13/09/2013	101206	New Malden	£107.00
20/09/2013	101173	West Molesey	£107.00
27/09/2013	101102	Frensham	£106.50
04/10/2013	101082	Maidenbower	£106.50

£14,513.00 in prizes since we started on 2nd July 2010 with the same going to SWTKF, brilliant.

HSBC Farnborough Branch Raised £660 for The SWT Kidney Fund

The whole HSBC Farnborough branch has been busy raising sponsorship for a charity cycle ride for the South West Thames Kidney Fund.

In 2011 one of our Customer service officers' husband was diagnosed with Vasculitis and now that he is on the mend we decided to raise funds for the charity which is not only close to his heart but also supports the hospital where he was treated.

The event took place on the 21st April at Windsor Great Park.

The sun was shining and everybody was geared up for a great day. Jenny her husband Clive, Claire, Cheryl, Ekta and Ila cycled a total of 115 miles between them.

Mark Pruce, Area Director, stated: "The support our Farnborough branch colleagues have given to Jenny and the charity is brilliant"

They raised £330 and HSBC is matching that with another £330, so £660 has been raised in total.

It's been over a year in the making, but we think our 2014 Calendar is well worth the wait!

As mentioned by photographer Scott Brawn who was kind enough to act as one of the judges, the standard of the images produced was very high and we are very pleased with the result.

The 2014 A-3 (when opened) wall calendar will sell for

£8.00 (this is inclusive of postage if applicable) and can be ordered either by calling me on 0208 296 3698 or emailing calendar@kidneyfund.org.uk

Or send your name, full address including postcode and a cheque for £8 for each calendar you wish to order to: Anne Collard, SWTKF, Renal Unit, St Helier Hospital, Wrythe Lane, Carshalton SM51AA.

We really hope you will show your support and order a calendar or two or three now. They will make excellent Christmas gifts!

NOW, GET SNAPPING for our 2015 calendar! If you have any questions, please give me a ring. Just note that the competition is restricted to photos taken by patients and immediate family members of the South West Thames Renal and 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 the South West Thames Kidney Fund calendar if selected by the judges.

Photos must be in digital format and the orientation must be LANDSCAPE. There will be no separate categories for the 2015 calendar. Only 2 submissions per photographer please!



£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 the South West Thames Institute for Renal Research



Cards will be available on the tea stand in the St Helier Renal Unit outpatient waiting room, or they can be sent to your local Renal satellite for collection. You can also collect them from Anne's office in the South West Thames Institute for Renal Research - located to the rear of Richard Bright Ward on the Renal Unit.

If you want the cards posted please contact Anne on 020 8296 3698 or email christmascards@kidneyfund.org.uk. There will be a small additional charge for postage.

NB - Each pack contains 10 cards of the SAME design



registered charity no. 800952

Rosa's persistence pays off

MARK DOCKRELL,
Institute Director

Autumnal Greetings Renality Readers

It is almost a cliché to say that people often don't appreciate things that they have; sometimes quite amazing things.

It could be right in front of us but if it's something we feel has always been there we might hardly notice it or even neglect it – take our health as an example.

The kidney community of South West London and Surrey have a unique treasure that many might not even know is there – like a healthy person and her kidneys.

I am lucky enough to walk into the Institute nearly every working day and I must confess I don't always appreciate quite how amazing this place is.

Thanks to the incredible dedication of those early pioneers of the South West Thames Kidney Fund and the coming together of patients and the doctors of the renal unit, The Renal Research Institute stands as a local centre for training and an internationally recognised centre of research where the doors are open to new ideas and the patients it serves are able to participate in their realisation.

Just over a year ago a registrar from the hospital, Dr Rosa Montero, came to see me. Rosa was a bright professional enthusiastic character.

She had done her research at Imperial College, Hammersmith Hospital. (As some of you may know, Imperial College is ranked as the 8th best university in the world!) However, even after finishing her research there Rosa had some major questions that had been left unexplored.

Clearly an intelligent woman Rosa outlined for me some of her ideas. I will try to give you the gist of it.

Rosa was interested in Diabetic Kidney Disease and she was also interested in inflammation.

The generally accepted view is that these two don't really mix. We have kidney diseases that are caused by inflammation and we have kidney disease that is caused by diabetes; the received wisdom is that these are separate.

FUNDING

=

RESEARCH



RESEARCH

=

CURE

But Rosa had been aware of some new thinking in the field and was formulating some ideas about how we might test whether there is an interaction between diabetes and inflammation that might increase the severity of chronic kidney disease.

Rosa's ideas were really interesting, but the majority of the work we do is still funded by the on-going support of you the patients and I can not just set off on a new project without taking some counsel.

In science we often use what we call peer review, that is we seek the opinion of other experts in the field who are not directly connected with our work.

So, I got in touch with a professor at the University of Edinburgh; the professor there is an expert in kidney research and knows as much about inflammation as almost anyone else I know.

To be honest, I was a little surprised by his response. Not only did he think the research question was really interesting but he also said he thought the Institute was just the right place to do it, thanks to our specialist approach. I decided we should try and get funding!

Our grant application to Diabetes UK came back full of favourable comments but it wasn't really consistent enough with their current priorities for them to fund it.

I turned to the Kidney Fund and through joint funding with the Tom and Sheila



Springer Trust they were able to support the project. Sorry, I should say **you** were able to support the project.

Some big universities are restricted on the breadth of the research they can do either by strategy, by internal politics or by external governmental pressure.

As an independent institute we have the flexibility to think out of the box.

Even with the generosity of the Kidney Fund, money was tight, so Rosa decided she would do most of the work herself. Remember dear reader, this woman was doing a full time registrar's job.

Rosa came to the Institute in the morning before her shift, she came back to the Institute after her shift, she came on her days off and she came at weekends.

Dr Montero has now successfully carried out her pilot study and she's analysing her results, so far they're looking good.

This one project may not change the world but who knows.

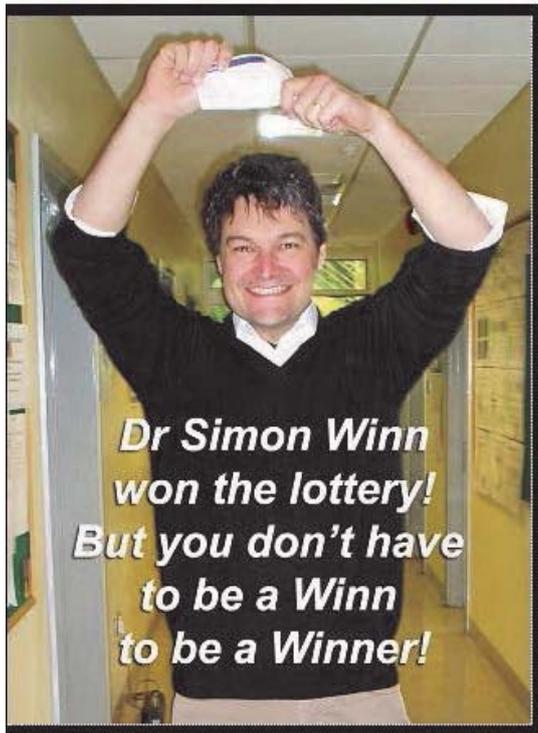
What I do know is it couldn't have happened if there wasn't a unique innovative Renal Research Institute, where bright dedicated doctors feel they can come, that was open to new ideas and willing to take risks to beat kidney disease.

We continue to look for new and better ideas that will help in the fight. Our research is quite literally your research.

Funding = Research

Research = Cure

THE SOUTH WEST THAMES KIDNEY FUND WEEKLY LOTTERY



**Dr Simon Winn
won the lottery!
But you don't have
to be a Winn
to be a Winner!**

Have you wondered why YOU should join the Kidney Fund Lottery?

Here are SIX GOOD REASONS why:

1. You may win!
2. It's easy to do and it costs just £1 per entry per week.
3. 50p of your £1 and everyone else's £1 will go to the winner (which could be you!)
4. 50p of all the £1's will go towards kidney research
5. The more members, the larger the prize
6. The more members, the more funding for kidney research which will eventually result in prevention or a cure

and then ... WE'LL ALL BE WINNERS!

To join the Lottery please complete the form below and return it to the address on the form. Once received, we will contact you to let you know your unique number or numbers.

IMPORTANT: please return to: The Lottery Office, c/o 10 Pelton Avenue, Belmont, Surrey SM2 5NN

Title: _____ Initials: _____ Surname: _____
 Address: _____
 Postcode: _____ Home Phone: _____ Mobile: _____
 Email: _____ add me to the Kidney Research Supporter email group _____
Please note that to save on postage we prefer to communicate by email or telephone. Please tick here _____ if you require a letter

There are two ways to pay. Please choose ONE of the following:

1. Standing Order Mandate

My Bank's Name: _____ Branch: _____ Post Code: _____
 My Account No. _____ Sort Code: _____ Date of 1st Payment: _____
 Name _____ Signed: _____
Pay to: Kidney Fund Lottery; Bank: CAFbank Ltd, West Malling; Account Number: 00019588; Sort Code: 40-52-40

Monthly Payment:	_____	number of entries	@	£4.34	per month	=	£	_____	& thereafter each month
Quarterly Payment:	_____	number of entries	@	£13	per quarter	=	£	_____	& thereafter each quarter
Half-Yearly Payment:	_____	number of entries	@	£26	per half- year	=	£	_____	& thereafter each half-year
Annual Payment:	_____	number of entries	@	£52	per year	=	£	_____	& thereafter each year

2. Cheque Payment

I wish to buy _____ entry(s) each week for _____ **13 weeks;** _____ **26 weeks;** _____ **52 weeks** and remit a cheque for £ _____ (each entry costs £1 per week). Please make cheque payable to: The Kidney Fund Lottery & return to the address on this form.

If you have any questions or would like more information, please phone Anne on 020 8296 3698 or email lottery@kidneyfund.org.uk