



KIDNEYS FORLIFE

Fundraising for the MRI Renal Units

Autumn 2011 Whispers

www.kidneysforlife.org

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Christmas Cards on Sale



See the fantastic range we have on offer this year and find out how to order yours

Love at First Sight for Recipient Pair!



Tony Kershaw & Mike Kewley

...AND MUCH MORE

**Kidneys for Life
fundraising for MINT**

Charity number 505256

We Made It

The Manchester Children's Transplant Games Team attended the 2011 Transplant Games in Belfast in August... With your help!



Firstly, Denise Roberts, Manager of the Children's Transplant Team would like to say **"Many thanks to all those who supported us in raising funds for the Team to get to Games, particularly to Kidneys for Life, the Games mean an awful lot to the children and their families and thanks to the support we have received we were able to have our best games yet. We're already looking forward to next year at Medway."**

The team set off from the Children's Hospital early one rainy Thursday morning in August! The team consisted

of 13 transplant athletes from the Royal Manchester Children's Hospital who took part in a variety of events including cycling, table tennis, badminton, ten pin bowling and athletics as well as participating in a very hectic social programme. The team won a total of 26 medals, made up of 13 Gold, 8 Silver and 5 Bronze medals. On top of the fantastic medal total we are also proud that one of our children, Riley Greenwood, won the Pauline Andrews trophy for the 'Best Under 5yr Old' and our Swimming Relay Team won a trophy for 'Best Swimming Team'.

More pictures on page 2...

More photos from the Children's Transplant Games...



Celebrations...

Evan's 60th Birthday Celebrations



"In July 2011, I achieved the milestone age of 60 years, which of course is the new 50! I decided that I wanted to celebrate this both with my family in Armagh, Northern Ireland and friends and relatives in Saddleworth, Oldham. My wife Hilary organised an evening meal for 19 in Northern Ireland and co-ordinated a Sunday high tea with fizz garden party for 40 at our home. The garden is not large so there was some last minute panic about being able to fit everybody in.

I have polycystic Kidney disease, as did my mother and brother and all three of us had transplants. I had mine in September 1999 at MRI. Each of us, thanks to the generosity and gift of donor families have been able to live full and positive lives. Consequently, I wanted to raise some money for "Kidneys for Life" as a small acknowledgement. I asked for donations in lieu of presents and also encouraged everyone to consider registering as a donor. We had two truly happy and successful events that also had perfect weather. With gift aid added our final total raised was £1,421.25. With the continued care of all the Consultants, Doctors, Nurses, other staff behind the scenes, Out Patient staff and Secretaries at MRI I am hoping that in 10 years time I will be able to repeat these celebrations."

Alison Morton's Birthday Celebrations

Alison recently organised a party to celebrate her birthday and as her friend Sarah May had recently undergone a kidney transplant at the MRI asked for donations to Kidneys for Life in lieu of gifts.

Last year, Sarah at the age of 46, a mother of 3 was enjoying life to the full and training for the Three Peaks challenge. Out of the blue, as a result of routine GP tests, Sarah was diagnosed with Kidney Failure. Within three weeks Sarah had lost virtually all kidney function and started a dialysis programme which quickly progressed to three sessions a week. Sarah am fortunate in that her brother volunteered to donate one of his kidneys and the operation took place at about the time of the party.

Sarah said **"There are many other patients who will wait years for a donor and others who cannot have a transplant at all. For those people I want to help research into better pre-screening and treatment as well as improving the facilities during dialysis with simple things like a TV or radio which will help them spend their days in better spirits."**

Alison & Sarah would like to express their thanks to everyone concerned who helped raise over £1,500 from the celebration.



With Thanks To...

Whilst we recognise the help of all patients and volunteers who have supported Kidneys for Life in the past, we have highlighted just a few from the last six months.

Lancashire Ladies NFU



We would like to thank Lancashire County Ladies Social Section – National Farmers Union for their fundraising efforts during Mrs Mabel Holden's year of office as County President representing the Clitheroe branch. A fantastic sum of £4,120 was raised during that time and we would like to pass on our thanks to everyone concerned it is really appreciated and is of enormous help for our research projects.

Glossop Golf Day



We had another fantastic day of golf in July and the weather was extremely kind in that the sun shone for the whole day. We would like to thank all the sponsors and teams involved and particularly Keith Clegg & John O'Grady for organising the day to raise money for Kidneys for Life.

Allithwaite Bowling Club



Thank you to everyone who took part in the Charity Event at Allithwaite Bowling Club on 30 July who raised £470 from the day. It was a pleasure to be invited for the day and the event went extremely well and everyone enjoyed themselves even though there was some competitive bowling to win the bottles of wine by accurately putting their bowling ball in the "circle"!

Renaissance Lodge

Our thanks once again for the support of Renaissance Lodge (Masons) at the Manchester Charity Giving Evening.



Alison & Calum

Congratulations to Alison & Calum who got married on 23 April this year and asked for donations in lieu of gifts to Kidneys for Life for which we thank them very much and we wish them all the best in their married life.

Once again, thanks to everyone who has helped support Kidneys for Life.

In Memory of Paul Heapy

Paul Heapy was diagnosed with acute renal failure at the age of 23 and had several operations and dialysis before receiving a kidney transplant in June 2009. He sadly endured a series of setbacks and following a three-month stay in the MRI, died in February 2010 aged 31. He is survived by his parents Karen and Dave and younger brother Steven.



Paul's friend, postman Jimmy Cullen said: **"We want to do something positive in Paul's memory, he was looked after so well throughout his illness by the Renal Transplant Unit at the MRI and to show our appreciation for their kindness and skills, we want to donate a piece of equipment for them."**

Paul who lived in Blackley used to work as an order picker for Office Depot. Jimmy and Paul played football together for many years for the local team The Bluebell, in the Ashton Sunday League. The team is now called Moston Labour Club and play in the Tameside league. All the lads have been fully involved in all the fundraising events and have been very supportive to the family especially to Steven.

Jimmy said: **"Paul was a lovely lad, very quiet and private, but just one of those people who you click with instantly and get on with. He fought against all his setbacks with good nature and determination and was looking to the future when he was dealt a final cruel twist of fate by having a stroke which he never recovered from."**

A group of 22 of Paul's family and friends part in a Manchester to Blackpool bike ride in July 2010, through which they raised nearly £2,500. Royal Mail gave Jimmy the use of two vans to collect the riders and their bikes and bring them back. Two of the group also did a sponsored parachute jump this included Paul's best mate John Sutcliffe which added a further £2,000.

Landlord Rhys Knowles, hosted a Funday at the Owd Betts pub in Norden in August 2010 and raised over £500 pounds. A charity night in September at the Embassy Club where over 200

people came along pushed the total to £9,000.

Karen & Dave Heapy would like to thank every single person who helped, took part, sponsored or supported these events we could not have done this without them in particular John Sutcliffe and Jimmy Cullen. In addition a big thank you to The Royal Mail for providing the transport for the bike ride organised by Lisa Bell, the North Area Sorting Office who gave donations and gave up their time to drive the cars and Office Depot for the use of their vans to transport the bikes back from Blackpool and to the live band Mimik for performing at the charity night. Thanks also goes to New Leaf Press, Royal Bank of Scotland, MEN Media, Moston Labour Club Football Team, Rhys Knowles, Bernard Manning and everyone who donated prizes and gave their support to all the events to help raise a fantastic £9,000.

Karen said **"Paul would not believe so many people have done so much for his memory. He was such a quiet lad who must have made a big impression on a lot of people. We are so proud of him."**

The Renal Transplant Unit has now received a donation of a 'Spacelab Monitoring Station' from the family for which they are extremely grateful and will be invaluable in supporting patients such as Paul in the future.

REMEMBERING...

We would like to thank everyone for their kind contributions made in memory of:

SHARRON ADAMS
PAUL ANDERSON
BARBARA BEARD
ALEXANDER JAMES BELL
EDWARD BELL
BETTY BIRTLES
MARGARET BOOTH
JEFF BOTHAM
MARY BOWYER
THELMA BROWN
JOAN COOPER
ALFRED CROWTHER
SHEILA DAVIES
DONALD HAIGH DOMINIC HASLAM
CATHERINE JODDRELL
LYDIA KOLOMYJEC
GRAZIA PASCALLE
PATTI TURNER-SMITH
LESLIE TURTON
MARGARET WHITTINGTON
HARRY YATES

We would also like to acknowledge the kind legacy from Bryngwyn Griffiths which was received recently.

Holiday Insurance for Kidney Patients

We have recently updated and put up on our website a list of holiday insurance companies who can offer insurance for kidney patients. These are not recommendations and have been reproduced with the kind permission of North West Kidney Patients Association. Suggestions and comments welcome.



Raising Money for Kidneys for Life

Santa Dash 2011

Join us in a Santa 5km Dash on Sunday, 11 December in Heaton Park, no previous experience is required and with a little bit of training the 5km will be easily within your capabilities. The spirit of the event is “taking part” not “winning” so you can run, walk or jog – you decide! Please see our website or get in touch for more details.

Online or...

We are often asked how you can raise sponsorship online if you are taking part in a challenge or sponsored event. Kidneys for Life uses Virgin Money Giving or BT Mydonate as both of these sites charge very little for administering the collection of the monies so we receive the most from the donations made. You can set up your own page and personalise it as you wish to include text and photos.

These sites can be accessed from the following links:

www.virginmoneygiving.com

www.btplc.com/mydonate

For both opt for “Start Fundraising”

You can fundraise for a variety of things including sponsored events, celebrations or your own personal challenge using one of these online fundraising websites. Both Lorenza and Suzanne, Dawn & Kirstie did just that..

One of the events you could take part in is a “Tandem Parachute” – Three friends did just that on 13 August. They decided

to do this and raise money at the same time in memory of Tracey Patient (nee Chapman) who sadly passed away on the 7 May this year.



“Tracey was a remarkable person who will be sadly missed by many people. Her positive attitude and smiley face has been an inspiration and we have been truly blessed to know her. Tracey was a long term patient of MRI Renal Unit. Tracey’s sister Suzanne Watson and her friends Dawn and Kirstie Fielden-Cash did a Tandem Sky Dive from 10,000, free falling the first 5,000 feet and parachute the rest.”
Well done girls !!!

...by Text!

Kidneys for Life will be amongst the first charities in the country to use its own, unique personalised text code, **MINT01** to raise funds using JustTextGiving by Vodafone. This is a brand new, free service for charities that has no set up or fundraising costs for charities, no network charges for people making donations and every penny donated goes to charity. Gift Aid can also be added to donations.

From today, supporters of Kidneys for Life can make donations of up to £10 by texting MINT01 and either 1, 2, 3, 4, 5 or 10 to 70070 to make their donation. The text message is free and all of the donation will be passed to Kidneys for Life.



Lorenza's Cycle Ride

"Back in 2008 I suffered from an unpleasant kidney infection, which developed into some more kidney problems. Between 2008 and 2010 I was able to experience the wonderful work and care of the MRI Renal Unit, who looked after me incredibly well, sorted me out and got me back to my usual self. You don't realise what a wonderful work doctors, nurses and medical

research does until it affects you personally. So as I got better I didn't want to forget how grateful I felt towards them. I have started cycling as my health recovered as I find it enjoyable, good for me and good for the environment! I decided to take part in the Manchester to Liverpool charity bike ride this year, nearly 40miles! The sense of pride upon completing was incredibly and I was



also delighted for all the support I received for my sponsorship for Kidneys for Life." **Lorenza Casini**

National Innovation Award for Renal Team



The innovative home haemodialysis programme offered to renal patients has attracted an NHS Innovation Challenge winning prize for Dr Sandip Mitra and his multi-disciplinary team at Manchester Royal Infirmary.

Launched five years ago, the programme empowers patients to self dialyse at home, with significant benefits both in clinical outcomes, efficiency and cost savings. Patients are able to live a more normal lifestyle, with a more liberal fluid and diet intake, and free from having to come into hospital several times a week to dialyse. 180 patients (up to 15% of renal patients) have so far

been trained up to dialyse at home. The programme which also won the NICE excellence award for 2011 is being adopted in several centres across the UK.

The award was acknowledged by Health Minister Simon Burns who said he was impressed by the work of the MRI renal team. The programme has also attracted the

attention of both national and local media, including coverage in The Guardian, Independent, Nursing Standard, BBC North West Tonight and Granada Reports interviewing staff and patients. Dr Mitra said: **"I am delighted to receive this award on behalf of the team and dedicate it to all our patients who have made that extra commitment to transform lives on dialysis."**

Great Manchester Runners 2011

We had 60 runners in this year's Great Manchester Run who raised over £7,500 a brilliant amount. Well done to everyone involved it was a fantastic effort on such a miserable day and in particular our Sumo Wrestlers !

We are looking for runners for the Great Manchester Run 2012 which takes place on Sunday, 20 May and if you are interested in taking part for Kidneys for Life you might like to register for your own place via www.greatrun.org and the cost is £37.00 and just let us know once you have a place and we can sort out a t-shirt or running vest and a sponsorship pack.

Charity places will also be available and we won't find out about these until the end of the year, if you would like one of these places all we ask is that you pledge to raise a minimum of £100 (which includes the registration fee) and we will provide a t-shirt or running vest and a sponsorship pack. If you are interested please do get in touch with Irene Chambers either on **0161 276 6671** or email fundraiser@kidneysforlife.org

Love at First Sight for Recipient Pair

Mike Kewley & Tony Kershaw met on Ward 9 in 2005 having both suffered from kidney disease and on the kidney transplant waiting list. They were both excited to receive the call that a kidney was available to them and it transpired that they were each fortunate to receive a kidney from the same cadaver donor. After that **"it was love at first sight"** according to them both!



Tony was identified as suffering from Alport Syndrome, a genetic condition which was originally identified in a British family by Dr Cecil A Alport in 1927, when he was 31 years old. This disease runs in families and his brother suffered with kidney disease for a number of years having received 2 kidney transplants but unfortunately passed away. Tony used to be a builder by trade but found it just too much after the transplant and other health issues, he is now the Chief

Pie Maker at Grandma Wolfenden's in Prestwich.

Mike was diagnosed with kidney failure in 1997, a genetic condition called Focal Segmental Glomerulonephritis inherited from his mother who suffered from the disease from 1984 until her death in 1998. Up to and following his transplant Mike has continued to maintain his full time job and also finds the time to work alongside his wife on their allotment, play crown green bowls, play golf (very badly) and enjoys walking in the Lake District. He also finds time to help us sell our charity Christmas cards and you might remember his article "House of Cards" in a previous Whispers.

The two still keep in touch and this year they met up at the Allithwaite Bowling Club Charity Event on 30 July for an afternoon of crown green bowling and the odd alcoholic refreshment which they can now both enjoy.



Renal Team and Research Project Breaking News...

Louise Conway Retirement



Louise who many of you may know retired at the end of July. Louise has been a nurse in the Renal Department since she finished her training and in 2003 was made Lead Nurse for Renal. We wish Louise all the best in her retirement.

Dr Katy Latham



We'd like to offer our congratulations to Dr Katy Latham and wish her well in her new position as Deputy Laboratory Director at the Anthony Nolan Bone Marrow Trust in the Royal Free Hospital, London.

Katy worked in the Transplantation Laboratory for nine years, during which she completed all her training, did a PhD and passed her Part 1 Exams for the Royal College of Pathologists. It's great to see her move onwards and upwards but we'll miss her very much.

Milind Nikam



Milind is training to be an adult nephrologist, he is currently leading the Vascular Access research project along with Dr Sandip Mitra, Prof Paul Brenchley, Dr Angela Summers and Mr Afshin Tavakoli. The project focuses on vascular access for haemodialysis. Vascular access such as a fistula or 'line' provides access to patient's blood stream to enable dialysis. It plays a vital role in the well-being of a patient on haemodialysis. The Manchester Vascular Access (MANVAS) study aims to improve our understanding of how fistulae mature and work. We are hoping to recruit 500 patients across Manchester and this is due to start in the next few weeks. There are a number of other studies within the project including the OPEN study which is designed to evaluate the Optiflow™ device designed to improve fistula maturation, for which we have recruited more than 30 patients onto the study and hope to recruit around 80. In addition, the clotted fistula study which will analyse whether declotting fistulae works and what we can do to improve on the longer-term results. Finally, we are also planning a study to understand the role of vascular stem cells in the biology of fistulae.

New Renal Consultant – Kate Hillman

Kate Hillman did her clinical training at Cambridge University, then medical/renal training in London. At University College London Kate undertook her PhD looking at ATP signalling in kidney development, which really started her clinical interest in polycystic kidney diseases (eg ADPKD) and other genetic renal diseases. Kate then joined the Royal Free Hospital as a Consultant Nephrologist where she set up a dedicated Genetic Renal Disease clinic seeing a wide range of disorders including ADPKD, Alports, Fabrys, VHL and other inherited kidney cancer syndromes.

Here at the MRI Kate is hoping to continue this work and she is currently involved in the newly started Paediatric Renal Genetic Clinic with Professor Woolf and Dr Kerr. Also the design of a similar clinic to accommodate Adult Nephrology patients and their families, in whom Genetic disease has been diagnosed clinically or in whom there is a probable heritable condition. This will enable more robust genetic diagnosis where appropriate and improve the information given to patients and their relatives regarding not only their own diagnosis and likely prognosis, but also the risks to relatives and future offspring.



Charity Christmas Cards

Thank you to all those of you who purchased our Christmas Cards last year either online, through the Fundraising Office or at the various Charity Card outlets in Wilmslow, Sale, Altrincham, Hale, Macclesfield and Knutsford. We raised over £7,000 from our sales last year and all profits went directly to Kidneys for Life.

If you could help this year by purchasing our cards it would be very much appreciated.

You can complete the order form below and collect your cards from the Fundraising Office at the MRI (Second Floor in entrance to Renal Research & Transplantation Labs) and the satellite dialysis units by arrangement.

Alternatively you can purchase cards online at www.christmas-cards.org.uk/kidneys

Or in person from:

Wilmslow Library - 29 Oct to 10 Dec

Sale Waterside - 14 Nov to 5 Dec

Altrincham Library - 5 Nov to 3 Dec

Hale Library - 7 Nov to 5 Dec

Macclesfield Library - 29 Oct to 3 Dec

Knutsford Civic Centre, Cinema Building - 5 Nov to 7 Dec



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Whispers

A) Red Star

Size:203x148mm
Red Foil and holographic with insert
£4.95 for 10

B) Seasonal Wreath

Size:203x148mm
Finished in gold & red foil with insert
£4.95 for 10

C) Red Bauble White Tree

Size:160x160mm
Silver foil stars and writing with insert
£4.25 for 10

D) Christmas Ornament

Size:160x160mm
Embossed finish with insert
£4.25 for 10

E) Postbox Robin

Size:150x150mm
Cutout design
£4.25 for 10

F) New Born King

Size:150x105mm
Embossed with gold foil
£4.00 for 10

G) Night before Christmas

Size:125x125mm
Embossed design
£3.75 for 10

H) Is Santa Here Yet

Size:125x170mm
Greeting reads
"A Meery Christmas & a Happy New Year"
£3.25 for 10

I) Reindeer Sleigh

Size:173x65mm
Cutout design
£3.50 for 10

J) Penguins

Size:120x170mm
High gloss finish
£3.75 for 10

K) Holding on to Christmas

Size:125x125mm
Gold foil finish
£3.50 for 10

L) Santa's Little Helper

Size:140x140mm
Contemporary christmas design
£3.75 for 10

M) Robin on a Lamp Post

Size:195x195mm
Finished in silver foil
£4.00 for 10

N) Three Kings

Size:122x170mm
Embossed and finished in gold foil
£4.00 for 10

O) Snowman

Size:146x104mm
Designed by Hattie Dufton of Manchester High School for Girls
£4.00 for 10

The greeting inside all cards reads:
With Best Wishes for Christmas and the New Year

Last orders for Christmas delivery must be received by **Friday, 3 December**

Order form

Code	Description	Cost	Quantity	Total
A	Red Star	£4.95		
B	Seasonal Wreath	£4.95		
C	Red Bauble White Tree	£4.25		
D	Christmas Ornament	£4.25		
E	Postbox Robin	£4.25		
F	New Born King	£4.00		
G	Night before Christmas	£3.75		
H	Is Santa Here Yet	£3.25		
I	Reindeer Sleigh	£3.50		
J	Penguins	£3.75		
K	Holding on to Christmas	£3.50		
L	Santa's Little Helper	£3.75		
M	Robin on a Lamp Post	£4.00		
N	Three Kings	£4.00		
O	Snowman	£4.00		
TOTAL				
P&P (If applicable)				
Donation* - Thank You!				
Grand Total				

Post and packaging

For orders up to £15 - **£3.00**
For orders between £15.01 and £45 - **£4.00**
For orders over £45 - **£5.00**

* Donations will go towards Kidneys for Life
Registered Charity No: 505256

Personal details

Complete your name and address and just tick the boxes below its that simple:

Name

Address

Postcode

Email

Tel

How would you like your cards to be delivered?

- I will collect my cards from the Fundraising Office near the Transplant Labs
- Please deliver them to me at Ward..... (P&P free)
- Please post them to my home address (P&P applies, see below)

giftaid it

Use giftaid to make your donation worth more. For every pound you give to us, we can get an extra 25p from the Inland Revenue.

Complete your name and address above and just tick the box and sign below - it's that simple.

- I want all donations made for the last six years and all future donations to be gift aided until I notify you otherwise. To qualify for giftaid what you pay in income tax or capital gains tax must at least equal the amount we will claim in the tax year.

Signature

Date

Get in Touch...

If you would like further information on any of the articles in this edition of Whispers or you would like help with fundraising ideas do please contact Irene Chambers.

Irene Chambers
Fundraising Manager

Tel: 0161 276 6671

Email: fundraiser@kidneysforlife.org

Kidneys for Life fundraising for MINT,
The Renal Unit,
Manchester Royal Infirmary,
Oxford Road,
Manchester M13 9WL

Donations

When making donations to Kidneys for Life or collecting sponsorship for events such as runs, walks etc please don't forget to:

giftaid it

Using Gift Aid means that for every pound you give, the charity you are supporting will receive an extra 25 pence from the Inland Revenue, helping your donation go further.

This means that £10 can be turned into £12.50 just so long as donations are made through Gift Aid. Imagine what a difference that could make, and it doesn't cost you a thing.

Donate online at:
www.kidneysforlife.org



Make a Donation and Help Make a Difference...

MINT has a proud history of being at the forefront of many acclaimed scientific discoveries and internationally celebrated successes. The research work undertaken by the team working in MINT offers real hope for patients both now and in the future. Please help us by making a donation...

To make your donation please fill in your name and address below and return to Irene Chambers, Kidneys for Life fundraising for MINT, The Renal Unit, Manchester Royal Infirmary, Oxford Road, Manchester M13 9WL

Don't forget to giftaid to make your donation worth more (see above).

Name

Address

..... Postcode

Signature Date

I enclose a cheque made payable to Kidneys for Life for £

I want to giftaid my donation*

* To qualify for Gift Aid what you pay in income tax or capital gains tax must at least equal the amount we will claim in the tax year.

