



**KIDNEYS
FORLIFE**

Fundraising for the MRI Renal Units

Autumn 2012 Whispers

www.kidneysforlife.org

IN THIS ISSUE

Jean Ross's Story



Read Jean's story of having a kidney transplant and triplets!

British Transplant Games



£17,000 pounds raised to help team bring home 44 medals!

...AND MUCH MORE

**Kidneys for Life
fundraising for MINT**

Manchester Institute of Nephrology & Transplantation

Charity number 505256

Transplant Trek

“Let's do a sponsored trek. Oh, and we'll aim to finish it in six months after the operation.”



This was what I said after completing a gruelling long distance hike of fifteen minutes round our local park about a week after being discharged from hospital. The operation I referred to was a kidney transplant.

I was diagnosed with kidney disease in June 2009. Like a lot of people I was shocked as I had never felt ill at all. Our eldest daughter, Kassie, was emigrating to Australia that same week so my husband, John, and I decided not to say anything about it. We kept the news to ourselves and two very close friends for 15 months when Kassie came back after missing family and friends too much. We told all three children at the same time and all three offered to donate a kidney. I did not want to put any of my children through this and refused Kassie as she has two small children and Ella as she has not yet had any children and if she

does one never knows what effects on the body that pregnancy can have. I also tried to refuse my son Chris but he could not see why and insisted on at least going through the tests for compatibility.

To cut a long story short, on 18 November, I received a kidney from Chris (in exchange for a homemade pie a month for life!). The team at MRI were amazing from diagnosis to transplant and ongoing, so I and John wanted to put something back into the hospital as a big thank you for all my treatment. So there we were planning a trek in the Lake District. We decided to do a circular mountain walk of 125 miles with a total ascent of 12,180m, equivalent to nearly one and a half times Everest. Due in part to weather and in part to my over estimation of my fitness, we actually managed 103 miles, 10,668m and 25 major peaks.

Continued on page 2...

To generate sponsorship money for the trek we also arranged two fundraising events at a local restaurant with an auction and raffle at each. These two events (plus general arm twisting!) raised over £6,000.

What follows is an edited version of the diary we kept during our "Transplant Trek" – this can be found in more detail on the Kidneys for Life website under patient stories.

Day One **Grasmere to Coniston** 8 hrs 20 mins

Climbed - Silver How (395m) and Loughrigg (335m)

What a glorious first day! From newborn lambs and fields of bluebells, beautiful tarns and wild deer, to screaming tornados and a lumbering Lancaster, all in beautiful warm sunshine.

Day Two **Coniston to Elterwater** 8 hrs

Climbed - Old Man (803m), Swirl How (802m) and Wetherlam (762m)

What a contrast, we woke up and couldn't see the mountain out of our window and it was raining... hard! No choice but to continue and even with all our wet weather gear we were soaked to the skin that day. Our descent from Wetherlam was slow and tricky because of the weather and the way down was mostly on our backsides through virtual waterfalls on the crags. We arrived at the B&B wet, wet very WET!

Day Three **Elterwater to Wasdale Head** 7 hrs

Climbed – None (Weather!!!!)

Very tired after epic day before but the rain seemed to be a little lighter and we even saw the sun peep through the clouds so we set off in good heart but by the time we got to the bottom of the climb to Crinkle Crags the rain had moved back in and then the snow and blizzard of hail caused us to crouch down in a small shelter and add layers. Mountains impossible to climb with the weather and we finally arrived at Burnthwaite Farm, a most welcome sight, to spend the night.

Day Four **Wasdale Head to Buttermere** 6 hrs 20 mins

Climbed – None

Made our walk easier today as feeling effects of the three previous days. Weather was lovely and we met some walkers who were out without maps or compass and two Americans were completely lost until we pointed them in right direction. Shaking our heads in disbelief we continued on to Buttermere through Scarth Gap.

Day Five **Buttermere to Braithwaite** 5 hrs 30 mins

Climbed – None (Can you guess weather yet again!)

Woke up to what looked like another nice day and started our climb to Whiteless Pike and yet again the weather intervened as three quarters of the way up we could no longer stand upright, even with walking poles for support (winds reported at 85mph). We decided we would do the lower route to Braithwaite, on the way we passed several groups of teenagers doing the Duke of Edinburgh Bronze Award, one even carrying a rugby ball! At about 2pm that day after an easy day I looked up at Skiddaw (tomorrow's climb) and realised I was running on empty and although it was a hard decision John decided that was it and we would go home the next day. We rang family and friends and everyone said that completing a five day trek in torrential rain, hail, snow and gale force winds was a real achievement and we were right to stop and not jeopardise my health. We resumed the walk after a four week break...

Day Six Stair to Portinscale

7 hrs 30 mins

Climbed – High Spy (653m) and Maiden Moor (576m)

Great day with wonderful views and a lovely ridge walk to Maiden Moor and on to Cat Bells above Derwent Water. Excellent progress and felt so good that when we got down to the lakeshore we called in for tea and a huge scone!

Day Seven Portinscale to Threlkeld

8 hrs

Climbed – Carl Side (746m), Skiddaw (931m), Long Side (734m) and Ullock Pike (692m)

A nice long flat walk-in to get warmed up and then the climb began. Steep and brutal to the top of Carl Side and then we decided to add on Long Side and Ullock Pike but glad we did as it was nice to add on tops as opposed to doing no mountains. At Skiddaw it was like Blackpool on the top with loads of people massed round the cairn, we left the crowds and started our descent on a very rocky, steep path... so hard on getting older knees!

Day Eight Threlkeld to Patterdale

8 hrs 30 mins

Climbed – Clough Head (726m), Great Dodd (857m), Stybarrow Dodd (843m), Raise (883m), Lower Man (925m), Helvellyn (950m) and Catstycam (890m)

Although the day threatened rain we had a cold southeasterly wind giving a perfect day for walking. A long climb up followed by a fantastic high ridge walk to Helvellyn, the descent of Swirral Edge was slow and careful, it needed to be climbed down as opposed to walking.

Day Nine Patterdale to Troutbeck

6 hrs 40 mins

Climbed – Threshthwaite Mouth (600m), Thornthwaite Crag (784m), Froswick (720m), Ill Bell (757m) and Yoke (706m)

Set off in pouring rain and walked up the wild and beautiful, orchid filled Pasture Back to Threshthwaite Mouth. Near the top the skies turned an ominous black followed by thunder and lightning and when it started to hail, we were battered by what looked like tons of frozen peas! The path we were walking on turned into a river and we were soaked. At the top the hail ceased and we remained in the only bit of bright sky. We then climbed up Thornthwaite Crag although we could see nothing, it was an ethereal experience walking in the cloud but a super days walk.

Day Ten Troutbeck to Grasmere

7hrs 30 mins

Climbed – Wansfell Pike (484m), Dove Crag (792m), Hart Crag (822m) and Fairfield (873m)

The cloud was low when we started and we could hardly see our hands in front of our faces. We had a little trouble finding the top of the Pike but after joint navigation with a guy who appeared out of the mist we all three gained the summit. The weather cleared and we three started the ascent of Fairfield over Dove & Hart Crag... being passed on the way by two girls running and talking at the same time! Felt quite old at this point. The cloud lifted just long enough for us to have views from the top and we descended into Grasmere – WE DID IT!!!



Looking back it was a great adventure for a new kidney and hopefully more will follow.

Elaine & John Elkin



Remembering

Ken Farmar
Angela Jane Finch
Derek Gaskell
Mary Hill
Valerie Jane Parr
Martin Plant



We have been able to purchase an ophthalmoscope and a macroview otoscope for the Renal Transplant Ward from donations made in memory of Hasmukh Patel.

Donations made in memory of Ken Farmar were used to enhance the day rooms on Wards 36 and 37 with pictures, clocks, lamps, DVD player and a side table.

We would also like to acknowledge the kind legacy from Ruth Andrew which was received recently.

RHS Tatton Flower Show Garden for Kidneys for Life

The garden designed by Harry's Gold Stars was a big hit at RHS Tatton Flower Show this year and received a Bronze Medal from the judges, although we all thought they deserved a 'Gold Medal'.



The garden was designed around the theme of kidney transplants which have the best chance of success when there is a match between blood and tissue and there are no antibodies in the recipient that would damage the new kidney, this test is called 'cross matching'. Hence the name of the garden – 'A Perfect Match'.

The colour scheme had been chosen to represent the matching required. The garden was designed to be a relaxing and tranquil space. It was formal in structure with a channel of water flowing through the centre to a gently bubbling water feature. The materials used were symbolic, reclaimed stone reflects the donated organ, the channel made of polished steel symbolises new life, whilst a seat allowed the visitor to look back along the channel, a place to contemplate the journey to transplant. The flow of water was there to represent the changing kidney function following a transplant, slow at first until it gently bubbles to life in the pool. Pots of herbs at intervals along the water's edge represented the cleansing nature of the working kidney. There were three beds all edged in white lavender to signify purity. On either side of the channel the beds had a single birch tree in the centre. Each of the three beds consisted of two colours

with purple planting in all the beds. The other colour in each bed was symbolic of matching blood, tissue or the cross-match. Red was used to symbolise matching blood type, blue was used to represent matching tissue and yellow, opposite purple on the colour wheel, signified the cross-match element.

The garden was featured in the Manchester Evening News, Granada Reports and Carol Klein of Gardeners World used the garden to explain the colour wheel process on BBC Gardeners World.

We would like to take this opportunity to thank Harry's Gold Stars (Maile Belanger, Peter Armstrong-Child, Marc Brimble, Margaret Kewley, Pauline Clarke, Richard Bowser & Colin Greenwood) for all their efforts in designing and creating the garden raising awareness of kidney transplants and kidney disease to all those who visited the garden at the show.

More information and photos of the garden together with a planting list can be found on our website and our Facebook page.

The garden would not have been possible without our sponsors, Cheshire Brick & Slate, M&P Engineering & Whichford Pottery – so our thanks to them.

British Transplant Games 2012 Medway, Kent

The Manchester Children's Transplant Games Team attended the British Transplant Games in Medway after a tremendous fundraising effort, raising over £17,000, allowed the children and their families to take part.

The Team was echoing the success of Team GB in the Olympics in that they achieved 19 Gold Medals, 11 Silver Medals, 14 Bronze Medals. A grand total of 44 Medals – well done to the team. There was a wide range of events including cycling, archery, track & field and swimming. We would like to congratulate Riley Greenwood who won the overall best 0-5 age category, Beth Morris who won the overall best 15-17 year old category and Beth Morris, Jade Snowden, Ayesha Brookes and Kieran Haycock for the Swimming Relay Trophy.



Thanks to just a few of the many who helped reach the target:

Karen Ainsworth

Took part in the Manchester Marathon in appalling weather and raised over £370.

Aimee Croft

Organised an Olympic Fun Day & Race Night on 27 July at Swinton Masonic Hall and raised over £2,700.

Debbie Catterall

Dennis Winstanley and the "Winstanley Sheild" Crown Green Bowling Competition contested by a group of retired colleagues from United Utilities Sports & Social Club in Warrington on 18th May at the Caerwys Bowling Club in Flintshire raised £110 from a collection at the event. Coppull Primary School raised £114 from a Non-Uniform Day on 25th May and Charlie Catterall raised £200 in sponsorship.

Stacey & Debbie Greenwood

Great support from their two local pubs, The Birches Hotel and the Mark Twain both organising events and raising funds.

Great Manchester Runners

28 runners took part in the Junior & Mini and Great Manchester Run in May on behalf of the Children's Transplant Games Team (please see our article on page 7 for a list of runners) who helped raise over £5,700.

Next year the British Transplant Games will be held in Sheffield on 15-18 August and we need to start fundraising again, so get your thinking caps on and if you need any help please get in touch with Irene Chambers or Denise Roberts.

Tel: 0161 701 7708

Email: denise.roberts@cmft.nhs.uk

Calling all adult kidney transplant patients - Be a part of it!

I would like to introduce myself, my name is Zoë Dixon and I am your Manchester Adults Transplant Games Team Manager. I have taken part in British and World Games for the last 12 years and am keen to build up our team membership, in order to do this I need your help.

The team includes kidney transplant recipients from Lancashire and South Cumbria, Manchester and North Cheshire and welcomes new members of any age or sporting ability, it might even inspire you to take up something new! It is a unique opportunity to share in giving thanks to all donor families, to demonstrate the healthy and active lifestyle that can be achieved after transplantation and to raise awareness of organ donation.

As well as the games there are also satellite events through the year, including Volleyball (next tournament is 10th November 2012 in East Kilbride), Golf and a Racquets tournament. New event for 2013 - young adults activity weekend in Oxford 5th-7th April. Come and join in and meet other young adult transplant recipients.

Contact me to find out more, even if you think you might be interested, give me a call and I guarantee I can inspire you to take part. A wide range of sports are catered for but it's the taking part that counts. The whole experience is a celebration and is about fun, friendship, great camaraderie between teams and living life to the full!

Please contact: Zoë Dixon MBE

Tel: 07780858558

Email: zoe_dixon@tiscali.co.uk

www.transplantsport.org.uk

Jean Ross

Kidney transplant patient of 33 years with 21 year old triplets



At the age of 12, I started to feel ill at school, dizzy spells, blurred vision and tiredness. Prior to this I had a massive haemorrhage and they think this caused my organs to shut down. My kidneys were failing! I was taken in for tests and discovered my kidneys were only working at 95%.

I went on haemodialysis first and later went on to full dialysis on a kidney machine at Booth Hall Childrens hospital for 6 hours, 3 times a week. This meant one day on the machine and the next day I would be so tired that I would sleep all day, then the next day back to hospital for another dialysis session and this was my routine for approx 6 years. This was a real ordeal for all the family, it left me drained and exhausted, all I did was sleep. Sometimes I felt so weak that I couldn't even climb the stairs, my father used to carry me up. I was prone to viral infections and needed to go in and out of hospital all the time.

I will never forget the night the phone rang to say that I had a kidney, it was a mad rush to get my things and then the police and ambulance came to escort me to Manchester Royal Infirmary for the transplant. We couldn't believe that the day had finally arrived. Tests were carried out for suitability and I remember crying thinking that this would be the last time that I would have to be on a kidney machine. It was such a relief to us all but I would never forget that someone had died and some other family were grieving for a lost loved one.

When I awoke from surgery I had lots of tubes and drips, but the changed in me was instant, in that I had pink cheeks and looked a picture of health. Gradually the drips were removed and I felt that I could walk around without feeling tired and my appetite came back and I was able to eat whatever I wanted. Thirteen days later I was allowed to go home which was amazing!

I need to take drugs for the rest of my life and attend the MRI for checkups on a regular basis, but this is nothing compared to having my life back.



Woman Magazine, 1991

Life has moved on for me, I have gone on to have four children, Keith 22 and my natural born triplets (a miracle in itself) Scott, Hannah and Suzanne, the triplets were born one month early, I was taken to hospital so the birth could be induced and at the time I had to wait for two days and I was in labour for six hours and then the first baby arrived. It was a boy and I had this feeling they'd all be boys, but eight minutes later, Hannah popped out, I was thrilled because I'd really hoped for a girl and then another girl arrived! Suzanne weighed so little, she was put in an incubator, but she made good

progress and two days later I held all three babies together.

The triplets have just celebrated their 21st Birthday so by someone donating a kidney it has given life to myself and my four children. What better gift can there be than the gift of life.

Shortly after the triplets were born I was featured in an article in Woman Magazine and in fact I still have the article back from 1991.

I'm now 51 and have had my kidney 33 years which is amazing but I will never forget someone has lost a loved one. I now work at Funtastic, a play centre on Kenyon Street in Radcliffe, run by my Niece, Sandra, which I really enjoy.



The Funtastic Team

In fact Sandra and the team at Funtastic have been fundraising for Kidneys for Life over the past few months organising events and special Party Days for the children at the centre including, Pirate & Princess Day, Olympic Day, Football Day and Summer Holiday Day and much fun was had by all.

Jean Ross

Great Manchester Run 2012

Kidneys for Life had 68 runners in this year's Great Manchester Run and Junior & Mini Run who raised over £10,000! Well done to everyone involved it was a fantastic effort by all concerned.



Charlotte & Verity

Tony & Friends

Supporting KFL

Afshin & Kian

Our 2012 Runners

Jane Alderdice
Bianca Brookes
Dave Brookes
Sue Burt
Matt Cain
Alison Chung
Ian Coram
Rebecca Ford
Andrew Gibbons
Helen Godley
Tony Greenwood
Charlotte Hall
Michelle Hayes
Karen Heapy
Emma Higginson
Mick Hurst
Ulric Jackson
Cheryl Jennings
Ben Johnson
Shelley Jones
Eileen Kenna
Nick Kermode
Hussein Khambalia
Stef Kirk
Steven Lloyd
Paul MacBride
Lauren McDonald
John Modrzynski
Matt Morley

Lisa Murray
Emma Needham
Sara Nowell
Tracey O'Neill
Siobhan Owen
Caroline Parker
Laura Parsons
Gary Pilkington
Andy Preece
Hazel Preece
Philip Preece
Tony Preece
Preeti Puligari
Adam Quirke
Amanda Reed
Denise Roberts
Mohan Shenoy
George Sisson
Ian Snowden
Jade Snowden
Avula R Srinivas
Afshin Tavakoli
Kristen Varty
Heather Williams
Sue Wright
Louise Yates
Helen Young
Verity Youn

The Junior & Mini Run

This year we also had a number of our younger supporters take part in the Junior & Mini Run on the Saturday and fun was had by all at the Etihad Stadium.

Our junior runners included:

Ayesha Brookes
Jordan Brookes
Benjamin Forgacs
Flora Forgacs
Chloe O'Neill
Abigail Smith
Femina Solomon
Kian Tavakoli
Parisa Tavakoli

We are looking for our young supporters to take part next year (Saturday, 25 May) and hope that you will be able to join us.

Join Us in 2013

If you want to take part in the Great Manchester Run 2013 which takes place on Sunday, 26 May you can either register for your own place via www.greatrun.org and if you would like to raise funds for Kidneys for Life 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 again provide a T-Shirt or Running Vest and a sponsorship pack.

If you are interested in either the Junior & Mini Run or the Great Manchester Run 2013 please do get in touch with Irene Chambers either on 0161 276 6671 or email: fundraiser@kidneysforlife.org

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. We raised over £7,500 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 the 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/kidneysforlife

Or in person from:

Wilmslow Library - 27 Oct to 8 Dec

Sale Waterside - 10 Nov to 8 Dec

Altrincham Library - 3 Nov to 1 Dec

Hale Library - 12 Nov to 10 Dec

Macclesfield Library - 3 Nov to 8 Dec

Knutsford Civic Centre, Cinema Building - 3 Nov to 5 Dec



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Whispers

A) Sparkly Tree

Size: 160 x 160mm
Sheen finish
£4.00 for 10

B) Personal Decorations

Size: 160 x 160mm
Sheen finish
£4.00 for 10

C) Festive Wreath

Size: 160 x 160mm
Sheen finish
£4.00 for 10

D) Starlit Journey

Size: 160 x 160mm
Sheen finish
£4.00 for 10

E) Christmas Door

Size: 160 x 160mm
Sheen finish
£4.00 for 10

F) Snowman & Friends

Size: 160 x 160mm
Sheen finish
£4.00 for 10

G) Is Santa Here Yet

Size: 125 x 170mm
Greeting reads
"A Meery Christmas &
A Happy New Year"
£3.25 for 10

H) Night before Christmas

Size: 125 x 125mm
Embossed design
£3.75 for 10

I) Reindeer Sleigh

Size: 173 x 65mm
Cutout design
£3.50 for 10

J) Penguins

Size: 120 x 170mm
High Gloss finish
£3.75 for 10

K) Santa's Little Helper

Size: 140 x 140mm
Contemporary
christmas design
£3.75 for 10

L) Snowman

Size: 146 x 104mm
Designed by Hattie Dufton
of Manchester High
School for Girls
£4.00 for 10

M) Postbox Robin

Size: 150 x 150mm
Cutout design
£4.25 for 10

N) Bundle Pack

Various sizes
One of each design
(Small selection of
designs shown)
£5.00 for 20

The greeting inside all cards (except G) reads:
**With Best Wishes
for Christmas and the
New Year**

Last orders for
Christmas delivery
must be received by:
Friday, 7th December

Order form

Code	Description	Cost	Quantity	Total
A	Sparkly Tree	£4.00		
B	Personal Decorations	£4.00		
C	Festive Wreath	£4.00		
D	Starlit Journey	£4.00		
E	Christmas Door	£4.00		
F	Snowman & Friends	£4.00		
G	Is Santa Here Yet	£3.25		
H	Night before Christmas	£3.75		
I	Reindeer Sleigh	£3.50		
J	Penguins	£3.75		
K	Santa's Little Helper	£3.75		
L	Snowman	£4.00		
M	Postbox Robin	£4.25		
N	Bundle Pack	£5.00		
			TOTAL	
P&P (If applicable)				
Donation* - Thank You!				
Grand Total				

Post and packaging

For orders up to £15 - **£3.50**

For orders between £15.01 and £45 - **£4.50**

For orders over £45 - **£6.00**

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

** I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 28p of tax on every £1 that I gave up to 5 April 2008 and will reclaim 25p of tax on every £1 that I give on or after 6 April 2008.

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 to Giftaid my donation** which means that for every pound you give, Kidneys for Life will receive an extra 25 pence from the Inland Revenue helping your donation go further. Please complete your name and address above and tick the box and sign below – it's that simple.

Signature

Date

Research Projects

MINT at Manchester Royal Infirmary has been successful in obtaining a number of grants recently. The projects include:

Grant to find cure for autoimmune kidney disease

Manchester experts are among a team of researchers awarded £890,000 by the Medical Research Council to investigate the link between the body's immune system and the kidney disease, membranous nephropathy (MN), to try to develop a cure.

“EURenOmics”: European Consortium for High-Throughput Research in Rare Kidney Diseases

Manchester is one of 26 Renal Research Centres across Europe collaborating in this 12 Million euro project from 2012-2017.

Prof Brenchley is leading a Manchester team from MRI renal unit (including Shelley Harris, Dr Michael Venning, Dr Mumtaz Patel) and the University of Manchester (including Dr Tom Jowitt, Dr Edward McKenzie, Dr Jenet Gummadova) in this exciting new pan European study of kidney disease across Europe.

Grant on anti-PLA2R antibodies in membranous nephropathy

Prof Brenchley is leading a team to understand how a-PLA2R auto antibodies that target the podocyte, the specialist cell in the glomerulus that controls filtration of the blood, cause proteinuria in membranous nephropathy with a grant of £157,000 from Kidney Research UK. Dr Rachel Lennon, Paediatric Renal Consultant at Royal Manchester Childrens Hospital and Wellcome Trust Clinical Investigator in Faculty of Life Sciences at University of Manchester is using in vitro cell culture techniques to model the behaviour of glomerular podocytes. This project seeks to prove

that a-PLA2R are pathogenic agents able to modulate podocyte function in vitro. Such evidence may transform management of IMN to focus on reduction and removal of a-PLA2R with the same urgency that auto antibodies to glomerular basement membrane (GBM) are removed in anti-GBM disease. This may improve outcomes for patients with IMN with immediate effect.

National Rare Disease Working Group established for Membranous Nephropathy

Prof Paul Brenchley and Dr Michael Venning at MRI have led the formation of a National Rare Disease working group for patients with Membranous nephropathy which has attracted financial support of £12,000 from the KRUK/Renal Association scheme. The working group will be established in the Autumn and will develop over the next 3 years three main proposals:

- Developing evidenced based clinical care pathways
- Empowering and informing patients and families
- Auditing clinical outcomes

The pilot research studies in Manchester for some of the projects were supported by Kidneys for Life. More information on these grants can be found on our website under research.

Kidneys for Life have just announced another round of Small Research Grants relating to projects into renal disease, transplantation and dialysis with a deadline of 31 October and we will let you know the outcome of the applications in our next edition of Whispers.

With Thanks...

Woodhey Court

Woodhey Court held a fundraising event and from the sale of Christmas cards raised over £460. Our thanks to all the residents.

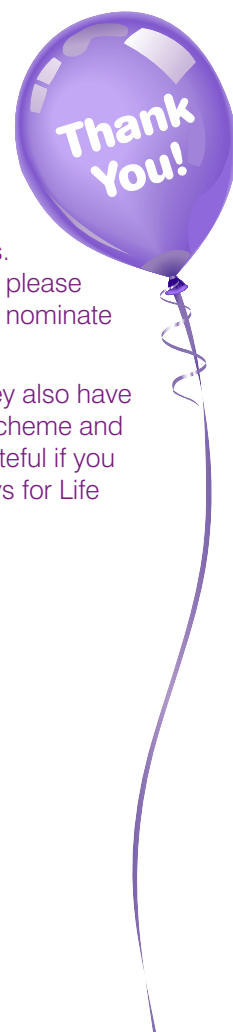
Scott Gallagher

Scott has been raising funds with a talk at SS Osmund & Andrew's RC Primary School in Bolton on their non-uniform day and a charity event held in July raising over £329. Well done to Scott!

Waitrose Altrincham

We were fortunate again in being nominated by Waitrose (Altrincham this time) as one of the three beneficiaries of the Community Matters Scheme and we received £393 so thanks again to everyone who put in their green token for us. If you shop in Waitrose please complete the form and nominate us for the Scheme.

If you shop at Asda they also have a Nominate a Cause scheme and we would again be grateful if you could nominate Kidneys for Life to be a beneficiary.



KFL Merchandise

Key Rings



Ribbon Badges



Hand Warmers



Phone Pouch



Tracey O'Neill has been busy making key rings and ribbon badges for sale on behalf of Kidneys for Life. Dawnlight Knits has also made handwarmers and phone pouches.

If you would like to order any of these items please visit the shop on our website: www.kidneysforlife.org

Pin Badge - £1.50 each

Key Ring - £2.50 each

Ribbon Badge - £1.00 each

Hand Warmers - £10.00 each (complete with washing instructions and handmade gift tag)

Phone Pouch - £4.00 each (9cm wide x 12cm high, complete with washing instructions and handmade gift tag)

Dunham Forest Golf Club Update



Best Wishes on their Wedding

We would like to wish Sarah Bolton and James Howard all the very best for their wedding on the 28th September 2012!

Forthcoming Event Charity Autumn Ball

Sarah May and Fran Wright (kidney transplant patients) are organising a Charity Autumn Ball on Saturday, 27th October at Lancashire County Cricket club from 7.30pm til 1am. There is a Champagne Reception followed by dinner and there will be live music and entertainment.

Tickets are £39.50 each and the proceeds from the night are to be split between Kidneys for Life and Kidney Research UK. For more information contact Sarah May on 07743 688794 or email sarahhelenmay@gmail.com

In the Spring issue of Whispers I mentioned my Charity Day Competition at Dunham Forest Golf Club which was on 1st May. Kath Lawson my former hospital secretary made and donated a fantastic cake, with a lady golfer on the top and a Kidneys for Life ribbon made of icing around the base. Kath now runs Kath's Kakes in Didsbury (0161 442 5690) and makes wonderful cakes for all. The cake was raffled and won by Vicky Lewis, a member of our Ladies Section who had had a serious illness and been unable to play golf recently. She was thrilled to win the cake, which she kindly shared. We raised over £480 on the day and overall this year a grand total of £1,090.71.

Gail de Meza, Lady Captain



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*

* I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 28p of tax on every £1 that I gave up to 5 April 2008 and will reclaim 25p of tax on every £1 that I give on or after 6 April 2008.

