



**KIDNEYS  
FORLIFE**

Fundraising for the MRI Renal Units

# Autumn 2009 Whispers

[www.kidneysforlife.org](http://www.kidneysforlife.org)

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**...AND MUCH MORE**

**Kidneys for Life  
fundraising for MINT**

Charity number 505256

## Susan's Clean Slate

**Susan Wareing is a quarry production foreman at Kirkstone Quarries, the only woman employed at the quarry site, high above the aptly-named Struggle on Kirkstone Pass.**

Susan, has been quarry production foreman in Kirkstone quarries for nearly five years and laughs at the suggestion she might be seen as a Joan or Arc in the harsh world of slate quarrying.

After working at Kirkstone for two years, disaster struck. She experienced sudden kidney failure and was confined to her home on a dialysis machine. Four years ago a kidney donor was found, and her subsequent kidney transplant at Manchester Royal Infirmary was a success. After a year on the new kidney, with fresh drugs, she applied again to return to the work she loved. This, she admits, was an incentive to get better – to return to working in the fresh air with the lads on the quarry floor.

So was her arrival at the quarry a shock to the system? She thinks a moment, then says: "I suppose it was, but more for the quarrymen than it was for me. To ward off the elements, she wears lots of layers of clothing like everyone else in the quarry. I use hand cream a lot, and lip salve, it's easy for skin to get cracked and chapped at this height. There's lots of dust too."

"I like the life up here at the quarry and I missed all this when I became unwell, I'm just glad I was able to return to work. Though, first thing on a black, cold morning as the headlights shine on the ice at the quarry gate, you do think 'What on earth am I doing here?'"



Welcome to the Autumn edition of Whispers, the newsletter designed to keep you informed of fundraising activities of Kidneys for Life. This issue of our newsletter features a number of articles about our patients and their experiences, if you have any feedback or suggestions for future articles in Whispers please do get in touch.

**Irene Chambers,  
Fundraising Manager**  
[irene@kidneysforlife.org](mailto:irene@kidneysforlife.org)



# Give & Let Live Campaign Todmorden High School

Todmorden High School  
helped to raise nearly £1,000  
[www.giveandletlive.co.uk](http://www.giveandletlive.co.uk)

Kendall Rowbottom was diagnosed with chronic kidney failure at the age of 5 and has been under the care of Pendlebury Children's Hospital until their recent move to the new Children's Hospital.

Kendall recently went on dialysis as her kidney function had deteriorated over the years and is now awaiting a kidney transplant, which is being donated by her father.

At the end of last year Kendall and her Mum, Philippa organised a "Give & Let Live" campaign at Todmorden High School & College to raise awareness of organ donation. This was done in a variety of ways including:

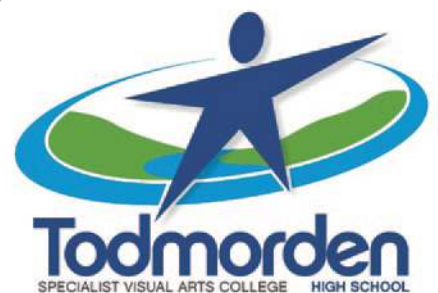
- Visits from the Organ Donor Co-ordinators at the MRI to the school
- "Who Wants to be a Millionaire" Quiz all about organ donation
- Treasure Hunt
- Presentations within assemblies
- Powerpoint presentation by students on organ donation

- A number of staff and pupils visited the MRI to meet the consultants, nursing, research & laboratory staff involved in kidney transplantation

Kendall has now left Todmorden High School Sixth Form after gaining 2 A's at A Level and is going to Salford University in the autumn to study a Children's Nursing Degree.

We would like to take this opportunity to thank everyone involved at Todmorden High School for their generous support of the "Give and Let Live" campaign and for raising nearly £1,000 which was shared between Kidneys for Life and the Donor Family Network.

If you would like further information on setting up a campaign like this at your local school or college please do get in touch. See back page for contact details.



Unfortunately we have had a few setbacks with the launch of our new website which are still being rectified.

If you would like to be advised when the website is up and running please send your email address to [fundraiser@kidneysforlife.org](mailto:fundraiser@kidneysforlife.org) and we will let you know and apologies for those of you who have tried to view the new website.

## Calling all Budding Designers

Kidneys for Life are running our card designing competition again and this time as well as looking for entries which celebrate the gift of organ donation, we are also looking for Christmas card designs.

### Christmas Card for 2010

Kidneys for Life are running an exclusive card design competition where we want you to design a Christmas Card which will be sold on behalf of Kidneys for Life in 2010.

### A Card to Celebrate the Gift of Organ Donation

Kidneys for Life are running an exclusive card design competition where we want you to design either a card front or a verse/poem which celebrates the gift of this precious offering. Your card entries may be for

either a person who has received a donated organ or who has received an organ who would like to say thank you to the donor family. Quite a challenge but we know you can do it!

### Competition Rules

Both competitions are open to all ages and have been split into three categories: up to 12 years of age; 13-19 years and 20 years & above. The maximum card size is A5. The deadline for entries is 29 January 2010.

If anyone would like to help with our Christmas Card sales both helping out or restocking our outlets at Wilmslow, Sale & Hale libraries whilst they are in operation please get in touch.

See back page for contact details

### The Prize

All the winning designs will be photographed and then printed and will be sold on behalf of Kidneys for Life to raise funds for the MRI Renal Units.

### Entry Information

Please send your entries to: Irene Chambers, Fundraising Manager, Kidneys for Life fundraising for MINT, Renal Unit, MRI, Oxford Road, Manchester M13 9WL

Please note that due to the cost of postage and packaging we will be unable to return any cards entered into the competition.

## Great Manchester Run 2009

We had 28 runners participating in the Great Manchester Run this year on behalf of Kidneys for Life everyone completing the run despite the rain.

A big thank you to all our runners who raised over £3,000 between them.



## London Marathon 2010

### Fancy taking part in next years London Marathon?

We've been allocated one charity place for the 2010 race. So if you are interested in taking part and raising vital funds for Kidneys for Life then please contact Irene Chambers for further information.

Email: [fundraiser@kidneysforlife.org](mailto:fundraiser@kidneysforlife.org)

Tel: 0161 276 6671



# Charity Christmas Cards

Please help support us by purchasing our Christmas Cards. The cards can either be collected from the Fundraising Office near Ward 10 or they can be delivered directly to you within the hospital (P&P free of charge) or direct to your home address (P&P applies).

Please contact Irene Chambers on tel: 0161 276 6671 or email: fundraiser@kidneysforlife.org to arrange this. They are also available online at www.christmas-cards.org.uk/kidneys or can be purchased at Wilmslow Library (31 Oct-12 Dec), Hale Library (16 Nov-12 Dec) or Sale Town Hall (10 Nov-24 Nov). All profits go directly to Kidneys for Life.



### A) Presence of Christmas

Size: 216mm x 153mm. Finished with red foil and contains insert.  
**£4.95 for 10**



### C) Santa's Here

Size: 156mm x 156mm. Finished with gold foil and contains insert.  
**£4.50 for 10**



### E) Nativity

Size: 125mm x 125mm. Embossed and with gold foil.  
**£4.00 for 10**



### B) Angels

Size: 153mm x 216mm. Finished in gold foil and contains insert.  
**£4.95 for 10**



### D) Midnight Forest

Size: 216mm x 153mm. Gold foil stars and contains insert.  
**£4.95 for 10**



### F) Snowdrops

Size: 150mm x 150mm. Delightful Christmas image  
**£3.50 for 10**

## Order form

Code	Description	Cost	Quantity	Total
<b>A</b>	Presence of Christmas	£4.95		
<b>B</b>	Angels	£4.95		
<b>C</b>	Santa's Here	£4.50		
<b>D</b>	Midnight Forest	£4.95		
<b>E</b>	Nativity	£4.00		
<b>F</b>	Snowdrops	£3.50		
<b>G</b>	Snowmen	£3.50		
<b>H</b>	Rudolph & Friends	£4.25		
<b>I</b>	Christmas Robins	£3.75		
<b>J</b>	Xmas Wreath	£3.75		
<b>TOTAL</b>				
<b>P&amp;P (If applicable)</b>				
<b>Donation - Thank You!</b>				
<b>Grand Total</b>				

## 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 Ward 10
- Please deliver them to me at Ward..... (P&P free)
- Please post them to my home address (P&P applies, see below)

### Post and packaging

For orders up to £15 - **£2.95**  
 For orders between £15.01 and £45 - **£3.95**  
 For orders over £45 - **Free**



All cards are in packs of 10.

Greeting inside all cards reads: "With Best Wishes for Christmas and the New Year."

**Last orders for Christmas delivery must be received by Monday, 30 November.**



### **G) Snowmen**

Size: 165mm x 83mm. Finished with silver foil.

**£3.50 for 10**



### **H) Rudolph & Friends**

Size: 150mm x 150mm. Finished in a high gloss with red foil.

**£4.25 for 10**



### **I) Christmas Robins**

Size: 174mm x 87mm. Features gold foil.

**£3.75 for 10**



### **J) Xmas Wreath**

Size: 150mm x 150mm. Features a high gloss varnish finish

**£3.75 for 10**

## 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...**

### 1) Renaissance Lodge (Masons)



We would like to express our thanks to the Freemasons, both Renaissance Lodge 1219 and Manchester Masons who have been highly supportive of Kidneys for Life in recent years and who gave us the opportunity to attend their Charity Giving Event in May this year where we received a further £300.

### 2) Glossop Golf Day



A huge thank you to John O'Grady, Keith Clegg and everyone who attended the Charity Golf Day at Glossop Golf Club on Sunday, 26 July who raised a fantastic £800 for Kidneys for Life despite the weather.

### 3) John Carsberg & Tim Chisnall

John & Tim took part in the Great North Run in 2008 on behalf of Kidneys for Life and between them raised over £740 which is a fantastic achievement not only in raising this amount but also in completing the Great North Run – well done !

### All Singers Great & Small

Pat Williams a kidney transplant patient is a member of a community choir based in Leigh called "All Singers Great & Small", in August the Choir held a concert which raised £260 for Kidneys for Life.

### Silver Anniversary Celebrations

Susan & Paul Ashley celebrated their Silver Wedding Anniversary and instead of receiving presents asked for donations to Kidneys for Life. Their daughter Helen had received a kidney transplant at an early age and is now off to University to study Decorative Art which would not have been possible without the transplant.

### Patrick Fitzgerald & Karl Harris

To celebrate their wedding Patrick and Karl had an unusual request for their guests in that they asked them to donate DVDs, CDs and Audiobooks for renal patients here at the MRI. A number of their guests also made donations totalling a fantastic £972.50 and this money will be used to purchase entertainment equipment for use by the patients.

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

# MRI celebrates 40 years & 4,000 Kidney Transplants!

On 20th February, the transplant team at Manchester Royal Infirmary hosted an event to celebrate successfully undertaking their 4,000th kidney transplant and in doing so became the first hospital in the UK to reach the milestone. As well as celebrating this fantastic milestone they also celebrated over 40 years of transplantation in Manchester.

Although the 4,000th transplant was actually completed back in November, the celebration had to be put on hold as the event had already been planned for February 2009. This was because the team weren't expecting to reach the 4,000th patient until after Christmas, so to exceed expectation was a welcome surprise to everyone.

**Susan Harper** who was the 4,000th recipient had her transplant in November:

**“The doctors and nurses were my guardian angels. I was given a new life that day.”**

On her first visit home from hospital after the transplant Susan proposed to her partner Stewart Ronald and they got married in May this year.



**Dennis Crane & Susan at anniversary celebration**

**Mike Kewley, Transplant Patient** said of the event:

**“I attended the event to celebrate 40 years of kidney transplantation at MRI and celebrate MRI undertaking the 4,000th kidney transplant. I was one of those lucky 4,000 people.”**

“Over 100 patients their guests and 100 delegates from across the worlds including MRI's transplant surgeons past and present attended the afternoon event which was opened by Mr Neil Parrott. The event got off to a great start with a choice of hot meals and refreshments and the chance to catch up with friends old and new and chat about our kidney journey.”

“After lunch Dennis Crane and Susan Harper, the 4000th recipient, cut the celebration cake and thanked all the staff for their support and care. Dennis, who received his kidney 29 years ago at MRI recounted how he had crash landed into the kidney world and recalled some of his experiences over those years.”

“We then moved to the lecture hall to hear an engaging talk from Mr Parrott explaining the progress over the last 40 year in kidney transplantation, his hopes for the future whilst making reference to the new hospitals development. We also heard from Professor Gunnar Tyden from Stockholm who gave a presentation about ABO incompatible transplantation. Although this was a fascinating subject I must confess it was really aimed for the medical practitioners and not the likes of me! Professor James Shapiro from Canada discussed the global success of Islet transplantation.”

“I thoroughly enjoyed the afternoon, it gave me the chance to meet friends, hear about the development of kidney transplantation and find out that by the end of that day MRI had completed transplant number 4051.”



**Susan Harper (Roland) on her wedding day**

## Everest Success for Transplant Patient

**Mr Neil Parrott, Renal Transplant Consultant** at Manchester Royal Infirmary said:

**“I am absolutely delighted that Manchester Royal Infirmary has now done it’s 4000th kidney transplant in the same year that also marks the 40th anniversary of our first ever kidney transplant in 1968.”**

“Manchester has a very long and proud tradition as a leading kidney transplant centre, and is currently the largest in the UK and one of the largest in the world. Whilst this is a tremendous achievement in itself, what is more important is that for 40 years this unit has been giving new life and new vitality to so many people because of the success that is kidney transplantation.”

“There have been many developments and improvements over the last four decades, and I am confident that they will not stop there. I hope too that our success helps people to consider the very positive act of organ donation, and can see how it benefits so many people. The success of 4,000 transplants is due to the contributions of a huge and dedicated team who can also feel justifiably proud.”



**Tony Ward was diagnosed with End Stage Renal Failure in 1998 at the age 33 and as his kidneys were no longer functioning would need 10 hours on dialysis a day just to survive.**

At that time Tony was working as a freelance mountaineering instructor and expedition leader. As a result of his illness it meant the loss of not only his health but the end of a career he loved. Adapting to life on dialysis was extremely difficult as there is absolutely nothing that can prepare you for the trauma of being diagnosed with a major illness.

However Tony and his wife Bridget, decided quite early that they would take control and not sit around allowing his illness to rule our lives. To do this Tony turned to what he knew best - mountaineering. This has been a great success and over the last eight years have completed a number of remarkable achievements at the beginning this involved taking his dialysis equipment with him up the mountain.

**One of Tony’s achievements this year included mounting an expedition to Everest – just shows what you can do even after a kidney transplant!**

# 4 People, 2 Transplants & 1 Successful Story

**You may recall last issue's article about the waiting list for couples willing to participate in similar shared kidney schemes. Well this time we'd like to tell you the real life story of this so far successful paired transplant.**

In July this year, 4 people met up in the Midlands to celebrate a very special anniversary even though they weren't close or long lost friends. 2 of them were a husband and wife team, Chris and Julia. The others were mother and son, Zora and Ped originally from Serbia. An unlikely gathering, they were bonded together by extraordinary circumstances.

Both Chris and Ped were in desperate need of a kidney transplant. Unfortunately, Julia couldn't donate to her husband and Zora couldn't be a donor to her son. However through the matching process of the paired donor scheme it became apparent that Julia could be a donor to Ped and Zora could be a donor to Chris, although none of them knew each other at the time. They all agreed to take part in a live donor exchange between the 2 couples and on 8 July 2008, the transplants took place in the MRI and Coventry Hospital.

## **Chris & Julia (Husband & Wife)**

Around 30 years ago Chris discovered that he had too much protein in his urine. After a few years of careful monitoring he had a biopsy, which revealed he was suffering with FSGS (focal and segmental glomerulosclerosis). Unfortunately there was and still is no real treatment. The only way forward for Chris was to continue being monitored by doctors, while keeping a watchful eye on his blood pressure and weight.

In 2007 the couple received a double blow. Chris' condition reached a stage where he needed to go on the kidney transplant waiting list, just as Julia's wish to become a live donor became an impossible option as it was confirmed that their blood groups were incompatible.

Julia was understandably upset, "...then we discovered I couldn't help Chris, that my kidney was no good to him. I was devastated."

By April 2008 Chris had to go on dialysis and opted for CAPD. He even adapted his car as his "dialysis unit". This made his need for a transplant rather more pressing. To increase

the chances of finding a good match Chris & Julia decided to put themselves forward as potential participants in the new paired donor scheme. They went through the matching procedure only twice before a suitable match was found in Zora & Ped.

Chris remembers, "Yes, it was a time of high hopes and rock bottom despair."

During this waiting game, Chris and Julia almost opted for the single live donor procedure as new developments in 'ABO' incompatible transplants promised more positive results. They were even scheduled for the surgery at Guy's in London, they then learnt that the MRI was also about to start doing the same procedures so they decided to wait. Within a year this proved a worthwhile decision as a paired match was found in Spring 2008

## **Ped & Zora (Son & Mother)**

Ped was born in Serbia and came to England with his parents at the age of three. In May of 1999, at the age of 32, he was diagnosed with iMGN (Idiopathic Membranous Glomerulonephrosis). In May 2005 Ped's condition deteriorated rapidly due to fluid overload which became so bad he suffered heart failure. Immediately, he was put on Haemodialysis, losing 20 kilos in 2 months as the treatment reduced his fluid build up. His need for a kidney transplant was becoming urgent and the family stepped up their already intensive search for a solution.

A couple of years earlier, the family looked into a transplant from a living donor, but no relatives proved suitable. Zora and his brother had the wrong blood group. His poor father was too ill and due to family commitments it was decided that his wife and sister should only help in the case of an emergency. Then they heard about the paired donor transplant scheme.

As Ped recalls "The news of the couple in Edinburgh and Cambridge who were the first to undergo the paired donor transplant triggered Zora to step forward as my paired donor."



Like Chris and Julia, their need for a transplant was so great that they too put themselves on the paired transplant waiting list, where their best match was found in Chris and Julia. We now know what a great decision this was.

## **First Contact**

Neither of the couples knew of each other at the time of the transplants, however, Julia sent a card through the Transplant Coordinators to wish the recipient of her kidney all the best receiving one in return, they then decided to exchange contact details and it went from there. On the anniversary of their transplants the couples having exchanged phone calls and emails met up in the Midlands and Chris & Julia met Ped, Zora and the rest of the family. Ped's boys actually commented that at one time Ped used to add lots of spices to the cooking at home now he just sprinkles it in" bringing out his feminine side having received Julia's kidney!

## **What's Been Happening Since the Surgery?**

To bring the story up to date both Zora and Julia are doing very well. Having had a few niggles, aches and pains they are now as good as new. As for Ped well he feels fantastic. Although he's had a few minor issues along the way, things have been great and his blood chemistry is getting better all the time.

In fact he said, "Every morning I wake up, I feel I could run a marathon..." However he also admits, "...by the time I get downstairs, I realise that it's still a way off before I do any kind of running!"

As for Chris, he did pick up a minor infection which was easily treated and he recovered so well was able to start back to work as soon as he was allowed to drive, some four weeks after the transplant. In fact, so busy is he, it was difficult catching up with him for this article.

However he summed up his thoughts, "Meeting Zora and Ped brought the whole thing to life. Here were the women who saved my life. Both had been prepared to donate their kidneys to a stranger to save a son or a husband. Could there be a more valued gift?"



## Paired Donation The Facts

A total of

# 197

patients enrolled into the UK national matching scheme for paired kidney donation by the January 2009 matching run.

The majority of registered pairs are

# spouses

or partners.

# 54

patients (27%) have been identified for transplant and 32 patients (60%) have been transplanted, of which 7 patients (13%) were transplanted at MRI. More are expected following the October 2008 and January 2009 matching runs.

## Star in our Midst!

**Kidneys for Life have recently produced a short DVD to explain a little about kidney disease, transplantation and dialysis which was shown on Channel M for a two week period in June this year.**

Two of our patients participated in the DVD along with Neil Parrott the Clinical Director of the Renal Transplant Unit and Trustee of Kidneys for Life.

One of the patients was Liam Dorsey who back in September last year had been suffering headaches but put it down to stress. After a trip to the doctors the situation was much more serious than first thought and he was diagnosed with chronic kidney failure and needed a kidney transplant urgently. His Mum, Michelle offered one of her kidneys to Liam, who said: "When we got the date for the operation and I found out it was my 22nd birthday I just thought you couldn't have made it up it was the best birthday present ever."

There were complications during the transplant because Michelle's kidney had two arteries instead of the usual one, and it took three attempts to attach it properly. But there have been no signs of Liam's body rejecting the donor organ having now reached the crucial six-month mark by when the organ is most likely to be rejected.

But despite the success of the transplant, Liam and his family, whose ordeal was also filmed by the BBC for a series called Life Givers, know the kidney will not last forever. Michelle added: "The hardest thing is that it's not a cure and it won't last forever and no one can say how long it will last."

**The DVD can be viewed online please email [fundraiser@kidneysforlife.org](mailto:fundraiser@kidneysforlife.org) and we will send you the link.**



# A Very Special Guest at a Charity Variety Evening



**Saturday, October 17 in Chorlton, Manchester**

**Kitty McGeever, Emmerdale's 1st British soap star who is blind, also had a kidney and pancreas transplant 3 years ago.**

Kitty has experienced a life that would leave most of us reeling with grief and physical suffering. With true grit and yes, a sense of humour she has never given up and is a real inspiration to us all.

Kitty was diagnosed with diabetes at the age of 19 yet she maintained a successful career as an actress while fighting to control this dangerous condition. Her health was further threatened when she became pregnant with baby Felix. Kitty's blood pressure and diabetic control went haywire as her renal function deteriorated, so much so she had to give birth 2 months early, by caesarean section. At first quite well, baby Felix became poorly. Eventually he had to rely on life support equipment to help his lungs and heart.

As Kitty watched over her son day and night, her vision began to blur while black spots appeared. Not just due to stress and fatigue, these were signs of diabetic retinopathy. Within 5 months

she went blind. Felix died shortly afterwards, aged only 15 months.

Perhaps due to her grief, Kitty's health plummeted and her kidneys failed. For the next 2 years she could do little more than lie on her sofa between dialysis sessions. Then in May 2006 she received a call from her transplant co-ordinator and within hours she underwent an operation for a kidney and pancreas transplant.

"I never looked back since then. I felt fantastically well for the first time in a long time and I wanted to work again. I wanted to be in the world again."

So, Kitty refused to give into her sight loss as she felt this would be an insult to her son's memory. Thanks to her transplant and her positive determination she has returned to work, resulting in her taking up the challenge of a main role in Emmerdale, as the lovable rogue, Lizzy. This is a groundbreaking achievement and is

in-keeping with Kitty's philosophy on life. Reading various press interviews it is obvious she feels everyone deserves the same respect and opportunities, never mind their disabilities or health problems. At Kidneys for Life we couldn't agree more.

Now 42, Kitty is stronger than ever and proud to tell anyone, "I take inspiration from my little boy. He was always smiling, always happy..."

You can meet Kitty at a Charity Variety Evening on Saturday, Oct 17th from 7pm at Longford's Health & Fitness Club, Ryebank Road, Chorlton. This event has been arranged to raise funds for Kidneys for Life and will host a variety of acts including live music, comedy and hot food. The entrance fee is £12.50 – not bad for a whole evening's entertainment. If you'd like more information, please contact Kidneys for Life, on **0161 276 6671** or email [irene@kidneysforlife.org](mailto:irene@kidneysforlife.org)

## Grants for Winners



**Dave Clarke & Neil McLeod both kidney transplant patients took part in the UK Transplant Games at Coventry and the World Transplant Games in Australia this summer in the badminton competition.**

Neil won a Gold Medal in the 18-29 Male category and together with Colin Mitchell took the Gold Medal in 18-29 Male Doubles category. Well done to Neil. Unfortunately Dave suffered an injury at the start of the games and was unable to compete but we wish him a speedy recovery. They both received funding from Kidneys for Life which together with a number of other sponsors and supporters enabled them to take part in the Games.

## What a Difference a Pancreas Makes...

**My life changed forever on 22 April 2008, the day I had a pancreas transplant. I awoke at five to midnight and amazingly I had a working pancreas which for a Type 1 diabetic for over 34 years was more than amazing for me it was nothing short of a miracle! I was no longer a diabetic, no more regular insulin injections, I was in a state of both disbelief and bliss.**

After three weeks I was home after being treated like a piece of gold by the transplant team, it's now 16 months on and I never cease to thrill when my blood sugar is normal, also it is hard to find the words to express the feeling of having no more injections or constantly checking my blood sugars and by far the best is to be able to go swimming and not have the worry of low blood sugar.

The lead up to this miraculous event started 2½ years previously with a conversation with Dr Davis, my diabetic specialist, when he asked me would I consider a pancreas transplant I said "consider it, I would bit your hand off!" The reason for such an offer was as I had been a long term diabetic with reasonably good control, the diabetes had still caused me long term complications, which were neuropathy and automatic neuropathy which as long as I was a diabetic were never going to improve but only increase in severity as I get older... Quite a bleak outlook and for that reason as I am sure you can understand is why I responded to Dr Davis in the way I did.

Next came ticking all the boxes, having the tests and making sure I was healthy enough for such a big operation yet ill enough to require it. I was aware than when I had fulfilled all the criteria the next step would be to go on the transplant waiting list. The day came

and it was official, I was now on the list, all I had to do now was wait – oh, and never be away from a phone or more than one hours travelling distance from the MRI.

So I am on the list! Every time the phone rang a thought would run through my mind that this could be the call I was waiting for, usually it was just friends calling for a chat. Until the phone rang unusually early one morning at 5.30am to be exact, half asleep I answered, it was the call I had waited almost two years for.

I was on my way, I arrived at the hospital in record time, less than half an hour from hanging up the phone. My hospital bag which has been packed with all the things that were on the list the hospital gave me and sat patiently waiting just like me for all this time and was now on the move too!

When I arrived on Ward 10 I was given a bed and was made aware that it still wasn't definite that I would be the recipient of the pancreas as there were still a number of cross matches to check and for this reason they had a number two patient who may receive the pancreas if my cross matches were not suitable. All I kept thinking over and over was please let it be me. The news came... it was going to ME. That brings me back to how my life changed in that I am free from diabetes, since the transplant my energy levels are



much better and I can now explore my first love, which is art. Hypos (low blood sugars) are a thing of the past, I can enjoy my family more and each day I am getting stronger.

I will be forever grateful to the transplant surgeons, Ward 10 and all those involved in the follow up care but most of all to my donor who has given me my non-diabetic life back. Thank you

**Sarah Cullen**

**Pancreas only transplant patient**



# How Can You Help?

**MINT has a proud history of being at the forefront of many acclaimed scientific discoveries and internationally celebrated successes and is one of the leading centres in Europe for the care of renal disease.**

The MRI surgeons were the first to perform a non heart beating pancreas transplant in the UK. The research work undertaken by the team working in MINT offers real hope for patients both now and in the future.

**You can support us in one or more of the following ways...**

- I would like to help place counter top collection cans in shops and pubs on behalf of Kidneys for Life.
- I will organise an event to raise funds for Kidneys for Life. Fundraising can be fun and there are many ways to raise money such as:
  - Sponsored events
  - Holding a themed party such as a 60's or 70's night
  - A fundraising event in your local pub or club
  - A concert or dance
  - Golf event at your golf club.
- Many employers support charities, particularly those that help their employees or local people.
  - Some companies appoint a "charity of the year"
  - Some companies match any funds that their staff raise with an equal amount.

Would you or your family or friends consider nominating Kidneys for Life to your employers as a local charity worthy of support.
- I am interested in helping to set up/ or becoming a member of a local fundraising committee and would like further information.
- I would like to be part of the Kidneys for Life fundraising team of volunteers. Please send me further information of how I can help.
- I would like to make a donation in support of the work carried out by Kidneys for Life fundraising for MINT.



**Please indicate how you would like to support MINT and return to:**

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

**Use giftaid to make your donation worth more (see opposite).**

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

Name .....

Address .....

..... Postcode .....

Signature ..... Date .....

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

I want all donations made since 6th April and all future donations to be gift aided until I notify you otherwise. 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.

# 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**  
Fundraising Manager

**Tel:** 0161 276 6671

**Email:**  
fundraiser@kidneysforlife.org

**Web:** www.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 28 pence from the Inland Revenue, helping your donation go further.

This means that £10 can be turned into £12.80 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**