

# Whispers

Spring 2013

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

## IN THIS ISSUE

### New Recipe



Sweet and sour chicken stir fry recipe...

### Climbing Machu Picchu



Paul McCabe climbed Machu Picchu to help raise money for Kidneys For Life...

**...AND MUCH MORE**



**KIDNEYS  
FORLIFE**  
Fundraising for the MRI Renal Units

## Kidneys for Life fundraising for MINT

Manchester Institute of Nephrology & Transplantation

Charity number 505256

# About Kidneys for Life

**For those of you who are not aware of how Kidneys for Life came about we were originally the Manchester Institute of Nephrology and Transplantation (MINT) which was established in 1998 as the research and development arm of renal medicine and transplantation within the Manchester Royal Infirmary (MRI).**

In 1965 the MRI was one of the first centres to offer dialysis and in 1968 started its kidney transplantation programme. It has a wide ranging research programme, investigating biological and clinical aspects of kidney disease in both children and adults. The MRI has always had one of the largest renal units in the country. Last year it carried out around 233 kidney transplant operations including 70 living donor transplants.

There are few renal centres in the country with the world-wide reputation and respect of MINT. The experience and knowledge of the clinical and laboratory staff is almost unrivalled. The team currently working in MINT has produced research work that offers real hope for patients both now and in the future.

In order to clarify the role of the charity the name was changed in 2006 to "Kidneys for Life fundraising for MINT at the MRI Renal Units.

Kidneys for Life raises money to enable vital research into kidney disease, provide essential medical equipment that is not funded by the NHS, provide patient amenities on renal wards and dialysis units and funds continuing education of renal staff.



**The Trustees  
of the Charity are:**  
**Professor  
Paul Brenchley  
Mr Neil Parrott  
Dr Alastair Hutchison  
Dr Colin Short**

## Hints for a healthy lifestyle with kidney disease

It can be hard to know what to do about your renal diet, so we've started this page to provide some help. We will be here in each edition to give some handy hints, recipes and updates. If you want to see anything in particular then please let us know.

We are often asked for recipe suggestions and more detailed information. The following books are all recommended by us:



### **'Food for Thought' cookbook**

can be downloaded on for FREE on [www.kidney.org.uk/books/food\\_with\\_thought.pdf](http://www.kidney.org.uk/books/food_with_thought.pdf)

To obtain a paper copy, please send £1.50 postage and packing to the NKF: The Point, Coach Road, Shireoaks, Worksop, Notts, S81 8BW  
Helpline: (0845) 601 02 09

### **'Lawrence Keogh's Re-discovering Food and Flavours'**

can be downloaded FREE from [www.kidneyresearchuk.org/\\_\\_assets/asset726.pdf](http://www.kidneyresearchuk.org/__assets/asset726.pdf)

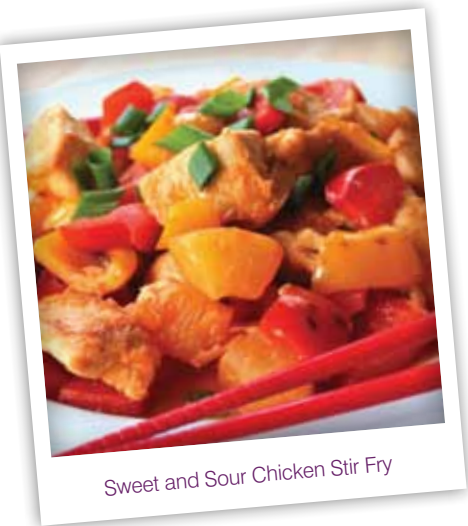
### **'Eating Well with Kidney Failure'**

by Helena Jackson, Annie Cassidy and Gavin James. £17.99  
available on the internet or from Class Publishing

### **'Eating Well for Kidney Health'**

by Helena Jackson, Gavin James and Claire Green. £17.99  
available on the internet or from Class Publishing

The following recipe for Sweet & Sour Chicken Stir Fry has been taken from the "Food for Thought" cookbook the recipes for which have been kindly provided by a number of renal units throughout the country and put together by Annabel Harman of St Helier Hospital and we would like to thank the National Kidney Federation for making this available online for free.



## Sweet and Sour Chicken Stir Fry

- 450g Chicken, cut into small pieces
- 1tbsp Vegetable Oil
- 225g Tinned pineapple, drained & cubed
- 2tsp Lemon juice
- 2tsp Honey
- Black Pepper
- Paprika to decorate

Serves



### Analyses per portion (without rice)

|                   |     |
|-------------------|-----|
| Energy (kcal)     | 244 |
| Phosphorus (mmol) | 10  |
| Protein (g)       | 34  |
| Sodium (mmol)     | 3   |
| Fat (g)           | 8   |
| Potassium (mmol)  | 13  |

### Method

Heat the oil in a non-stick frying pan. Add the chicken and black pepper. Stir on a high heat until the chicken begins to brown

Mix the pineapple and honey together and add to the pan. Cook for a further 3 minutes

Remove the pan from the heat and stir in the lemon juice

Shake on a little paprika to decorate and serve immediately

### Serve with




Plain boiled rice and a boiled vegetable of your choice

# Salt

People with kidney failure are advised to follow a no added salt diet. This can sometimes be difficult as 75% of the salt we eat is already in everyday foods such as:

- crisps
- pizza, ready meals and processed meat e.g. sausages
- soups
- pre-packed sandwiches
- tomato ketchup, mayonnaise and other sauces e.g. pasta sauce
- some breakfast cereals

To find out about the salt content look at the figure for salt per 100g or the colour coded information on the pack:

-  **HIGH** is more than 1.5g salt per 100g (or 0.6g sodium).  
May display a red traffic light.
-  **LOW** is 0.3g salt or less per 100g (or 0.1g sodium).  
May display a green traffic light.
-  **MODERATE** - The orange traffic light shows when the food has a moderate level of salt – between the high and low values.



Try to stick to the foods with a low salt content or a green traffic light where possible

# Running for Kidneys for Life



## Great Manchester Run

If you would like to take part in the Great Manchester Run on **Sunday, 26 May** you can either register for your own place via [www.greatrun.org](http://www.greatrun.org) or apply for one of the Kidneys for Life charity places all we ask is that you pledge to raise a minimum of £120 (which includes the registration fee).

## Junior & Mini Manchester Run

We are also looking for our young supporters to join us again for the Junior & Mini Runs which take place on Bank Holiday **Monday, 27 May** and do hope you will be able to join us, register online at [www.greatrun.org](http://www.greatrun.org)

## Great North Run

We have a small number of charity places for the Great North Run taking place on **Sunday, 15 Sept** in Newcastle for which we ask that you pledge to raise a minimum of £200 (which includes registration fee).

If you are interested in taking part in any of these runs please do get in touch. Whether you have your own place or one of our charity places we will provide a T-Shirt of Running Vest and a sponsorship pack

## Raffle

If you would like to win a signed Manchester United Shirt (all 24 players and Manager – with full authentication), an original abstract or Lacoste Holdall and various samples from Clinique, Clarins, Estee Lauder then go online or contact the Kidneys for Life Fundraising Office. Tickets are £1 each and the draw takes place on 19th March. Monies raised are to be split between Kidneys for Life and Doncaster & Bassetlaw KA





## Auckland Half Marathon



I am currently living and working in Auckland, New Zealand and last October, whilst here, I was told that my brother, James had kidney failure. Since this time he has been under the care of MRI and started dialysis in January. It was hard being so far away and knowing that there was nothing I could do to help apart from give support over the phone and email.

My family have been very happy with the care that James has received so when I found out I could raise money for Kidneys for Life I decided to enter the Auckland Half Marathon to thank them for the work they have done to support my brother and other patients with kidney failure. This made me feel like I was helping out even though I am thousands of miles away.

Though I go to the gym, I have never run any long distances before so I spent

several months training before the event. I had to be up at 4am on the day of the race ready to catch the 5am ferry to the starting line. There were about 16,500 runners overall so the atmosphere was great. I hadn't anticipated how hilly the course was – it was hard work! The course takes you over the Auckland Harbour Bridge and the views from here were awesome!

I completed the race in 1 hour 52 minutes which I was very happy about. My friends who were watching and the support I had from people back home helped me over the finishing line. Overall I raised an incredible £800.00. I would like to say a big thank you to all my family and friends who encouraged me and donated to this great cause, so close to my heart.

**Ellie Wharfe**

# Latest Research Grants awarded by Kidneys for Life

## **A Trial of Near Infra-red Spectroscopy (NIRS) to monitor Renal Vascular Flow in Real Time in Paediatric Intensive Care Patients – The Elkin Research Project**

Acute Kidney Injury (AKI) is increasingly common among critically ill children and carries a significant risk of long-term ill health and even death. One in four of children admitted to the Royal Manchester Children's Hospital Paediatric Intensive Care Unit (PICU) was found to have suffered some degree of AKI in our recent study. The earlier AKI is diagnosed the better, to allow the medical staff to take steps, such as dialysis, to reduce kidney damage. Recently, researchers in the field proposed a system for early diagnosis of AKI in children, using clinical information, new biomarkers in blood and urine, and a measure of blood flow through the kidneys. Kidneys for Life previously supported our research enabling a feasibility study in which we successfully measured these new biomarkers in the children in PICU. The current award will make it possible to trial a monitor called an oximeter (currently used in small babies to measure blood flow through the brain), that will allow real time monitoring of renal blood flow through the kidneys. The oximeter is not invasive, as the leads attach the skin, rather like a heart monitor. This will enable us to investigate whether changes in kidney blood flow, together with changes in the biomarkers, will allow earlier diagnosis of children on PICU who are at higher risk of AKI.

## **Identifying the genes controlling recurrence of IgA Glomerulonephritis\* (IgAN) in transplants - Are there factors which contribute to active Kidney damage?**

IgAN is a major cause of kidney damage. It can usually be controlled with tight blood pressure management, but some patients will require dialysis or kidney transplantation. After kidney transplantation, the disease may recur and cause graft failure despite good BP control and immunosuppressive medicines. We believe these patients have a more 'virulent' form of IgAN with factors causing kidney damage: we intend to identify such factors so we may predict which patients may suffer recurrence of IgAN. Genetic factors play a part in the development of the disease, although the exact mechanisms are unknown. We will study the genetics of patients with disease recurrence after transplantation, anticipating that genetic testing may provide a means of predicting which patients are more likely to suffer from IgAN post transplant, and perhaps which patients may be at risk from their original disease. (\*glomerulonephritis: a group of conditions, mostly allergic/inflammatory, which cause damage to the kidneys and may improve with treatment)



We have awarded eight grants in our Research Grants Round in 2012 and just a few of these projects are set out below, all projects can be viewed on our website.

## Discovery of a novel gene causing renal failure

Some rare types of kidney disease are known to affect a family over several generations where a single gene can be inherited which causes kidney failure in the next generation. Alport's disease is an example of this.

At MRI, we have seen a family where two of the children developed renal failure in their late teens and received kidney transplants. Both cases experienced a similar post-transplant course with rapid onset of proteinuria and a histological diagnosis of membranous nephropathy (MN). Their transplants failed within two years. The family have consented to investigations to try to identify the cause of the kidney failure. From the research that we have carried out so far, we have identified a candidate gene that is expressed in the kidney podocyte in healthy individuals, but we think is not correctly expressed in this family and which eventually leads to kidney failure. The purpose of this pilot study funded by Kidneys for Life is to characterise the gene in more detail to prove the case that it is the cause of the symptoms described in the family.

We expect that the outcome of this pilot study will define a new gene causing an FSGS type of proteinuria in native kidneys identify a new autoantigen accounting for cases of de novo membranous nephropathy in transplants.

## Are Mutations In Alport Syndrome Genes Associated With Encapsulating Peritoneal Sclerosis (EPS)?

Encapsulating peritoneal sclerosis" is life-threatening complication in people undergoing peritoneal dialysis. The inside of their abdomen becomes scarred and the dialysis stops working. Patients often become very sick and require complicated surgical treatment. We don't know why some people get this disease or how to treat it. Some people may be at risk of developing this condition because of their genes, and we will look at the genetic risk factors. The findings from this study could ultimately translate to a genetic screen for patients considering peritoneal dialysis, to indicate the likely risk of developing a severely fibrosed peritoneal membrane.



## With thanks to...



### **Glossop Golf Day**

Again we would like to thank Keith Clegg and John O'Grady for helping to organise another successful Golf Day in July 2012 which raised over £1,100 to be used for Wards 9 & 10 – you can see Keith & John here with Carol Barley & Sheilagh Armstrong receiving a certificate acknowledging Keith's support of Kidneys for Life.

### **Gail de Meza**

We would just let to say a final thanks to Gail who over the course of her year as Lady Captain at Dunham Forest Golf Club raised £2,070.55 so our appreciation goes out to everyone who helped achieve such a fantastic donation



### **Wards 36 & 37**

We would like to thank Mr & Mrs Jackson, Tameside Phoenix Club, Denton West End Working Mens Club, Rose Whitehead, Malcolm Sidebottom, Tracey O'Neill and many others which have enabled us to purchase seating, lamps, tables, accessories for the day rooms on Wards 36 & 37 – the patients are really grateful to all concerned which has given them somewhere comfortable to sit during their stay in hospital.



## The Birches

Held a number of fundraising events in 2012 to help raise funds for the Children's Transplant Games raising over £1,000 and you can see Helen Kowalawski with Stacey, Debbie & Riley Greenwood presenting the cheque to Irene Chambers photo available – I will email from home over weekend

## Alison & Nigel Atkinson

Raising £2,250 in 2012 for Kidneys for Life by organising a number of events up there in Cumbria – Thank You

## Chester Caledonia Association

For their kind donation via Ian McAulay towards the work of Sister Sheila Russell



## Charity Autumn Ball

Sarah May, Fran Wright (kidney transplant patients) and Dave Wright organised an Autumn Charity Ball at Lancashire County Cricket Club and raised over £6,000 for Kidneys for Life and Kidney Research UK – our thanks goes to everyone who helped with the event.

## Mark Johnson

Organised a Dads & Lads Charity Golf Tournament at the end of last year at Styal Golf Club raising over £570 – our thanks to everyone concerned

# Climbing Machu Picchu

**Machu Picchu. A place I had always wanted to visit since I was a boy. Last year a good friend of mine, Eddy, sadly passed away, so I decided to put it off no longer and booked in January to go in October, giving me time to organise**

Eddy lost his kidneys as a boy and so had been a long term visitor to the Renal unit in Manchester. Unfortunately it was cancer that took him from us. Therefore I decided to combine my holiday with a charity collection for the Manchester Renal Unit through Kidneys for Life.

I set out on October 16th with a short flight to Amsterdam and then the long haul to Lima, the capital of Peru. After a couple of nights in Lima It was then another flight to Cusco, ancient capital of the Incas. We were now at 3,200 meters (10,500 feet) above sea level and were starting to acclimatise for our trek along the Inca trail to Machu Picchu.

After a relaxing day in Cusco we set out in the morning by bus along the sacred Urubamba river valley for Ollantaytambo, a small, still very Incan, town, visiting many ancient sites along the way. Ollantaytambo was an old stopover on the original Inca trail and contained many lodging houses and food storage houses along with temples, all now mainly just ruins. Here we spent our last night in a comfortable bed before the trek.

## Day 1

We set out the next morning again by bus to get to the start of what was the original Inca trail, used by many pilgrims and also messenger runners who used to carry information around the old Inca empire. We were told that the record for someone running the 45 kilometer (28 miles) trail was three and a half hours. It would take us four days!

As we were setting out from the valley floor the first day consisted of mainly going up and at first the trail was loose scree as it was used by the many villagers, and their pack animals who lived along the lower slopes. When we reached our camp for the first night the views were stunning. Many mountains all around us and even a glacier in the distance also there were more stars in the sky as we were in the southern hemisphere, amazing!

## Day 2

The second day was the hardest climb as now we were on the original stone steps. The climb was steep and the steps many different heights and uneven, so it was difficult to get a rhythm. We reached the highest point of the trail, Dead Woman's pass, at 4,200 meters (almost 13,800 feet), and then a long steep descent to make camp for the second night.

## Day 3

The third day was another climb over a pass, this time only 3,900 meters (12,800 feet) and from now on it would be a steady descent to Machu Picchu. We made camp for the last night and then it was up early, 3am to get to Machu Picchu early to try and beat the crowds. By about 6.30am we made it to "The Gate of the Sun" and our first view of Machu Picchu and within 30 minutes we were there. We had made it!

It was a hard slog but it was worth it. To make it to that magical place after so long and make a dream a reality. I am glad that I made the decision to go and not put it off any longer.



I want to thank Irene Chambers for helping me organise the charity side of things and all those who gave to the charity and in all **raised over £2,390**. Eddy was an inspiration to me as he was always happy no matter what he was going through, and I know it was tough at times. That's what kept me going when I thought it was tough.

**Paul McCabe**

## Gifts of Life

by Vicky Brand

It was May 1993, I was 23 years old, life was good, I had recently got engaged to my boyfriend, Dave and we had just exchanged contracts on our own home. I hadn't felt really well for some time but put it down to stress of work and buying the house. I had gone to the doctor because my blood pressure was a bit on the high side; the doctor did a couple of further tests and referred me to the renal department at the Manchester Royal Infirmary.

I attended an appointment after having further tests to be given the devastating news that my kidneys were failing due to reflux (Kidney reflux means that one or both valves in the ureters are not working properly, which can cause urinary tract infections) , I didn't understand, I hadn't had any symptoms of water infections. These had gone undetected over many years and my kidneys had suffered scarring. I was told I would need a transplant. I sat opposite the doctor the words leaving his mouth but not reaching me, it wasn't me sitting there he was talking to somebody else.

It took me a long time to come to terms with the news, my family, boyfriend and work were very supportive but at the same time worried and devastated. It was hard adapting to the renal diet but I knew I felt much better by watching what I was eating and drinking, all the staff were brilliant, giving me lots of support



Vicky Brand

in helping me to decide which dialysis would be best for me. I decided to have CAPD as this method would mean I could carry on working. Around the same time I was fortunate enough to be put on the transplant list and both my parents were going through tests to see if they were a match and well enough to donate. I had very mixed feelings about this and really didn't want me parents to go through any of it.

In the August 1993 I had a Tenckhoff fitted and had the training to enable me to do everything I needed to do. I managed to keep my levels static for some time but in January 1994 things started to get worse, I was still working fulltime but feeling really tired. I had resigned myself to a very different way of life. My Mum who was in her late 60's was found to be compatible but I really didn't want her to go through it, I prayed I would be blessed with a second chance of life.



It was mid-morning on 21st February 1994 when I got the call I had been praying for, I rang my parents and boyfriend straight away and drove home from work with a plethora of emotions going through my head. We arrived at the MRI just after lunchtime and spent a few hours going through tests to make sure I was well enough to go through the operation and that I was the right person to receive this very precious gift of life.

I went to theatre at 7.30pm that night, again I was frightened but knew I was blessed to be given such a valuable gift. The next day with my new kidney working well I started to feel so much better, I was a little sore but I started to realise how poorly I had been before. All the nursing staff, doctors and domestic staff were absolutely brilliant and helped me with my recovery. I will be honest at times it was a little tense waiting for results and praying that the kidney function was still good. I had been in hospital about a week when my results started to go off a little and I didn't feel too well, the doctors told me they thought I might be rejecting so the doctors conducted a biopsy which confirmed I was. I was treated straight away and within a week everything was back on track. I was back home within 3 weeks and started visiting the outpatient's renal clinic where the staff and doctors took great care of me.

All the way through my recovery the donor family were always on my mind and I think the emotions of guilt, gratitude and thoughts of what they may be going through were constant, even now I often think of the donor and family.

I returned to work after 3 months and Dave and I decided to get married, we had both had a bit of a tuff year and we really wanted to celebrate everything so we decided to go to my local church and set a date, we got married on 8th October 1994 in front of our closest family and friends and Phil and Anne who both worked on the renal unit at the time came along to see me and Dave tie the knot on a cold but sunny autumnal day, it was a very memorable.

One of the things I really wanted to do was start a family so after a year I asked one of the doctors when if possible would it be safe to consider starting a family, the advice was to wait two years after the transplant and that's exactly what we did and on 23rd September 1996 I gave birth three weeks early to a beautiful baby girl, Sophie, the best day of my life. Six weeks after Sophie was born our family GP advised us to have Sophie tested for reflux as it could be hereditary, Sophie was diagnosed with reflux but just on the right side, she was given antibiotics straight away to prevent any infections.

# Gifts of Life

by Vicky Brand

The doctors at the Children's Hospital kept a check on her for the next 2 years and when Sophie was two years old we were told the reflux had gone, the valve had repaired itself. We were delighted by the news.

I decided to go to university and completed a degree related to work which eventually lead to a promotion in a job working for the NHS I really enjoy and life has been absolutely brilliant. I think when something like this happens to you it does change you. The little things in life that normally would be an issue really don't matter anymore and I would like to think that the experience has made me into a better person. I have achieved so much thanks to a family who considered others at an absolutely devastating time.

In November 2011 after 18 years of working really well my kidney was becoming tired and my renal function started to drop, by February 2012 I only had 13% kidney function so I was referred to the pre-dialysis clinic and met the wonderful team from the other side. Again I opted to have CAPD at home over night with a machine, which was a big change to my last introduction to this method of dialysis. Again I managed to keep my renal function pretty stable on the renal diet and I started to make plans again for a very different way of life.

During the next few months I underwent lots of tests and medical examinations to ensure I was fit and well enough to hopefully go on the transplant list again. In the meantime my wonderful younger brother had insisted he wanted to help and told me he wanted to see if he could donate a kidney, as he spoke I started to cry, I couldn't even consider him going through all of that but he sat me down and it was at that point I realised how sincere and determined he was, his words 'your my sister I want to help you' meant the world to me, we both sat with tears coming down our faces. My brother Frank started to undergo tests to see if he may be a match, a few months later we got the news that he was, again I had mixed feelings about it really not wanting him to go through it but he reassured me it was what he wanted to do. In September I attended an appointment to see a lovely Transplant Surgeon who talked me through everything and suggested even though a family member had come forward he still advised me to still go on the list.

The next part of this story is not what I ever imagined would happen and shows how truly blessed I have been, it was 5.00am on Friday 7th December 2012 when the phone in the bedroom rang, my husband answered it and I fully expected him to say the alarm at his work had gone off and he needed to go but he said' it's



the nurse from the hospital' I could hardly believe the words I was hearing. I put the phone down and looked at Dave, 'they have a kidney for me and they would like me at the hospital for 7am' I got ready but all the time thinking this is too good to be true. We got to the hospital and I went through the tests to make sure I was suitable, time seemed to go so slowly and from the moment I had the phone call I was thinking about the donor and their family with waves of guilt and thoughts of them all, I also felt really guilty about the fact that I had not been on the list very long.

I went to theatre at 3.30pm that day with very similar thoughts and emotions going through my head but as I lay there I remember the anaesthetist saying we are going to give you some oxygen the next thing I was hearing my name and coming round in recovery, I vaguely remember going back to the ward and seeing my mum, dad, husband and daughter and smiling at them and telling them I was okay. The next day I was introduced to the new medication regime which was very different to 18 years ago, the ward was also very different and I certainly noticed how busy all the staff were but so dedicated to making sure everyone was okay.

Recovery seemed very slow and the waiting for the wonderful doctors to do their ward rounds to find out if everything was going to be okay was quite tense, my new kidney took a couple of days to really start to work well and after 6 days I was allowed home. Visits to the outpatients were every couple of days to start with but I was more than happy with that.

I have had my new kidney for 4 weeks and starting to physically feel so much better I still seem to be struggling emotionally, not sure if it's the time of year but really thinking about the donor family and I really would like to let them know how grateful I am but 'thank you' doesn't seem to touch the surface of how I feel. I have been so blessed to have been given yet another gift of life and I would like to dedicate this story to both donor families, all the nurses, doctors and surgeons who all go beyond their call of duty and my family who have breathed every moment of the last 19 years and been there every step of the way.

**God bless**

**Vicky Brand**

## Thank you

Our Christmas  
Card sales in  
2012 raised over

**£5,500**

Thanks to everyone who  
helped by purchasing  
our cards.

## Remembering

Georgina Foster  
Alan Lord  
Grace Moon  
John Oliver  
Frank Powell  
Lynne Rich

We would also like to  
acknowledge the kind legacy  
from Mary Cecile Ward which  
was received recently.

## Dates for your diary



### 8 June

Charity Night in Stockport in aid of  
Kidneys for Life

### 29 June to 5 July

Geneva to Venice Cycle Ride

### 3 to 7 July

Iceland Trek – a 3 day trek across some  
of the most spectacular wilderness areas  
in Europe

### 14 July

Want to swim the “Channel” and have  
some fun with the family at the same time  
– swim 22 miles across the “Channel” at  
Salford Quays using their 400m course  
as a team. No minimum number in team  
and £250 per team to enter

### 4 to 6 October

Ben Nevis Trek – climb a little over nine  
miles to the summit of Ben Nevis

### 9 to 18 October

Great Wall of China Trek – a 6 day trek on  
one of the Wonders of the World

**For details on these events  
please see our website or get  
in touch with Irene Chambers  
on 0161 276 6671**

## 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.

### 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](http://www.kidneysforlife.org)**

### Irene Chambers Fundraising Manager

**Tel:** 0161 276 6671

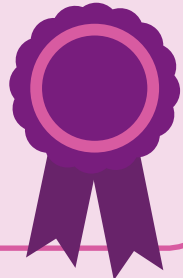
**Email:** [fundraiser@kidneysforlife.org](mailto:fundraiser@kidneysforlife.org)

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

### Student Recognition

The following students from the University of Salford have helped redesign the format of this and future Whispers magazines, for which we thank them:

Lucy Spencer  
John Greenhalgh  
Hana Bashier  
Daniel Pearcey  
Peter Ye  
Wu Zhen Long



## 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 previous page).**

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.

