



KIDNEYS FOR LIFE

Fundraising for the MRI Renal Units

Spring 2012 Whispers

www.kidneysforlife.org

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**Kidneys for Life
fundraising for MINT**

Manchester Institute of Nephrology & Transplantation

Charity number 505256

Garden for Kidneys for Life

Having entered their first garden at RHS Tatton Flower Show in 2010 and winning a Gold Medal, "Harry's Gold Stars" have offered to do a garden for Kidneys for Life.



Harry's Gold Stars got together as a group of evening class students at Reaseheath College when studying for their RHS qualification with tutor Harry Delaney. He inspired them so much they did their first garden as a tribute to him.

One of the students is Margaret Kewley, whose husband Mike had a kidney transplant and you can read his story in Whispers Autumn 2011, approached us to design the garden on behalf of Kidneys for Life.

Their garden design "A Perfect Match" has been accepted by the RHS for the show this year. The garden is designed to be a relaxing space containing three distinct planting areas with contemporary planting representing

matching of blood and tissue required in matching donated kidneys with the right recipient. Water flows through a rill to a water feature representing filtration and the action of the working kidney bringing a new lease of life.

Harry's Gold Stars are (left to right) Maile Belanger, Harry Delaney (their initial inspiration and who the team are named after), Peter Armstrong-Child, Marc Brimble, Margaret Kewley, Pauline Clarke, Richard Bowser and Colin Greenwood.

The team still need sponsorship for some of the planting and landscape materials. If you or your company can help or if you would like more information please do get in touch.

Christmas Cards 2011 Results

Our Christmas Card sales in 2011 raised over £7,100 which is up on the previous year.

Thank you to everyone who purchased our cards. The cards will be available again this year from around September time for purchase via the website, libraries, Autumn Whispers magazine and via the Fundraising Office.



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.

The Heapy Family & Friends



In our last edition of Whispers we featured an article in memory of Paul Heapy, his story and how the family were raising funds for Kidneys for Life – with the monies donated we have now purchased a SpaceLab Monitoring Station and Karen Heapy, Julie Anderson, Dave Heapy, Steven Heapy, Jimmy Cullen and John Sutcliffe all came along to present this new piece of equipment to the staff on the Renal Transplant Ward.

Alex Cooke

Alex took part in the Inaugural Beetham Tower Run in Manchester on behalf of Kidneys for Life and the Cystic Fibrosis Trust. A total of 125 runners took part in the charity event to run up 46 floors of the Tower with 4 runners recording times under 6 minutes. Alex Cooke's winning time was 5 minutes and 19 seconds followed closely by Richard Robinson on 5 minutes 23 seconds. Well done to Alex!

Alan Swain & Christopher Riley



Well done to them both for taking part in the gruelling Para 10, the ultimate in ten mile endurance races, back in September and raising over £330 for their efforts.

Waitrose

The Spinningfield Branch of Waitrose chose Kidneys for Life as one of the three nominated charities for October under their Community Matters scheme. We received a total of £220 so thank you to everyone who put their green token in for us. We were also one of the nominated charities in February for the Altrincham branch and are awaiting the outcome. If you shop in Waitrose please complete the Community Matters form and nominate Kidneys for Life.

Sponsored Slim

Our thanks go to Donna Crossley who raised a staggering £325 from her sponsored slim losing 28lb in total.

Manor Park Farm Charity Event



Karen Part and Joanne Bradley organised a showjumping event at Manor Park Farm in Ollerton (venue donated by Andrew & Jo Calwood) on the 30th October last year to raise funds for Kidneys for Life. You might remember that Karen gave her daughter Joanne a kidney in 2010 after she had suffered from kidney failure. They held a similar event in 2010 and decided to do it all again with two special classes – a horse and hound class and a 'Chase me Charlie' class, which involves a jump getting higher and higher until it is the last man standing. The event raised a phenomenal £1,660 and we would like to thank everyone concerned.

The Anderson Family

A donation was made last year in memory of Paul Anderson and the unit has now purchased a Handheld Vascular Doppler machine which can carry out a non invasive vascular assessment. Many thanks to all those who made donations in memory of Paul who have enabled the purchase of this equipment.

Fifth Anniversary Charity Event



Maria Jiacoumi celebrated the fifth anniversary of her kidney transplant, which was a living donation from her sister, Phyliss on 15th October by hosting a Charity Variety Evening in aid of Kidneys for Life. The event would not have been possible without the support of the Greater Manchester Probation Trust and we are extremely grateful for their help in raising £1,500 on the night. We would also like to thank Community Payback in Stockport for providing a number of raffle prizes in the form of birdboxes, birdhouses & wheelbarrows. We would also like to thank Dr Hany Riad for coming along on the night to give a short talk on kidney disease and transplantation. Also to the artists who performed on the night including Susan Hargreaves, BJ and the Spanish Flamenco Group, it all made for a fantastic night for everyone.

Marston's Darts League



Each year the League hold the Marian Rawcliffe Charity Darts Knockout Individual Competition and the winner chooses which charity will receive the funds from the event. Paul Shepley, representing the Blueberry Inn in Macclesfield chose Kidneys for Life as his sister has received a kidney transplant and the family are very grateful for the care she received. Many thanks go to Paul for nominating us to receive the proceeds which amounted to a terrific £646.00.

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

In Memory of Mandy Lake



Tracey's Zumbathon Group



Tracey O'Neill's Embroidery



Mandy Lake

Tracey O'Neill daughter of Mandy Lake who passed away in December 2009, has been fundraising for Kidneys for Life recently in memory of her Mum one such event was the Zumbathon which took place in October last year and this coming May Tracey, Emma, Tina & Emma are taking part in the Great Manchester Run, young Chloe is taking part in the Junior Manchester Run and Tracey's husband Nick is in the process of organising a bike ride with his friends.

We asked the family and friends for memories of Mandy and these are just a few extracts from the selection of the letters we received.

My mum Mandy Lake went through so much in her life, my mum was the best mum in the world and meant everything to me, I will never forget the day my mum got the phone call to say that there might be a kidney for her. It was about 5 o'clock in the morning and the phone rang and my dad answered it and shouted my mum. The next thing I heard was my mum shouting they think they got a kidney for me, it was about 2.30pm the next day and my Auntie Pat come in to my classroom and told me it was a match, the good news I had been waiting for and she was going to have the operation within the hour, I just broke down crying and wanted to go to her but I was made to go back into class.

My dad took us to the hospital the next day to see her and she looked amazing she was sat up in a chair like nothing had happened and all was well. Then my mum found it difficult to walk and sometimes she would really struggle with getting out and about but that never stopped her from going out and enjoying herself and coming to my house every Sunday when me and my wife used to cook her a Sunday dinner and we used to have a laugh.

My mum was an amazing woman you could talk to her with your problems she would listen and never judge and try and help you in every way possible. She was there for me a lot when I lost my own son at 36 weeks due to Patau's Syndrome, I was a mess and my mum helped at this difficult time, she was my rock.

We took a trip back to Leicester in October 2009 where my mum's family lived and where she grew up, she enjoyed seeing her dad and all her old friends, she never looked so comfortable and so much at home her face glowed. Looking back now it was like she was saying her goodbyes.

I had not seen my mum laugh so much as she was on 14 December 2009 when me and my wife went to see her in hospital, she laughed and joked all afternoon, as we were leaving that afternoon I gave her a kiss and said I will see you tomorrow for my birthday, well that day never came. It was about 4 o'clock and my dad phoned and said you better get up to the hospital right, I ran up to the ward and ran into her room and there was about 10 doctors in the room trying to revive my mum. After what seemed like a lifetime as a family we agreed she had suffered enough in her short life and it would be fair to let her go and be at peace. Not for one moment did I think she was going to die.

There's not a day that goes by when I don't think of my mum and wish she was still here with me to share the good times and bad times and to be there when I needed someone to talk to and I will cherish and keep all the memories I have of my mum, because she wasn't just a mum she was my friend and my listener. RIP Mum gone but never forgotten.

Andrew (Mandy's Son)

Whispers

What can I say about my Mum..... Well she was my rock, my best friend, my whole world the most amazing person I know if I can be half the woman she was I would be a very happy young lady. After mum passed away I was told by many of her friends that I was my mother's daughter and that I was the strong one and it seems I have more in common with her than anyone through from the way I act and how I say things. Since mum died a problem has been found with my kidneys and I've been going to Clinic E at the MRI for almost a year and if it wasn't for this strong loving woman I wouldn't have coped the way I have and I'm no longer scared of what might happen as I know about treatments and how the dialysis works and I know she's with me every step of the way saying "chin up Kelly belly". I am who I am today because of my Mum.

Kelly (Mandy's Daughter)

My mum was and still is, in my eyes and plenty of others a fun loving caring passionate individual, as she had us children to look after and a husband as well as the normal day to day things and everyone she met and got to know she let in her life with open arms. She would help if she could and never judged anyone, she wasn't perfect, as no one is, but through everything she did she was also battling a kidney problem, which she never showed, so to me she was an inspiration, as to do all of this and carry on as normal, made me and helped me have the determination and ambition I have now just like so many people who met her.

Tracey (Mandy's Daughter)

The late Mandy Lake well what can I say, this was someone very close to my heart, my friend, my soul mate, my confidante, my right arm. I knew Mandy for 23 years, Mandy's youngest son and my eldest son were born 10 days apart, the first time I met Mandy was outside the Royal British Legion on woodhouse lane were we were having a cool drink in the summer, the babies were sat in there pushchairs and Mandy offered some rusk biscuits to my son who choked, we struggled getting him out of his pushchair, so she turned the whole thing upside down to stop him from choking and I knew then this was going to be the start of a very long relationship.

We both started work as dinner ladies at Haveley Hay Junior School when the boys went to nursery, these were fun days. Mandy started complaining of a lot of backache and she went to the doctors on many occasions but was just given paracetamol until one morning she was in so much pain she went to the hospital and refused to move till they found out what was wrong with her, it was then she was told her kidneys were packing up and she had to be operated on straight away and go onto dialysis. Mandy kept getting poorly, was very yellow and taking at least 30 tablets a day. She was also told that this kidney failure was hereditary and at the time Mandy wanted her children to be tested but was told it was not possible until they were 21, this was a bit of a blow to her but she still kept going. Three times a day she would do her dialysis, still worked as a dinner lady and brought her family up and always a hot meal on the table every night. Most people would have given up by now but she carried on. Every Saturday was our Bingo night after which we would go for a drink at the British Legion for which Mandy used to save up her liquid allowance.

As time passed Mandy went into hospital a few times with different problems all to do with her kidneys until a donor came along. A few days after the

transplant operation Mandy looked like a new women, full of life, no more being restrictions on fluids, this was the start of a new time in Mandy's life.

Mandy went on holiday with her husband and children mainly to Skegness they loved it there, then she done what a lot of people would not of been able to cope with and took on a small child 8 months old called Steven. Over the years Mandy started to deteriorate, she always tried to stay focused and have something planned even if it was riding on the buses up to Manchester and back because Steven liked this.

On the 5 December 2009, Mandy was taken into hospital with pains in her upper back and I went to visit her every other day, after I finished work 14 December, I popped into the hospital, Mandy said she had not slept to good, I told her I was unable to visit on the Monday as I was working overtime so would come on the Tuesday evening. That day never came, I had been into work and come home before going to the hospital, I received a phone call from Mandy's eldest daughter who told me I had better sit down. She told me Mandy had died, this felt like someone putting a knife into your chest and not being able to talk, I thought I was dreaming this cannot be happening, Mandy had been through so much and carried on, she had gone into hospital with a pain in her back, not to die. I got dressed and went straight to the hospital as I wanted to remember her as I seen her on the Sunday but knew deep down I had to see for myself that I would never see my soul mate again, this has got to be one of the hardest things I have had to do to date, it still feels like only yesterday, two years have now passed and I still think of her a lot, this was a piece of me that got lost but I know deep down she is still with me through the good times and the bad and will never forget my true friend, Mandy.

Your soul mate, Joyce

Nurse Education

Kidneys for Life has financially supported a number of nurses over the years in their further education. Three such nurses gained their qualifications recently. Here are their stories...

Helen Hurst (PhD)

I have been asked to describe how 'Kidneys for Life' funding enabled me to do a PhD study which I have recently completed. Firstly just a brief background about who I am and where I work. I have worked in the field of renal for over 20 years predominantly with patients on peritoneal dialysis. During that time I have always been interested in research and how it can influence the care and management of patients. I completed a degree in 1999 which I had undertaken part time whilst working as a community sister at MRI and went straight onto to do a full-time masters course in clinical nursing. I also at the time had my first child who is now 11 years old.

I have worked since then as an Advanced Nurse Practitioner within the CAPD unit. Over three years ago I was approached by members of the team to consider a PhD, on the basis that I was still involved and interested in research. To do such a research qualification and continue working requires funding and support, both of which I was fortunate to obtain. Kidneys for Life had put money forward specifically for nurses to undertake such qualifications and I was successfully accepted to do a PhD at Manchester University.

I wanted to do research that represented not only my interests but an area that had not been previously examined from a patient perspective. I had already been involved in projects looking at encapsulating peritoneal sclerosis (EPS) a rare complication of peritoneal dialysis. Manchester had become a National Centre for Surgery to treat the

condition and had become involved in major research within this area. Research ideas should be generated from clinical practice, with the aim to understand and answer many questions. I had been aware working with patients on PD that EPS when it occurred could be catastrophic and that we were perhaps not necessarily aware of how to detect or inform patients of the risks and signs. One area that had not been explored was the actual experience of patients who had undergone surgery and how this experience could help to understand the condition from the patient perspective.

I began the PhD in 2008 which was three years long as a full-time course. My study was a qualitative study which means I interviewed patients who had been in Manchester Royal Infirmary to have surgery. I travelled from the Northwest down to Nottingham and interviewed them all on two occasions. I have to say undertaking such a study I felt privileged and humbled as each individual participating gave up their time and gave me honest and heartfelt accounts of their experience.

I would not have been able to do this without the support both financially and emotionally from my colleagues and patients. It was the hardest thing I have done and I only hope that I can use the findings to influence future care and practice. I am very fortunate and am now in a position with a recognised qualification to hopefully take nursing research forward within the Renal Department and within the hospital.



Agimol Pradeep (MSc)

I am currently working as a Transplant Recipient Co-ordinator at the Central Manchester Foundation Trust. I completed my MSc in Nursing with help from Kidneys for Life and I am really thankful for this great opportunity.

I have worked for over 14 years in the renal field both in the UK and India. This experience taught me that transplant is the best treatment option if available compared to all other treatments for kidney failure patients. Also in my current role I faced the challenging question from some of the patients, who have been waiting on the list for the transplant more than four years, questioning why they are not getting this precious opportunity to receive a transplant. When I searched for an answer to this, I could not find much on this topic (especially on the topic of South Asian donor scarcity).

So when I was asked by my lecturer to find a topic for my dissertation I did not think twice and decided on finding out why there is scarcity of cadaveric organ donors from the South Asian community.

I received an outstanding achievement award for the highest Masters Dissertation mark reflecting the high quality research work undertaken. I also developed a passion for the research topic and gained fundamental skills in good practice research. I was shortlisted for the NORAH REES award for my work on this topic and received overwhelming support regarding the significance of the work from the North West Alliance Transplant meeting, earlier this year. My passion for the subject within my work as well has helped me gain support from the South Asian patient population.

Following completion of my study, on advice from my academic supervisors and my renal and transplant team I submitted my application for PhD study on the same topic. This was accepted by the Salford University and I commenced my PhD course in October 2011. Through this study I am trying to extend my Master's study findings to a higher level, at the same time extending my skills to become a competent clinical researcher, a future resource to support renal staff in practice and above all try to find a solution for this scarcity of donors to help the patients who are waiting for this precious gift of life. I have received a grant from the British Renal Society for this project. I would like to take this opportunity to express my sincere thanks to all of my managers, friends and colleagues for their great support, without whose help this would not have been possible.

Issac Zia (MSc)

Issac also started his PhD study at the same time as Helen and the aim of his study was to explore and describe the experience of pancreas only transplantation from the perspective of the patient, in order to:

1. Understand the real life impact pancreas transplantation has on an individual's perception of their quality of life
2. Identify gaps between perceived expectations and the reality of the pancreas transplantation.
3. Explore how patients' made the decision to have a pancreas transplant and the quality of the information they received
4. Identify essential information that patients' consider important to provide to patients on the pancreas transplant list

The Study focused on the patients' experience and perceptions of receiving a pancreas only transplant and seeks to

understand the impact such a transplant has on their life compared to living and managing diabetes. A qualitative approach was considered the most appropriate, to enable the deeper exploration within semi-structured interviews of whether individuals' expectations of a transplant match the reality and whether the information they received prepared them fully to have pancreas transplant.

The Study concludes that all those patients who took part in this study wanted freedom from insulin injections, hypoglycaemias, blood sugar monitoring, diet restrictions, neuropathic pains and better quality of life. All participants in this study hoped and believed that a pancreas transplant will give them freedom from diabetes related complications and it will improve their social, physical and psychological well-being and will improve their quality of life. A majority of the participants believe that pancreas transplantation improved their quality of lives in short

term, however there were no significant improvement in diabetes complications. The Study has highlighted a need for evidence based information for patients considering this treatment option. Seven out of nine participants said they were not given enough information about this procedure, even though all the participants believed that they were involved in the decision-making process for this treatment option. The key aspects of the information that participants would like to have before transplants are, risks and benefits of the transplant, success rate and mortality rate, average life span of the pancreas transplant, complications of the procedure and long term complications, post op care, side effects of the anti-rejection drugs, rejections and what to expect, living with transplanted organ and what to expect when the transplant fails. The outcome of this study will enable healthcare professionals to understand the type of information patients want to know prior to a pancreas transplant.

Research Project Updates

Dr Leonard Ebah

Dr Leonard Ebah, one of our Specialist Trainees in Renal Medicine has just completed his PhD research, carried out under the supervision of Dr Mitra, Professor Brenchley and Dr Hutchison.



Purpose of the research

The research began in 2008 and focussed on toxin accumulation within the body fluids of patients with kidney disease. Renal failure results in the accumulation of waste products of metabolism or toxins within body fluids, causing harmful effects on the cells, and responsible for several of the complications seen in kidney disease. Urea, creatinine, potassium and phosphate are well known toxins, but hundreds of others have been identified, with probably thousands more to be discovered. Current knowledge on the accumulation of such toxins and

their removal by dialysis is based on measurements in blood only. However, blood only contains a tiny fraction of body fluids (about 6%), the rest being lodged within the cells (intracellular) and around the cells (tissue fluid). This research investigated whether tissue fluid (which is closer to the cells) contained the same levels of toxins as blood, and whether blood toxin removal by dialysis results in effective toxin removal, i.e. removal from tissue fluid.

How it was carried out

The investigators devised various methods of painlessly sampling tissue fluid through the skin. These included microneedles (very tiny needles less than half a millimetre in length), reverse iontophoresis (the use of a small current to noninvasively sample toxins like urea and potassium through the skin) and microdialysis (using the principles of dialysis to extract skin tissue fluid toxins via a tiny catheter).

Main findings

The tissue fluid levels of small toxins like urea and creatinine were similar to blood levels, however, larger toxins like some proteins (e.g. beta-2 microglobulin, which is seen in the blood of long term dialysis patients) were found to be retained in tissue fluid, and in some cases were detected earlier in tissue fluid before plasma levels became measurable. Tissue fluid may therefore be a toxin "reservoir", causing harmful effects on the cells of patients with kidney failure. During dialysis, the

removal of toxins (even small toxins like phosphate) from blood was not immediately followed by reduction in tissue fluid levels. As such, some larger toxins may not be efficiently removed from tissue fluid by dialysis; hence tissue fluid levels may need to be monitored to check for effective toxin removal. It is likely that some of the beneficial effects seen with long hours and daily dialysis are due to improved removal of toxins from other fluid compartments such as tissue fluid. The non-invasive measurement of toxins through the skin by reverse iontophoresis and microneedles also provides an exciting opportunity to explore the simplification of diagnosis and monitoring (e.g. remote sampling at home) of kidney disease in the future.

What next?

This research has been received with much enthusiasm, winning awards from Bionow and the North West Development Agency. The full reports of the findings could be accessed through the University of Manchester website (www.manchester.ac.uk/escholar) and some scientific journals (Blood Purification 2011, European Journal of Clinical Investigation 2012). The investigators will like to sincerely thank all the patients and volunteers who participated in the study and the CAPD, Renal Unit and Wellcome Trust CRF Staff without whom this project could not be realised. CMFT, University of Manchester and Wellcome Trust CRF provided financial support.

Dr Nina Brown

Dr Nina Brown, one of our Specialist Trainees in Renal Medicine is undertaking research within this role. In our research studies we are currently looking at a number of areas involving the rare disease ANCA - Associated Vasculitis (AAV).

This condition can be life threatening and often affects the kidneys causing renal failure. For a number of years we have been collecting blood samples on patients with AAV to try to learn more about why certain people develop this condition. We are now hoping to extend this project to include work on tissue samples (biopsies) which have already been taken to provide us with more information as to why only certain parts of the body are affected.

Other projects in the Research Department includes work looking at the problem of infection in people with AAV. Infection can be a major problem as the medication used to treat the disease suppresses the immune system. We are evaluating the role of vaccination against flu and common chest infections in this group to see if they appear to be of benefit. We are also working with the vasculitis community and the patient support group Vasculitis UK to see if we can improve the overall package of care that we provide to patients with this challenging and complex disease.



MMU Students Fashion Show

Five students from Manchester Metropolitan University, going by the group name MAVA (Making A Voluntary Approach) held a Fashion event to help raise money for Kidneys For Life.

The event included a fashion show, featuring clothes from the fashion boutique 'Each To Their Own', also known as ETTO, a raffle, live music, stalls featuring fashion and jewellery, a cupcake stall and design work created by other MMU students.

MAVA thought the event was a great success, plenty of friends and other guests came to help raise £345 for the charity and MAVA received lots of positive feedback.

The models looked great on the catwalk and they were all fabulously styled each showing two different outfits. There was also a variety of music including a guitarist and two fantastic singers. Overall it was a great achievement and a fantastic experience for all of MAVA.



Renal Remembrance Service & Remembering

A Remembrance Service will be held at The Lowry Theatre in July 2012 to remember those patients who passed away in 2011. If you would like to attend or require further information please contact Noel Hurley on 0161 276 4652.

In remembrance of:

**Alan Eyres
Stanley Halliwell
Maureen Keys
Verna Knapton**

**Hasmukh Patel
Antonio Sertori
Edwin Sumner
Pauline Turner**

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



We would like to wish Claire Healey & Chris Hardcastle all the very best for their wedding in May this year.



Great Manchester Run

We are looking for runners for the Great Manchester Run 2012 which takes place on Sunday, 20 May.

If you are interested in taking part for Kidneys for Life you might like to register for your own place via www.greatrun.org and just let us know once you have a place and we can provide you with a t-shirt or running vest and a sponsorship pack.

We also have a small number of charity places, if you would like one of these all we ask is that you pledge to raise a minimum of £100 (which includes the registration fee) and we will provide a t-shirt or running vest and a sponsorship pack. If you like one of these places please do get in touch with Irene Chambers either on 0161 276 6671 or email:

fundraiser@kidneysforlife.org

Raising Money by Playing Golf!

When I was asked to be Lady Captain of Dunham Forest Golf Club in 2012, and to choose a charity for my year, I immediately thought of Kidneys for Life, having worked for 23 years as a Renal Social Worker at Manchester Royal Infirmary.

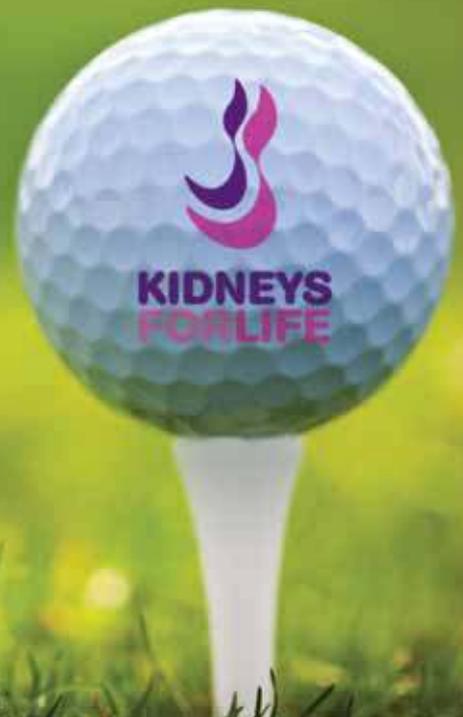
We have begun the year with a talk from Professor Paul Brenchley, about the Charity's work. I am giving each member a golf ball with the Kidney's For Life logo on it.

We have a Charity Day Competition planned and an Open Day raffle. I have a named charity bunker and those ladies that land in it give a small donation!

I hope by the end of my year to have raised money for the MRI Renal Units and to have made members of the Golf Club more aware of renal issues.

Gail de Meza

Lady Captain of Dunham Forest Golf Club.



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.

