

Autumn 2014

Whispers

www.kidneysforlife.org

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New Recipe



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...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

Thank yous...



Parachute Jumpers

A huge thank you to Father Davis Chiramel, James Flynn, Danny Maxfield, Jacob Pradeep, Andrew Robinson, Christian Robinson, Andrew Rushton, Tom May and Charlotte Wright for jumping out of a plane for Kidneys for Life.

Raising over £5k in the process.



Jasmine Mason

Jasmine donated one of her kidneys to her amazing mum who suffers from a kidney disease. This has made a massive difference to her life and hopefully will continue to do so. Jasmine said that this wouldn't have been able to happen though without the vital research that takes place, by Kidneys for Life and similar charities, both in managing kidney diseases and organ transplantation, but there is still so much more to be done.



Barcelona to Nice Cycle Ride

50 cyclists rode the 500 miles from Barcelona to Nice at the beginning of July to raise funds for Kidneys for Life. The five days of tough cycling took in the coastal route through Spain and France, a climb over the Pyrenees and in gruelling heat, with temperatures reaching almost 40 degrees.

The ride wasn't without incident as several of the team had falls and accidents, the car drivers in France not being as patient as their Spanish counterparts but everyone came back safely having had a fantastic experience.

The cycling on the last day was particularly spectacular as a cavalcade of purple rode into Nice along the Promenade des Anglais to cheering crowds as holidaymakers and friends and family gathered to welcome the BarcaNice team home.

This has been the 4th annual fundraising European cycle completed by the group raising almost £ 300k for vital kidney research. One of the team, Fran Wright, has a kidney transplant of 35 years and has now cycled through 6 countries with the group.

If you would like to join us on next year's ride, details of which are still to be finalised then please contact Irene or Carol at Kidneys for Life.

Brand new by Tony Davidson

If you need a renal transplant, RTU is the place to be. There are Surgeons, Doctors and Nurses, to treat you just like me.

The Domestic Staff are perfect, they keep it spick and span. Meals and drinks, water and toast, they even give you jam.

All the Nurses are fantastic; some people say they are fine, taking pulse and blood pressure, and giving pills on time.

Doctor's rounds take place at two. If you are feeling unwell, they know just what to do.

The Surgeons do the transplants, like me most work out fine. Day or night they turn out, no matter what the time.

After your transplant it's back to the ward, where they keep an eye on you. Here you must stay until you are well. Ask me I know it's true.

Just say to yourself – "I'm going to be fine, it will last for years, maybe a long time".

I wrote these words for people like me, when you have read them you are bound to agree.

Just think positive, your dream has come true. Now how do you feel? "Brand New"



Vikki Moore sent in this poem by her Godfather Tony having completed the Great Manchester Run for us in May this year raising over £770 for the charity. Vikki wrote to say "Thank you for giving me the opportunity to run the Manchester 10k for this amazing charity.

This was my first ever 10k run and I really enjoyed it. My Godfather, Tony received excellent treatment at the MRI – most staff on Ward 37 knew him. He had been poorly for some years, however, he was lucky enough to receive two kidney transplants. This gave him great faith in the staff at MRI. I think he would have agreed it was like his second home.

Unfortunately Tony lost his battle earlier this year and therefore I am pleased I was able to raise so much for this amazing cause"

Corporate supporters

We would like to thank our most recent corporate supporters of Kidneys for Life.



A new supporter of Kidneys for Life, AD Sprinklers was formed in 2006 by sole director Amanda Ball.

Specialists in automatic sprinkler systems and fire protection systems, the company is based in Denton, Manchester, and operates throughout the UK.

A Big, Big, Thank You for their generous donation every month. A Manchester business supporting a Manchester charity!



I-COM has offered to help Kidneys for Life with their digital marketing in an effort to boost brand awareness and donations.

I-COM, a digital agency based in Manchester, will be looking after the charity's PPC and Social Media management and taking part in activities throughout the year to raise money for the worthy cause.

Mike Blackburn, Managing Director at I-COM said...

“We’ve been looking for a charity to work with for some time and Kidneys for Life really stood out to us. We’re very passionate about helping charities, especially ones local to Manchester. The whole team is looking forward to working with Kidneys for Life and helping them to make a real difference”.

I-Com's involvement will make a massive contribution to Kidneys for Life, helping to raise awareness of the charity and increase the income and we're looking forward to working together.

Corporate supporters

Kidneys for Life welcomes MyLahore as a new corporate supporter. The Manchester restaurant, in the heart of “The Curry Mile” on Wilmslow Road, is the latest addition to Asghar Ali’s outlets in Bradford and Leeds.

MyLahore attracts people of all ages with its amazing fusion food eating experience and its unique, freshly cooked dishes.

Throughout the month of November MyLahore will present every customer, whether eating in or using its takeaway service, with a Kidneys for Life information card asking for support and donations either by text or online.



An easy and simple way for your family and friends to support Kidneys for Life and enjoy a good night out.



Kidneys for Life recently challenged Executive Chef Bob Cox to devise a fine-dining menu suitable for dialysis patients.

Bob is more used to serving customers at Michael Caine’s at Abode restaurant, one of Manchester’s finest dining venues and part of double Michelin starred Michael Caines group. He embraced the challenge and, with the support of renal dietician Jane Alderdice, proved that the Abode kitchens are adaptable and able to cater for even the most restrictive of diets.

The evening we went to try out Bob’s renal menu a miniature kitchen had been set up in The Café Bar & Grill so that Bob could demonstrate how to cook the dishes. Our group consisted of five kidney patients: two who are on dialysis, three who’ve had transplants and a Grandma who’s a carer for her 5 year old grand-daughter who’d recently had a failed transplant.

Bob showed us how to add flavour to the dishes by using drops of puree or cooking the meat in a jus and then draining it, as opposed to serving sauces, which contain too much fluid.



Everyone was in awe of his skills and the questions flowed thick and fast.

After the demonstration we were shown downstairs to our table in the restaurant. The décor and lighting gives it an almost churchlike atmosphere. This is obviously somewhere to come and worship at the altar of fine-dining.

The staff were attentive and polite and did not hover unnecessarily. The food was, as you would imagine, incredible.

The starter saw the humble carrot, well rather lovely heritage varieties actually, served up in several ways: roasted, confit, raw, poached and pickled. They were amazing in themselves but the accompaniment of prune puree, wholegrain mustard ice-cream and nuts and seeds raised the dish to the heights of perfection.

The main course of rose veal was moist and almost melted in the mouth. The ravioli was flavoursome and the pea puree fricassee gave the dish a freshness and lightness that fully complimented the meat.

The dessert, which was a homage to the magnificent British strawberry, was made even more delightful and surprising by the accompanying drops of basil jus. A combination that just worked so well.

Menu

Confit Carrot with Prune Puree, Wholegrain Mustard Ice-Cream, Nuts and Seeds

Fillet of Cumbrian Rose Veal, Veal Shin Ravioli, Pea Puree and Pea Fricassee

Strawberry Mousse with Strawberry Sorbet, Strawberry Jus, Meringue Italienne and Basil Coulis



A big, big Thank You to Abode and the staff, to M-DOG for the photos and Jo Cooksey for the write-up and especially to the super-talented Bob Cox. Thank You!

Renal Dietitians from MRI at National Kidney Week Conference 2014

A national conference (National Kidney Week 2014) recently took place in Glasgow from the 29th April – 2nd May 2014 which was jointly hosted by the British Renal Society (BRS) and the Renal Association (RA) in co-operation with the Scottish Renal Association.

The focus of this conference was driving quality through research and team work to improve renal patient care.

The Renal Dietetic Team from Manchester Royal Infirmary had five poster presentations in this prestigious event. The five presentations have all originated from work undertaken by the dietitians in the team either as part of an audit or a patient involvement project. The primary aim to improve the patient experience of the renal dietetic service for this group of patients who live with a chronic condition.

The posters were as follows:

More Questions Than Answers - An Audit Of Lipid Levels In A Low Clearance Population
– Janet Curwell.

Kidney patients have a bigger risk of problems with their heart and blood vessels. This can be made worse if the blood fats (lipids) eg cholesterol are too high. This audit looked at lipid levels in the pre dialysis patients at MRI to see the size of the problem and how we could improve things.

Dietetic advice for Home Haemodialysis patients: Is there an unmet need? - Sophie Glover

Home haemodialysis patients have often rarely been seen by the renal dietitians as they are dialysing at home and do not often come into the hospital setting. Therefore Sophie decided to ask the home dialysis population what their views were of their dietary knowledge and the advice they had received. She also asked whether they felt they needed additional support, and if so how.

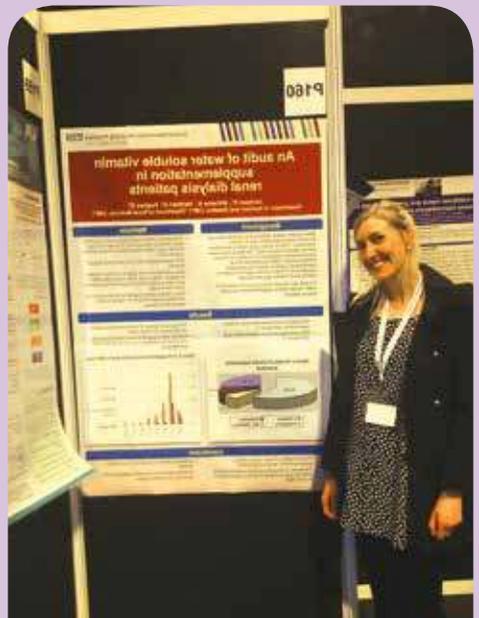
This has led to the development of a dedicated renal dietitians email address for patients to use in addition to our phone line; plus the renal dietitian now attends the home haemodialysis clinics to do an annual review for these patients.

An audit of water soluble vitamin supplementation in renal dialysis patients – Rebecca Jackson

Water soluble vitamin deficiency is common amongst renal dialysis patients and can occur for lots of reasons. The Renal Association Guidelines recommend that dialysis patients should be prescribed water soluble vitamin supplements. A project was carried out looking at the patterns of vitamin supplementation amongst dialysis patients at Manchester Royal Infirmary. The results indicated that a large proportion of the dialysis population are not prescribed water soluble vitamins and that prescribing practice of supplements is inconsistent amongst dialysis units. Guidelines are currently being developed to help promote consistent prescribing practice of water soluble vitamin supplements

A Questionnaire to Determine the Renal Dietary Knowledge of Clinical Staff Working within the Renal Multidisciplinary Team – Liz MacAskill

Liz undertook a study which involved handing out a questionnaire to staff who work with renal patients. The questionnaire looked at the renal dietary knowledge of staff. The dietitians will now be able to use this information to provide staff with further education on the renal diet, and to help improve the consistency of information that patients receive about their diet.



British transplant games 2014

Kidneys for Life supported the British Transplant Games in Bolton this year making a donation to the actual Games and supported both of our teams.

We would like to say a big thank you to everyone who helped support Kidneys for Life and the British Transplant Games including Chill Factore, Coach Hire Booking, Premier Inn Bolton West, the Army's 103 Regiment Royal Artillery from Bolton and Throb Lovelace & The Pitts and DJ Paul for their entertainment at the Gala Dinner. A big thank you also to all our volunteers who helped out with the children's activities and helping out on the Kidneys for Life and Organ Donation stands.

Manchester adults team

The Manchester Adults Team put on an awesome display at the Transplant Games this year with many more competing than for some years, which was great to see.

We had 26 transplant and 1 dialysis competitor, a total of 48 medals, 1 trophy and 2 injuries over the 4 days of competition. We were the 5th best adult team overall with a medal tally of 20 Gold, 20 Silver and 8 Bronze and Beth Morris winning the Best Adult (18-29 years) in her first year competing in the adult age category! We proudly wore our new team polo shirts and tracksuit trousers, kindly sponsored by Kidneys for Life, as we paraded into Victoria Square for the Opening Ceremony. The four days saw athletes compete in a range of sports from Archery to Volleyball and many in-between including Cycling, Lawn Bowls, Swimming, Athletics, Darts, Snooker, Golf and various Racquet sports. There were also social events for supporters to take part in such as Five-a-Side Football, Soft Cricket and the Donor Run.

As a host team it was quite emotional having the transplant unit teams come from all over the country to our backyard and enjoy such a great Games.

All the athletes are winners, medals or not and like all the competitors, I am always so grateful that I'm actually able to take part and it is only possible because of the brave decision a family made to donate their loved one's organs. To compete is to give thanks to our donor families, demonstrate the benefits of transplantation, raise awareness of organ donation and celebrate the gift of life.

Well done to everyone who took part in the Games this year and a massive thanks to all the friends and family who came to support the team too, the spectator support was fantastic!

I'm looking forward to next year's Games already, which will be the Newcastle/Gateshead Games 30th July – 2nd August 2015. Details will be publicised more in the coming months. You can keep up-to-date via the website www.britishtransplantgames.co.uk.

We are always looking for and very much welcome new team members so if you are interested in taking part please do get in touch.

Zoë Dixon MBE
Manchester Adults Team
Manager
Tel: 07780858558
e-mail: zoe_dixon@tiscali.co.uk



British transplant games 2014

Thank you so much to all supporters of Kidneys for Life in helping us get to Bolton to compete in the British Transplant games again this year.

We had a team of 22 young athletes (including 5 young adults) competing this year and we had an amazing time. It one of the best transplant games we've had in a long time with a huge medal haul of 13 Gold, 11 Silver and 8 bronze medals. It was made even more special by winning the 'Best Children's Kidney Team', an award we've never won before and winning it on our home turf made us all very proud.

So now the planning for Newcastle starts.

We have already started our fund raising for next year and our target again is to raise at least £25,000.

Please get involved, every little helps. For ideas, help and inspiration contact me on 0161 701 7708 or Irene at Kidneys for Life on 0161 276 6671 or email Irene.chambers@cmft.nhs.uk.

We also have several events planned throughout the year, look out for them and come along to support our cause.

**British Transplant Games
Newcastle / Gateshead 30th July
– 2nd Aug 2015**

Denise Roberts
Manchester Children's Team
Manager





Regional Transplant patient follow-up



Manchester Royal Infirmary

2014 marks 40 years since renal transplant surgery was started in Manchester, providing a transplant service for patients from all over the North West region. The number of transplants taking place has continued to rise over the years, reaching 295 transplants being carried out in 2013. Manchester remains the largest renal transplant centre in the UK. As a result of the rising number of patients, transplant services have expanded across all the North West Centres in order to provide long term follow-up care for renal transplant patients.

By working together, staff from all centres aim to raise awareness of the services developed over recent years and that are available to patients in their local area.

We are currently reviewing our transplant outpatient services, looking for ways to improve the quality of care we offer our patients, and to improve the patient experience whilst attending the transplant clinics at MRI. Transplant Nurses from MRI, Salford Royal and the Royal Preston hospitals are working together to make improvements in the following areas:

- Efficient repatriation of stable 'new' patients back to their referring centre at three months post transplant
- Expedite the repatriation of 'longer term' patients, living outside the MRI catchment area back to their local referral centre. This will be done by highlighting the nephrology and transplant follow up services that are available to them locally. This will offer these patients easier access to services closer to home and reduced journey times.

Through effective management of patient numbers in the transplant clinic, we hope to improve the service that we offer our patients attending MRI; leading to shorter waiting times in the clinic and increased continuity of medical care. We aim to improve the quality of the service which we provide for all 'new' transplant patients in their first months post-transplant, and improve the long-term service for patients from the MRI catchment area, ensuring timely access to annual reviews and dermatology services.



**Salford Royal NHS
Hospital**

Salford Royal NHS Trust Transplant Service

At Salford Royal we have a very successful transplant service. We have one Senior Transplant Specialist Nurse, two Specialist Nurses and one Transplant Liaison nurse. We are based within the newly developed Hope Building at Salford Royal Hospital and work within the Renal Outpatients department.

We have six Renal Consultants that look after our 475 transplanted patients. As our Renal Consultants work with all modalities, you may find that you remember your Consultant Nephrologist from dialysis or clinic appointments. We work hard to try and ensure that every patient has a Named Consultant. This ensures continuity and familiarity, which provides both patient and Consultant with effective communication. We have two 'Consultant Led' clinics per week, accompanied by a 'Registrar' clinic. At the same time, a nurse led clinic and an annual review clinic is in operation.

We have regular twice weekly meetings with the Consultant who led that clinic to discuss all patients results and make future plans. We find this creates excellent communication between the team and patients.



**Manchester Royal
Infirmary**

Whispers

We accept patients from Oldham, Rochdale, Bury, Bolton, Wigan, Trafford and Salford areas. Last year, and to date we have repatriated 69 transplanted patient's from MRI.

We currently have an approximate wait time for an appointment of 3 months. At your first visit back to Salford Royal you will see the Transplant Specialist Nurse and the Consultant Nephrologist. This is to ensure all information regarding our service is discussed and familiarisation with the nursing team.

We offer Annual Review appointments to all patients, this will encompass health education, health promotion, health advice and gives access to other agencies. We also offer an annual skin review with a Consultant Dermatologist.

We have a renal psychology department and regularly refer transplant patients for help and advice with changes in health and support with psychological changes.

At Salford we have Trust values that we aim to provide Patient and Customer focus, Accountability, Continuous Improvement and Respect.



Royal Preston Hospital

The Royal Preston Hospital Trust Transplant Service

Following kidney transplantation at Manchester Royal Infirmary, patients who live in the Lancashire and South Cumbria area will be referred (or repatriated) back to Royal Preston Hospital. This is usually three months after surgery and this is to facilitate long term follow-up care. This offers patients easier access to the services they need, closer to home.

At the Royal Preston Hospital site there are dedicated Transplant Clinics each week as follows:

Dr Woywodt – Monday am - weekly

Dr Coward / Dr Solomon – Wednesday am – alternative weeks per Consultant

Dr Ahmed – Wednesday am - weekly

Regular contact with a named Consultant, as well as the opportunity to meet with the dedicated Transplant Nurse Practitioner based in the Transplant Clinic, ensures continuity for the patient in a flexible and friendly environment.

Transplant Nurse Practitioner, Sister Mags Delargy, will be present at the initial clinic visit to discuss issues directly with new patients. She will be based in the Transplant clinic every Wednesday morning. Patients do not require an appointment in order to meet with Sister Delargy on these days. These clinics are presently held in the Lostock Suite of the Outpatients Department.

Sister Delargy is available on telephone number 01772 523475 Monday – Thursday, and another member of the Transplant Team may be contacted on 01772 522988 on Fridays (excluding Bank Holidays) from 8.30am - 4.30pm. Alternatively, patients may contact Sister Delargy via e-mail Margaret.delargy@lthtr.nhs.uk.

Sister Delargy has been the Renal Transplant Nurse Practitioner at Royal Preston Hospital for almost 9 years. Prior to this she was a Staff Nurse on the Renal Transplant Unit at MRI, before working as a Sister in the Renal transplant Trials team. Working at MRI has given her a good understanding of how the Transplant Unit (ward) and outpatient clinics work.



Sister Margaret Delargy

In an attempt to keep up to date with new developments, Sister Delargy has maintained regular contact with colleagues at MRI and, more recently, colleagues from Hope Hospital have been a welcome addition to the repatriation meetings.

We offer a Renal Rapid Review Clinic three days per week, in which patients can be seen by a Consultant and Specialist Nurse, by arrangement, between clinic appointments.

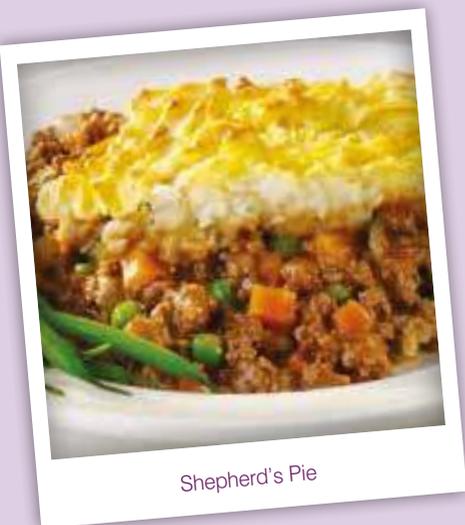
The Renal Psychology team at Royal Preston Hospital provide specialist intervention, delivered by professionals who specialise in “talking therapy”, which help prepare people to deal with emotional difficulties. Transplant patients can access this service if / when required. At Royal Preston Hospital we offer patients access to RenalPatient View. This is a computer based system, which enables patients to view their blood results, safely and securely, at home.

Patients are able to contact the Transplant Nurse Practitioner, or another member of the Transplant Team, to discuss any queries or concerns they may have following transplantation.

There is also a dedicated Transplant Secretary, Ann-Marie Pearson, whom patients can contact for non-medical issues i.e. Transplant Passports or repeat blood forms. Ann-Marie can be contacted on 01772 528254 or via e-mail anne-marie.pearson@lthtr.nhs.uk

We are continually reviewing our transplant outpatient services, looking for ways to improve the quality of care we offer patients, and to improve the patient experience whilst attending the transplant clinics at RPH.

The following recipe for Shepherd's Pie 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.



Analyses per portion (without rice)

Energy (kcal) 478

Phosphorus (mmol) 11

Protein (g) 34

Sodium (mmol) 7

Fat (g) 22

Potassium (mmol) 25

Shepherd's Pie



Serves 4

**450g Minced lamb
(or beef)**

**1 large Onion,
chopped**

**2 medium Carrots,
chopped**

1tbsp Flour

1 Stock cube

**300ml Boiling
water**

1tbsp Oil

675g Potatoes

25g Grated cheese

Knob of margarine

Dash of milk

Black pepper

Method

Place the oil into the pan, add the onion and fry until golden. Add the mince and brown lightly. Then boil carrots in a separate pan, drain and add to the mince and onions.

Make up the stock cube with 300ml of boiling water, add to the meat and season with black pepper. Boil the potatoes well, drain and mash adding a dash of milk, a knob of margarine and some black pepper. Put the mince in an ovenproof dish, cover with the mashed potato and sprinkle the cheese on top. Cook at 190°C (Gas Mark 5) for 30-40 minutes until the potato is golden brown.

Serve with

Boiled vegetables of your choice



Great Manchester Run 2015

Thank you to all our runners in this year's Great Manchester Run who have helped raise over £8,000 to date with more still to come

If you want to take part in the Great Manchester Run 2015 which takes place on Sunday, 10 May you can now register for your own place at a cost of £38 via www.greatrun.org if you gain a place and would like to raise funds for Kidneys for Life just let us know and we can sort out a T-Shirt or Running Vest and a sponsorship pack.

We will apply for charity places for both the Manchester Run and Great North Run but we will not know the results until later in the year, if you would like one of these places please let us know and we will get in touch once the places have been confirmed.

Contact: Irene Chambers either on 0161 276 6671 or email: fundraiser@kidneysforlife.org

Education and Research grants



Liz MacAskill

Kidneys for Life supports a number of renal staff to gain further

qualifications one of which was Liz MacAskill, Renal Dietician whose Masters project was to look at the renal dietary knowledge base of clinical staff working within the renal team. Patients with kidney disease often need dietary and fluid modifications depending on their level of kidney function. As kidney patients come into contact with lots of members of the multi-professional team, including the renal dietitian, it is really important that everyone in the team has an understanding of the renal diet.

This was carried out in the form of a questionnaire which staff completed either online or via a paper copy. The questionnaire asked staff various questions to find out what their understanding is of the renal diet, it looked at different areas such as fluid allowances, phosphate and potassium foods.

A total of 66 questionnaires were returned and completed by a variety of staff groups: doctors, nurses and

health care assistants. They were well completed with a mixture of scores achieved.

The questionnaire results were analysed to look at the staff groups understanding of the renal diet. This showed what their strengths and weaknesses were. The renal dietitians can now use this information when planning teaching sessions for staff. This will help ensure staff are giving you the right information to help you follow your renal diet, and the confidence to answer your questions.



Patrick Hamilton

IgA Nephropathy (IgAN) is a major cause of renal impairment and failure

worldwide affecting both adults and children and can be closely linked with Henoch-Schonlein Purpura (HSP). Despite treatment many patients will develop end stage renal disease (ESRD) and require a renal transplant, following which a number of patients will have recurrence of their primary disease. This study aims to identify the biomarkers (particularly any genetic component) involved in this process and to establish a database of patients

with IgAN and HSP. Initially it is starting in the Manchester region but we plan to roll the study out nationally in the near future.



Nicos Mitsides

One of the kidney major jobs is to balance salt and fluid in

the body. As kidneys fail, they lose their ability to perform this task. Salt and fluid then tend to accumulate in the body causing salt and fluid overload that in turn leads to high blood pressure, leg swelling, breathing difficulties and inevitably heart damage. In fact heart problems are the leading cause of death in people with kidney problems.

Salt and fluid have always been thought to be very closely linked in the way they accumulate in the body. Recent research has found that the body might be able to store more salt than fluid in the skin and muscles. This means that salt might be more difficult to be removed from the body after it accumulates.

We are looking to study how salt and water behave primarily in dialysis patients that pass no urine. Without urine to remove salt and fluid, the dialysis treatment is the only way out for salt and water from the body.

To study what happens to fluid and salt during dialysis we would use a new innovative MRI scan technique to picture salt and fluid and changes that occur to them during a dialysis cycle. By learning more about this behaviour we might be able to make the way we remove salt and fluid on dialysis more accurate and efficient. This might also help us to deal with some of the symptoms that people get when salt is removed too quickly on dialysis such as headaches. Also the knowledge that we will gain from this study, will help us learn how we can improve salt and fluid balance in people with kidney disease that are not on dialysis, as well as people with no kidney disease that suffer from high blood pressure. This could potentially not only improve the condition of their heart and circulation but prevent many people of needing dialysis.

Remembering

Thomas Brown

Kathleen Clark

James Cottrill

Jean Cryer

Winifred Flint

Ken Herbert

Joyce Lloyd

Glenda Parkinson

Kathleen Pepper

Isabel Richards

Mary Shaw

Christopher John
Walker

June Wilde

Dates for your diary



Zipslide –

4 October 2014 10.30am - 11.30am

Zipslide from the Imperial War Museum North to The Lowry across the Manchester ship canal.

Call Carol 07714 864 833 or Sarah 07743 688 794 to book your place or visit www.kidneysforlife.org.

Charity Fundraising Dinner – 8 November 2014

We are holding a Charity Fundraising Dinner at The Point, Lancashire County Cricket Club on Saturday, 8 November with our host Gyles Brandreth and music entertainment by the After 8s. The proceeds of the Dinner are to be split between Kidneys for Life, The Graham Layton Trust and The Noor Foundation.

Tickets from £100 – for further information contact Carol Bonham on 07714 864833 email: carol.bonham@kidneysforlife.org

70s Night –

15 November 2014 7.00pm - 12.30am

We are holding a 70's cabaret night with the renowned north west DJ Jonny Spangles at the Best Western Fir Grove Hotel Warrington. Champagne cocktail or Pink Russian served on arrival alongside a groovy 'boofay.'

Tickets £30.00, please contact Sarah May on 07743 688 794 or email sarahhelenmay@gmail.com

Christmas Cards 2013

Thank you to all those of you who purchased our Christmas Cards last year either online, through the Fundraising Office or at the various Charity Card outlets. We raised over £6,200 from our sales last year and all profits went directly to Kidneys for Life. If you could help this year by purchasing our cards it would be very much appreciated.

You can complete the order form on the back page of this magazine and collect your cards from the Fundraising Office at the MRI (second floor in the entrance to Renal Research & Transplantation Labs) and the satellite dialysis units by arrangement. Alternatively you can purchase cards online at www.christmas-cards.org.uk/kidneysforlife

Or in person from:

Wilmslow Library - 25/10 to 6/12

Sale Waterside - 8/11 to 6/12

Altrincham Library - 1/11 to 29/11

Hale Library - 11/11 to 6/12

Macclesfield Library - 2/11 to 6/12

Knutsford Civic Centre: Cinema Building - 2/11 to 4/12



A Icy Baubles



B Merry Christmas



C Christmas Robbin



D Little town of Bethlehem



E Snowdrop



F Christmas Friend



G Manchester Royal Infirmary



H Christmas Wishes & Stacked High



I Mary



J Winter Wonderland



K Family Snowman



L Sparkly Tree



M Personal Decorations



N Christmas Door



O Bundle Pack

Charity Christmas Card Order Form

Please complete the order form below and return it to:

Kidneys for Life, Renal Unit, Manchester Royal Infirmary, Oxford Road, Manchester M13 9WL.

Please make cheques payable to "Kidneys for Life" and don't forget to add on postage and packaging. Please allow 14 days for delivery.

Last orders for Christmas delivery must be received by Friday, 5 December 2014

Code	Description (packs of 10)	Pack cost	Quantity	Total
A	Icy Baubles	£4.00		
B	Merry Christmas	£4.00		
C	Christmas Robin	£4.50		
D	Little Town of Bethlehem	£3.50		
E	Snowdrop	£3.00		
F	Christmas friend	£3.00		
G	Manchester Royal Infirmary	£3.50		
H	Christmas wishes & stacked high	£4.00		
I	Mary	£3.75		
J	Winter wonderland	£3.75		
K	Family snowman	£4.00		
L	Sparkly trees	£4.00		
M	Personal decorations	£4.00		
N	Christmas door	£4.00		
O	Bundle pack	£5.00		

	Post and packaging Up to £15 - £3.50 £15.01 - £45 - £4.50 £45 or over - £6.00	Total
		P&P (if applicable)
		Donation - Thank you <input type="checkbox"/> Gift Aid (please tick and see below)
		Grand Total

Delivery – your cards can be posted to you. Alternatively, by arrangement you can collect them from the Fundraising Office or they can be delivered to you within the hospital. Please contact Irene Chambers on Tel: 0161 276 6671 or email: fundraiser@kidneysforlife.org to arrange this.

Name	
Address	
	Postcode
Telephone no	Email
How would you like the cards to be delivered?	

Donations will go towards Kidneys for Life

Use giftaid to make your donation worth more. For every pound you give to us, we can get an extra 25p from the Inland Revenue. Complete your name and address above and just tick the box underneath Donation. If I have ticked the box headed "Gift Aid" I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want the charity above to reclaim tax on the donation detailed above, given on the date shown. I understand that I must pay an amount of Income Tax and/or Capital Gains Tax in the tax year at least equal to the amount of tax that all the charities and Community Amateur Sports Clubs 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 25p of tax on every £1 that I have given.

Signed _____ Dated _____

Registered Charity No: 505256