

Spring 2015

Whispers

www.kidneysforlife.org

IN THIS ISSUE

A big thank you



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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...



Hayley Downes - Hayley Downes has run her first ever Marathon in Paris raising funds for Kidneys for Life at the same time and has already raised £315 smashing her £200 target. Many thanks and congratulations on to Hayley on her achievement.

Dave Naggs - our thanks to Dave and his team from the MRI Renal Unit especially Rachel Lewis & Bernie Boruch for organising such a fabulous Renal Patient Day back in September. Everyone had a great day and another event is planned for this year.

Mark Twain Pub - we would like to thank Doris and all our supporters from the Mark Twain who have helped raise £3,300 over the last four years to support the Manchester Children's Transplant Games Team – keep up the good work.

Gwyn Carless & Mark Goodfellow – who took part in the Chester Marathon last year in memory of their good friend Lee. Thanks guys!



John Sutcliffe - our thanks to John who bravely climbed Mount Pico in Portugal in August last year in the most atrocious of weather (I know you can't imagine this for Portugal in the summer!). He said "it took 14 hours and the weather was appalling, driving rain and 40mph winds with visibility down to about 60 yards but it was worth it" John decided to do this in memory of Paul Heapey and raised over £1,500 enabling us to purchase a Dinamap machine for the Transplant Wards and along with donations from the Collins family and others we were able to purchase a second machine. Our thanks to everyone concerned especially John!

Head Shaving Trio – we would like to thank Hillary Harris, Arthur Butters & Kaylee Ryan who have all recently shaved their heads to raise funds for Kidneys for Life – we would like to commend them for their bravery and hope they are all keeping their hats on in this cold weather!



Marie Stephenson - Marie has been fundraising for over six months now as a thank you for the care and dedication of the Transplant Team at Royal Manchester Children's Hospital as Marie donated her kidney to her son John back in July last year. To date Marie has raised over £3,000 and has organised a Casino Night at the 3-2-1 Gym in Lancaster on 28 March (more details on our website). Marie is also taking part in the London Marathon and Great North Run this year for Kidneys for Life. Our thanks to Marie and everyone who has supported her fundraising to date.

The Dickson Family - who between them have taken part in several 10k runs over the years and last year Martin on his tour of the Falklands has attempted a 700 mile cycle around the Falkland Islands and all told have raised over £2,000 to date.

Zipslide Entrants – thanks to our 20 participants in the Zipslide which took place on 4 Oct from the Imperial War Museum North to the Plaza at The Lowry and raised



over £8k for Kidneys for Life by taking part. Well done to everyone for taking the leap! Head Shaving Trio – we would like to thank Hillary Harris, Arthur Butters & Kaylee Ryan who have all recently shaved their heads to raise funds for Kidneys for Life – we would like to commend them for their bravery and hope they are all keeping their hats on in this old weather!

Lauren Houghton - bravely abseiled 160ft down the Europa Hotel in Belfast last year our thanks to Lauren and well done!

Eagley Brass Band - our thanks to Andrew Stevens one of our Transplant Team who along with fellow band members played in the hospital in December and raised funds for Kidneys for Life at the same time. Gwyn Carless & Mark Goodfellow – who took part in the Chester Marathon last year in memory of their good friend Lee. Thanks guys!

Corporate supporters



A BIG Thank-You to I-Com for sharing their professional skills with us to help Kidneys for Life make better use of the website, Facebook and Twitter.

I-Com also entered a team in the Zip Slide in October and are now allowing Kidneys for Life to use their offices as a hospitality venue for the Manchester Run.

Conveniently close to the start on Portland Street, runners will be able to meet up before the Run and return afterwards for some refreshments and a lovely leg massage!



BIG Thanks too go to the Magnet Inn at Stockport who've now raised nearly £7,000!!

Check out their Charity Cheese Night every Monday, all in aid of Kidneys for Life.

Let's not forget the Richmond Suite at the Alexandra Hospital.

Ward Clerk, Sue Fairbotham, raffled some fabulous Christmas hampers to raise £271 and Stretford Bridge Club raised £1,000 whilst doing what they love doing; playing bridge.



Last but not least, a BIG Thank-You to Port 2 Port in Manchester.

Who're supporting Paul Keys's pledge to raise £ 5,000 for Kidneys for Life. Pictured are a few of their team taking part in the Manchester Run on Sunday the 10th May.

Objective Events



Objective Events is a group of students from Manchester Metropolitan University who organised a fabulous gala dinner for their course in aid of Kidneys for Life.

It was done as part of their degree course in Events Management and at the same time raising awareness of organ donation and funds for Kidneys for Life. It was a 1920s themed Speakeasy Gala Dinner and everyone came dressed up to show their support for the charity. As you can see from the photos what a fabulous event it turned out to be.

We would like to thank Lloyde Rhodes for playing music on the night and Hey Little Cupcake for providing dessert
www.heylittlecupcake.co.uk

Three Charities for Life Fundraising Ball

It was an evening of glitz and glamour for Kidneys for Life at the black-tie Three Charities for Life fundraising ball at the Lancashire County Cricket Ground, Old Trafford, in November.

The Ball was the suggestion of Mohammed Ishtiaq whose son, Uzair, received a live donor transplant in December 2013.

Mr Ishtiaq is a businessman living in South Manchester involved in the development and mining industries, with offices in Bradford, Abu Dhabi and Mozambique.

His entire family worked tirelessly to sell nearly 500 tickets, amass fabulous auction and raffle prizes and source entertainers.

The inimitable Gyles Brandreth hosted the evening and brought his own brand of energy and enthusiasm to the event.

Guests included Baroness Warsi, the first Muslim woman to sit in Cabinet, business contacts, family and friends of the Ishtiaqs, consultants, nursing staff, patients and supporters of Kidneys for Life. We would like to thank all those involved in creating the video which was used on the night to highlight the work of Kidneys for Life, especially Trish and the staff team at RMCH.

Amazingly, the evening raised over £150,000 which will be shared with the Graham Layton Trust and the Noor Foundation; both charities supported by the Ishtiaq family.

A big, big Thank You to everyone who gave their support.



Mark Johnson & Styal Golf Club

Double Kidney transplant patient Mark Johnson has been busy fund raising at Styal Golf Club in Cheshire. Mark is a Golf Professional spending most of his time coaching and running the junior programmes. The highlight of the year is the annual 'Lads vs Dads' charity golf match raising money for Kidneys for Life.

Mark states 'the day gets the whole family playing (Mums and daughters play too!) and is a great fun day to finish the season. The 'Dads' definitely get more excited than the kids and relish the challenge of trying to win! The Ryder Cup format adds to the excitement. This year the 'Lads' took the title with a 12-10 victory which brings the running total to 2-2 over the last four years. We have had great support from the kids, parents, families and local businesses supporting the event.'

This event plus additional fundraising from the Styal Junior Section and part of the Captain's charity has now brought the grand total raised to date of over £3,500.

'The whole team at the MRI Renal unit do an amazing job and I can't thank them enough. They have given me a whole new life, not once but twice and have always been there for me at all stages of my illness. I'm now trying to give something back though fundraising and I am now also involved with the a patient research group'

Mark



Fun, funds and fitness (yes really!)

I joined the Kidneys for Life (KFL) team last year having been a Kidney patient and transplantee myself just 3 years ago. Perhaps like many of you, I had my Crash Landing when I was advised that I had chronic Kidney Disease and would need dialysis and a transplant despite at the time feeling quite fit and healthy.

During the trauma of this life changing experience I met many truly wonderful people; patients, world leading professional staff, volunteers and many more associated groups of family and friends.

I was inspired by their commitment, hope and determination and I pledged that I would play my part in helping renal patients by giving them inspiration and motivation to get them through difficult times and have hope to lead an amazing life after transplant.

After exceptional patient care and a successful transplant I vowed to get fitter than I had ever been and to combine this goal with raising funds for KFL and bring lots of fun to all involved. In my first 2 years post-op I trekked across the Mountains and Glaciers of Iceland and climbed the 3 peaks of England, Scotland and Wales. I organised many Charity Social events ranging from Barn Dances, Black Tie Gala Dinners and Oompah Nights to Parachute

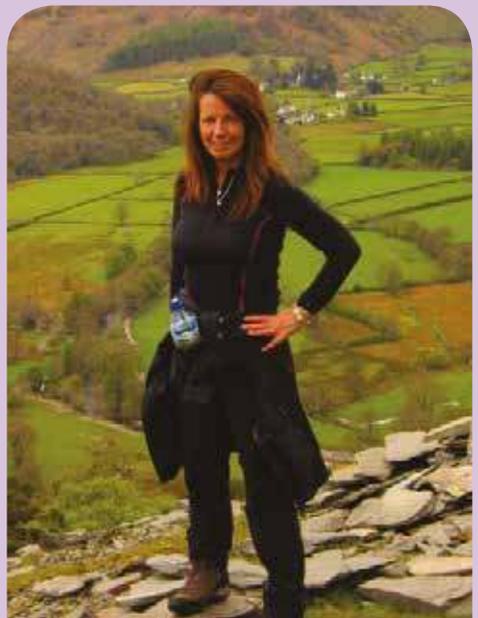
Jumps and Bike Rides through to Cake Days and Garden Walks. This summer I am organising a group of 40 (and growing) patients, surgeons, family and friends to cycle from London to Paris – and most of us don't even have bikes yet! What a challenge but what a lot of fun we will have.

I am totally passionate about Research into this crippling disease and raising both awareness about it and funds to support it. Many of you reading this newsletter will be fellow patients like me. Some may be in early stages of treatment, others involved in ongoing and seemingly endless days of dialysis and some will be in post operative recovery. My role in life and at KFL is to bring hope, motivation and opportunity to all of you by raising funds to improve the research and facilities available for all, by sharing stories of fellow patients and to help you to find your own goals to focus on and be motivated to achieve.

I am regularly in the MRI Clinic, wearing my KFL T-Shirt meeting fellow patients, offering coaching, support and fundraising ideas and activities so please look out for me. You are not alone and neither are your family and friends in addressing this challenge. Together we can move mountains, or at least move on them! Life is full of challenges as we know, but we can make ours fun and exciting and help you to get fitter in the process. Watch out for all of the upcoming events in this Brochure.

If you would like to organise your own challenge, Cycle from London to Paris or sponsor me on my Epic Challenge please get in touch via email: sarah.may@kidneysforlife.org or call 07743 688794.

Many thanks.
To our own silver lining.
Sarah



British Transplant Games 2015 on 30 Jul to 2 Aug

Be part of the Manchester adults team!

Once again I would like to introduce myself, my name is Zoë Dixon and I am your Manchester Adults Transplant Games Team Manager. I have taken part in British and World Games for the last 15 years and am keen to build up our team membership, in order to do this I need your help.

The team includes kidney transplant recipients and bone marrow/stem cell transplant recipients from Lancashire and South Cumbria, Manchester and North Cheshire and welcomes new members of any age or sporting ability, it might even inspire you to take up something new! It is

a unique opportunity to share in giving thanks to all donor families, to demonstrate the healthy and active lifestyle that can be achieved after transplantation, to raise awareness of organ donation and celebrate the gift of life!

If you would like to take part in the British Transplant Games on 30 July – 2 August 2015 in Newcastle/Gateshead then get in touch with me now for full details. Registration opens in February and the closing date for entries is 15 May 2015.

Over the four days 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 are also social events for Supporters and Living Donors to take part in such as Five-a-Side Football, Soft Cricket, Golf and the Donor Run. The weekend is rounded off with a fantastic celebratory gala dinner.

It's the taking part that counts and the whole experience is a celebration and is about fun, friendship, great camaraderie between teams and living life to the full! We very much welcome new team members so if you are interested in taking part please do get in touch.

British Transplant Games website:
Transplant Sport UK website:

www.britishtransplantgames.co.uk
www.transplantsport.org.uk

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

Manchester Children's Transplant Games Team

Thank you so much to all supports of Kidneys for Life in helping us get to Bolton to compete in the British Transplant Games in 2014.

We had a team of 22 young athletes (including 5 young adults) competing in 2014 and we had an amazing time. It was 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, Gateshead Games later this year.

We have already started our fundraising 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 Chambers at Kidneys for Life on 0161 276 6671 or E: fundraiser@kidneysforlife.org

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

**Denise Roberts
Manchester Children's Team
Manager
0161 701 7708**



Manchester Junior & Mini Run – 9 May 2015



Calling all 3 to 15 year olds!!

Pictured is Alex Keys, aged 8, who's already registered for the Mini Run on Saturday 9 May at Heaton Park, Manchester.

Why not join Alex? There's a 2-mile Junior Run for 9 to 15 year olds and a 2km Mini Run for 3 to 8 year olds. You can register for a place at www.greatrun.org and Kidneys for Life will provide a T-shirt and on-the-day support.

Please let me know when you've got your place or for more details please ring Carol on 07714864833 or email carol.bonham@kidneysforlife.org



Great Manchester Run 2015

The Manchester Run is the largest 10km event in the UK and you can be part of it by joining the Kidneys for Life team.

Not only will Kidneys for Life provide a running vest or T-shirt and fundraising support, this year we have a hospitality venue at the I-Com office on Portland Street.

Conveniently close to the start, you'll be able to meet up there before the Run and return afterwards for refreshments and a lovely leg massage.

You'll be cheered all along the route and be part of an amazing experience in the knowledge that you're helping to save lives.

You can register your own place at www.greatrun.org and please let me know when you've been successful.

Even better - get a few friends, colleagues, or family together to join you.

If you can't run or walk it, just come along on the day and cheer the team on as loud as you can!

For more details, please call Carol on 07714864833 or email carol.bonham@kidneysforlife.org NOW!

Gina's Story

My journey so far..... diabetes unfortunately led to failure of both my kidneys. Whilst waiting for a transplant I was on dialysis for 15 months and that is no walk in the park, believe me. The call came and I was incredibly lucky to receive one of the earliest kidney and pancreas transplants. A gift that has changed and given me life.

My transplants are 10 years old on May 15th which is amazing and incredibly exciting, a day that will be celebrated in a big way. Life is very precious and is what you make it and I believe you should push through your fears and experience as much as you can. I don't want to look back and find that my fears held me back from any experience. I don't want regrets.

I think when you're up against it your true potential is revealed as you are always stronger than you think you are and if you believe in yourself you can conquer anything in life you want to. Your choice.....

Therefore I'm pushing through my fears (and the fact I have a zero fitness level!) to do a skydive and a bike ride from London to Paris to raise much needed monies to help others and to express my

most heartfelt and deepest thanks to my husband, Roger who practically breathed for me during this time, always patient and positive and show my gratitude to my incredible family, friends, the incredible renal team at MRI and of course my surgeon Mr Hany Riad. I hope that the family who lost their loved one and made the decision to give me life will read this at some stage. It would mean the world to me if they do as I hope that so many years later they will realise what an incredible thing they have done.

I am very fortunate to have the opportunity and the good health to be able to undertake these challenges and hopefully many more. If I can make even the slightest bit of difference during my life influencing, encouraging and helping others to reach their goals and enjoy a fulfilling life I'll be very happy. I am a strong believer that if you are optimistic and determined you can achieve anything you want. We all have traumas and challenges in our lives but we can use them to our advantage if we choose. If we all do a bit the world would be a much better place. Try smiling at strangers tomorrow..... You'll find they are contagious! A single smile can travel round the earth.



I am planning to raise a lot more monies than are required for the challenges so I've organised a charity event 'Dancing through the Decades' with the incredible DJ Jonny Spangles on May 8th. The evening promises to be fun filled from the outset. Fancy dress is compulsory!!

For more information please contact me on email gina@ginawood.co.uk or call 07815 428406. All are welcome and it would be fantastic to meet you.

Finally, thank you so much for reading this. Let's change some lives... With love Gina xx





Leek and Pea Risotto

Leek and Pea Risotto

 Serves 4

400g Arborio rice	(reduced salt)
2 leeks (finely chopped)	Large handful of frozen peas
2 cloves of garlic (finely chopped)	Small knob of butter
100ml white wine	Large handful of parmesan cheese (grated)
750ml chicken or vegetable stock	

Top Tip...

Other low potassium greens include; broccoli, celery, curly kale, green and runner beans and mange tout...change the ingredients to suit your taste.

Method

1. Heat olive oil and gently fry the leek and garlic for a few minutes
2. Add the rice and stir until it has been coated with oil
3. Add the wine and cook until it has been absorbed
4. Gradually add the vegetable stock
5. Once the rice has become soft, but retains a little bite, add the peas and cook for a few minutes longer
6. Stir in the butter and parmesan and remove from the heat and serve.

New national role for MRI nurse to help improve treatment for renal conditions

Jean Winterbottom, a senior clinical research nurse at the MRI and at the Manchester Institute of Nephrology & Transplantation (MINT) laboratories has been appointed to a senior role to lead on and co-ordinate renal research across the UK.

Jean is currently the co-ordinator for a multicentre study, led by Professor Paul Brenchley, Director of Renal Research Labs and Trustee of Kidneys for Life, which seeks to understand the autoimmune mechanism in membranous nephropathy, a rare kidney disease that affects 12 per million of the population.



Jean and her team's hard work has resulted in them significantly exceeding the targets of the study by signing up 34 transplant centres and recruiting around 500 patients to get involved.

Through the success of this research, the team has now developed the largest database in the UK of information for patients with membranous nephropathy (MN) which has led to Jean's new national role. Future research that Jean is particularly keen to develop is the impact of occupational, domestic and environment risk of patients with MN.

Our new international fellow

Kidneys for Life has for the first time co-funded a Fellowship in conjunction with the International Society for Nephrologists (ISN).

The ISN Fellowship program provides relevant and contemporary nephrology training to physicians from emerging countries, with the ultimate goal of improving the standards in the Fellows' home countries upon their return and becoming leaders in their fields. ISN Fellows receive hands-on training in advanced host institutions such as the MRI & RMCH, allowing them to acquire state-of-the-art knowledge in basic and clinical nephrology, dialysis, transplantation, and epidemiology. The training focuses on providing the exact skills and knowledge specifically required by the home institution. Our Fellow is Dr Ajaya Dhakal from Nepal who has been with us now for two months and is working closely with Dr Rachel Lennon, Consultant Paediatric Nephrologist & Kidneys for Life Trustee.

Dr Dhakal has said of this opportunity; "I am a Paediatrician and Lecturer at KIST Medical College and Teaching Hospital, Nepal. I am doing clinical fellowship training in Paediatric Nephrology at the Royal Manchester Children's Hospital.

The National healthcare system of Nepal including private institutes relies greatly on General Paediatrician for all sorts of Paediatric illness including renal diseases. There is no formal training or any sort of fellowship system in the field of Paediatric Nephrology in Nepal. I was able to manage paediatric renal cases including performing renal biopsy, femoral catheterization and other renal procedures through experience, short trainings and by consulting adult Nephrologist.

The persistent gap in expertise and the feeling of providing appropriate clinical care provoked me to seek out opportunities abroad. While looking for the opportunity I reached out to the Royal Manchester Children's Hospital for fellowship training in Paediatric Nephrology. The International Society of Nephrology and Kidneys for Life at Royal Manchester Children's Hospital co-sponsors my current fellowship program.

I began my fellowship in January 2015. My mentor (Dr. Rachel Lenon), staff at Kidneys for Life (Irene Chamber) and the staff at the department of paediatric nephrology are striving and working hard to make my fellowship training more fruitful. Personally they have been very helpful and supportive. In the hospital I am engaged in outpatient department, dialysis unit and in-patient department assisting in patient management and other procedures.

After completion of my fellowship I will return to Nepal and continue working in patient management and advancing the field of paediatric nephrology.

I wholeheartedly thank International Society of Nephrology, Kidneys for Life and Royal Manchester Children's Hospital for this opportunity.



Renal Dietitian Update

Please see below for the latest information regarding Phosphate Binders & Timings if you have any issues please contact the Team on 0161 276 4478

Binder	When to take tablet	How to take tablet
Calcichew	Before meal	Chew or suck
Calcium 500	Before meal	Chew
Fosrenol Tablets	With or immediately after meal (within 15 mins)	Chew very well
Fosrenol Powder	Immediately after meal (within 15 mins)	Mix with a small quantity of soft food (e.g. apple sauce)
Osvaren	Before meal	Swallow (can break into 2)
Phosex	During meal	Swallow
Phoslo	During meal	Swallow
Renagel	During meal	Swallow
Renvela Powder	With meals	The powder should be dispersed in 60ml of water prior to administration. The suspension should be taken within 30 minutes of preparation

Remembering

Shirley Ann Arnold

Keith Barns

Hazel Bate

Fred Beddow

Lee Briddon

Christina Brimble

John Buckley

Stephen Coram

Arthur Dunk

Hilda Foden

Peter Kolomyjec

Mehmet Kurutac

Thomas Lockett

Mary Penkey

Donald Prior

Kenneth Rigby

Geoffrey Sharland

Molly Sharland

Christopher John Walker

Allan Wilshaw





Dates for your diary

Have you been inspired by the stories of last year's events? What can you do to support Kidneys for Life?

We've a busy calendar this year:

Sat, 18 April: Tandem Skydive

Take the leap! How do you join? You'll need to pay a £ 50 non-refundable registration fee and raise a minimum sponsorship of £ 345. Sarah will support you in your fundraising and on the day. Give her a call now on 07743 688794 or email fundraiser@kidneysforlife.org

Sat, 18 April: German Oompah Band & Hog Roast

Join us at the Grappenhall Cricket Club, Warrington. 7.30pm till Midnight. An evening of singing and dancing to traditional German Music. Beer/Cider on arrival followed by a Melt in the Mouth Hog Roast, Salads and Side Dishes finishing with a delicious German Dessert! Tickets: £20. Please contact Ann Broughton on 07703 760633 or E: ann1969@sky.com or Sarah May on 07743 688794 or email sarah.may@kidneysforlife.org

Fri, 8 May: Transplant 10th Birthday Party

Please come and join Gina Wood as she celebrates her Kidney & Pancreas Transplant's 10th Birthday at The Hallmark Hotel, Handforth Dean, Manchester. 7pm till 12.30am.

Dance through the Decades with The North West's top DJ Jonny Spangles. This is a night full of fun and laughter. Fancy Dress is a Must! Sparkling Drinks Reception, Delicious Hot & Cold Buffet including Desserts. Tickets: £35. Contact Gina Wood on 0781 5428406 or email gina@ginawood.co.uk or Sarah May on 07743 688794 email sarah.may@kidneysforlife.org

Sat & Sun, 9 & 10 May: Junior, Mini & Great Manchester Runs

Join the Kidneys for Life teams and Carol will provide fundraising support see feature articles in the Newsletter on Pages 4-5

Wed, 13 May: Clay Pigeon Shoot

Come and have a go! Entry open 12 noon – 6pm. Tickets £35 with more details on our website soon. Please contact Sarah on 07743 688794 or email sarah.may@kidneysforlife.org alternatively call Manchester Clay Pigeon Shooting Club on 07761 409427 email info@manchesterclayshooting.com

Wed, 24 June: Exclusive Dinner

Join Hany Riad, Transplant Surgeon and friends at The Neighbourhood in Spinningfields for an amazing night of Champagne, Gastronomic Food plus Table Entertainment. After a sparkling Champagne Reception you will enjoy an Exquisite 3 Course Meal in one of Manchester's Leading Restaurants. This is an exclusive event with only 50 places

available. Tickets: £50. Contact Hany Riad through Sarah May on 07743 688794 or email sarah.may@kidneysforlife.org

6-10 July: Manchester to Dublin Cycle Ride

Cycle along the coast of North Wales through the Wicklow Mountains National Park and past some of Ireland's most famous landmarks including Dublin Castle and St. John's Castle, Limerick. 450 miles through 3 countries in 5 days. For more details please contact Carol on 07714864833 or email carol.bonham@kidneysforlife.org

Sun, 2 August: Burnley Fans v Vintage Clarets

Enjoy a Sunday afternoon game of football between Burnley fans and ex-Burnley professional footballers at Victoria Park, Nelson. Kick-off is 13.30 pm. Tickets: £2.50. Please contact Carol on email carol.bonham@kidneysforlife.org for more details.

2-6 September: London to Paris Cycle Ride

Join Sarah and the Kidneys for Life cycle team and when you set off for Paris you'll be connecting two of the world's most chic capital cities.

You'll cycle through beautiful English villages and stunning French countryside. You'll pass historical landmarks and famous battlefields from World War 1 until you reach the magical city of Paris.

When you cycle towards the Eiffel Tower you'll feel a deep sense of achievement, you'll have a memory that will last a lifetime and you'll know that you've made a difference to the lives of every kidney patient.

Contact Sarah for details and she'll not only provide a cycle top and fundraising support but you'll also be able to join the Kidneys for Life training group. Call Sarah on 07743 688794 or email sarah.may@kidneysforlife.org

Sun, 13 September: Great North Run

Covering an undulating 13.1 mile course from Newcastle upon Tyne to the shore at South Shields, the Great North Run is the world's leading half-marathon. The crowds are fantastic, the atmosphere electric. To register you'll need to pay a £50 non-returnable registration fee and raise a minimum sponsorship of £200. Call Carol to find out how she can help you with your fundraising on 07714864833 or email carol.bonham@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 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.

