

# Summer 2015 Whispers

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

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### A big thank you



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### Angela's Story



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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...

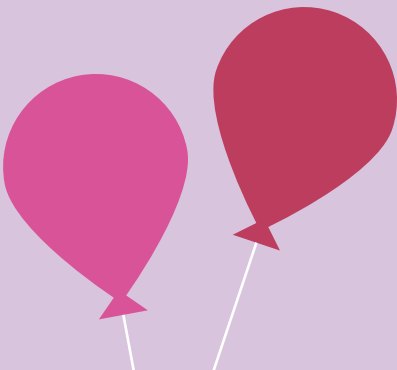


**Clay Pigeon Shoot** - Transplant recipient Len Fern decided he wanted to raise some funds and organised a Clay Pigeon Shoot at Manchester Shooting Club which he ran the whole day and was much enjoyed by all, raising £650 in the process. Congratulations to Mervyn Moylan who won the High Gun Trophy with a score of 98. Many thanks Len.

**Helen Johnson** - from Stockton Heath ran the London marathon in aid of our charity and raised nearly £500. A fantastic effort Helen and wonderful result.



**Liam Wareing** – “On the evening of the 16 Feb this year we received a phone call that we never imagined would be made. After 6 years on dialysis a kidney transplant was available for my wife Frances. We made our way to MRI the next day and she received the most amazing gift from an anonymous donor and their family. Whilst in hospital we became aware of ‘Kidneys for Life’ a charity raising funds to enable research into kidney disease, transplantation and dialysis and also to help improve the amenities for renal patients at MRI and their satellite dialysis units. I decided to raise much needed funds for Kidneys for Life and my first challenge will be The Wall, a 69 mile non-stop ultramarathon, running from Carlisle to Newcastle along Hadrian’s Wall... it may well be my last!! The support that Frances and I have received from friends and family has been amazing and we thank you from the bottom of our hearts. .... Liam has now completed this ultra-challenge





**Olivia Carroll** – Sarah May our Community Fundraising & Events Officer was fortunate enough to meet Nicola & Olivia Carroll in clinic last year. Sarah said “the first thing she noticed was Olivia’s huge smile. Within 5 minutes of meeting her she talked to me about how she wanted to make her Mummy better and she listed many ideas on how she was going to raise money. Since then Olivia and her family have made and sold cakes at all sorts of events including at her Primary School. Olivia has also spent hours making Purple bracelets, selling them where ever and whenever she could. To date Olivia has raised in excess of £300 and she has lots of events planned for the rest of the year. Thank you so much Olivia. You are an inspirational young lady.



**Ben Davies** – took part in the Edinburgh Night Ride for Kidneys for Life and raised over £540 by cycling 50 miles with a throng of like-minded cyclists, along the twists and turns of the streets of Edinburgh.

**Carl Nicholson & Joseph Lockley** – Carl Nicholson & Joseph Lockley took part in the Banger Rally on 11 July for four days from Reims to Nice with a trusty £500 banger at the same time raising funds for Kidneys for Life and to date have over £800 with more still to come in.

**Janet Sargeant** – Thank You to Mockridge Labels & Nameplates who had a fundraising event on World Kidney Day and raised over £460 for Kidneys for Life. Our thanks to Janet and everyone at Mockridge for their support.

## Thank yous...



**Andy & Christina Robinson** - from Rochdale who undertook an unsupported cycle ride down the West coast of Scotland in April in aid of Kidneys for Life and Cancer Research. Their week's adventure involved mountains, forests, moors, more mountains, glens and more mountains. The unpredictable April weather meant them cycling in all the best that the British weather holds including snow storms and blizzards on the very last day. But they never took a pedal backwards and finished safely, freezing from the cold but glowing in the knowledge that they raised over £500 to help others. Huge respect and a massive thank you to you both.



**Kidney Queens & Kidney Kings, Miller Metcalfe & Reality Mine** - "I was lucky enough to have my transplant, on the 21st April this year with a kidney donated by my amazing mum and operation by the wonderful Afshin Tavakoli. A number of my friends and family decided to show their gratitude for the care I have been given by putting themselves through a range of challenges in order to raise money for Kidneys for Life.

My best friend Danni began it all by running the Manchester 10k in May. At the end of May, 6 of my great friends decided to take on the Abersoch 10k under the team name The Kidney Kings!!!



Danni then joined my sister, Anna, my dad, Richard, Mr Tavakoli, Sarah May from Kidneys for Life and a whole host of friends including Kate, Sophie, Huw and the team from Miller Metcalfe Estate Agents in Bolton, to set about cycling 127 miles along the canal paths from Liverpool to Leeds. This time Danni, Anna and some of the team were known as The Kidney Queens!!

They put their mental strength and padded shorts to the test and completed this incredible achievement over two days in mid-June. Their combined efforts have raised over £6,200! A staggering amount for Kidneys for Life with more still coming in."



**Carl Nicholson & Joseph Lockley**



**Helen Johnson**



**Janet Sargeant**

## Events

The past few months have seen a collection of different events and activities, organised and supported by people across the UK all in aid of Kidneys for Life. This by no means covers all of you who have helped raised funds for Kidneys for Life and we would like to say thank you to all of those we have not mentioned below.



### Oompah Night

Ann Gorman-Broughton hosted an Oompah Night at Grappenhall Cricket Club. Around 100 people enjoyed a fun-filled evening of music, songs, games and of course beer. Bavarian and Tyrolean costumes were in abundance and a great night was had by all. Over £1700 was raised for the KFL Charity. Thanks to Ann and all her friends for such a wonderful event and contribution.

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### Manchester Junior & Mini Run – 9 May 2015

It was cold and damp in Heaton Park for the Junior and Mini Manchester Runs but the enthusiasm of the young Kidneys for Life team eclipsed everything.

Cheered on by family and friends this team of 10 ran various distances around the Park according to their age wave. Finishing with a medal and a goodie bag.

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### Johnny Spangles

In the past few years KFL have had many wonderful parties with the legendary DJ Johnny Spangles. Such are their popularity that they are always fully booked and in June this year Mike and Bernadette Downes and their friends from Nottingham arranged another sell-out night. It was new territory for Johnny but the same hilarious entertainment ensued. 150 people joined in the fun at Notts County Football club with over £2,500 raised. Thanks to all and good luck Mike with your bike ride.

## Tandem Skydive



**In April, 20 daredevils carried out a thrilling Sky-dive at Black Knight Parachute Centre in Lancaster.**

Perfect weather ensured that all had an amazing day with wonderful, and literally breath-taking views as they jumped from 15,000 feet. All participants agreed that it was one of their most exhilarating experiences ever and are already looking forward to the next one!

On separate occasions Ian Simpson and Gerald Smith also carried our Parachute jumps in aid of Kidneys for Life for which we are really appreciative.

In total all the skydivers raised over £13,000 – AMAZING!!

## Color Run

**The Color Run is described as “the Happiest 5km on the planet” and from the smiles on everyone’s faces that’s definitely true.**

It’s a real family event enjoyed, in July, by Kidneys for Life supporters Emma and Kirstie Seaton, Sheila Berry, Amanda Scott, Sarah Cheetham and their families and friends.

Color Run provides the short-lived white T-shirts and Kidneys for Life provides the wrist bands. A happy day!



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## London to Paris Cycle in September

**A number of the mentioned events have been arranged by some of the 40 cyclists who have signed up to ride from London to Paris in September**

A mixture of recipients, medics from the MRI, family and friends who will embark on this amazing challenge. We want to wish all the London to Paris cyclists a safe and happy adventure. It will be a big challenge but hopefully the training will make it all worthwhile. They are looking to bring in over £36,000 which is fantastic, greatly needed and much appreciated.







## Great Manchester Run 2015

**What a fantastic day we had!  
More Kidneys for Life runners  
than ever before and the luxury  
of being able to use the I-Com  
offices for the day.**

Right by the start line it was a fantastic location. Runners, their families and friends, could watch the earlier waves set off and pop inside for a quick snack or a drink provided by Parfett's Cash & Carry, Stockport.

Our brilliant volunteers Ben and Marta Forgacs organized the baggage system and served the hot drinks. Ben even vacuumed up afterwards!

We had physios on hand to massage tired legs after the Run and give advice on looking after any injuries.

The atmosphere was brilliant, fuelled by nerves and anticipation early on and relief and celebration later.

What more could we ask for?

The Kidneys for Life team raised a massive £35,000 with more still coming in...an amazing, incredible total.

Three more cheers for the team!!!

## Thelwall Village

**The Villagers of Thelwall have had a busy and fun packed few months raising funds at various events.**

Led by Martin and Sarah Bartlett with Cliff and Terrie Taylor, events included a house party, a Kidneys for Life float and stall at the annual Rose Queen festival and culminated in a wonderful Garden Party. This included guided tours of Thelwall Old Hall Gardens, ferry crossings on the



Manchester Ship Canal to the Woolston Nature Reserve and an abundance of delicious home-cooked cakes, jams and chutneys. Such were the numbers that more and more neighbours joined in to lend their support on the day – a wonderful community experience enjoyed by all which raised a staggering £3,000. Well done all.



## Neighbourhood Restaurant Event

**Late June saw a culinary feast take place at Neighbourhood Restaurant in Manchester.**

The exclusive evening was organised by surgeon Hany Riad and his transplant patient Sarah May, specifically supported by Richard Cort whose wife Carol had just donated her kidney to daughter Lucy. 65 friends and family enjoyed a fine dining experience and enjoyed a raffle and auction of wonderful prizes. Over £9,500 was raised on a truly uplifting evening. Again many thanks to all concerned.

## Angela's Story

**My journey started in the 1990's when I was in my teens, due to scarring on both of my kidneys, resulted only in having a kidney.**

After being on dialysis for approx. 18 months this left my physically drained and tired, "But then" on 5th July 1995 "came the call" a transplant and this to me was a Gift of Life. So to say a big Thank You I decided to do a sponsored bike ride of 20 miles, as on 5th July this year, I will be celebrating 20 years of my transplant.

So I would like to say a big Thank You to all the staff, doctors and my Renal Team at the MRI who have always supported me, also to my husband who has been there for me since day one, my daughter Katy who I was extremely lucky to have, my family and friends who I work with. I am a strong believer, I always remain positive and I am determined you can achieve anything you want too."

**Our thanks for Angela for her support of Kidneys for Life and raising over £340 for the charity**



## Jane's Story

**I have decided it's about time I did something truly challenging to raise money for charity. The charity choice is easy. Kidneys for Life. My sister suffered with Lupus from the age of 16 which attacked her kidneys.**

My sister suffered with Lupus from the age of 16 which attacked her kidneys. After 4 years of being on a strict diet, she had to go on dialysis, 6 hours a day 3 days a week first. After 5 years (in 1990) she was finally offered a kidney transplant.

They warned her that there was no guarantee her body wouldn't reject it. Juliet being Juliet told everyone she would have just one transplant and her body would accept it. She did. She went from strength to strength and in 1991 got involved with the British Transplant Olympics and in 1995 was selected to represent Team GB , competing and winning medals in Australia, Budapest, Canada and China medals.

Throughout her illnesses she has been a true inspiration holding down a full time job and getting on with life. In 2012 her kidney was well passed its expiry date putting her back on dialysis again. So my amazing little brother opts to donate one of his to her. And of course being as positive as she is this one was accepted too. Juliet continues

to take life by storm Don't tell her but I have always been extremely proud of her!

Now it's time I gave something back on behalf of all our family to Kidneys for life I got into cycling in a small way, thanks to my daughter dragging me to a spin class. Luckily for me at the age of 48 I found a new sport I loved.

When I was told I had arthritis in my big toes and right hip all the specialists advised me to give up my hobbies of netball and badminton, I was so disappointed . . . . what about cycling I said. I was waiting almost in tears thinking they would say to give that up too.

But cycling doesn't create impact on the joints so I could do as much of that as I liked! So that was it, I started to cycle every chance I could. I don't want to be a Tomboy on a bike so try to have girly gear and paint my nails pink to match my pink handle bars. I then started a little business inspiring people to get out on their bikes [www.cyclebuddie.co.uk](http://www.cyclebuddie.co.uk) was formed a year ago and goes from strength to strength.

So from my first 5 mile bike ride I have done the coast to coast, Manchester 100 k then 100miles. My biggest Addax of 143 miles, in one day. So what next? What would class as a big challenge . . . . How about flying to Nice, cycling 1104 miles,

with 87,365ft of climbing all in 14 days, over the Alps popping in to Germany, Italy, Switzerland, Luxembourg and Belgium and to have a go on some of the Roubaix cobbles, getting a ferry from Zeebrugge to Hull and cycling the last 114miles home says Rick! No back up vehicle just carrying everything I need on the bike! How on earth will I pack everything in that little bag! no hair dryer I cry! Now that is a challenge!!!!

The trip was the most amazing thing I have ever done, although at times it was very scary and hard, testing me mentally, physically and emotionally . But when I got home on the toughest day, I actually cried because I didn't want it all to be over.

**Jane raised over £2,100 from her epic adventure so thanks to Jane from all at Kidneys for Life**



# Renal Dietitians

**Following the results of a renal patient questionnaire, it was found that a large percentage of patients wanted more information on their renal diet, in addition to that already provided in our normal diet sheets.**

Renal patients have a number of different dietary needs and those with conditions such as diabetes have even more. This can make it difficult to include into the daily routine of cooking, shopping and preparing food.

As Renal Dietitians we wanted to provide further information in an interesting and educational format. This led to the development of 'Kidney Kitchen' - a kidney-friendly, seasonal newsletter which provides top tips, dietary advice and renal recipes to our range of kidney patients.

Kidney Kitchen is primarily aimed at patients with end stage renal disease. Each issue is distributed to our haemodialysis units, peritoneal dialysis clinics, pre-dialysis clinics and copies are left in the day room on the renal ward. 'Kidneys for Life' are also kindly uploading the latest editions of Kidney Kitchen onto their Facebook and Twitter pages, in PDF format, to increase the number of people able to access it.

To date we have produced seven issues of Kidney Kitchen, each focusing on different topics; salt, fluid management, potassium, phosphate and a Christmas special edition. Each newsletter is seasonal and contains general information about the chosen topic, practical renal dietary advice (e.g. food labels and salt, phosphate binders and timings, fluid management tips), kidney-friendly recipes and a kidney quiz! We have tried to make the newsletter as colourful and illustrative as possible to make it appealing for patients to read.

The information provided has prompted patients to ask in clinic, or on dialysis, questions they may not have considered without seeing the newsletter. Other renal Health Professionals report Kidney Kitchen has increased their personal knowledge (particularly with regard to phosphate binders and timings). This feedback has been very positive and encouraging.

Kidney Kitchen appears to be a great success with most copies of each issue being taken by patients. In the current issue we are asking readers to evaluate the newsletter with a questionnaire.

**Copies of Kidney Kitchen are available on our website [www.kidneysforlife.org](http://www.kidneysforlife.org) under Lifestyle section.**

## Where we spend our money

### Specialist Equipment –

We have recently purchased a Diacent-CW Cell Washer for our Transplant Laboratories.

Apart from having the best match possible, the biggest influence on transplant outcome is the length of time that the organ is outside a human body. This is known as the Cold Ischemia Time, and transplant centres everywhere work very hard to keep this to a minimum.

In the Transplantation Laboratory, they have been working upon reducing the time it takes to perform the pre-transplant matching, or “Crossmatch” tests so that our transplant recipients can benefit from being taken to theatre as quickly as possible once they arrive in the hospital.

The ‘Diacent cell washer’ has allowed us to prepare our donor samples automatically rather than using an old time consuming manual method. Using this cell washer, the time taken to perform a crossmatch has been reduced by almost 1.5 hours, a large reduction in the cold ischaemic time so that patients who need this test performing will not be disadvantaged. The Lab Team commented that “We’re confident that due to the support of Kidneys for Life, our patients receive the best possible start to their life post-transplant life”

### Patient Amenities –

We provide a number of items for the benefit of renal patients including magazines on wards and dialysis units, blood pressure monitors, earphones for dialysis patients, fistula wristbands & packs, specialist Near Infrared machines for use with patients with fistulas, “Lifesupport” kidney transporters and photo prints for display in MRI dialysis unit.

These are just some of the items we have purchased with monies raised. Monies raised also fund our research programme more details of the research grants will be in our next issue as they are to be decided upon in the Autumn.



**Diacent-CW Cell Washer**

# Manchester's Agimol wins 'Nurse of the Year' following life-saving campaign



Agimol Pradeep has received the prestigious 'Nurse of the Year' award at this year's British Journal of Nursing awards. Agimol's award success follows a five-year targeted education campaign which has been supported by Kidneys for Life, resulting in 3,000 South Asians signing up to be organ donors, potentially giving up to 25,000 people the life-saving transplant they need. Asian people are three to four times more likely to need a kidney transplant than the general population. National figures show that South Asians wait three times longer than white people due to difficulties in finding a successful match.

Agimol has spoken at events and conferences across the country as part of her recent PhD study. She also takes time to work with community and religious leaders, GPs and intensive care units to introduce strategies to increase donation and educate Asian people about the benefits of organ donation and joining the donor register.





## Remembering

Agimol said: **“During the past five years, I’ve learnt that it’s not necessarily that people don’t want to register to donate - they may not know about it, or may have misinterpreted or misunderstood what registering actually means, the donation process and how it can benefit others. I’ve found that people are very responsive to the message of donation and my motto of ‘Accept life, live life and give life.’**

**“Being South Asian myself, I felt I could provide a trusted link to others, raise awareness and help to dispel some of the misunderstandings by talking face to face. “The Nurse of the Year award has capped off an excellent five years for me. I’d like to thank everyone for their continuous support and would like to dedicate the award to all patients, donor families and registered organ donors.**

**Please do continue to support us to promote the organ donation message and save lives.”**

**Jean Beresford**

**Barbara Eppleston**

**Mavis Goorney**

**Ken Hayton**

**Heather Joan McDean**

**Bridget Mullins**

**Raymond Mumford**

**Austin Phelan**

**Bernadette Riley**

**Frances Rodgers**

**Harry Sadler**



## 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:

#### FRIDAY 4th SEPTEMBER

Summer Party at MRI Social Club. BBQ, Music, Palm trees. Start 5pm, food served 7-8pm. Come and join the party!

#### FRIDAY 6th NOVEMBER

Thriller Night at the Point, Lancashire Cricket Club. Black tie Dinner Dance, Thriller themed costume, lots of thrills. You never know what might happen on Thriller Night. ...don't miss out. £ 50 per ticket inc. arrival drink and wine on the table.

#### THURSDAY 10th MARCH 2016

World Kidney Day. Go Purple! Wear anything purple...T-shirt, socks, tie, scarf,... anything. In the office for £ 1, at school for 50p. Hold a purple raffle, kidney konga or purple cake sale. Raise awareness and raise funds!

#### MAY 2016 (dates TBC)

Join the Kidneys for Life Manchester Run team. Enjoy superb on-the-day hospitality, leave your bags before the Run and return afterwards for some refreshments and a lovely leg massage. Great day, great atmosphere, great fun! Encourage your children / grandchildren to take part in the Junior & Mini Runs at Heaton Park. They'll receive a medal and a goodie bag at the finish. Another great event!

#### JUNE 2016 (Dates TBC)

Walk to celebrate Kidneys for Life's 40th Birthday! More details in our next Edition in the Autumn.

#### JULY 2016

Three Cities Cycle Ride 11th to 14th July inc. This cycle ride takes you through beautiful English villages before taking the ferry across to the Dutch lowlands. In Belgium the relatively flat ride passes canals and historical landmarks, stopping at Brussels and ending in Amsterdam. An experience not to be missed!

#### SEPTEMBER 2016

Liverpool to Manchester Cycle Ride - from one transplant hospital to another during National Transplant Week. Approx. 50 miles What if you haven't got a bike and haven't cycled for years? Kidneys for Life can get up to 50% discounts on cycles and you can join in the training rides at times and distances to suit you.





FRIDAY 14th to  
SUNDAY 23rd OCTOBER 2016

Trek the Great Wall of China - a once in a lifetime trip! For a country with the biggest population in the world China remains largely untouched by the West and now is your opportunity to discover its hidden charms on the Kidneys for Life Charity trek.

Not only will you trek the Great Wall of China but you'll also visit Tiananmen Square, the Forbidden City and the Summer Palace and learn to make traditional dumplings, take part in a calligraphy lesson and much, much more. Flying direct from Manchester to Beijing you'll stay in 5-star hotels (when available) accompanied by a doctor and local Chinese guides. China is a beautiful country steeped in tradition, history and mythology. For those with a passion for culture and a sense of adventure the China trek leaves an indelible mark on all who take part.

For more details on any of these events please contact either Carol or Irene on: [Irene.chambers@cmft.nhs.uk](mailto:Irene.chambers@cmft.nhs.uk) or [carol.bonham@kidneysforlife.org](mailto:carol.bonham@kidneysforlife.org) or call 0161 276 6671

**Please get involved to  
make Kidneys for Life's  
40th Birthday year truly  
memorable!**



## 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.

