

Autumn/ Winter 2015

Whispers

www.kidneysforlife.org

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A big thank you



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London to Paris 2015



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...AND MUCH MORE



**KIDNEYS
FORLIFE**

Thank yous...



Chris Elliott & M&G Investments -

Chris Elliott & 15 from M&G Investment Sales & Management Team took part in 3 Peaks Challenge for Kidneys for Life in September.

Chris's daughter Natalie suffers from a rare kidney condition that required a transplant which successfully took place in October donated by her Dad.

In the run up to her operation, some handpicked athletes from the M&G Investments Sales and Fund Management Team decided to embark on the gruelling three peaks challenge climbing Ben Nevis, Scafell and Snowdon in less than 24 hours to raise money for Kidneys for Life. Chris & the family have seen the work the charity does at first hand supporting sufferers, it is a great cause.

Chris & the Team raised over £34,000 for which we are very grateful and our thanks goes out to all the team members and especially to Chris.



Alan Swain - Big thank you for taking part in the Bolton Ironman – Alan commented

After 8 months of training in winter rain, wind, snow and the odd sunny day I arrived at Pennington Flash on July 19th Ironman day. The day started at 4am, being picked up by some friends outside my house. 20 minutes later we arrived at the swim venue 2,500 other would be ironman/women all getting ready for the 2.5mile swim in Pennington flash and yes it's raining on us. On the stroke of 6am the horn went off and the mass of athletes all started to move forward into the morning water, we are off! The swim went well for me, in fact I loved it. Once out of the water quick change in transition then it's onto the Bike ready for a 112 mile ride around Rivington and over to Parbold. Two giant laps of this bike course and yes it's raining and the winds picked up. The bike ride was amazing and the support on route was unbelievable, in fact in some places it was like "Le Tour de France".



7 hours later I arrived back at transition 2 ready for the run 26.5 miles to go. Off I went trying to run but my legs were having different ideas. Only 26.5 miles ahead of me and the crowds were getting bigger. Three laps of the run loop were amazing. After 16 hours on the move I could see the finish line and hear the PA system shouting and music playing. Great I'm an IRONMAN.

This highlights the fact that after donating a kidney to my partner 4 years ago you can live life to the full. I hope in writing this little story it will put any doubt in donating a kidney out of anyone's mind.

Thanks - Alan Swain, Kidney Donor and now Ironman. (Ps you don't have to do an ironman to prove the point.)

Suntish Narain - Suntish Narain signed up for the Newcastle to London 24-hour cycle ride in memory of his colleague who was a double transplant patient who passed away earlier this year.



Suntish said afterwards, "It was not as flat as I thought it would be, all the hills were at the end and riding in London was just crazy. It was a bit painful but fun and for a good cause."

In total he cycled 322 miles in 24 hours 43 minutes and raised £687.50. Not for the faint-hearted! Congratulations Suntish and Thank You!

The Boulevard, Wigan - August Bank holiday Sunday was the day Emma Jayne Black and Sophie Elliott held the Kidneys for Life Music Festival at The Boulevard, Wigan. Emma's gran received a new kidney earlier this year at MRI and Emma wanted to say Thank You for the care she received.

Now it's Kidneys for Life's turn to say Thank You to Emma, Sophie, all the Bands, Artists, DJ's, Sound Engineers, Customers, Staff and Sponsors for their support and generosity in raising £1,166.

Thank yous...



10k Commando Run - Gaye & Chris Ruane took part in a 10k Commando Run for Kidneys for Life in Delamere Forest back in July and raised money for Kidneys for Life whilst having what looks like a really fun, if a bit messy, time. Well done to you both!



“Derbyshire 15 mile, 15 pub walk” in memory of Lee Briddon - The 15 mile, 15 pub walk is an annual event, set up by a group of friends from Derbyshire. The event has been organised for many years and this year's walk which took place on 8 August 2015 was in memory of Lee Briddon. Lee Briddon took part in all of the organised walks every year, raising money for many charities. The event this year had an overwhelming turnout with amazing people, beautiful weather and so much generosity from everyone who took part, raising an amazing £2,318.14 for 'Kidneys for Life'.

3-1-5 Health Club - Inspired by Marie Stephenson, a member of the 3-1-5 Health Club in Lancaster, who had donated a kidney to her son, John, four amazing girls who work at 3-1-5, namely: Ceri, KJ, Deena and Louise planned a swimming relay of the length of Lake Windermere there and back to raise funds for Kidneys for Life.

On a Saturday morning in September they set off at 5am on their awesome challenge. Starting at Fell Foot swimming down to Low Wray, taking a U-turn and swimming back to the starting point.

Supported by one boat and one kayak, the weather report read as, “A day of extremes: wet, warm, sunny and breezy”!! Not a good omen. The journey as it happened 5.30 in the morning saw torrential rain but Lake Windermere was calm. Ceri led the way in the pitch black, glow sticks flashing her through the water.

Sunlight came an hour later. Off the boat chased, with pounding rain and no windscreen wipers. Heads were hanging out the side desperately looking for a sighting of Ceri. Two and a half miles in and with little fake smiles at each other they thought they'd lost her. Finally, Ceri was spotted and they caught up with her.

Next was KJ who settled into the swim chatting to Graeme in the Kayak at every breath. Sprint on. Legs in gear, her arms pulling. She felt strong. Seeing Bowness on her right she told Graeme she had 15 minutes left in her so time for the next

swimmer to get in. 'OK', he responded but when he turned round there was no-one there. The boat had stopped off !

Another swap and keeping positive they were at Ambleside by 11.30am! Spirits were high with Louise in the kayak steering Deena towards Low Wood, Deena was powering through but where was Louise? Trying to work out how to back paddle! Oh dear!

At Low Wood with KJ back in the water and feeling good. However, after 3 miles she knew she had to get out, the taste of petrol and seaweed just got too much. Louise was back in and she was doing great, followed by Ceri again in a scary leg of blind boat drivers. Storrs Hall reached!

Deena back in swimming strong through the winds but it was a tough leg. KJ up next again but the waves and current were unbearable. With tears in her goggles she turned to a back stroke! Ceri was next to battle through the waves and then for the last leg Louise.

11 hours into it they were all exhausted but only had 3.5 miles to go. Ceri was still hyped up and laughing but half an hour in she was fading. Knowing they were nearly at the finish line, team work took hold....they had to finish it together! Seeing Fell Foot boats were beside them, in they all went to the cheers of supporters on the shore. Mission accomplished: 22 plus miles...nailed in 14 hours!!!

An awesome achievement.



Thank yous...



Great North Run 2015 - A BIG Thank You to all our runners who took part in the Great North Run: Amanda Scott, Chris Froes, Kate Kelly, Marie Stephenson, Mark Bell, Neil Gillespie, Rory Phelan, Ryan Williams and Stephen Balmer.

Sadly, Tasha Morgan had to pull out due to injury but hopes to take part next year.

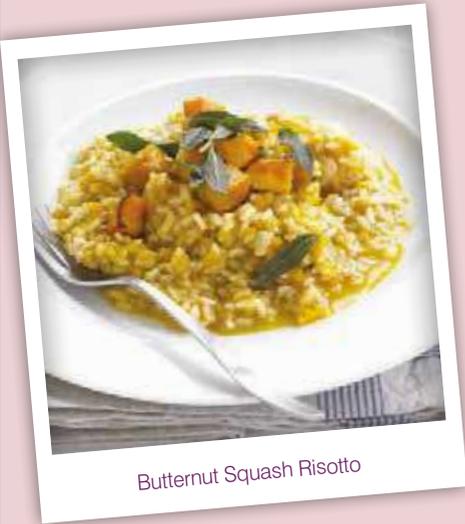
It was a baking hot day but, as ever, the atmosphere and support was amazing. The best half-marathon in the UK!

Mark Bell, pictured at the finish, said, "The event was amazing and the atmosphere fantastic".



Richmond Running Festival - Thom Hewitt & Amy Smith both took part in the Richmond Running Festival in September and raised over nearly £1,000 between them. Amy took part because a very inspirational person in her life underwent a kidney transplant a number of years ago. The transplant was successful and she wanted to make people more aware that these transplants do save lives. Her Papa is now undergoing dialysis and they are all so thankful to have him here today. Our thanks to both Thomas & Amy and keep on running

Butternut Squash Risotto Recipe



Butternut Squash Risotto



Serves 4

1kg butternut squash, peeled and cut into bite-size chunks

3 tbsp olive oil

1½ l vegetable stock

50g butter

1 onion, finely chopped

300g risotto rice

1 small glass white wine (optional)

50g parmesan, finely grated

Method

Heat oven to 200°C/gas mark 7. Mix the chopped butternut squash in 1 tbsp oil and put into a shallow roasting tin. Roast for 30 mins until it is brown and soft.

While the squash is roasting, prepare the risotto. Bring the stock to the boil and keep on a low simmer. In a separate pan, melt half the butter over a medium heat. Stir in the onions for 8-10 mins until soft. Stir the rice into the onions until completely coated in the butter, then stir continuously until the rice starts to look transparent.

(If you wish to add wine for extra flavour, pour in at this stage and leave to simmer). Add the stock, a ladleful at a time and stir the rice over a low heat for 25-30 mins. The risotto should be creamy.

When the risotto is just done, add the cheese and butter and leave to rest for a few minutes before serving.

British Transplant Games Newcastle Gateshead

The Manchester Adults Team put on another awesome display at the Transplant Games this year with the numbers competing as high as at our home Games last year and with both experienced and new competitors the team continues to grow, which is great to see.

We had 23 transplant competitors, over 30 supporters (including live donors) and across the 4 days of competition the team won a total of 47 medals. We were the 4th best adult team overall, one place higher than last year, with a medal tally of 17 Gold, 21 Silver and 9 Bronze and Zoë Dixon was second best overall in her age category. Top 3 for the team next year then!

We proudly wore our team polo shirts, kindly sponsored by Kidneys for Life, and our team hoodies as we paraded into Newcastle City Hall for the Opening Ceremony. The four days saw over 900 transplant athletes compete in a range of sports from Archery to Volleyball and many in-between including Cycling, Lawn Bowls, Swimming, Athletics, Darts, Snooker, Ten-Pin Bowling, Golf and various Racquet sports.

There were also social events for supporters to take part in such as Five-a-Side Football, Soft Cricket, Basketball and the Donor Run. The weekend culminated with a Gala Celebration event in the Sage at Gateshead Quayside, a wonderful venue and a chance to dress up and let our hair down!

Very well done to all our competitors this year:-



Barry Ackerley
Scott Mackenzie
Adam Bhajji
Judith McEwen
Sam Clarke
Beth Morris
James Colbeck
Paul Reynolds
Zoe Dixon
Lauren Sampson
Connor Ellis
Lynsey Silcock Wilkinson
Mark Garstang
Arthur Taylor
Brogan Haslam
John Turner
Guy Hill
Scott Wilkinson
Stewart Jones
Joseph Wright
Mike Kewley
Amitashuri Yule
Juliet Lewis

Also a massive thanks to all the friends and family who came to support the team too, the spectator support was exceptional and the whole team spirit was fantastic. Like all the competitors, I'm always so grateful that I am 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 and living donors, demonstrate the benefits of transplantation, raise awareness of organ and bone marrow/stem cell donation and to celebrate the gift of life.

7 members of the Manchester Adults Team and 1 Junior are representing Team GB at the World Transplant Games in Argentina at the end of August, wish us luck!

Next year's British Games will be held in Liverpool, 28th to 31st July 2016. 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

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www.transplantsport.org.uk



London to Paris 2015

We had a stunning and amazing adventure cycling on Day 1 from London to Calais through the beautiful Kent countryside, a mix of coast and castles and rolling hills, the ferry from Dover and then a torchlight procession through the streets of Calais to a party in our Hotel, an incredible 107 miles later.

Days 2 and 3 took us through the quiet lanes of Northern France, through the Somme battlefields and mile after mile of farms and Chateau's. Gourmet food at our lunch stops kept us well fuelled for the undulating landscapes with frequent cafe stops en route.

Day 4 was the most awesome and emotional day as we all cycled together, in team colours, looking quite a sight. From the outskirts of Paris emotions ran high as we neared our goal, cheered on by the Parisians, toasting us as we went by their cafes, honking their horns and taking as many pictures of us as we did of them. We cycled up to and around the Arc de Triomphe and then pushed on to the iconic Eiffel Tower itself. Our families and friends were there to meet us and the champagne flowed just as much as the tears.

320 miles, 4 days cycling, 6 months of training, £101,000 raised and we had done it. The most incredible experience ever and these are just some of the reflections from a few of the riders:

RICHARD CORT, Businessman - I have lived my life by the maxim "you walk this way once, it's for a good time, not for a long time!" This ride brought it home to me what a good time is all about. It's not about money, it's not about being smart or clever it's about love, caring and sharing. It's about making a difference for people, it's about giving and not taking. It's about never giving up in the face of adversity. We all wanted to leave this trip better than we started and boy did we achieve that but we never lost sight of making a difference to others and for others. Our bonus was that we made friends for life.

AFSHIN TAVAKOLI, Surgeon - My father once told me to work hard, smile often and stay loyal. Keep honest, never stop learning, have fun and be thankful always. My mother told me to listen to your father! I lived to learn life is either a daring adventure or nothing at all. For my 50th year, I thought I will do things in appreciation of my hard but yet lucky life and for my patients & their families who have their everyday challenges. This year I had a priceless opportunity to be a part of the L2P team with some of the most humbled, kind, selfless and motivated individuals who took me through and helped me to do something extraordinary. I learned a lot and am forever grateful for their help and effort, their hard work and the calmness they taught me and the smiles they put on my face.

LEIGH WINTLE, Transplant Patient - I am 59 and I had my transplant 13 years ago. One thing that stuck in my mind was the man in the next bed (younger than me) said "well that's it now, we will have to take it easy and not do too much and be careful". "You're having a laugh aren't you" I said I had a transplant to live a full life not half of one. I am now back to my previous life: Waterskiing, Snowskiing, Scuba diving, off road motor cycling & now cycling.

The L2P was one of the most amazing things I have ever taken part in. With 36 of the nicest people I have ever met along with their families who supported all of us through training and the final ride. One of the highlights of the ride for me was the opportunity to ride alongside Hany Riad the surgeon who did my transplant, Afshin Tavakoli the surgeon who I see at the MRI clinic, also Dr Mike Venning and I really enjoyed the opportunity to give a little bit back.

SARAH MAY, Transplant and Fundraiser – This has been the most physically challenging, rewarding and humbling experience of my life.

It has taken most of every minute of the last 8 months to organise, recruit and train for. I can only say that to have achieved it, with such a wonderful team of incredible individuals that grew larger, stronger and closer over the last few months, is one of life's precious moments. To have raised £100k is an amazing testimony to these people, their families and friends. This is not the end, it is just the start.

Next year we will be inviting more MRI patients to get involved and live life to the full. It could be you having these wonderful experiences just look at our "Dates for your Diary" to see what you want to become involved in.



Supportive care for renal patients 2015

We recently had the privilege to attend the supportive care for the renal patient 2015 conference based at the Hammersmith hospital London which was funded by Kidneys for Life.

The conference was held over a 2 day period and covered a range of topics with speakers from numerous renal backgrounds. Topics covered included treatment options in end stage renal disease, supportive and palliative care, current research and developments, as well as a touching patient's perspective.

The conference gave us the opportunity to share experiences of best practice from across the globe with attendees from across the UK, Denmark, USA, Portugal and Spain. However we also found it was also a great opportunity to network with each other and share ideas and plans for the development of care in our own areas of work at the MRI. Supportive and palliative care is too often viewed as a 'taboo' subject for most individuals and provokes feelings of discomfort and avoidance.

Yet everyone at some point will need or experience the support from others at this stage. In no means have we come away from the course as experts but we do hope to drive improvements in this area and improve our overall patient experience.

Rachel Lewis: Advanced Nurse Practitioner, MRI Renal Dialysis Unit

Zoe Crane: Sister, MRI, Ward 36

Gemma Swindells: Sister, Altrincham Renal Unit

Sharon Fairfield: Senior nursing assistant, Altrincham Renal Unit





Manchester Children's Transplant Games Team

After being the host team at last year's British Transplant Games Bolton 2015, the Manchester children's team headed to the North East with hopes of retaining their title as Best Children's Renal Team.

The team made up of 18 children, aged 3 – 18 who have all undergone kidney transplants, attend the games annually and for the second year running we were delighted to have Afshin Tavakoli, the surgeon who performed many of the children's transplants, coming along to help out.

We had another great year winning a total of 34 medals and huge congratulations go to Harry Mortimer who was named as

Best child in the 0 – 5yr category and Riley Greenwood, who was named as Best child in the 6 – 8yr category. We are so very proud of both of them and indeed all our athletes who took part.

Sadly we did not retain our title of Best Children's Renal Team, but it's not the winning, it's the taking part. Bring on Liverpool 2016

For more information about the Manchester Children's Transplant Games Team next year please contact Denise Roberts or Michael Noteyoung on 0161 701 7708 or via email denise.roberts@cmft.nhs.uk or Michael.noteyoung@cmft.nhs.uk

Peter's Story

Up until last November I was a healthy, young, fit man, running a business and living life to the full when I suddenly fell ill with a very rare condition known to only a few. ANKA positive vasculitis is a disease which effects the immune system, attacking vital organs within the body.

My lungs and kidneys were affected by this terrible and frightening disease but it was my kidneys that were effected the most from both the vasculitis and the treatment that I had to endure. The result was renal failure and dialysis.

It was such a frightening time for me and my family. We had so little knowledge of what this meant or what it would involve for both mine and my family's futures.

I can't thank the staff at the Manchester Royal Infirmary enough for helping me through the hardest time in my life that I have had to face. I've received so much support and help allowing me to carry on with life as normal as it can be.

I always believe that in life we should give back for what we are blessed with and, in my case, it was the wonderful medical staff and the care I received from both the MRI and the dialysis unit that helped me.

So, along with 18 of my friends, we decided to do a sponsored 20 mile bike ride from Buxton to Stockport to raise money and awareness for Kidneys for Life and together we have raised over £ 4,200 for the charity.

We had a great day cycling from Buxton to Stockport with a few stops along the way. With many people cheering me on, I made it across the finishing line and then enjoyed a wonderful Fun Day at my garage.

My loving and supportive wife, Mandy, and my sister, Gillian, provided the buffet and numerous cups of tea and coffee. The corned beef hash was amazing! My sister, Lynn, made many different items to sell as well as making all the Kidneys for Life bunting.

To them, my children, friends, family and all those who turned up to ride with me that I didn't even know I send a massive heartfelt Thank You for their generosity and help. The day was emotional and inspiring.

One year has passed since my kidneys failed and it's been hard adjusting to dialysis 3 times a week but I am so lucky because my little brother, Steve, is giving me the fantastic gift of one of his kidneys which will, hopefully, be going ahead later this year. I'm looking forward to being able to go swimming again with my youngest daughter, Pippa Rose.

I will continue to raise awareness and put together sponsored events for this incredible cause that I hold so close to me in the hope it can help others in some way.

Yours truly - Peter Baines



Kidneys for Life Supports a Strong MRI Representation at the British Renal Society Annual Conference

Continuing professional development (CPD) to keep their knowledge and skills up-to-date is an essential requirement for doctors and nurses.

This will often require attendance at conferences and courses to learn from peers and share best practice and new developments. The British Renal Society Annual Conference is one of the key CPD events for renal doctors, nurses, dieticians and other allied health professionals in the UK.

This year, thanks to support from Kidneys for Life, 11 nurses, three doctors and one dietician attended the three day BRS conference in Leeds. Provision was made for registration, transportation and accommodation costs. Their attendance also enabled the presentation of five posters from MRI.

These included

- Switching haemodialysis catheter locks to citrate: a safety and efficacy study by Joanne Prince, Solly Thomas, Leonard Ebah and Sandip Mitra
- Concurrent use of the Manchester and national algorithms to improve the detection of Acute Kidney Injury by Prasanna Hanumapura, Deryn Waring, Sue Heatley, Rachel Challiner, Leonard Ebah and Alastair Hutchison
- In-reach podiatry services for maintenance dialysis patients: improving patient experience and outcomes through coordination and continuity in care by Rachel Lewis
- Pre-empting dialysis withdrawal: a multidisciplinary approach to end of life care by Rachel Lewis, Bernie Boruch and Lorraine Jackson
- An exploratory investigation to determine whether changes in modifiable cardiac risk factors occur in the first year post kidney transplant by Heather Williams, Jane Alderdice and Muir Morton

Many of the nurses were attending such a meeting for the first time and found it very enriching and educational. There was a unanimous agreement that more nurses and allied health professionals should be given the opportunity to attend such conferences in order to learn from other units but also to showcase some good work being done locally. Victoria Jackson, a staff nurse on the CAPD Unit described the experience as “eye opening, enriching and well worth the investment”.

Kidneys for Life will continue to support staff attendance to such CPD events.



Cycle Challenges by Phil & Danny Rogerson



Brothers Phil and Danny Rogerson, from Lancaster, set themselves three Cycle Challenges to raised funds for Kidneys for Life and St Johns Hospice earlier this year raising over £3,000 for each charity.

Phil wanted to raise funds for Kidneys for Life in recognition of the amazing treatment his Godson, John, received when he had a transplant from his Mum. He's now four!

Their first challenge was the Coast To Coast cycle - Seascale to Bridlington – in May: 170 Miles, 8,337ft of ascent and 6440 calories.

Later in May their second challenge was the Way of the Roses – Bridlington to Morecambe: 151.6 miles, 6,243ft of ascent, 6206 calories.

The brother's final massive challenge was to cycle from Land's End to John O' Groats in July. As ever, their journey was counted in miles cycled, miles climbed and calories burned.

They cycled without a back-up crew, relying on a cycle shop when Phil developed a buckled wheel.



Not having pre-booked any accommodation, Phil and Danny quickly realised their overnight stay criteria: twin room, evening meal, bike store and breakfast tray. Their experiences were varied.

Their full story can be found on the Kidneys for Life website. Phil's amusing anecdote gives details of their route, accommodation, food stops and, most importantly, where Guinness is served.

A Big Thanks from all at Kidneys for Life.



Remembering

Eileen Angus

Clive Drennan

Ann Gillett

Hazel Hughes

Steven Kennedy

Ray Longden

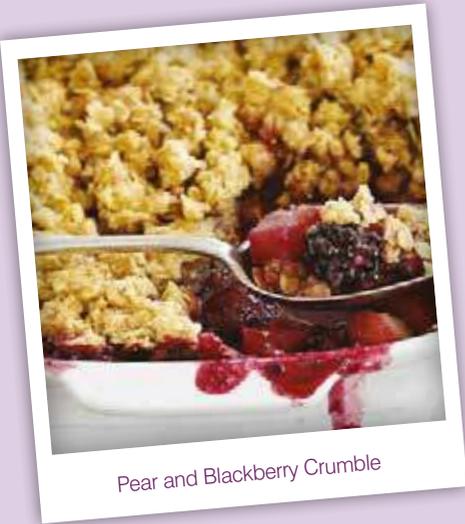
William Nelson

Frederick Power

Gerald Watkin

Gina Wood

Pear & Blackberry Crumble Recipe



Pear and Blackberry Crumble



Serves 4

**4 large pears
(700g)**

100g golden sugar

250g blackberries

200g plain flour

**100g unsalted
butter**

**100g demerara
sugar**

**Serve with custard
or single cream
(optional)**

Method

Heat oven to 190°C/gas mark 5. Place the pears in a medium-size pan, add the golden sugar and cook on a medium heat for about 10 minutes until the fruit starts to soften. Add the blackberries and bring to the boil, then remove from the heat. Spoon the fruity mixture into a large baking dish.

Rub together the flour and butter in a large bowl until the mixture resembles breadcrumbs. Add the demerara sugar and stir together.

Sprinkle the crumble mixture over the cooked fruit. Bake for around 40 minutes until golden. Remove from the oven, cool slightly.

Serve with

Custard or single cream.



Dates for your diary

To keep you up to date with what is going on and how you can take part in a variety of events to support Kidneys for Life. If you fancy taking part in an event organised by another party please just get in touch and we will be happy to provide a Tshirt or Running Vest, Sponsorship Forms and Fundraising Pack. We've a busy calendar in 2016:

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!

SATURDAY 23rd APRIL 2016

Tandem Skydive at Cockerham Airfield, Lancaster. Enjoy a St. George's Day 10,000 ft. adrenalin rush Tandem Skydive, freefalling to 5,000ft. Registration fee: £50, Minimum Sponsorship: £345.

SUNDAY 22ND MAY 2016

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!

SUNDAY 12th JUNE 2016

15 Mile Walk to celebrate Kidneys for Life's 40th Birthday! Join Kidneys for Life in the Birthday Walk. This is a delightful figure-of-eight walk from Media City to Salford Royal Hospital, back to Media City then on to Manchester Royal Infirmary, finishing at Media City. Get those walking boots on!!

SATURDAY 25th JUNE 2016

Kidneys for Life 40th Birthday Bash
Time to celebrate. Join the party!





KIDNEYS FOR LIFE

Taking the ferry from Dover to Dunkirk, you will cycle past the battlefields of WW2 into Belgium and on to Bruges, before winding your way along the waterways of Holland, past tulips and windmills, all the way into Amsterdam where you will celebrate the end of your 270 mile challenge!

4 Countries Cycle
Including 3 countries
in 1 day!

Cycle 270 miles through England, France, Belgium and Holland over 4 days, to raise money for Kidneys for Life

Participation is subject to a Registration Fee of £100 plus £1500 minimum sponsorship

31 August - 5 September 2016

To register your interest or for more information please contact SARAH MAY:

E: sarah.may@kidneysforlife.org T: 07743 688 794

THURSDAY 1ST SEPTEMBER 2016

4 Countries in 4 Days Cycle Ride

Cycling the 270 miles from Dover to Amsterdam over 4 days you'll take the ferry from Dover to Dunkirk, you will cycle past the battlefields of WW2 into Belgium and on to Bruges, before winding your way along the waterways of Holland, past tulips and windmills, all the way into Amsterdam where you will celebrate the end of your 270 challenge!

Included: This includes a fully supported ride including mechanics, first aid, route support and transport of equipment. Also included are a cycling jersey, bike transfers from Manchester to Dover and return from Amsterdam to Manchester, 5 nights hotel accommodation, all meals including a

celebration meal in Amsterdam at the end of the ride all meals and water stops are included.

You need to be in Dover on the evening of Wednesday, 31st August (accommodation & diner included) for setting off first thing on the Thursday morning and will finish in Amsterdam on Sunday, 4th September culminating in a celebration meal so you can leave if you wish on Monday, 5th September.

Not included: Transport to Dover nor flights from Amsterdam back to the UK.

SUNDAY 11th SEPTEMBER 2016

Take part in the UK's largest half marathon running from Newcastle across the iconic Tyne Bridge to the shore at South Shields.

SUNDAY 18th 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.

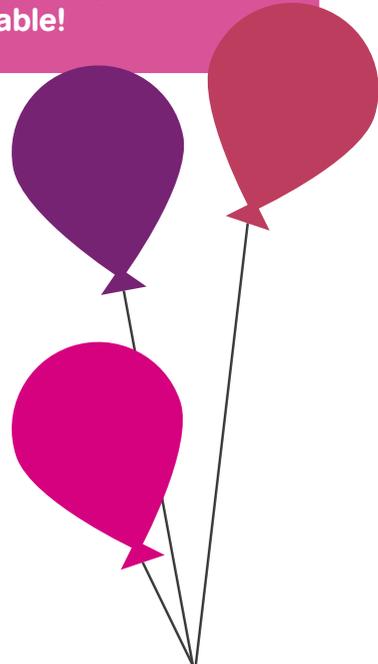
Not only will you trek the Great Wall of China but you'll also visit Tiananmen Square, the Forbidden City and the Summer Palace and learn to make traditional dumplings, take part in a calligraphy lesson and much, much more. Flying direct from Manchester to Beijing you'll stay in 5-star hotels (when available) 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:

**fundraiser@kidneysforlife.org or
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...

Kidneys for Life raises money to enable research into kidney disease, transplantation and dialysis and the Research Team at the MRI 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 offers real hope for patients both new 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, The Renal Unit, Manchester Royal Infirmary, Oxford Road, Manchester M13 9WL

Don't forget to giftaid to make your donation worth more

Name

Address

..... Postcode

Signature Date

I enclose a cheque made payable to Kidneys for Life for £

I want to giftaid my donation*

Don't forget to giftaid your donation adding 25p to every £1 donated

*If I have ticked the box headed 'Gift Aid? \checkmark ', I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want the charity named above to reclaim tax on the donation detailed below, given on the date shown. I understand that if I pay less Income Tax / or Capital Gains tax in the current tax year than the amount of Gift Aid claimed on all of my donations it is my responsibility to pay any difference. I understand the charity will reclaim 25p of tax on every £1 that I have given.

