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...AND MUCH MORE



**KIDNEYS
FOR LIFE**



Thank yous...



Coast to Coast Girls - Sharon Jones, Anne Fehily, Jo Double & Gill Snelson

The girls took part in a Coast to Coast cycle ride earlier this year to raise funds for Kidneys for Life. They rode a total of 239.5km which they said was challenging but enormously enjoyable. They raised over £3,500 – Well done Girls!



Midton Acrylics

Big thank you for their kind donation to help with our Christmas Party for the Children this year.



Christine & Terry Baldwin

When Christine and Terry Baldwin celebrated their Golden Wedding Anniversary they decided to ask guests to donate to Kidneys for Life rather than buying them presents. They raised £445 in celebrating 50 years together. Congratulations and many thanks to Christine and Terry, their family and friends.



Barcelona Iron Men!

Patrick Hamilton, Rhodri Harris, Edward Shaw, Peter Coe and Ben Emerson took part in the Barcelona Ironman in October raising funds for five charities of which Kidneys for Life was one as Patrick Hamilton is one of our renal doctors here at the MRI. The team raised over £5,600 so well done team.



Mike Donovan, Dawn Stockton and all the team in CAPD

Who organised a delicious Cake Sale in the summer raising over £400. Watch out for our Christmas cake sale in early December!



Martin and Louise Bartlett and Cliff and Terrie Taylor

For organising their 2nd Garden Party in Thelwall Cheshire. This year we raised an incredible £5000 with the help of many Thelwall residents.

Great North Run 2016

Congratulations to all the Kidneys for Life runners who took part in the Great North Run in September.

It was a beautiful warm, sunny day supported brilliantly, as ever.

Jane Allerdice declared, "The people of the North East who support this event are the unsung heroes – they are amazing!"

Whilst Nicci Chapman said, "I can honestly say it's the best half-marathon I've ever done. I was smiling from ear to ear all the way through the race."

Louise Waller, pictured at the finish in South Shields, sped round in 1 hr 43 minutes.

The Great North Run 2017 takes place on Sunday 11th September. The open ballot is already closed but Kidneys for Life does have some places. For more information please contact: carol.bonham@kidneysforlife.org or call 07714864833. You can be part of it!



Lucy's Story

In 2006 whilst on holiday I was diagnosed with kidney failure. I was 24 years old and whilst I had been having some unusual symptoms over the past 6-12 months, never did I think I would be told that I had a chronic kidney disease that had caused me to lose 80% of my kidney function.

Over the following 6 years I learned to manage my CKD with medications, regular hospital visits and lifestyle changes. I wasn't 100% but I lived my life as fully as possible. In early 2014 I contracted food poisoning in the form of campylobacter and me being me I worked through it brushing it off as nothing too serious.

I didn't realise at the time but that bout of food poisoning was enough to effectively kill off the little kidney function I had left. Throughout 2014 we knew really that there was no way back without a transplant.

I was very fortunate to have family and friends who volunteered to give their kidneys and most of whom were also a good tissue match for me. In April 2015 my mum and I underwent surgery for her to give me one of her kidneys. A truly amazing gift that I could never have asked for but will be forever grateful for.

After a rocky start my kidney is now working well and so 12 months on from my transplant I decided I wanted a challenge and I wanted to give back to those who helped me and to try and help others going through the same situation as me. Being inspired by my father, who in lieu of being able to donate a kidney decided to raise £30,000 last year by cycling from London to Paris, I decided to join the Kidneys for Life group who were cycling the 330 miles from Dover to Amsterdam.

I began my training in Spring and tried to fit in sessions where and when I could. Feeling nervous but excited we set off for Dover on the 31 August this year.

The group were amazing. We had such a good time, everyone helped each other through the tough parts, of which there were quite a few. We buoyed each other up with chats and singing and all sorts of games. Honestly, I struggled. The ride was tough enough but a chest infection on top didn't help matters. I tried my hardest and after raising almost £6,000 in sponsorship I really didn't want to let anybody down.

The countryside and route that we travelled made the whole ordeal so much more pleasant and when you were on a good run with energy in your legs it was one of the biggest highs I can imagine but when the energy is depleted, you're tired and

sore and just want the day's ride to be over it was very tough. Had it not been for the team of riders, comprising of surgeons and doctors in the world of kidneys, other kidney patients and the wonderful friends and families of those people who also put themselves through it, I honestly don't know what I would have done.

The feeling of arriving safely into Amsterdam and celebrating with those guys was just electric. I've never felt anything like it and the fact that I was able to do that thanks to those people, and in particular my surgeon, Afshin Tavakoli, who was there with me every step of the way is something I could never put into words. I truly feel so happy and thankful to be alive and well enough to undertake such a challenge and to have met some of the most incredible people as a result.

Lucy Cort



Four Countries Cycle Challenge

£70k raised by 35 cyclists who rode 340 miles over 4 days from Dover to Amsterdam.

Our cyclists all deserve a mention: Afsi Alborzi, Emma Bartlett, Martin & Louise Bartlett, Adrian Bird, Ann Broughton, Mark Cook, Anna Cort, Lucy Cort, Richard Cort, Martin Ditchfinder, Mike Donovan, Bernie Downes, Bessam Farjo, David & Pat Gaster, Ranjit Gill, Simon Harbidge, John Hardman, Jonathan Herman, John Hind, Andrew Jackson, Kanaal Kharbanda, Jeff & Sarah May, Heather & Nick Mullen, Hany Riad, Afshin & Monika Tavakoli, Richard Topham, Mike Venning, Jonathan Westwood, Eric Westwood & Jane Wyke

This is just a summary of their challenge

Day -1 Dover

All cyclists made their own way to meet for dinner and a briefing on the adventure ahead. Nerves apprehension and excitement were in abundance in equal measure but support from the GB Golden couple of Laura Trott and Jason Kenny was pretty inspirational.

Day 1 Dover to Bruges 58 miles

An early start with breakfast on the Ferry. Good weather lifted the spirits and all cyclists headed off along the North Shore of France, crossing an unmanned border into the flatlands of Belgium and delightful, dedicated cycling lanes for safe and happy riding – except for fallen trees and TRAM TRACKS. First windmill of the route and War Graves were key spectacles. An early arrival in Bruges allowed time for sampling the local delicacies.

Day 2 Bruges to Corsendonk 102+ miles

The longest day (10 miles longer for some who missed the arrows) across Belgium but good weather, favourable winds and long flat stretches helped everyone to push through and all become cycling centurians. After 12 hours in the saddle for some, the evening in an old Priory which brewed its own beer helped recharge the batteries.



Day 3 Corsendonk to Vianen (Utrecht) 76 miles

The day after the day before – Fancy Dress fun day as we crossed into the Netherlands, encountering Castles, Hen parties Dutch style and more and more canals. A great day topped off by possibly the best Buffet dinner, ever, anywhere.

Day 4 Vianen to Amsterdam 85 miles

And then the wind blew, and boy did it blow. Rain in the morning turned into gales. 20mph head winds in the afternoon made the supposedly celebratory finale ride a real test of strength, stamina and determination. Then the party started at DAM Square with families and friends cheering everyone to the finish. A wonderful dinner and Awards ceremony certainly helped mask the aches and pains and chaffing – at least until the morning.

Congratulations to all on a wonderful achievement!

Facts about the Cycle Ride

**What a trip...4 countries
325 miles**

The final day's 85 miles were probably more like 125 miles in the wind

Together they pedalled Almost 11000 miles...that's more than travelling from Manchester to Melbourne

They used over 1,200 orange (and green) arrows to mark the route

The Team ate over 250 bananas

Over 20 rolls of gaffa tape to keep the arrows up

And the team saw 6 windmills!!



Royal Liverpool to Manchester Royal Cycle Ride

The weather couldn't have been better for a cycle ride when Kidneys for Life teamed up with Mersey Kidney First to hold the first ever cycle ride from one transplant hospital to another.

Nearly 100 cyclists of all abilities made their way to the Royal Liverpool hospital on Sunday the 18th September to cycle almost 50 miles through beautiful Cheshire countryside.



With a half-way stop at The Pickering Arms in Thelwall, cyclists enjoyed a bacon buttie in the sunshine before setting off on their final leg. Some even managed to get themselves filmed for the evening Granada news! With only a few bruises and scrapes everyone arrived at the finish to sit and relax in the courtyard garden outside Education South.

Man of the Day was Ricky Lea who completed the cycle ride with only 4% kidney function.

A Big Thank You to all the cyclists, and volunteers who made the day so successful.

China Trek

A big thanks from all at KFL to the intrepid trekkers who departed for their incredible challenge of walking the Great Wall of China over 6 consecutive days on 14 October.

The group, a collection of medics and kidney transplant recipients with their families and friends will be walking between 6 and 8 hours per day on a very challenging adventure.

They have been training in groups and even on their own whenever they could over the last few months, challenging themselves to trek some of the biggest peaks in the UK.



The time is nearly here for their Oriental expedition and we wish them all well for a successful and enjoyable journey.

If you would like to sponsor them and show your support please donate whatever you can via the donate button on our website www.kidneysforlife.org and mention our China Team in the message

Dates for your diary



Barn Dance – 25 Nov

Louise Bartlett is organising a Barn Dance in aid of Kidneys for Life at Thelwall Parish Hall from 8pm. Tickets are £25 and include live music (dancing encouraged) and a hog roast. For tickets please contact Louise on 07789 543518 or email: louisebartlett@home.3b.co.uk



KFL Christmas Party – 10 Dec

Oaklands Hall in Hyde from 7.30pm til late – tickets are £25 and include a three course lunch with live entertainment and a DJ. To book online: <https://kflxmasparty2016.eventbrite.co.uk>

Chunks Charity Boxing Night – 25 Nov

Bowlers Exhibition Centre, Longbridge Road, Manchester from 6pm – Tickets are £15 with VIP Ringside at £25. Tickets available from Mark on 07812 739609 or Treasuredwear, 65 Flixton Road, Urmston



Delighted to join forces!

My name is Janet Hegarty and I am one of the Consultants in Kidney Medicine at Salford Royal NHS Foundation Trust. It was my pleasure to join the Kidneys for Life Team as a Trustee earlier this year, as Salford Royal and Central Manchester joined forces formally so that KfL now works fully across the whole of Greater Manchester with and for kidney patients and their families. Salford Royal NHS

Foundation Trust is a so-called integrated provider of hospital, community and primary care services, including the University Teaching Trust. The more than 7,000 staff provide local services to the City of Salford and specialist services to Greater Manchester and beyond.

As a renal department we have around 500 patients on dialysis across Rochdale, Oldham, Bury, Salford, Bolton and Wigan and just over a quarter of these dialyse at home. We also repatriate kidney transplant recipients back from their transplant at 3 months and have around 600 now on the books. We have an innovative award-winning Young Adult Service, a Trust and Renal reputation for Quality Improvement and Safety, and a progressive drive to

deliver 'care closer to home' in new ways of working across a large geographical area.

Of course KfL had already been working across Greater Manchester to some extent. But given the long-standing collaborative relationship between Central and Salford as the 2 academic renal hubs with an active research network, clinical education programme and co-authored publications and grant awards, it just was a 'no-brainer' to join forces in KfL and ask 'what can we achieve in a new chapter together'?

Salford Royal is the home of one of the largest patient chronic kidney disease studies in the world. The CRISIS –now renamed Salford Kidney Study - started in 2002, and highlights the risk factors associated with more rapid progression of chronic kidney disease and so helps target people at greater risk for higher level care. Around 300 patients a year join the study, which has its own biobank containing over 60,000 separate samples to help researchers with special interests from all over Europe carry out important work. We have an international reputation for work in the field of atherosclerotic renovascular disease and cardio-renal disease also, and are the principle centre for the UK Calciphylaxis Study which is part of an international collaboration that aims to learn more about this rare condition.

Our research group is strengthened by the presence of the Greater Manchester Academic Health Science Network Medical Director (Professor Donal O'Donoghue) now also President of The UK Renal Association and we are lucky also to have the UK Chair of National Institute for Health Research (NIHR) National Renal Disorders group (Professor Phil Kalra – also now a KfL Trustee) who also has a lead UK Renal Association role in clinical trials as Academic Vice President.

We are proud to offer regular training opportunities in research to young kidney doctors in training – with for example 7 medical trainees currently taking MDs/ PhDs in our group - hoping to inspire them to remain research active during the rest of their career and contribute to the fight to improve knowledge and outcomes for kidney patients now and in the future.

What has happened so far?

We are getting used to people in purple t-shirts chatting to patients in our waiting rooms and cajoling patients friends and families to do things like throw themselves out of planes and run, swim or even sing their way into fundraising!

We sat down with the Salford KPA, social workers and nurses to discuss what KfL can do to directly and indirectly to help patients in times of difficulty or challenge, for example with our fistula patients

heading home with their purple Fistula Bags, which have been provided with support from the Ceremonial Mayor of the City of Salford Councillor Karen Garrido and her Charity Appeal. It is our belief that the main missions of KfL around supporting kidney research, education and patient -related benefits are as vital now as they have ever been, and we aspire to go from strength to strength in making a difference as a community together.



Afternoon Tea on the Wards

The Ward Staff Teams are most proud of their shared patient vision and their dedication to the little things that make a difference, including monthly time for tea event (pictured).

They take afternoon tea to the patient bedside to ensure everyone is included, with patients commenting: "It's a little ray of sunshine brightening up our day".

This event, in addition to butterfly bags, arranging fortnightly hairdresser and beautician visits for our patients and our Student Welcome Day project demonstrates they truly are living the values! These have been able to take place due to the funding provided by Kidneys for Life.



Rainbow 88 event

A Big Thank You to Linda Lam at Rainbow 88 in Cheadle Hulme who hosted a Kidneys for Life party in her restaurant to raise funds towards the China Trek.

Linda's father was a dialysis patient for several years so it's a cause close to her heart. The food was brilliant and Linda and her team made sure the party was a great success. The China trekkers had a great send-off.

Swain Family

Andrew Swain received a kidney transplant in July this year and is still in shock as he thought his next step would be to go on dialysis.

The family have kindly made a donation towards our research into kidney disease. The photo features Andrew and his nephew, Thomas who was born 17 weeks premature and spent a number of weeks in Royal Manchester Children's Hospital. We are pleased to hear that Andrew and Thomas are both doing well.



Donated Equipment

Many thanks for your generous donations which have contributed to purchasing the bladder scanner for our nurse led biofeedback service at the Royal Manchester Children's Hospital.

This equipment is essential for children who are born with medical conditions which affect urinary continence and is an important part of their treatment to help children achieve urinary continence.

Art projects on the Wards

Between May and July of this year I had the pleasure of working on some art activities with individuals on the Renal Wards of Manchester Royal Infirmary which was funded by Kidneys for Life.

Some of who had been inpatients for several weeks or even months. The idea behind the initiative is to try and provide a bit of a distraction from physical discomfort or boredom, which can be experienced particularly by patients during these longer stays in hospital.

I devised a number of activities with a focus on bringing elements of the domestic into the clinical environment. The first workshop focused on creating paper houses based on their ideal home, which often this turned out to be a version of their current one. The process was a collaborative one that often resulted in me doing the cutting and construction to 'bring to life' their descriptions. Templates were adapted and personalised to their aspirations, with a smoking chimney pot added here and a whole conservatory extension attached there.

Resulting compositions were not necessarily fully realised or complete constructions, but more of a snapshot of the most important elements. However the beauty of this is that it left scope for

future additions and in fact one woman commented, "I can think of ways I'd like to develop that further when I get home".

Following on from house construction next came an exploration of surface pattern. Using simple geometric shapes cut from a palette of coloured paper, shapes were combined to create repeat patterns.

Working at the patient's bedside, activities need to be feasible within a relatively confined space and are primarily carried out on a one to one basis. One woman who was too tired to get involved physically, due to medical treatment she was receiving asked, "can I just watch you do something?" Following her choice of colour and shape, we came up with a pattern combination that she was happy with. At this point she genuinely and emphatically exclaimed "I love it, I really do, I'm going to frame it when I get home"

Staff were brilliant in their support of the project, commenting that it's "better than watching TV" for patients and enthusing about results and achievements. They were invaluable in helping to identify potential participants. It was especially rewarding when those engaged in the activity appeared to be really benefiting from the interaction.

Claire Tindale - Artist

Remembering

Robert Arthur Dawson

Peter Finney

Julie Ann Graham

Lynda Hanks

Mary Jewitt

Frank Laycock

Paula Massey

Vera Matthews

Robert Moore

George Michael Olroyd

John Walker

Joan Wellens



Events



Do you run? Would you like a reason to start running? Join one of the Kidneys for Life Teams and you'll be part of an amazing event in 2017 and you can raise funds to save lives. There's three different distances to choose from: 10k, Half-Marathon and Marathon. Choose which would suit you best.

Sun, 2 April 2017- Manchester Half Marathon

The Manchester Marathon the superfast covers 26 miles and provides great entertainment and outstanding crowd support along the way with a glorious finish at Emirates Old Trafford, the home of Lancashire County Cricket Club. For £ 45 you can register now at www.greatermanchestermarathon.com

Sat & Sun, 27 & 28 May 2017 - Manchester 10K Run and Half Marathon

The Manchester 10k Run is already the largest 10k in the UK and is suitable for anyone aged 15 years or over with the Junior & Mini Run taking place the day before. There's lots of music and entertainment along the course and no shortage of support. It costs just £ 38 to register your own place at www.greatrun/great-manchester-run.

The Manchester Half-Marathon is on the same day. The fantastic 13.1 mile route takes in the Etihad Stadium, Old Trafford and The Mancunian Way. It costs £ 44 to register your own place at www.greatrun/great-manchester-run

**Don't wait until the New Year.
You can start training now!**



Sat, 6 May 2017 - 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

12 to 18 June 2017 - Venice to Rome Cycle Challenge

Join us on a unique cycling challenge through Italy next Spring.

We will be averaging approximately 75 miles per day over 5 days cycling through the exquisite country of Italy from the beautiful canals of Venice, built on more than a 100 small islands in a marshy lagoon in the Adriatic Sea, to the ancient ruins of the cosmopolitan city of Rome, the historic Italian capital. Experience the breathtaking views as our exciting event takes us south on flat roads as we leave the canals, crossing farm lands, wetlands and waterways, to the rolling hills near Umbria, finishing on a relatively flat run in to Rome.



All promises to provide some of the most tranquil and beautiful settings in this “not to be missed” event. On the hilly days through Umbria, Options will be given to take easier routes around the mountains instead of up and over! The choice is yours.

Places we will be cycling through will include Comacchio also known as Little Venice then on to the beautiful seaside town of Rimini on the Adriatic Sea, from Rimini we continue to the picturesque towns of Riccione, Cattolica and Gradere heading towards Gubbio. We then cycle on to the visually stunning hilltop village of Orvieto. Famous for it's wine, it nestles amongst vines, olives and cypress trees. Here you will find Delightful cobbled streets, medieval piazzas and churches. From here we cycle in our “Team Kidneys for Life” Cycle tops for our final leg on to Rome where we will celebrate and party in style.

If you are interested in joining us please contact Sarah May at sarah.may@kidneysforlife.org for more details.

Christmas Cards

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 £8,000 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 or online 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 - 29 Oct to 10 Dec

Sale Waterside - 5 Nov to 3 Dec

Altrincham Library - 15 Nov to 3 Dec

Hale Library - 14 Nov to 10 Dec

Macclesfield Library - 5 Nov to 10 Dec

Knutsford Civic Centre: Cinema Building
- 5 Nov to 3 Dec



A Me to You - £4.00
160mm x 160mm
Greeting GA



B Jewel Bauble - £4.00
160mm x 160mm Foil
highlights Greeting GB



F Christmas Owls
- £3.00 120mm x
120mm Shiny finish



G King of Kings £3.00
120mm x 120mm Gold
foil (GA) highlights



K Snowy Robin
£3.00 125mm x
125mm (GA)



L Frosty Morning
- £4.00 150mm
x 150mm Flitter
finish (GA)



P Frosty Christmas /
Santa & Snowman
(Twin pack) - £3.50
120mm x 75mm Silver
foil highlights (GA)



Q Frosty Christmas /
Santa & Snowman
(Twin pack) - £3.50
120mm x 75mm Silver
foil highlights (GA)



C Little Owls - £4.00
160mm x 160mm
Greeting GB



D Foiled Tree - £4.00
160mm x 160mm
Greeting GA



E Snowdrops - £3.00
120mm x 120mm
Greeting GA



H Royal David's
City - £3.50
208mm x 78mm



I Praying Angel - £3.50
150mm x 150mm
Cut out design gold
highlights



J Holy Family - £3.00
120mm x 170mm
Gold Highlights (GA)



M Traditional Xmas
Tree - £4.00 150mm
x 150mm Gold Foil
highlights (GA)



N Bethlehem (Tri-Fold) -
£4.00 125mm x125mm
(when closed) (GA)



O Doves over Bethlehem
- £3.00 125mm x
125mm



R Winter Wonderland
- £3.75 130mm x
180mm Shiny finish
(GA)



S Family Snowman
- £4.00 137mm x
137mm Silver foil
highlights (GA)



T Bundle pack - £5.00
Assorted sizes all
cards previously sold
by Kidneys for Life

10 cards per pack.
Greeting inside cards:
With all best wishes for
Christmas & the New
Year (GA) or With all best
wishes for the Festive
Season (GB)

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, 9 December 2016

Code	Description (packs of 10)	Pack cost	Quantity	Total
A	Me to You (Grey Bear)	£4.00		
B	Jewel Bauble	£4.00		
C	Little Owls	£4.00		
D	Foiled Tree	£4.00		
E	Snowdrop	£3.00		
F	Christmas Owls	£3.00		
G	King of Kings	£3.00		
H	Royal David's City	£3.50		
I	Praying Angel	£3.75		
J	Holy Family	£3.00		
K	Snowy Robin	£3.00		
L	Frosty Morning	£4.00		
M	Traditional Christmas Tree	£4.00		
N	Bethlehem (Tri-Fold)	£4.00		
O	Doves over Bethlehem	£3.00		
P	Frosty Christmas/Santa & Snowman (Twin Pack)	£3.50		
Q	Manchester Royal Infirmary	£3.50		
R	Winter Wonderland	£3.75		
S	Family Snowman	£4.00		
T	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 or by arrangement you can collect them from the hospital. Tel: 0161 276 6671 or email: fundraiser@kidneysforlife.org to arrange.

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. 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.

Signed _____ Dated _____

Registered Charity No: 505256