

WHISPERS

kidneysforlife.org

Winter
2017

BRITISH TRANSPLANT GAMES

Page 10

ALSO IN THIS ISSUE...

Our latest research

Page 4

Janine's
treatment story

Page 6

...AND MUCH
MORE



VENICE TO ROME
CYCLE CHALLENGE



HELP MAKE IT HAPPEN

Charity number 505256

WHISPERS

WE'D JUST LIKE TO SAY...

THANK YOU!

Your help and support enables us to continue with our life-changing research into kidney disease. A donation, of whatever you can give, brings us one step closer to making a kidney, for life, a reality, for our patients. Your time is also incredibly valuable to us, because, without you, we couldn't do all of the things that we need to. **Thank you.**

HANNAH SINGLETON

Congratulations to Hannah who had her hair chopped off for Kidneys for Life raising funds and donating her hair to "Little Princess Trust". Claire, her Mum said "Thank you all for your support. We have been blown away by the support Hannah has received from all of our friends and family. Her hair has now been cut, just over 30cm, the cut was the easy part; I don't think any of us thought about how as a 12 year old she would feel about losing so much of her hair and her identity! She has shed a tear or two, but it has made her realise how difficult it must be for those children for whom this is a reality. Many thanks from all at Kidneys for Life to Hannah for raising over **£480**.

OVER
£480
RAISED



ALDWYN PRIMARY SCHOOL

Aldwyn Primary School in Audenshaw has recently donated the amazing sum of **£799** to Kidneys for Life after holding a Fundraising Day at the school. One of their pupils, Felix Green, is a kidney transplant patient and the school and pupils have really supported Felix through all his times on dialysis and post-op. A Massive Thank You to all the pupils and staff.



CHARLIE LEWIS

Thank you to Charlie for organising a Golf Day in support of Kidneys for Life raising over **£1,000** with over 70 people taking part of the day. Thanks from everyone at Kidneys for Life.

**OVER
£1000
RAISED**

ANDREA MCCRORY SARAH SQUIRE

Took part with 9 friends in Muddy Maniacs back in June this year and raised over **£1,300** so well done to Andrea and the team from all at Kidneys for Life.

Took part in the Bordeaux Half Marathon and is a friend of Charlie Lewis raising over **£360** for taking part in this event so our thanks goes out to Sarah for supporting Charlie & Kidneys for Life.

KASSIE SMITH

Bravely took part in the Great North Swim in June despite the weather and managed to raise over **£1,180** for Kidneys for Life for which we are very grateful.



CHEADLE HULME SCHOOL

Ian Ray, an ex-teacher at Cheadle Hulme School, first organized the annual Charity Hike 50 years ago. To celebrate it's anniversary, Kidneys for Life was one of the chosen charities to benefit from the boys' fundraising. A fitting choice as, unfortunately, Ian Ray who retired in 2002 is now a dialysis patient. The boys raised **£ 1,000** for Kidneys for Life so a Big Thank You not only to the boys but also to Ian Ray and Mr Chippendale who now runs the Hike.

PETROS YIANNOULLOU

One of our Surgical Clinical Fellows here at the hospital, Petros took part in Tough Mudder in the summer and raised over **£740** – so well done for getting wet and muddy for Kidneys for Life!

MICHELLE HEATH

Took part in Born Survivor in May raising funds for Kidneys for Life, Michelle commented "It was great fun, but really tough. I feel I earned every penny!". Michelle raised **£368** – thanks from all at Kidneys for Life.



WHAT WE DO WITH YOUR MONEY...



LATEST RESEARCH

Patrick Hamilton

Autoimmune Membranous Nephropathy (also known as Idiopathic or Primary Membranous Nephropathy) is one of the most common causes of kidney disease in adults worldwide and generally occurs in middle age. A third of patients will eventually need dialysis or a transplant and despite our increasing understanding of the condition, the main treatment worldwide hasn't changed for over 20 years.

We now understand, through work carried out here in the MRI and through funding provided by Kidneys for Life, this is a condition caused by the immune system, although the exact mechanism is not completely known.

The part of the immune system involved with the development of the disease (anti-PLA2R antibody) was discovered in 2009 and this has allowed us start to develop more targeted treatments, with the potential to provide more control of the disease and to reduce the side effects from treatment.

The aim of this study is to investigate the benefit of using a therapy called immunoadsorption in Autoimmune Membranous Nephropathy.

Immunoadsorption is a therapy that has been around for a long time that cleans the blood of specific parts of the immune system, and in particular the parts that we now know are involved in the development of Membranous Nephropathy, i.e the anti-PLA2R antibody. By using this therapy we hope to be able to control the disease and avoid the need for immunosuppression and steroids altogether.

Recruitment is now underway with 3 patients successfully treated so far in the Manchester Clinical Research Facility. We are aiming for 12 patients' altogether and hope to have finished recruitment and treatment early in the New Year.

This trial would not be possible without the help and support of Kidneys for Life and the whole team are grateful for the continuing support.



BRITISH RENAL SOCIETY CONFERENCE

Kidneys for Life as part of its support of the Renal Staff sponsored a number of them to attend the British Renal Society conference in Nottingham this year. These are just a few of the comments received from the staff who gained valuable learning from the conference and the experience of speaking to renal staff from other hospitals throughout the country and sharing best practice.

STUDENT NURSING TIMES AWARD

Student Nurses from Ward 36 were really proud to be finalists for the Student Nursing Times Awards 2017, in the category of Student Experience.

Kidneys for Life supported the student nurses to attend the Awards as supporting students in placement is paramount – they are the workforce of the future and importantly we need to ensure that they really have a valued learning experience learning about kidney failure even if we don't persuade them that working with us is a fabulous opportunity

They had a great day even if it was tiring and were able to network and get some ideas from others so it was a really valuable day even if they didn't get a trophy. Whilst they were not winners of the category on the day, this is a fantastic achievement and a testament to the difference the Student Welcome Day Project has made to students.

We could not do it without your support.

“ As a clinician it was refreshing to have the time to reflect and give deeper consideration to how our patients live with uncertainty, recognising the pre-dialysis anticipation of the unknown, the effect of a failing transplant with the patient anticipating and knowing what lies ahead, ‘starting all over again’ and the decisions associated with conservative management of ESRD. ”

– Heather Jayasekera

“ So what I knew before I went is that I am passionate about empowering patients. Attending the conference re-energised this passion and I was very interested in how other units empower their patients. It was also good to see that we are all heading in the same direction and our patients are at the forefront of all the attendees and speakers. ”

– Maxine Moss

WHISPERS



JANINE'S TREATMENT STORY

Janine Winfield is about to take part in the Salzburg to Vienna Cycle Challenge in aid of Kidneys for Life and this is Janine's story in her own words.

"Last September I underwent a life-saving operation which has completely changed my life. I have been suffering with kidney disease for many years and was told I would eventually need to have a kidney transplant operation. I battled on for as long as I could but in September last year a kidney was donated to me by a wonderful friend of mine who selflessly risked her life to save mine.

We received the best treatment from all of the staff and surgeons at MRI hospital and we will be forever grateful to them."

MY STORY

My story first began back in 2009
I couldn't understand why I felt so ill
At age 24, I was in my prime
I went to see the doctor
And had lots of strange tests
They found out what was wrong
And the news wasn't the best

My kidneys were damaged
Functioning at 38%
This was shocking news to me
I wasn't sure what this meant
I had a kidney biopsy
To find out what was wrong
It was an auto immune disease
That had been hiding all along

A naughty little disease called
IGA nephropathy
Immunoglobulin A

Where lodging in my kidneys
Like they owned the property
This caused chronic kidney disease
Which could not be cured
They said I may need to have a kidney transplant
My jaw nearly hit the floor

I decided this disease wouldn't beat me
And I'd be taking charge
IGA may have moved itself in
But it can stay in the garage
With a very healthy lifestyle
I was stable for the next 7 years
But last winter I caught a chest infection
Which reduced me to tears
My kidney function dropped
To around 9%
Unfortunately this time
I knew exactly what this meant

I had to go on a waiting list
To have a kidney transplant operation
Friends and Family were tested
This caused a lot of fear and frustration
Then I met the wonderful

Mr Afshin Tavakoli
I knew he'd work his magic
And help to stop me from being so poorly
That smiling face
Is always a pleasure
This man who saves so many lives
Is someone we all dearly treasure

I was now so unwell
I could barely get out of bed
It felt like Someone was drilling
Into the side of my head
There were horrible side effects
As my kidneys couldn't clean my blood.
My legs were really swollen
Fluid not filtering as it should
I had a constant metal taste
That wouldn't go away
I felt sick from the moment I woke up
This feeling stayed all day
Sleeping was also difficult
Another side effect of this condition
Manchester Royal then called me up
They'd been on a serious mission

A friend of mine was match
And was willing to donate
This gave me hope that I would survive
And it wasn't too late
In September last year
I had live donor transplant operation
Now I feel on top of the world
There was no need for the fear or frustration
This gift has changed my lifeso very much
All of the side effects have disappeared
Within a matter of months
I was doing what I love
Seeing new places, lots of Travelling
is in store
So far I've been to Budapest, Germany...
Japan and Singapore
Thanks to organ donation
My future is very bright
So please put your hands in your pockets
And donate to Kidneys for life tonight!

Myself, my brother Joe Winfield and Andrew Lowe have decided to complete the Salzburg to Vienna Cycle challenge to raise as much money as possible over the next few months for KFL. My wonderful surgeon Afshin Tavakoli will also be joining us as well as other team members at MRI.

The cycle is approximately 250 miles from Salzburg to Vienna and on the first day of the cycle ride I'll be celebrating the first anniversary of my kidney transplant. It's changed my life.

Please see our virgin money page
<https://s2vcycle-2017.everydayhero.com/uk/salzburg-to-vienna-cycle-challenge-1>

We would appreciate any donations possible towards this worthy cause.

Janine



WHISPERS

AFTERNOON TEA ON WARDS 36 & 37

Themed Afternoon Teas are held on a monthly for patients and families; sponsored by Kidneys for Life. The Patient Experience Team were invited along to talk to patients and families about their experience. Feedback from everyone was very positive. When asked what matters to them, the patients; many of whom are on the ward for a long time, highlighted how much **they valued the opportunity to socialise with other patients and enjoy a change from the ward routine.**



MANCHESTER RUNS

There will never be another Manchester Run quite like this years. Following closely on from the Manchester bombing no-one was sure until a couple of days before that the Manchester Run was definitely going to take place.

Understandably, some runners stayed away but for those that did take part the day was extremely emotional with one minute's silence before each wave.

It felt surreal to be chatting and laughing with armed Welsh & local police, feeling really comfortable, whilst they were patrolling the pavements.

For the first time the Children's Runs were on the same day and although it made it an extremely long day for some it was great that everyone got to see their races. The effort on some of their faces just has to be seen.

A Big Thank You, as ever, to I-Com for allowing Kidneys for Life to use their offices again this year and to our volunteers for helping to provide the refreshments and keeping the bags safe. Indeed, a Big Thank You too to Parfett's Cash & Carry in Stockport for providing the refreshments.

Lastly, a massive Thank You to all the runners and their families and friends supporting them for being there on the day. I know I walked from the car park with a feeling of uncertainty that morning but it was more than worth it.

Thank you all!
Carol Bonham



**OVER
£14K
RAISED**

TANDEM SKYDIVE

It was a beautiful day and despite the weather leading up to the day all our Tandem Skydivers managed to get up in the air and jump out at 11,000 or 15,000 feet by lunchtime. Our thanks to Nick Copeland, Jade Corcoran, Sam Maidment, Leanne Mara, Dan Murray, Jodie O'Sullivan, Parisa Tavakoli & Mark Tighe for taking part.

They raised over £4,900 between them so our thanks to them all.

If you fancy doing this next year on 12 May please get in touch.



WYN GREGORY

I have now been working for Kidneys for Life for six months and I can say it has been very rewarding in so many ways. I have met so many lovely people from staff to patients both on the wards and in clinic.

I have even managed to rope myself in to doing not one but two cycle events, though if I'm honest I haven't ridden a bike in at least 25/27 years so this is going to be fun (not)!

I'm doing the Royal Liverpool Hospital Transplant Unit to The Manchester Royal Infirmary which is on the 17 Sept and is 50 miles (heaven Help me) and then in my wisdom I decided to put my name down for the Salzburg to Vienna (250 Miles).

I know this is going to be amazing but also know it's going to be hard work but after doing China last year, thinking I would not be able to do that, I'm more than sure I will do these two cycles no matter how hard.....and knowing that I am raising funds for Kidneys for Life will push me on.

That's not all.... I'm now signing up for the Grand Canyon trek in October 2018. A sucker for punishment or what?

If anyone out there wants to join me on this amazing adventure please feel free. It'll be the experience of a lifetime!



BRITISH TRANSPLANT GAMES

MANCHESTER ADULTS TEAM



The Manchester Adults Team enjoyed a fantastic British Transplant Games weekend again this year, 27 - 30 July in North Lanarkshire, Scotland. We had 14 transplant athletes competing in 60 events across 9 different sports. **The team achieved a total of 33 medals, a nicely balanced 11 Gold; 11 Silver and 11 Bronze!**

The 4 days saw 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, Basketball, Netball, the Donor Run and a Virtual Triathlon. The weekend culminated with a Gala Celebration event.

Very well done to all our competitors this year:

Arthur Taylor | Ayesha Brookes | Bernard Capper | Connor Ellis |
David Jones | James Colbeck | Joe Hibbs | Judith McEwen |
Juliet Lewis Lesley Dunn | Paul Reynolds | Sam Clarke |
Scott Mackenzie and Zoë Dixon.

The whole team spirit is fantastic and 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.

I am also delighted to report that the 9 members of the Manchester Adults Team who competed at the XXI World Transplant Games 25 June – 2 July in Malaga, Spain, won 12 medals between them and the GB and NI Team won the Outstanding Team Award, coming top of the medal table with a grand total of 360 medals! USA came second with 144 and South Africa third with 76. Congratulations to our Manchester Team Athletes who were selected and took part:- Ayesha Brookes; David Jones; James Colbeck; Juliet Lewis; Khalid Bostan; Paul Reynolds; Sam Clarke; Neil Mcleod and Zoë Dixon.



Next year's British Games will be held in Birmingham, 2 – 5 August 2018. 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 with me.

The next World Transplant Games is to be hosted in the UK, Newcastle/Gateshead 17 – 24 August 2019. Selection to the GB & NI Team will take place following the BTG in Birmingham next year.

Zoë Dixon MBE

Manchester Adults Team Manager

Tel 07780858558

E-mail zoe_dixon@tiscali.co.uk

WHISPERS

MANCHESTER CHILDREN'S TEAM

Each year we look forward to the Westfield Health British Transplant Games and this year was no exception. As we set off one rainy day headed for the beautiful North Lanarkshire countryside we had no idea of the greeting and welcome that awaited us.

Over 4 days, 114 transplant recipients, siblings and live donors took part in various events competing for medals and spreading the word about the benefits of organ donation. We were treated to a fabulous evening at one of Scotland's best indoor water parks and finished our weekend in style with a legendary gala dinner party. Even the tropical storm we experienced at Strathclyde Country Park for the donor run didn't dampen our enthusiasm for spreading the word to the people of Scotland.

We won an amazing number of medals across the board but the transplant games are much more than winning medals, they are about making friends and memories and celebrating the gift of life.

We are so proud of all our team and everybody who volunteers their time to make this a wonderful experience for the families and a massive thank you to Kidneys for Life for supporting us again this year.

Last year we made a pledge to compete, spread the message about organ donation and to have fun. I think we did that.

Here's to Birmingham next year, why not join us, you'll have a great time.

**Denise Roberts
& Michael Noteyoung**
Manchester Children's Team
Managers



REMEMBERING...

Lillian Ball

David Brand

John Buckley

Harry Buntin

Irene Burgess

Terence Corfield

Gary Cumberland

Brian Daly

Rodney Evans

Lorna Gartside

Barry Hargreaves

Donald Hargreaves

Yvonne Henry

Gordon Lee

David Marginson

Richard Mort

Jack Pegg

Robert Ranson

Renee Salt

Christopher Stone

Alan Torr

Freda Wrigley

EVENTS DIARY



3 Dec 2017 **SANTA DASH**

A fun run for all the family starting at 12 noon from Marple Memorial Park. Your Santa Suits are included in your £10 registration fee, finishing at Marple Garden Centre you will be greeted with a mince pie and a cup of tea, children will receive a present from Santa and everyone wearing a Santa Suit will get a free ride on the miniature railway.

Transport is provided back to the Memorial Park. This is being organised by Romiley & Marple Lions on behalf of Kidneys for Life, more information on how to register on our website.



25 March 2018 **AFTERNOON TEA TO CELEBRATE 50 YEARS OF KIDNEY TRANSPLANTS AT MRI**

Details have still to be finalised but if you are interested in attending an afternoon tea to celebrate 50 years of kidney transplants please get in touch and once this been arranged we will send details out to you.

Send an email to fundraiser@kidneysforlife.org or telephone **0161 276 6671**.

2017



28 & 29 April 2018
CHALLENGE THE WILD

An exhilarating and uplifting outdoor experience. Under the watchful eye of highly trained experts you'll be encouraged and empowered as you take on a series of challenges. You don't have to be fighting fit or as strong as an ox to take part.

A positive mental attitude and a good sense of humour are far more important! Activities include: Grade 1 Scrambling, negotiating tunnels and cave systems, abseiling 150ft, trekking, cliff jumping, wild camping, outdoor cooking, ghyll scrambling, waterfall jumping, problem solving

Registration: £50
Minimum Sponsorship: £300

12 May 2018
TANDEM SKYDIVE

Taking place at Cockerham Airfield, Lancaster. Enjoy an 11,000 ft. adrenalin rush Tandem Skydive, freefalling to 5,000ft.

Registration fee: £50
Minimum Sponsorship: £345

EVENTS DIARY



20 May 2018
MANCHESTER 10K, HALF MARATHON AND JUNIOR & MINI RUNS

The Manchester 10k Run is the largest 10k in the UK will take place for the 16th time next year and on the same day the Half Marathon will take runners of all abilities on a 13.1 mile tour of the city. The route passes by two of the UK's most iconic football grounds, the Etihad Stadium and Old Trafford, as well as the Imperial War Museum and Albert Square. In addition there is also the Junior Run (9-15 years) and Mini Run (3-8 years). There's lots of music and entertainment along the course and no shortage of support.

It costs just **£44 for the Half Marathon** and **£38 for the 10k** to register your own place.

More information can be found online at www.greatrun/great-manchester-run

27 Aug – 1 Sep 2018
LONDON TO PARIS CYCLE CHALLENGE

Celebrate the 50th anniversary of the first kidney transplant in Manchester by taking part in the London to Paris Cycle Challenge, passing through Arras and Compiègne and finishing at the Eiffel Tower.

Registration: £100
Minimum Sponsorship: £1,600





2017-18

15 to 22 Sep 2018

GRAND CANYON TREK

Join this fantastic trekking challenge as we explore in and around one of the World's most magnificent natural wonders – the Grand Canyon. Experience breath-taking scenery, camp under the moon and stars, and learn about the fascinating history of Northern Arizona and Utah whilst on this iconic challenge. This exciting trek will see us hike through Sedona's Red Rock State Park, along the famous Bright Angel Trail and the South Kaibab Trail...to name a few!

We assure each day of this charity challenge provides a different perspective of this breath taking wonder, so join us on this iconic challenge and tick it off your bucket list!

Registration: £449

Minimum Sponsorship: £3,500

If you are interested in any of these events please get in touch:

Carol.bonham@kidneysforlife.org

07714 864833

Wyn.gregory@kidneysforlife.org

07860 625850



WELCOME TO VICTORIA THOMSON

Victoria Thomson will be joining the team and will be based in Salford Royal Hospital to help raise the profile of Kidneys for Life and to encourage staff, patients, their families and friends to take part in Kidneys for Life events in order to fund vital research into kidney disease. For the past seven years Victoria has worked for an Events Company organizing events and helping participants to raise their minimum sponsorship.

Last year Kidneys for life could fund only half the research projects that applied for assistance so we're hoping Victoria is going to work her magic.

Welcome!

CORPORATE SUPPORT



EAST CHESHIRE CHAMBER OF COMMERCE



The East Cheshire Chamber of Commerce Annual Golf Day was held at Vale Royal Abbey Golf Club in Northwich on what was possibly the hottest day of the year. Set in 150 acres of picturesque parkland, the golfers managed to keep their cool after bacon rolls and coffee followed by a putting competition. When they teed off at 1pm the temperature was soaring and by the time they arrived in the clubhouse they were glad of a hot shower.

Unfortunately, the grandeur of the 16th century manor house doesn't permit air conditioning so the dress code was quickly amended for the 2-course roast dinner. Chairman David was keen to start the auction and raffle and bids flew in raising vital funds for Kidneys for Life.

It was a brilliantly memorable day and thank heavens for the flyers on the table that folded into very useful fans.

A big Thank You to David and Jackie for organizing the day, to the sponsors and everyone who took part.



CATAX

Catix have chosen Kidneys for Life to be their first ever Charity of the Year.

Within a few weeks 6 employees were signed up for the Kidneys for Life Skydive in May and since then they've had staff taking part in the Manchester Run and held a Bake Sale. They've also recruited 7 cyclists for the Liverpool to Manchester Cycle ride.

Catix has already smashed their target and raised over £5,500.

Now Catix is planning their own cycle ride from their sister office in London to the office in Altrincham.

Good Luck and Thank You!

WESTINGHOUSE

Our thanks to Westinghouse who donated \$5000 which they won as part of an internal global safety competition last year for all of its sites worldwide.

Springfields site was the first winner of this award which was a donation to a charity of their choice and Kidneys for Life was the grateful recipient.

This has enabled us to purchase two dinamaps for use on the Transplant Wards and a number of items for the children's ward.



SANTANDER

In May the Kirkham branch of Santander held a raffle in aid of Kidneys for Life.

They raised £300 and are hoping to do another raffle later in the year.

A Big Thank You to Manager Gill Mills, Helen Garstang and all the staff and customers.



WE VALUE YOUR SUPPORT

If you are a business and would like to help fundraise for Kidneys for Life, please get in touch today.

Irene Chambers on 0161 276 6671 or fundraiser@kidneysforlife.org



Fancy Dress Halloween Party

Sat 28th Oct
4pm until 10pm

Fun for all ages at our fancy dress Halloween party! Included in the ticket price:

- Disco
- Meat & potato pie for adults and Hot-dog for children
- Free photo for all in fancy dress
- Prizes for the best child & adult fancy dress
- Raffle and tombola



Tickets:

£10 for adults

£7.50 for children

Venue:

Hough End Centre
Mauldeth Road West
M21 7SX

Contact:

Wyn Gregory 0161 276 6671 or
wyn.gregory@kidneysforlife.org

Visit our Website:

www.kidneysforlife.org/

IN AID OF

 **KIDNEYS
FOR LIFE**
HELP MAKE IT HAPPEN

Registered Charity No: 505256

VENICE TO ROME CYCLE CHALLENGE

The Coliseum in Rome was a fitting finishing point for our 36 intrepid cyclists after an epic 440 mile cycle from Venice in June.



The 5 day route weaved its way through all Italy has to offer, from the beautiful canals of Venice, built on more than 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. Along the way, the team saw the many different cultures Italy is famous for; the medieval city of Padua, the cycle town of Ferrara, the seaside resort of Rimini and the walled cities of Gubbio and Viterbo to name but a few.

This has enabled us to purchase two Far infra-red machines which improve the life of a fistula for our haemodialysis patients, it is also seen to help those with steal syndrome, needling problems and prevent hospitalisation for fistula malfunction. We will use the remainder of the monies raised towards our Research Grants Round which will be decided upon in October.

This was a real challenge and as well as covering the 440 miles (that's almost 16,000 miles pedalled as a team) the group went through 200 litres of water a day as the temperatures soared around lunch time - as well as copious amounts of ice cream (another Italian speciality!).

The team raised the monies through a variety of means including holding a number of events such as the Black Tie Dinner, Concorde Supersonic Ball, German Oompah Night and Gala Dinner at Crewe Hall.

In total over £67,420 was raised, a gladiatorial effort and well done team.



WHISPERS

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 **£7,750** 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.



**A. Little Girl Baking
£2.00**

Individual Card includes an actual sixpence
128mm x 128mm



**B. The Days of Christmas
£3.00**

150mm x 150mm



**G. Christmas Owls
£3.00**

120mm x 120mm
Shiny finish



**H. Sparkly Tree
£4.00**

160mm x 160mm
Shiny finish



M. Night Before Christmas - £3.75

125mm x 125mm
Matt finish
embossed design



**N. Christmas Door
£4.00**

160mm x 160mm
Matt Finish



**S. Winter Wonderland
£3.75**

130mm x 180mm
Shiny finish



**T. Family Snowman
£4.00**

137mm x 137mm
Silver foil highlights



C. Mother & Child
£3.00
78mm x 212mm
Gold Foil Highlights



D. Snowman Robin
£3.00
125mm x 125mm
Greeting—Blank



E. Christmas Hare
£3.00
125mm x 125mm-
Silver Foil Highlights
Greeting—Blank



F. Twin Pack - Three Kings & Bethlehem **£3.50**
120mm x 120mm Gold Foil Highlights



I. Royal David's City
£3.50
208mm x 78mm
Gold Foil Highlights



J. Twin Pack—Penguin Power & I Want to be a Robin - **£3.00**
128mm x 128mm



K. Holy Family -
£3.00
120mm x 170mm
Gold Highlights



L. Snowy Robin
£3.00
125mm x 125mm



O. Reindeer Sleigh
(Cut out design on black to highlight cut edge only)
£3.50
173mm x 65mm



P. Snowdrops
£3.00
120mm x 120mm
Shiny finish (GA)



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



R. Manchester Royal Infirmary - **£3.50**
210mm x 100mm
Designed by Phil Chin, Renal patient



U. Bundle pack
£5.00
20 pack of cards
Assorted sizes all cards previously sold by Kidneys for Life

CHARITY CHRISTMAS CARDS ORDER FORM

Kidneys for Life, Renal Research Labs, 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 Wed, 13th December 2017

Code	Description (packs of 10 B to T)	Pack Cost	Quantity	Total
A	Little Girl Baking (one card only)	£2.00		
B	The Days of Christmas	£3.00		
C	Mother & Child	£3.00		
D	Snowman Robin	£3.00		
E	Christmas Hare	£3.50		
F	Twin Pack—Bethlehem & Three Kings	£3.50		
G	Christmas Owls	£3.00		
H	Sparkly Tree	£4.00		
I	Royal David's City	£3.50		
J	Twin Pack—Penguin Power & I Want to be a Robin	£3.00		
K	Holy Family	£3.00		
L	Snowy Robin	£3.00		
M	Night Before Christmas	£3.75		
N	Christmas Door	£4.00		
O	Reindeer Sleigh	£3.50		
P	Snowdrops	£3.00		
Q	Frosty Christmas/Santa & Snowman (Twin Pack)	£3.50		
R	Manchester Royal Infirmary	£3.50		
S	Winter Wonderland	£3.75		
T	Family Snowman	£4.00		
U	Bundle Pack (pack of 20)	£5.00		
Post and packaging Up to £15 -£3.50, £15.01 - £45 - £4.50, £45 or over - £6.00 Delivery – 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.			TOTAL	
			P&P (if applicable)	
			Donation	
			GRAND TOTAL	

NAME _____

ADDRESS _____

POSTCODE _____

TELEPHONE NO. _____ **EMAIL** _____

HOW WOULD YOU LIKE THE CARDS DELIVERED? _____