

WHISPERS

kidneysforlife.org

Autumn
2018

IN THIS ISSUE...

Thank you's

Page 2 - 6

Lucy's Trek for life

Page 7

...AND MUCH
MORE



DANCING THE DISTANCE
PAGE 5

WE'D JUST LIKE TO SAY...

THANK YOU!



CHRISTIAN LYTH

took part in the London Marathon this year in memory of his mother in law who very sadly lost her battle in July 2017 having been cared for in the MRI. She bravely undertook a kidney transplant in August 2016, which was successful. Unfortunately after a few months she became really ill and sadly lost her fight. **Christian raised over £850** for which we are very grateful.

**£850
RAISED**

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.**

CHARLIE LEWIS

Kidney transplant patient Charlie Lewis had a busy year growing his flooring business but he still found time to organize another Golf Day in aid of Kidneys for Life. **This year Charlie raised £1,248, bringing his total to over £8,000.** Thanks Charlie!



LYNN DOBINSON

In July, Lynn and her friends Sarah Fairlamb, Audrey Turnbull, Jenny Murray, Hilary Blair (Rory's Granny), Claire Spruce & Susan Thwaytes walked just over 21 miles on Ullswater Way to raise money for Kidneys for Life. Rory (Lynn's nephew) is on dialysis at Royal Manchester Children's Hospital, he has always been a fighter and at just 4 years old he attends the hospital at least twice a week for treatment. He is awaiting major surgery and in the future will have a kidney transplant. Lynn's son Jude with his brother Seth also held a Bingo/Quiz/raffle and disco at Ullswater Holiday Park at the night and the Fairfield Marine Boat Park also did a fundraiser and in total they have **raised nearly £3k.** Well done to all concerned.

RENAISSANCE LODGE NO 1219

John Slater kindly handed a donation from the Lodge to Professor Paul Brenchley (Chair of the Kidneys for Life Trustees) at the Afternoon Tea this year and we are extremely grateful for their continued support.



BETHANY SHIPLEY

Our thanks to Bethany for taking part in a Colour Dash and selling wristbands and pin badges at school to support KFL **raising over £232** – well done Bethany



EBONY-STAR LUCAS

A big Thank You to dialysis patient, Ebony-Star, who told friends and relatives about her condition and raised monies for Kidneys for Life.



BOOTHSTOWN METHODIST PRIMARY SCHOOL

A massive Thank You to Class 6 at Boothstown Methodist Primary School in Worsley who **raised £ 226 for Kidneys for Life** by holding a table sale at the school. The pupils chose to support Kidneys for Life because one of their classmates, Lewis, sees what his Dad has to cope with on a daily basis as he is a kidney patient who dialyses at home. Thanks Lewis for nominating Kidneys for Life and thanks Class 6 for supporting Lewis.

MEL ROACH – BLACK & GREEN BALL

Our thanks to Mel & Michael Roach and Elizabeth & Francis Rostron for organising the Black & Green Ball on 17th March in aid of Kidneys for Life and two other charities. **KFL received a fantastic £4,000 from the total raised on the night so thanks to everyone.**



ALAN MORRISON'S FUNDRAISING CHALLENGES!

Alan really has had a busy & challenging year. In May he was one of our brave tandem skydive team but this was just the start of his fundraising summer as in July he went on to take part in Tough Mudder along with his brother, Ken. In Alan's words, 'I can't even run 1K properly, never mind 10 miles in mud (along with 20 obstacles, ice and electrocution) and I'm not massively keen on heights, so why am I doing this? I'm doing it because in 2016 my little boy George was born with complications and in the first few days of life his kidneys were only functioning at around 2%. He has battled through and at 15 months old his kidneys are now functioning at around 50%, sadly they've stopped improving and he's been diagnosed with Chronic Kidney Disease and is expected to need a transplant at some stage in his life.



OVER
£2300
RAISED

When that time comes, if a transplant is available and suitable, how long it will last, we do not know, but we pray that one day there will be a cure for this'. Still Alan hadn't finished with his fundraising activities. The company that he works for, Chess ICT, gifted Alan a van which he restored to full van health and has recently sold for £1,000 with all the proceeds going to Kidneys for Life.

DANCE THE DISTANCE WITH KAREN AUSTIN

On maybe the hottest Monday evening of the year 71 ladies descended on Hollingworth Business and Enterprise College ready to take on the challenge of Dance the Distance – a dance class led by the lovely Karen Austin of Topaz Fitness where all the dance steps have been counted so that in the end you will have danced the equivalent of a 5 k run!

It was really a fabulous event which culminated with the lights being dimmed the glow sticks coming out as we danced our way to the finish line! The event was supported by the lovely Nic from Moo Boutique, Milnrow who brought along a rail of gorgeous clothes and accessories and kindly donated 10% of all sales on the evening to Kidneys for Life.



Karen also held a raffle and there was a prize draw to win a Fitbit. It was a truly brilliant evening and we are so grateful that Karen chose to support Kidneys for Life. An astounding £1010 was raised and everyone who took part really had a fabulous evening! **Thank you to all involved.**



HANNAH VOST

Creative fundraising! A really big thank you to Hannah Vost who has made and sold bookmarks to her school friends to raise money for Kidneys for Life. Hannah raised £15 and is pictured here with her grandma Susan Morris who was a dialysis patient at the time and went on to have her transplant in July. Thank you Hannah for raising funds to Kidneys for Life and sincere best wishes to Susan.



RAISING LOLLIE FOR WARRIE

Our first contact with “Raising Lollie for Warrie” was just over two years ago when we received a call from Clare Ledger. Clare explained that she and some friends and family had joined together to raise funds as a tribute to her son James who had died aged 27. James had a liver transplant when he was seven and the medication he took led to kidney failure. He was able to receive his dialysis from home which ensured his final months were spent with those he loved rather than stuck in hospital.

Every year they raised funds for a variety of charities but Clare explained that this year James would have celebrated his 30 birthday they want to raise for a kidney charity in his memory. Clare suffered from poor health and was in a wheelchair so her role was to ring round asking for raffle and auction prizes and donations. A task that she excelled at. The rest of the team...her husband, Paul, daughter Mollie, sister Sarah and brother in law Rick and friends Becky and Rob all helped.

Becky was our prime contact and it was Becky who ordered the collection buckets, bunting, T-shirts, balloons and banners. It was clear they were very busy. They started the fundraising with a BBQ followed by a karaoke night, meat raffle, Manchester Marathon, Auction and finally held a Mulled Wine Stall.

It was only February this year that we met the team in full when they presented KFL with a cheque. **Such a lovely group and they were so pleased because they had raised a record amount of £11,346.43.** In true “Raising Lollie for Warrie” fashion they’d organized a photographer to take our photo and we sat happily in the sunshine outside.

Sadly, within four weeks Clare had passed. She went into hospital with an infection and suffered a heart attack. They must miss Clare terribly but I hope they’re proud of what they achieved as a cracking fundraising team.



LUCY’S TREK FOR LIFE

Later this year Lucy will be taking part in the Grand Canyon Trek for Kidneys for Life. As part of her training and also as a fundraising event for the whole family to be involved in, Lucy organised a trek to the top of Snowdon. 19 families with children and dogs in tow took part in the event on Saturday 12th May which was kindly led by Richard Mason.

Thankfully the weather was kind – nice and sunny at the start then some clouds came in as the day went on but a truly fabulous day and a real achievement to see so many children (& adults!) reach the Snowdon summit.

This event was just one of many events organised by Lucy who really has put 110% in to her fundraising efforts and has helped her to **smash her ambitious total of £10,000 which she set herself as a fundraising for the Grand Canyon trek!**

Congratulations Lucy on a huge fundraising achievement and we look forward to sharing your Grand Canyon story in our next newsletter.

THE ROSSER FAMILY — PATIENT STORY

In July this year Andy and daughter, Abigail, took on the X-Runner Nottingham 10K on what was possibly the hottest day of summer 2018! The photos from the event look amazing and don't really do justice to just how hard the event was to complete especially in the unusually hot summer weather. Andy and Abigail raised a fabulous £660 for Kidneys for Life! Andy's wife, Abigail's mum, Sarah, is a kidney patient and her kidney story is shared with us:

In December 2015 after a period of poor appetite and gradual weight loss but otherwise no obvious illness, a routine GP blood test showed kidney function was just under 15%, this is when the "fun" started. Immediate admission to Stepping Hill hospital confirmed advanced kidney failure so was transferred to Manchester's MRI as soon as a bed was available. Once in the MRI tests confirmed the diagnosis of IgA Nephropathy (also known as Berger's disease, is a kidney disease that occurs when an antibody called immunoglobulin A (IgA) lodges in the kidneys). Attempts to stop the progression with chemotherapy & steroids were unsuccessful and kidney function continued to drop.

In April 2016 Peritoneal Dialysis (PD) was started and very quickly worked well with positive health improvements, now in June 2018 the PD still works well and allows near normal daily life. Despite often 'over doing' things resulting in being very tired, as a family all 4 of us very fortunately generally manage to maintain near normal life, this includes trips & holidays (more of this below) both in the UK and abroad, this is helped greatly by the support of the MRI renal teams.

PD works very well and is generally possible to work PD sessions & normal life around each other, some examples are:

- We periodically go camping, we take either my manual (CAPD) fluids & heater with me, or the "Home Choice" APD (Automated PD) machine & fluids.
- Once with only 6 days' notice, we booked & went skiing in December 2016 to the French Alps over Christmas (many many thanks for the help from the MRI kidney & renal teams completing airline medical paperwork, particularly as it was the last week before Christmas), we took about 50kg of CAPD fluids with us as airline hold luggage.

In Nov 2016 I joined the kidney transplant list. In Jan 18 (at about 4am) we got a phone call calling me into the MRI for possible transplant. The transplant operation was completed late that evening and all went well. Unfortunately 5 days later it was removed again due to a problem which was later confirmed to be a blood clot. Tests confirmed there is no underlying problem so should be able to return onto the transplant list, in the meantime PD continues to work well and near normal life continues.

Although the above makes it sound easy, it was/is a life changer, but the emphasis is "life changer" not "life stopper", it is sometimes hard and tiredness is ever present; but the important lasting thought anyone receiving the thunderbolt diagnosis can keep in mind, is that life does not stop but "it continues with a few changes".

- Andy





CAROLINE WILLIAMS
PATIENT STORY

It was 2006, not too long after my 29th birthday. I had been feeling tired for some time and suffering from frequent headaches, I just put this down to my busy social calendar and too many late nights.

I'd get tired in work before lunchtime even though I'd had a good night's sleep. I remember a friend of mine had a similar issue with tiredness and visited her GP for a blood test, the results showed that she was slightly anaemic and was prescribed a short course of iron tablets.

It crossed my mind that maybe I was the same, I'd never had a blood test so I decided to arrange to have one at my local GP. A week later I arrived

for my appointment and the nurse took my blood, she told me to call in three days for the results.

After two days, I received a phone call at work from my GP, she asked if I could call to the surgery for repeat bloods again that day and explained that my blood results had shown that my kidneys were functioning at only 29% and that the first test could have been inaccurate, this was the reason for repeating it. I felt shocked and worried as I wasn't sure what this meant, the only thing I knew about kidneys at that point was that they cleaned your blood, nothing else.

My bloods were taken again and my GP said she would contact me as soon as the results were back. The next day I received a call from the surgery, it was my GP again sounding even more concerned than the first time, she said that the kidney function test had come back the same and that I needed to go to hospital as soon as possible. I contacted my boyfriend and my family and they met me at my local hospital. We were all worried, anxious and confused as I had never suffered with health problems previously and there was no history of any kidney related problems in the family.

I met with a doctor who told me that I was going to be admitted to a ward so that further tests could be carried out, these included a blood pressure monitor, an ultrasound scan of my kidneys and a kidney biopsy, this would help to establish the cause of my low kidney function. My bloods were taken again and an appointment was made for me to attend the kidney clinic at the hospital the following day.

I saw a kidney specialist who explained that he was very concerned as a 29 year old woman

should not have a kidney function of just 29%, he explained that my blood pressure readings had been consistently high from the last 24 hour monitored readings, he also explained that the ultrasound scan would go ahead that day and that a kidney biopsy would be arranged at Salford Royal Hospital. I felt like my head was spinning with the amount of information that was being given to me, within a few days I'd gone from living a normal life to having it turned upside down.

I had the ultrasound scan but this showed no kidney abnormalities, they were normal size and looked like big white balloons on the ultrasound screen which was normal, this was reassuring for us all but the Dr advised me that there had to be underlying reason as to why my kidney function was so low, and that the biopsy would give them the answer. The Dr explained that the likely reasons would be due to an acute or chronic kidney problem. I was discharged from my local hospital and admitted to Salford renal ward for the biopsy procedure.

The biopsy went ahead and the results came back the following day, it wasn't good news. The results had shown significant scarring damage to my kidneys which was caused by the kidney disease IGA Nephropathy, they also said that it was likely that my blood pressure had been raised for quite some time which had also caused damage to my kidneys. The consultant explained to me that high blood pressure is a side effect of kidney disease along with extreme fatigue. I had no idea my blood pressure was high, however, this was the most probable cause of the headaches I'd been suffering.

I was so upset as I didn't know what this meant, was there a cure? Would medication stop the

disease from damaging my kidneys further? These were the questions I asked the kidney doctors.

My boyfriend, family and I met with one of the specialist kidney doctors at Salford, the answers to my questions were not what we were expecting, they told us that there was no cure for kidney disease and the only thing they could do was slow the progression of the disease down by lowering my blood pressure, they explained that due to my age, my kidneys would not last for the rest of my life and would eventually fail completely, only a kidney transplant could save me. This was absolutely devastating, none of us could make sense of what had just been said, it took days to sink in and was a real upsetting and difficult time for all of us.

In Sep 2006, after my kidney function had deteriorated further down to 15%, I was put onto the transplant list and was about to start attending pre-dialysis clinics at Salford and MRI.

Luckily and thankfully, the need for dialysis didn't come as in Jan 2008 I received the call I was so desperate for, the call was from MRI, informing me that a new kidney had become available. It was such an emotional time as the gift of life had been given to me by a truly amazing human being, a complete stranger who I had never even met, a true hero who had made the selfless decision to help me and others and give me my life back after they had lived theirs.

My transplant went ahead and I was looked after by the wonderful transplant team at MRI. The staff are just superhuman beings and I will never be able to express my gratitude and thankfulness for what they did for me.

Unfortunately, my transplanted kidney failed in Oct 2014, I was placed back on the transplant list and began dialysis training. The training was provided by the amazing renal team at Salford, I chose peritoneal dialysis treatment at home as this helped me to remain independent and for me this was extremely important for my own wellbeing and state of mind, this type of dialysis would also enable me to still work and I wanted to continue with some kind of "normal" daily routine. I began dialysis treatment at the end of Oct 2014.

The dialysis nurses at Salford came to see me at home on a regular basis to provide support and I knew I could contact the team anytime for anything and they would always be there for me, I will always be grateful to the teams at Salford and MRI for everything they have and continue to do for me.

By Apr 2016, I had been on peritoneal dialysis for 18 months and I was really starting to struggle with it, I was having various problems with blood pressure control and the build-up of fluids, the peritoneal tube in my tummy had turned itself around which required surgery to put right and my medication list was growing all the time. I had to reduce my hours at work as I felt like a walking zombie most of the time due to the extreme tiredness that comes with kidney failure. I felt so lucky to have such a loving boyfriend, family and friends that were there to support me through what was a real tough part of my life for all of us. They were all so positive and hopeful which really helped me.

Due to the various problems, the team at Salford and I had an in depth conversation about my future treatment and we decided that haemodialysis would be more effective for me

personally, I therefore underwent fistula surgery at MRI in preparation for it.

In May 2016, days from beginning haemodialysis, I received the call I was again so desperate for, a call to tell me that a new kidney had become available.

My boyfriend, my family and I rushed to the MRI in the hope that I would be lucky and extremely fortunate enough to receive this amazing gift of life which again would make me well again and completely turn my life around.

I am so delighted to say that the transplant did go ahead and was successful. A couple of days after the transplant I started to feel great, all the tiredness had miraculously disappeared and I suddenly felt like I had energy again, my blood results were improving day by day, life felt fantastic again. My kidney function was 3% when I was on dialysis and by the time I'd left hospital, 6 days after my transplant, it was 78% and rising, it was unbelievable.

My precious gift of life is still going strong and this new life given to by a beautiful stranger has enabled me to experience so many wonderful things. I will never, ever forget my two truly, truly amazing donors and their wonderful families for giving me the gift of life, not just once but twice. There are no words that can express my gratitude or how your precious gift changed not just my life but the lives of my loved ones too. I will carry you both in my heart always.

In March this year I married long term boyfriend, my soul mate and my rock, Chris, who has supported me from the start of my kidney disease journey in 2006, there have been some real tough times but we have overcome them by remaining as positive as possible and with the

support of my amazing and loving family and friends, positivity and hope is the key to getting through the tough times.

We try and live life to the full as life really is too short. Kidney failure made me realise that we should live for the moment and not take anything for granted.

I appreciate the small things in life like simply waking up in the morning and feeling well, the sun shining, the birds singing. We should never underestimate the huge and important job our kidneys do to keep us feeling well, they are wonderful organs and should be cherished.

I have been a supporter of the charity Kidneys for Life for as long as I can remember and I make a monthly direct debit donation to the charity. I live in the hope that mine and others' donations and support will help to ensure that valuable research into kidney diseases like mine, transplantation and dialysis equipment will continue and that one day precious and invaluable transplanted Kidneys will be for life and change lives for the better.

I cannot thank the renal teams at Salford and MRI enough for the outstanding care, support and research you have and continue to provide to help kidney patients like me.

Caroline :)



WHAT WE DO WITH YOUR MONEY...



Transplant Surgeons from MRI Travel to Tanzania to Train Local Surgeons; An ISN/ TTS Collaboration between MRI and KCMC supported by Kidneys for Life

Kilimanjaro Christian Medical Centre (KCMC) is a referral centre in the Kilimanjaro region of Northern Tanzania, serving approximately 14 million people. It has an established nephrology unit, with the infrastructure and skills in place to provide the local population with high quality renal care, including; haemodialysis (HD) and peritoneal dialysis (PD) programmes and access to a reliable biochemistry service. It is the only nephrology unit in the Northern Region of Tanzania and is run single-handedly by one Consultant Nephrologist.

An estimated 7% of the local population in Northern Tanzania are in end-stage renal failure (ESRF). The nephrology unit at KCMC sees approximately two new patients a week requiring dialysis. All patients requiring HD are advised to travel 500km to Dar-es-Salaam for arterio-venous fistulae (AVF) formation prior to commencing HD. They often have to wait many months on the waiting list and then incur costs of USD\$100 per procedure,

plus; travel, accommodation and subsistence for themselves and family members who join them on the 1000km journey. In addition, if they suffer with complications related to the fistula they are required to return to Dar-es-Salaam for further corrective surgery, incurring further costs. Often, to avoid these costs and loss of earnings, patients refuse to travel to Dar-es-Salaam and opt instead for a dialysis catheter- a plastic line inserted into one of the veins in the neck through which they can dialyse. HD via these lines is not ideal and can lead to life-threatening complications.

Furthermore, transplant options are limited. Dar-es-Salaam is the only transplant unit in the country and offers a live donor transplant service run by an Indian hospital on a privately funded basis. Once again, the waiting times are long, the procedure is expensive for those without insurance and patients have to travel long distances to access treatment.

As part of the 50th Anniversary commemoration of the Manchester Transplant Unit, a collaboration with formed with KCMC, sponsored by the International Society of Nephrology (ISN) and The Transplant Society (TTS). Given that we are the largest transplant unit in the UK, we have now performed over 6,500 renal transplants and we are one of the largest vascular access units in the country

we felt we could build a successful, mutually beneficial partnership with KCMC.

The first stage of this partnership was to train local surgeons in KCMC to perform vascular access procedures so they are able to create AVF for their patients and therefore avoid them having to travel to Dar-es-Salaam.

In June 2018, supported by Kidneys for Life and the ISN/ TTS grant, three transplant surgeons, Prof. Titus Augustine, Mr. David van Dellen and Mr. Hussein Khambalia travelled to KCMC to undertake a week-long vascular access training camp. This was attended by 45 local medical and para-medical personnel (3 consultant surgeons, 14 trainee-surgeons, 1 consultant nephrologist, 2 trainee-nephrologists, 15 theatre staff and 10 ward and dialysis staff). Over 5 days they did: 4 full-day operating lists; 4 out-patient clinics; 3 teaching sessions; daily ward rounds and performed 22 fistula procedures. Most importantly they trained the local nephrologists and surgeons to assess patients pre- and post- operatively and they trained 3 local surgeons to perform simple, primary AVF. Since their departure, local surgeons have now performed primary AVF independently for the first time outside of Dar-es-Salaam in Tanzania.

The team from MRI also formed a transplant-working group at KCMC with the aim of working towards building a local transplant facility to serve the Northern region of Tanzania. Continued support and training will be provided by The Transplant Unit to the local teams for both vascular access and towards building a transplant unit. In the near future, a reciprocal visit is being planned for the medical teams from KCMC to visit MRI and learn further from our systems and experiences which will be supported by Kidneys for Life. Following this, a further visit by MRI surgeons to KCMC is planned to consolidate the vascular access techniques learnt during the first trip and build upon these skills, enabling the KCMC surgeons to add to their vascular access armamentarium.





PLAYON CELEBRITY GOLF DAY

Paul Walsh, ex- Liverpool, Manchester City and Arsenal footballer, is a friend of Peter Baines from Stockport.

Peter who owns Bank Lane Cars, received a transplant from his brother Steve. Paul, inspired by Peter's attitude towards his health problems, decided to organize a Celebrity Golf Day in aid of Kidneys for Life.

In May the weather was a little unpredictable but on the day it was perfect for a game at Hazel Grove Golf course. Paul got out his little black book to ensure that each of the twenty-six teams of three was accompanied by an ex-sportsman, all donating their time to Kidneys for Life. Non-playing guests included Andrew Cole and Viv Anderson. Sponsors included Playon Pro, JMW solicitors, and Aston Martin (Wilmslow).

The event raised a grand total of £17,787. A great game of golf and a great day. A massive Thank You to everyone involved.

AFTERNOON TEA

When we celebrated the 50th anniversary of the first kidney transplant at MRI guests gasped when they walked into the Ballroom at the Principal Hotel on Oxford Road for Afternoon Tea.

Thanks to our volunteers the room looked amazing. The tables were dressed with tall candelabras all set for the Afternoon Tea and lots of Kidneys for Life purple. The cakes and pastries were delicious and they were followed by an extremely interesting talk by Afshin Tavakoli. Not only did we learn about the history of transplants but also what the future will look like. Very exciting.

Then it was time to look for the patients guests had known for years but maybe not seen since they were on the transplant ward together. Medical staff were looking for patients and patients were looking for medical staff. There were tears, there was laughter and there were lots of hugs.

Iain Milligan, a transplant patient donated a Rado watch for the raffle to celebrate the 25th anniversary of his kidney transplant. Iain currently works in Abu Dhabi and wasn't able to attend but his donation raised £2,500 for Kidneys for Life.

Transplant patient of 23 years, Mr Patel, won the watch and his daughter, Smita, went on to take part in the Kidneys for Life Skydive and raised nearly £400.

Our thanks to Justin Epps who was our videographer on the day and I am sure if you haven't viewed Afshin's talk on the day filmed by Justin it is available on our website under News.

All too soon, it was time to go. Doggie bags were in demand for the leftovers, promises were made to keep in touch and we were asked to do this more often.

The afternoon was delightful and will definitely be repeated in 2020, please look out for details in future editions of Whispers, our website and Facebook page.



EVENTS DIARY

2018



18 Sep 18 RENAL PATIENT SUPPORT GROUP

If you are interested in developing the Renal Patient Support Group you are welcome to join us on Tue, 18 Sep at Pier 8 Lounge Bar, The Lowry, Salford at 12.30 – 2.30pm. If you want to come along please

Email fundraiser@kidneysforlife.org or Tel: 0161 276 6671 and let us know and how many in your party.

7 Oct 18 50 MILE / 50K CYCLE FOR KIDNEYS FOR LIFE

Cycle either 50 miles or 50 kilometres through beautiful countryside going south west from the MRI, eventually cycling along flat Cheshire lanes as we pass through Dunham Massey and Ashley. The 50 mile loop continues through Mobberley and Ollerton before taking the path through the delightful Tatton Park, Bucklow Hill as both routes join again near High Legh before the celebration finish at the MRI.

**Registration fee: £25 –Adults
£20 – 16/17 yrs old**

Minimum Sponsorship: £50

2 Dec 18 SANTA DASH AT MARPLE

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. The Dash is about 2 miles long, mostly downhill and along footpaths – and don't worry if you can't manage a dash! You can run, walk – or even crawl! This event is being organised by Romiley & Marple Lions on behalf of Kidneys for Life

Registration Fee: £10 (includes your santa suit) Minimum Sponsorship: £30 for adults but for children just as much as they can.

11 May 2019 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: £350



EVENTS DIARY

2018



19 May 2019
MANCHESTER 10K, HALF MARATHON AND JUNIOR & MINI RUNS

The Manchester 10k Run is the largest 10k in the UK will take place for the 17th 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

12 to 20 Sep 2019
CHINA TREK

Stretching 6000km in a dotted line across China, the Great Wall was begun in the 5th Century BC. As it snakes across the mountains it conjures up a sense of history which is difficult to grasp until you have had the opportunity to experience it. Our trek is very varied, as we pass through woodland and terraced farmland, and follow the contours of the beautiful hills and mountains in remote areas north of Beijing. We follow old sections of the Great Wall, as well as restored sections with smooth flagstones and lots of steps! This challenge is physically demanding and offers fabulous scenery and a fascinating insight into a rich culture and history.

Registration: £349
Minimum Sponsorship: £2,880

21 & 22 September 2019
HELL VALLEY EXPERIENCE

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

IF YOU ARE INTERESTED IN ANY OF THESE EVENTS

please get in touch or visit our website www.kidneysforlife.org/events

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PAST EVENTS

TANDEM SKYDIVE 2018

Once again for our annual Tandem Skydive we had 11 volunteers who were prepared to jump out of an aircraft to support Kidneys for Life at the beginning of May. The weather was perfect and everyone got to jump early on in the day.

"I still can't believe I did the skydive!! I'm following the Kidneys for Life groups on Twitter and Facebook and saw the pictures from the day!

I'll see you next year for another adventure for Kidneys for Life!" – Smita

Our thanks goes to Jennifer Bird, Stephanie Evans, Charlotte Hall, Matthew Morley, Alan Morrison, Kenneth Morrison-Devine, Hazel Needham, Smita Patel, John Reed, Dean Wanless and Rye Wood.

The Team have raised over £7,300 with more still to come in so a huge thank you from all at Kidneys for Life.



CHALLENGE THE WILD 2018

Our intrepid Wilders set out in April to take part in the first Challenge the Wild event supporting Kidneys for Life. On the first day they hiked up a mountain, scrambled across streams, abseiled 150ft, navigated through a freezing cold cave with water waist high and finished off

scrambling through tunnels. What a challenge and it wasn't over yet! The next challenge was camping overnight and cooking their own food (I am sure they would all like to thank Moni for being Chief Cook). The next day they walked up Levers Waters, abseiled across a waterfall and then rode the waterfall. For two days they were certainly taken outside of their comfort zones and saw a lot of water! We would like to thank the Team who are:

Adele Adetoro, Karen Ainsworth, Emma Cooper, Wyn Gregory, Ruth Holland, Poppy Hughes, Muaaz Khan, Yasmin Miles, Mike Noteyoung, Sharon Powell, Pete Robinson, Abigail Spindler, Rachel White and last but not least Afshin & Moni Tavakoli.

The Team have raised over £5,400 for which everyone at Kidneys for Life are extremely grateful.



MANCHESTER 10K, HALF MARATHON AND JUNIOR & MINI RUNS

I always get excited by the Manchester Run.... I love driving into town seeing the early risers putting the last touches to the miles and miles of heras fencing, the diversion signs going up to clear the roads, the early runners with their numbers already pinned to their chests and the nervous excitement buzzing through the air.

Again this year Kidneys for Life was based in the I-Com office on Portland Street. A fabulous, much appreciated venue right by the start line.

It's always lovely to catch up with old friends and welcome new ones and this year one of the new groups was Team Jared. A group of runners, Pip, Rachel C, Rachel B, Weisy, Kate, Emily, Cara and Carly, some new to running, but all keen to support Kidneys for Life because of Jared.



When Jared arrived it was blatantly obvious why the girls were running. He oozed charisma, he played the crowd perfectly and he made your heart melt.

It's meeting the runners, their families and friends, and hearing their stories that makes the Manchester Run so special and so emotive.

Thanks to everyone who took part and their supporters, to I-Com for trusting me with their office keys, Parfett's Cash & Carry for providing the goodies and the volunteers for making sure everyone was well looked after.

Thanks, Carol

If you would like to join us for any of these events next year please see the KFL Events Diary for further information.

LONDON TO PARIS CYCLISTS TRIUMPHANT IN PARIS!

A truly fabulous group of people took part in the Kidneys for Life London to Paris bike ride – some were experienced cyclists who have done previous cycles for us whilst others were completely new to cycling and fundraising. All took on this challenge of a lifetime and were an absolute credit to themselves and at Kidneys for Life we are so unbelievably proud of every member of our team.

In fact between our team they cycled 5,000 miles – that’s the equivalent of Manchester to Beijing. It was noted by Chapeau who ran the cycle event for us that the distance could have been somewhat less had the wonderful Afshin, Cora and Bessam not taken a couple of accidental detours!

They climbed an astonishing 150,000 feet – that’s the equivalent of climbing Everest 4 times!

They had tears of both emotion and pain. They had punctures – some more than others! They ate well courtesy of the Chapeau catering team.

They saw the White Cliffs of Dover, the battlefields of the Somme and the dramatic war memorial at Thiepval.

They cycled through the worst day of rain in Chapeau’s history on day 2 of the event when travelling from Calais to Arras.

None of this though dampened the spirits of the group when they arrived triumphantly into Paris and around the foot on the Eiffel Tower cheered on by relatives who were so excited to see their loved ones!

Guy Hill, cyclist and dialysis patient, sums up the last day of cycling perfectly:

‘Day 4 - 67 miles Compiègne to Paris - in perfect weather we do the 56 miles to lunch via coffee and cakes at Ognon. Tortilla Lunch on the banks of the Seine, then a processional ride into a very busy Paris along the Seine to the Bagatelle Park in centre of Paris. Then with horns blaring, singing we process to the Arc de Triomphe and onto the Eiffel Tower. 3 celebratory laps in the Eiffel Tower park is followed by champagne and pictures with all the emotion of a long but superb journey that had bonded the group in a unity of determination’

Guy Hill took part in this event on a tandem bike along with his friend Guy Keating. Neale, a friend of Guy H from university days was the third member of the team who stood in for Guy H on the tandem during his dialysis day. Guy H has 3% kidney function and Guy K has 3% eyesight – they call themselves 2 Special Guys – and we all 100% agree with that!

Guy H took part in the event to in his words ‘to try and show patients that choosing to go home to dialyse gives you lots more flexibility in achieving ambitions, whatever they may be.’

The celebration dinner in Paris was a joyful occasion – speeches and awards were given out by David Wright from Chapeau and Afshin Tavakoli thanked everyone on behalf of Kidneys for Life.

The highlight of the evening though was the presentation of the Eiffel Tower ‘medals’ which had been sourced by Guy Hill (the necklaces were in fact shoe laces and should you ever want to know the French for shoe lace Guy is the man to ask!) and were handed over to the winners of awards such as ‘Front Man from Start to finish’ – Mike Picton, ‘Fastest Picton to the top of the hill’ – Stella Picton, ‘Fastest Legs and Squiffiest Hat’ – Karen Ainsworth, ‘Most Punctures’ – Cora Hurdsfield, ‘Chattering the Whole Way’ – Guy K,

‘Most Stylish Cyclist’ – Moni and the award for ‘Le Grand Man at the Back’ – Afshin Tavakoli. It was a night that will be in the memory of all who took part forever.

Nicky, who was brand new to cycling earlier this year and was part our Pippa’s Renal Velo Hero team, summed the event up perfectly **‘It was an amazing week. So many great memories and hope we can all meet up again soon!’** And Vicky who was a late sign up for the cycle ride said **‘It was the most difficult challenge I’ve ever done but I feel like a new woman and am ready for my next challenge. Everyone I met was amazing and I’m so pleased to have met each and every one of you!’**

Sponsorship money is still coming in for the event so the final total will be revealed in our next newsletter but **the team have raised in excess of £24,000.**

Thank you to our cyclists - Afshin, Moni, Mike, Stella, Bessam, Karen, Adele, Ruth, Neale, Nicky, Cora, Matt, Vicky, Guy H and Guy K!



REMEMBERING...

John Buckley

Warren Chapman

Trevor Dempster

Mary Doherty

Mrs B A Duncombe

Bob Firmin

Nicholas Hague

David John Hamnett

Veronica Hamnett

Robert Harrison

Colin Hepworth

Dr Francis Hutchinson

Frederick Knowles Clare

Ledgar

Ying Liu

Dorothy Roberts Keeley

Sampson

Clive Southern

Bernard Stansfield

Robert Lacey Tresadern

Olwyn Walker

CORPORATE SUPPORT

EAST CHESHIRE CHAMBER OF COMMERCE



In April Kidneys for Life's year as the Chamber's Charity of the Year came to an end at the Annual Awards dinner. It was a fabulous night and the members were more than generous outbidding one another at the auction.

The Chamber raised more for Kidneys for Life than any other charity in the past. **The total was £8,775. A massive Thank You to all the members for your support.**



CATAX



Last year Kidneys for Life was very grateful to receive £6,455.50 from tax specialists, Catax, based in Altrincham so we were very excited when they announced Catax was going to support Kidneys for Life for another year. What a lovely surprise! They, too are organizing a Golf Day...it must be the lovely summer. The Catax Golf Day is on Wed, 26 Sep at Dunham Forest Golf Club and I'm looking forward to the BBQ.



CHESTER 41 CLUB

It was England's semi-final game in the World Cup when I arrived at the Mill Hotel to give a talk so I was amazed to walk into a room full of members of Chester 41 Club. I was not surprised to find they'd all arrived early to watch the game before the meeting. **Well done for being so organized and Thank You for your kind donation of £250.**

WE VALUE YOUR SUPPORT

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

**Carol Bonham - 077714 864833
carol.bonham@kidneysforlife.org**



I-COM

Kidneys for Life likes to show appreciation for all their supporters so finding a business that allows us to do that by the bucket load is just amazing. I-Com has allowed Kidneys for Life to utilize their offices for three years now and it makes such a difference to the Manchester Run Team, their families and friends.

Thank You!



PARFETTS

Once again Parfett's Cash & Carry in Stockport has very kindly donated all the refreshments for the Kidneys for Life Manchester Run Teams and their supporters. As it's a very long day, due to the Junior & Mini Runs starting at 9.00 in the morning and the pink wave starting at 3.00pm they were much appreciated by everyone.



WILKINSON STAR

Wilkinson Star announced to their staff they will be supporting Kidneys for Life for two years and hoping to raise £25,000. They launched their campaign by setting up some stocks in the car park, throwing wet sponges and plates of cream at the brave volunteers.

This was followed by a Skydive at Lancaster when 11 even braver volunteers jumped from a height of 11,000 feet. A Golf Day is planned for the 29 August at the Worsley Marriott Course.



To donate: visit kidneysforlife.org

BRITISH TRANSPLANT GAMES 2018

Manchester Adults Team

The Manchester Adults Team enjoyed a fantastic weekend at the Transplant Games in Birmingham and this summer's glorious sunshine actually stayed with us too! With both experienced and new competitors in the team we had 16 Transplant competitors and 1 Live Donor competing in 32 different events across 14 sports and with wonderful encouragement given by our supporters who themselves were able to take part in many social sports on offer. The team achieved a total of 29 medals (8 Gold, 13 Silver and 8 Bronze) over the four days and medals or not each and every competitor is truly 'Winning at Life!'

On the first evening all the teams paraded through Birmingham city centre into the Opening Ceremony, held in the stunning Symphony Hall, where the record for the number of people with transplants in one room was broken with a new Guinness World Record of 723 (still going through the intricate verification process as I write this). The surprise special guest for the evening was the amazing comedian Jasper Carrott OBE, who was hilarious as ever!

The four 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, 6 A-side Football and various Racquet sports. There were also social events for supporters, such as the Football, Golf, Basketball, Netball and the Donor Run.

The Games Village set-up with campus accommodation and the majority of sports being held using Birmingham University sports facilities made for a magnificent atmosphere and enhanced the social and networking aspects of the Games including an outdoor festival with a BBQ and Hog Roast on the Saturday evening of the Donor Run. This was my 18th consecutive British Transplant Games and the hosts at Birmingham University certainly made it one of the best yet. The weekend culminated with a Gala Celebration event held at the International Convention Centre.

Very well done to all our competitors this year:-

Connor Ellis; David Jones; Beth Morris; Guy Hill; Holly Loughton; Judith McEwen; Juliet Lewis; Kelly Chadwick; Khalid Bostan; Mark Smith; Paul Reynolds; Sam Clarke; Scott Mackenzie; Stewart Jones; Zoë Dixon; Wesley Winder and his Dad and Live Donor Philip Winder. Also to Lesley Dunn who could not compete due to injury but still came along to support us, thank you!



On behalf of the whole team I would also like to say a massive thank you to our sponsors this year. To Kidneys for Life for our fabulous new team polo shirts and to Kidney Care UK for funding all the competitor registration fees and helping with our accommodation costs. Your support and generosity made such a difference to the team, helping each and every one of us to take part.

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.

Next year's British Games will be held in Newport, Wales, 25 – 28 July 2019. We very much welcome new team members so if you are interested in taking part please do get in touch with me. I can guarantee you will enjoy the most amazing experience that is the Transplant Games!

The World Transplant Games is to be hosted in the UK, NewcastleGateshead 17 – 24 August 2019.

Zoë Dixon MBE

Manchester Adults Team Manager
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www.transplantsport.org.uk
www.britishtransplantgames.co.uk

BRITISH TRANSPLANT GAMES 2018

We had a good feeling about our host city, Birmingham, for this year's Westfield Health British Transplant Games and we weren't disappointed. 24 families and staff headed down the M6 on a gloriously sunny day to spend 4 days competing at the games and raising awareness of organ donation.

We were greeted at the University campus and given a huge welcome, nothing was too much trouble. It provided the perfect backdrop for our weekend, huge open spaces which lent itself perfectly to our Pizza and Nandos parties and endless games of football which went on late into the evening.

We are so proud of all our team, over 4 days, our brave and amazing children competed in a range of events winning a total of 23 medals. Table tennis, badminton, ball throw, cycling, swimming, long jump, 25m and 50m races & 3K walk all proved very popular. Our 12 – 15 year old football team smashed their league, winning every match and proudly sporting a Gold medal for their efforts. United and City, watch out!

It's not just about the children though, to our delight, our live donor swim relay team and obstacle race team brought home 2 Golds and 1 Silver medal for Mighty Mighty Manchester. Well done to all of you.

On Sunday, our legendary gala dinner demonstrated once again that Manchester knows how to party and we ended a fantastic weekend with a fabulous evening with photo booth to capture all the memories.

A huge thank you to all the staff who volunteer their time to make this a wonderful weekend and a massive thank you to Kidneys for Life for

supporting us year on year, we couldn't do it without you. We'd also like to give a massive thank you to our families for tirelessly fundraising throughout the year. Keep up the good work.

Next year, British Transplant Games, will be in Newport, South Wales. Why not join us, you'll have a great time

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

Team Members: Sam Ainsworth, Mason Bebbington, Millie Burgess – Greenwood, Ella Chadwick, Esme Chester, Laiken Cunliffe, Ember Edge, Jack Green, Eliza Gornall, Riley Greenwood, Reuben Horsfield, Isaac Hulme, Rayyan Idrees, Reuben Jackson, Ruby McKernan, Harry Mortimer, Kim Oosthuizen, Zuleika Riasat, Steph Robinson, Corey Sampson, Alishpa Sikander, Logan Williamson – Edwards and Aurnyn Wood



FUNDRAISING AT SALFORD ROYAL

We've had some great support from staff and patients of Salford Royal and the satellite units.

In March, Renal Dietician at Salford Royal, Maggie Farragher, completed the Manchester Marathon. Also taking part in the Manchester Marathon were Zoe Knight and Stewart Jones. For Stewart Jones it was marathon number 10 - all the more special as this year he also celebrates 10 years since his Dad, who also took part in the Manchester marathon, gave him a kidney. Fiona Humphreys, Renal Support Manager, took on the challenge of the Manchester Half Marathon in May. Well done all of you!

The sporting achievements at Salford Royal don't end with running events...at the end of July, Renal Consultant, Dr Grahame Wood, donned at Kidneys for Life cycle jersey and sang through the hills as he took part in the Salzburg to Vienna cycle ride. He is now looking forward to taking part in the 50 mile circular cycle in October! Thank you for your support Grahame.

Earlier this year we were contacted by Gemma Meehan, who's Grandad, Warren Chapman, had been a dialysis patient at Salford Royal. He very sadly passed away earlier this year and Gemma really wanted to organise an event to remember him. Warren was a keen bowler at the Buchanan Sports & Social Club in Ramsbottom so it seemed fitting to put on a bowling event in his

memory. Gemma worked so hard to put the event together and collected in a huge array of raffle prizes from local businesses. As well as the bowls match and the raffle Gemma had also organised food and football cards along with a mini auction. The event was a great success and raised over £500. Gemma is now planning to do a similar event next year in honour of her lovely Grandad. Thank you to all who attended or supported the event and a really big thank you to Gemma – we know how hard you worked to put the day together!

Patients and staff alike continue to support our volunteer fundraiser, Karen Ainsworth, and her fundraising stall which she holds on alternate Tuesdays in the foyer outside the Renal Department. Pictured here is Lynne who always stops by to say hello and support us – at Easter she was the winner of the Easter Hamper which we hear was a big hit with her grandchildren!

We look forward to sharing more tales of fundraising successes with you from Salford in our next newsletter.



MAKE A DONATION AND HELP MAKE KIDNEYS FOR LIFE A REALITY

Kidneys for Life raises money to enable research into kidney disease, transplantation and dialysis and the Research Teams at the MRI, Salford Royal and the Children's Hospitals have a proud history of being at the forefront of many acclaimed scientific discoveries and internationally celebrated successes. The research work undertaken by the teams 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 Gift Aid to make your donation worth more (see below).

Name

Address

Postcode

Email

Tel

Signature

Date

Please tick an amount below or let us know how much you would like to donate.

 £25 £50

Other amount

Please make cheques payable to Kidneys for Life

 I want to Gift Aid my donation*

We would like to keep you informed from time to time about what we do and how you can support us. Please let us know how you would like us to contact you (tick the relevant boxes)?

By Email

By Phone

By Post

Signature

Date

Your details will only be used by Kidneys for Life, we will never give your information to other organisations. We will keep your details safe and you can change your preferences at any time by contacting our Fundraising Team at fundraiser@kidneysforlife.org or on 0161 276 6671

To donate: text KFLS22 £5 to 70070 or visit kidneysforlife.org

* I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want Kidneys for Life to reclaim tax on the donation above, given on the date shown. I understand that if I pay less income Tax/Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay the difference. I understand the charity will reclaim 25p on every £1 that I have given.