

WHISPERS

kidneysforlife.org

Spring
2020

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...AND MUCH
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**KIDNEYS
FOR LIFE**

HELP MAKE IT HAPPEN

Charity number 505256

CHANGING TIMES

2020, a notable date and a notable year so far. In December we said Farewell and Bon Voyage to **Irene Chambers** who retired to go travelling around the world with her husband Nigel. Until 6 years ago Irene ran Kidneys for Life single-handed and I'm sure many of you became good friends during her time in charge. You can follow Irene's adventures on <https://chambersontour.com/>

Victoria Thomson is now leading Kidneys for Life into the future and is looking forward to the new challenge and we all wish her the very best of luck in the years ahead. Kidneys for Life is in very safe hands!

Professor Paul Brenchley, Chair of Kidneys for Life Trustees and Head of Research at MRI, also retired at the end of 2019 after heading the Renal Research Team and being within the department for over 40 years and, sadly, **Trustee Janet Hegarty** from Salford Royal Hospital resigned due to new work commitments.

A massive Thank You to **Irene, Paul** and **Janet** for their time and commitment to Kidneys for Life over many years.

Going forward – as we must in these changing times - please let me introduce you to the new Trustees:

Firstly, the new Chair is **Afshin Tavakoli**, Consultant Surgeon in Transplantation and Renal Failure Surgery and a long-term supporter of Kidneys for Life. His special interests are in Paediatric Transplantation, Pancreas Transplantation and non-heart beating organ procurement.

Amrit Kaur: Consultant in Paediatric Nephrology and Clinical Lead at the Royal Manchester Children's Hospital whose special interests are dialysis, chronic kidney disease, renal metabolic diseases, cystinosis and transition.

Durga Kanigicherla: Consultant Nephrologist with an interest in Glomerulonephritis and Clinical Transplantation.

Michael Picton: Consultant Renal Physician and Kidneys for Life cyclist. Mike's special interests are in kidney transplantation - in particular antibody incompatible transplantation – and the treatment of post-transplant lymphoproliferative disease and post-transplant infections.

And last, but definitely not least, **Smeeta Sinha**: Smeeta's special interests are in CKD, metabolic stone disease and glomerulonephritis. Her research interests are in renal bone disease and vascular calcification.

Kidneys for Life is very much adapting to these globally challenging times in which we all find ourselves and, although we're not in the hospital at present we are still working hard to raise vital funds.

Our thoughts are with you all, keep safe and please keep in touch.

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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. Without you, we couldn't do all the things that we need to. **Thank you.**

JORDAN BROOKES

Congratulations to Jordan for taking part in the Chester Marathon last October and **raising £287.50 for Kidneys for Life.**

AMJAD SAEED

Our thanks for the continued support from Amjad who has now **raised over £2,000** from his regular annual donations in support of Kidneys for Life



MEL & BRIAN CHALLENGER

Well done to Mel & Brian Challenger who took part in a Tandem Skydive in Sept last year to celebrate Brian's 13th anniversary of his kidney and pancreas transplant. It was a fantastic day and the weather was kind and they raised over £880 so thank you both for jumping out of the airplane for Kidneys for Life..

ANNELIESE PARKES

A massive well done to Anneliese and Louie who took part in the Wilmslow 10k in October 2019. Admittedly, Anneliese did all the hard work as Louie was in a pushchair! **The duo raised a wonderful £652.50 for Kidneys for Life** – they chose to support us as Anneliese's husband, Andy had a transplant in 2018 after spending a year on dialysis and many of his family are also affected by kidney disease.

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HANNAH BESWICK

Hannah took part in the Congleton Half Marathon at the end of last year as her friends signed her up for her first half marathon! Hannah said “My mission is to complete it in one piece. One of my oldest and closest friends who I started primary school with has been suffering with kidney failure for a number of years and after having two transplants, the second kidney has now failed and she is back on dialysis. Considering how poorly my friend is the thing I admire about her the most is her positive attitude and her amazing sense of humour. Jo is my reason for choosing Kidneys for Life as a charity”. **Hannah raised a tremendous £2,310 for which we are extremely grateful.**



ST ANNE'S C OF E RAINBOW RUN

A very big thank you to all the staff and children who took part in the 2019 Rainbow Run at the end of the Summer term. It was a beautiful sunny day for the run and an amazing £389.52 was raised for Kidneys for Life. Well done to all the superstar children and staff who took part!

LADIES TRUE BEAUTY FASHION SHOW

Well done to Carla Hill who runs Ladies True Beauty in Stone and who organised a fashion show in October with all funds being donated to Kidneys for Life. The fashion show was held at the Little Seeds restaurant, also in Stone, and raised £700 for Kidneys for Life. Thanks to Carla and Rich for your support. Details on upcoming fashion shows will be posted on our social media pages – we are really looking forward to attending their next event!



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MANCHESTER HALF MARATHON

Claire took part in the Manchester Half Marathon late last year in support of her friend Annie. Claire said "Last year one of the most amazing women I know, Annie, had the gift of a new Kidney from another amazing friend. It was very hard for all of us to see such a strong and incredible person to go through something so difficult knowing that there wasn't much we could do for her." **Claire raised over £790 which is brilliant** - it was also her first Half Marathon! **Helen Taylor also took on the Manchester Half Marathon challenge and raised an amazing £887.50.** Our thanks to Claire and Helen from all at Kidneys for Life.

GAWSWORTH JESTERS

It was an extremely foggy night in late January when I ventured to meet the Gawsworth Jesters at the Harrington Arms. Not a journey to be recommended in such weather but 12 months prior I'd cancelled due to heavy snow so I didn't want to let them down again.

It was worth it - a really warm welcome awaited me at the Harrington Arms along with a roaring log fire.

Two members of the 40-strong club have family members affected by kidney disease - Carol's on dialysis waiting for a transplant and Debbie's received a transplant.

The Gawsworth Jesters Motorcycling Club also announced they're continuing to support Kidneys for Life as their Charity of the Year for a second term. Many Thanks!



GREAT NORTH RUN TEAM 2019

It was a VERY warm day for the Great North Run 2019.....so a huge well done to all our runners! Between them the team raised almost £2000. Thank you to Ags, Amrit, Charlie, Leanne, Michael, Roger, Andy W & Andy S. Some of the 2019 runners enjoyed it so much that they have already committed to taking part in the 40th anniversary Great North Run in 2020! We do still have a couple of places left for the 2020 event so if you're tempted to take part please do get in touch soon!

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MAGGIE'S HALF MARATHON

Thank you to Maggie Blackburn who signed up to the Wilmsow Half Marathon. As the situation regarding mass participation events in the UK began to change, the half marathon was postponed but Maggie took the decision to do her own half marathon run instead!

Maggie's incredibly generous donors have helped her to raise £1072.50. So, what inspired Maggie to run for Kidneys for Life? It was Maggie's friend and neighbour, Howard. Howard had a kidney transplant in September 2019 and the donor was his friend Peter. Howard and Peter have been friends since they were at nursery school together – over 60 years ago! What an inspirational story and our sincere best wishes to Howard, Peter and Maggie!



**£1072.50
RAISED**

BIRTHDAY CELEBRATIONS!

Thank you to everyone who generously gave money rather than gifts to our lovely supporter Ann Davenport on her 80th birthday. It was then a wonderful surprise to receive another letter from Ann with more donations included – this time they were in celebration of Dianne Gratton's 65th birthday. **Over £1075 was donated in total** and we are very, very grateful to everyone who was so generous with their gifts!

ST CUTHBERT'S HIGH SCHOOL

A massive Thank You to St Cuthbert's RC High School in Rochdale who **raised £411.53** by wearing their Christmas jumpers to school.

Kidney patient Riley Greenwood is a pupil at St. Cuthbert's and Mum, Stacey, works there.

PAMELA DAGNALL

A few months ago Pamela Dagnall received a living donor kidney transplant from her sister after being on CAPD for a year. At the beginning of March Pamela organized an event at the "Institute" at Carrbrook, Stalybridge to raise funds and took two Kidneys for Life buckets to collect loose change. **One week later we were counting their contents - £916.20!!!** A MASSIVE Thank You to Pamela, her family and friends for their kind generosity!

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THE ISHTIAQ FAMILY

Earlier in March Kidneys for Life was asked to cancel the “Simply the Best” Fundraising Dinner at the Mere Golf & Country Club one week before the event in the interest of patient and medics safety. As disappointed as we were after months of organizing the event - we were happy to do so.

However, we weren't working alone and I would like to send a huge message of appreciation to the Ishtiaq family for all their hard work too in supporting Kidneys for Life. The whole family gets pulled in - children, brothers, wives, husbands and anyone who knows them. Their kindness and generosity is incredible. What an inspirational family!

THANK YOU!



THE HILLS WERE ALIVE

They certainly were for Maria and James' Sound of Music Singalong evening which took place at the stunning St Clements Church in Chorlton and raised an amazing £2048.11. Maria and her team of helpers worked so hard to put the event together and in the run up to the evening they made up over 100 goodie bags containing amongst other things - edelweiss, curtain material and party poppers. Those who attended had also been busy - many had crafted their own costumes - we had brown packages tied up with string, doe a deer, curtains transformed into dresses and of course, many, many nuns!!!! There were prizes on offer for the best costume and for the best nun and we all had the most wonderful evening singing along to all the songs from the film! A huge thank you to St Clements Church who did so much to promote the evening and were so welcoming and of course to Maria, James and Margo for all the work in putting the event on!



HANNAH KING – KIDNEYS FOR LIFE LONDON MARATHON RUNNER 2020!

When I read Hannah King's moving e-mail asking whether KFL had any places in the 2020 London Marathon there was no competition for the one and only place we had. She wrote, "Good afternoon,

I'm hoping to apply for your charity space for London 2020. My Nan recently lost her battle against kidney failure after having been on dialysis for 3 years.

My Nan moved from London to Wales when she married my grandad. We used to watch the London Marathon every year as a tradition. I promised her she could watch me run it one day and had 6 fails in the ballot. I promised 2020 was the year but unfortunately she passed last week. The family is devastated.

I want to secure a space for next year no matter what, to run in memory of my Nan and raise money for a cause close to my heart.

Thanks for your time."

Luckily, Hannah has access to the Mount Pleasant Inn – a small family pub in South

Wales run by her Mum - and can fundraise in the office where she works for Admiral Insurance and has been busy organizing a "Guess the weight of the Jelly Beans" competition, a Band Night, a Big Party with Karaoke and a 24-hour static cycle challenge with BBQ to raise funds for Kidneys for Life.

For her birthday she had what will be her Marathon trainers personalized with her Nan's date of birth and then as her training runs scaled up to 18 miles the London Marathon 2020 was postponed!

Far from being disappointed by the postponement Hannah's following her Nan's mantra, "What will be, will be" and is looking forward to having more time to fundraise, summer training and, hopefully, being even fitter.

You can sponsor Hannah by going to her fundraising page:

<http://www.justgiving.com/HannahLondon2020>

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ZUMBA MARPLE SPRING FASHION SHOW FOR KIDNEYS FOR LIFE.

Clothes were provided by SOS Bramhall and we're so happy to announce that the Fashion Show raised over £1000. A huge thank you to all involved and all who attended and/or made donations including all the local businesses who donated wonderful raffle prizes. Thank you SOS Bramhall for the gorgeous clothes and slick backstage organisation which saw the models through 5 outfit changes each!! Their fashion is always a treat and the donation from sales on the evening to Kidneys for Life is very much appreciated.

The 11 Hot models ROCKED the catwalk, again! It just keeps getting better! Thank you for giving up your time and giving it your all.

What a team!

SAVE THE DATE for the Autumn Show - Friday 2nd October!



THANK YOU!

CHESHIRE PROVISION SPORTIVE

Sunday the 6th October 2019 was extremely cold and extremely wet. Roads were flooded so badly that some were closed and I was on my way to support cyclists taking part in the Chapeau ProVision Sportive – a cycle through beautiful Cheshire countryside and Tatton Park where participants could choose between a 60 mile or 60km route.

Starting and finishing at The Old Barn Café and Farm shop on Congleton Road, Marton, near Macclesfield the cyclists set off in two separate waves. Luckily, the rain held off for the duration of the cycle and I could sit inside the Café in the warm enjoying hot teas and coffees!

The cyclists came back very mud-splattered but full of smiles when they tasted the delicious Chapeau bacon butties waiting for them.

Long-time friends Bob Royle and Robert Brayne were taking part because Robert's wife is a kidney patient and Bob had been her GP. Between them they raised £1,562!

Martin Stevens from Gamesley, near Glossop, also took part because his wife is a kidney patient and he raised £ £1,025.25.

This tiny team of three raised over £ 2,500 between them. True Kidneys for Life heroes!

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DR AGS ALTERNATIVE MARATHON 2020!

A really HUGE and special thank you to Dr. Ags Odudu, Consultant in Acute and Kidney Medicine at MRI, for his ongoing support of Kidneys for Life. Ags had been training since May 2019 for the Manchester Marathon which was due to take place in April. In his own words 'I was diligently training for my first marathon that was meant to be take place on 5th April and it was delayed due to the coronavirus epidemic.

The NHS needs me right now even more than usual and it would be difficult to stay in "marathon shape" till October as the training is quite frankly exhausting and perhaps unsustainable currently. For obvious reasons, hospital shifts are getting more frequent and longer. Also, UK charity donations have collapsed due to coronavirus along with the rest of the UK economy so these charities need donations more than ever.

Basically, nothing is guaranteed! So after a rough night's sleep I decided to run an "unofficial" marathon on a canal towpath near my house, 26.2 miles on my own of course! And, I did it! 26.2 miles in 3 hours 27 minutes. My longest run ever and I swear I did not stop even though no one knew I was doing it. Truly an outstanding achievement.

If you're in a position to donate then you can do this by texting KFLS001 – to donate £3 please text 70331 and to donate £10 please text 70191.



THE DUMPS WALK

Every year the Derbyshire Unaffiliated Mountaineering Peregrination Society (DUMPS) organizes an annual pub walk that consists of 15 miles and 15 pubs in and around the beautiful Derbyshire countryside.

The Society plans and prepares a route, starting and finishing at the Amber Hotel in Alfreton and creates individual maps with directions for walkers which can be tried and tested before the event day.

Last August Kidneys for Life was the DUMPS Walk chosen Charity, nominated by Barbara Briddon in memory of her son Lee.

The DUMPS walkers had a wonderful day with a great turnout and beautiful weather and they raised £ 1351.79 for Kidneys for Life.

Thank You for choosing to support Kidneys for Life again

WHAT WE DO WITH YOUR MONEY...



At Kidneys for Life one of our aims is to promote research into the causes of kidney disease in order to make native kidneys last a lifetime and to make dialysis and transplantation as efficient and effective as possible for people who need renal replacement therapy.

Our role is to provide the seed corn funding for new research ideas that can be tested by clinicians and scientists in Manchester. Each year we receive grant applications which are reviewed by our board of Trustees. This helps our local clinicians and scientists to be successful in applying for larger grants from National Funders and importantly our patients are first to benefit from these new studies. We can now hear from Dr James Tollitt on what receiving Kidneys for Life funding has meant to him.

From renal registrar to researcher:
A story of a fledgling renal research career:

I qualified from medical school in 2008 and had difficulty deciding on a career....that was until in 2011. I started a junior medical doctor job on a renal ward in Salford Royal and loved it. The rest as they say is history. In 2020 I was employed as a Consultant Nephrologist in the very same department after 4 years of medical training, 5 years of renal training and 3 ½ years of renal research.

You cannot achieve your goals solo however. Without the mentorship and support of Professor Philip Kalra, Dr Smeeta Sinha and

the funding and support from Kidneys for Life I may still be lost wandering the medial wards of the North West! In early 2016 I worked with GP practice staff developing and educating them on the acute kidney injury (AKI) alert which newly accompanied blood tests when there has been a sudden decline in kidney function.

This work was published and Kidneys for Life supported me to present this work nationally and internationally. This work wet my appetite for improving renal services and renal research. I successfully appointed into a research job under the supervision of Professor Kalra in 2016. I focussed my research on the interaction between the kidney and the brain. Patients with chronic kidney disease have a higher risk of stroke and cognitive/memory impairment. I set about investigating this area in more depth and collaborating with leading national stroke and cognitive researchers. A successful grant application to Kidneys for Life followed and directly or indirectly funded 3 research chapters of my PhD and supported publication and dissemination of this work internationally. This work has set the foundations for further research applications to national research funding bodies. If successful then this money will support future North West renal researchers and research projects.

I want to thank Kidneys for Life and hope to see some of their supporters on a cycle ride soon. Stay safe.

Dr James Tollitt



RACHEL GIBSON PATIENT STORY

I was born with a TOF (Oesophageal Atresia and Tracheo-Oesophageal Fistula) which is a complex rare Congenital Abnormality which affects the Bowel, Reproductive System and the Upper Chest and only occurs in 1 every 3.500 babies. .

I had also developed Renal Hypoplasia (Small Kidneys) and both my kidneys were fused together which are commonly known as horseshoe kidney. I started to get urine tract infections from a young age and was on constant antibiotics and this led me to being diagnosed with Reflux Nephropathy and over time I had to endure numerous operations causing my bladder to become neurogenic which meant it was unable to completely empty of urine causing Hydronephrosis of the kidneys, the only way I was able to pass urine completely was with the aid of an indwelling catheter even so this came with its drawbacks such as site infections.

When I was Nine I went to Great Ormond Street in London to have further bladder surgery (Urethroplasty) as mine was narrowed and had scar tissue. This was a success and I was taught how to Self-Catheterise which gave me the freedom away from having the catheter's in and the annoyance of a urine bag trailing behind me all the time.

As I was growing up I had a very happy childhood - went on family holidays even though I did miss a lot of school due to being in and out of hospital. Which I though was quite cool at the time.

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I had to endure more surgery when I was Seventeen it came to light my bladder wasn't working properly and couldn't empty and was causing damage to my kidneys so I underwent a bladder augmentation (Clamcystoplasty) which basically is piece of Ileum (Small Intestine) to make my bladder bigger it's amazing when you think about it.

But over the years my bladder started to develop a lot more infections and due to the lasting damage my kidneys had already endured from the reflux nephropathy I was told I had CRF stage 3 (Chronic Renal Failure) in 2006 and that I would eventually need a kidney transplant. Being only 26 at the time I didn't fully understand the implications of this.

In 2011 my kidney function did start to decline and I was referred to Consultant Nephrologist at my local hospital and the discussion of transplant was brought up and that transplant workup was put in place. My now husband then came forward to be tested to be a potential donor to me but unfortunately he wasn't which was a blow to us. Then my dad realised he could be a match as he is a Universal Blood Group so he came forward to be tested. It was a lengthy process, during this time I was becoming unwell more getting more fatigued and getting closer to having dialysis. Then we got the news we had all be waiting for my dad was a perfect match for me and we got the date for the Transplant to go ahead in Manchester which was on the 19th Oct 2012 which was performed by Mr Afshin Tavakoli. Everything went really well. I remember being wheeled back to the ward and asking

where my stuff from Primark was and that I could murder a cup of tea. The transplant was producing lots of urine and the next morning I immediately felt different. The colour had come back to my face and I no longer felt tired. The next few days I was getting out of bed and walking about and my dad coming to see me and thinking my dad has just saved my life with an amazing gift and how incredibly lucky I was. I decided to name my Kidney Poirot in honour of my dad. I was able to get on with my life. In 2013 I got married and my dad proudly walked me down the aisle and celebrated with family and friends. I was a bridesmaid for my sister who was married in Cyprus in 2014. I've been on some fantastic holidays with my husband as well.

I have recently just reached my 7th Year of transplant which I celebrated with the gifted organs choir by recording a couple of songs with them they are being released this year. All I can say my life has definitely changed for the better. I was given a second chance by the brave and selfless decision of my dad. I honestly don't know how my life would of planned out I might not even be here today able to share my story with you, one thing is for sure that others are going through this and are not so lucky waiting for that special gift of life and that life is precious and that organ donation can improve lives so much not only for the recipient but for the whole family because it does leave an impact. This is why it's so important to tell your loved one your wishes and sign up to the Organ Donation Register so others can live on.

PETER AND HOWARD'S STORY

As a live Kidney donor to my very good friend Howard, I thought it important to tell our story from the live donors side, hoping to encourage people to think about donating one of their kidneys and help save the life of a loved one either directly or through the Kidney Share Scheme.

Howard and I first met in nursery school in 1958 at the age of four, we became friends straight away, and could often be found playing in the Wendy House when we were supposed to be having our afternoon 'nap time'.

We would meet up in the morning when putting our coats on our pegs, the picture on Howard's peg was a teapot and mine was a dog, we still have a laugh about this and occasionally use them as nicknames.

We have fond memories of being in the school play, both of us having the part of Little Boy Blue. Howard was the lead as he had a talking part on stage and I was in the procession blowing a horn!

We went on to senior school and were put in different classes, but would meet up at break times and play football with a tennis ball.

On leaving school we went our separate ways, me joining the Royal Navy and Howard working in Local Government. I didn't realise

then that a special bond had been made between us.

About 20 years ago I went on to the Friends Reunited website and to my surprise Howard's name came up. We got in touch and Howard seemed just as I remembered, we arranged to meet up with him and his wife Adele. My wife Hazel said 'what if you haven't got anything in common with Howard after all this time?'

There was no need to worry; as soon as we met we all got on like a house on fire. It was as if we'd never been apart. Our friendship rekindled and the four of us continue to see each other regularly.

We knew Howard was starting to feel unwell in 2018, his kidneys were failing. He was making regular trips to the hospital and ultimately had to go on dialysis but we managed to keep our meetings up though he was becoming quite poorly. It would only be after the transplant that we all fully realised just how his kidney problems had been impairing his life.

It was at this point that I decided that I would offer one of my kidneys. I hadn't mentioned it to Hazel until one night we were visiting Howard and Adele at their home. She was absolutely fine with it.

Howard and Adele were in the kitchen preparing a meal; I first mentioned it to Adele when she came back into the room. She said thank you but thought Howard would find it hard to accept my offer, he had told her he could never ask someone to donate a kidney for him. She felt it best to tell Howard when they were on their own

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and give him time for consideration and not to make it an emotional topic for the evening.

Howard phoned me the following day, he was quite moved and after we had a good long chat about it he accepted my offer. The next day I phoned the Renal Unit at the MRI and our kidney journey began...

After many scans and tests over a period of time to ensure both myself and my kidney were in good health we were given a date for transplant.

We arrived the night before the transplant and were placed in separate areas of the ward, very shortly after we were told we needed chest x-rays and asked to go down to the x-ray department. With no real idea of where we were going, the hospital was in evening mode, the corridors quiet, when we did find the department the reception was closed and we knocked on a door to gain access. We both sat there in an otherwise silent hospital awaiting the X-rays while others were sleeping, we couldn't help but think it was a little like being back at Nursery school, whilst others were taking a

nap we were wide awake and pondering the following day.

Whilst in hospital both Howard and I saw several people come in for a transplant. It was often in the middle of the night, sometimes from a long distance, following a phone call to say there was a possible kidney available. Unfortunately some were then sent home because either the kidney wasn't suitable or because they were the reserve and the first person called was to be given the kidney. Inevitably part of the process but must be so hard and distressing, for some it was not the first time it had happened to them.

As a live donor, short of something unexpected, all the checks had been done and having got into hospital Howard and I knew he would get his transplant the following day.

I donated my kidney to Howard on 27th September 2019. Thanks to the great team at the MRI the transplant was a success and both Howard and I are continuing to do well!

EVENTS DIARY



6th September 2020

MANCHESTER 10K, HALF MARATHON AND JUNIOR & MINI RUNS

The Manchester 10k Run is the largest 10k in the UK will take place 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. Just get in touch when you have registered and we will send you a Tshirt or Running Vest and a sponsorship pack.



10 October 2020

TANDEM SKYDIVE

We've already got 18 Kidneys for Life supporters signed up and ready to take part – will you join them on this amazing challenge!

You're balanced on the edge of an open doorway of an aircraft flying at approx. 11,000 feet. Now imagine leaning forward out of that doorway into the beckoning blue sky, diving down through the air as you freefall at over 120mph. 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

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2020



8 November 1.30-4PM **AFTERNOON TEA**

This event was due to take place in March but has been postponed until November. If you already had a ticket for the March event it is valid for the new November date. We are celebrating the Renal Service at Manchester Royal, Salford Royal & Royal Manchester Children's Hospitals by organising an Afternoon Tea on 8 Nov 2020 at stunning The Principal Hotel, Oxford Road, Manchester M60 7HA.

Our 2018 Afternoon Tea was loved by all who attended. It was a wonderful chance to catch up with members of the renal staff as well as other patients.

Ticket Cost: £32.50 - This includes a donation to Kidneys for Life and can be booked via <https://kidneysforlife.org/event/afternoontea2020/>

Email fundraiser@kidneysforlife.org to request a Booking Form

6th Dec **SANTA DASH AT MARPLE**

A brilliant way for all the family to start the Christmas festivities! The fun run starts with a fabulous warm up at midday at the Marple Memorial Park and then all the Santa dashers set off through the streets of Marple. It's a spectacular sight to see! The Dash is about 2 miles long, mostly downhill and along footpaths – and don't worry if you aren't a runner, everyone goes at their own speed – it's not a race!

Registration fee is £10 and includes a santa suit (although we did have a few elves and even a reindeer take part in 2019!), a mince pie and a cup of tea at Dobbies Garden Centre. 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.

Registration Fee: £10 for both Adults & Children (which includes your Santa suit)

Minimum Sponsorship: Adults - £30 and Children – to raise as much as they can.

EVENTS DIARY



NEW DATE! OCTOBER 2021 **VIETNAM TO CAMBODIA CYCLE** **CHALLENGE**

We have taken the decision to postpone our Vietnam to Cambodia cycle ride until October 2021.

Our current team taking part in the 2021 challenge is made up of medics, transplant patients, families of kidney patients and valued supporters. We are all novice cyclists! If you're even slightly tempted to take part in this event of a lifetime then do get in touch for more information. This really is an event you will NOT want to miss!

Explore royal palaces, dazzling green paddy fields and temples on this enchanting cycle challenge across two beautiful countries.

Take in the wealth of experience each has to offer – from the bustling Vietnamese city of Ho Chi Minh to the serene Cambodian temple of Angkor Wat – all whilst raising vital funds for Kidneys for Life.

Registration fee: £399
Minimum Sponsorship: £3,800

**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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THEO'S FUNDRAISING ACHIEVEMENTS

I ran 5k for Bradford parkrun Transplant takeover with my mum, uncle, and aunty because my mum had a kidney transplant and was on dialysis for a long time.

We told everyone what happened and what you could do to help people like my mum by being on the organ donor register.

I also did Junior Warrior 3k with my rugby team to raise money for Kidneys for Life, it was very muddy and someone lost their shoes in the mud!

I am really happy that I managed to raise £1515.10 because the hospital saved my mum.





THE XXII WORLD TRANSPLANT GAMES

**Newcastle Gateshead, UK 17th
– 24th August 2019**

Following on from my previous newsletter article, I can now let you all know how the World Transplant Games went! Nearly 1,400 athletes from 56 countries competed at iconic sporting venues around the North East. They were accompanied by a further 2,000+ supporters.

Team Great Britain and Northern Ireland, with 300 transplant athletes came out on top of the medals table with a truly impressive haul of 207 gold, 152 silver and 128 bronze. Second place with 67 gold, 51 silver and 38 bronze were the team from the USA, with Islamic Republic of Iran 3rd, Canada 4th and South Africa in 5th place.

More importantly the Games highlighted the value of organ donation and the second chance of life that competing athletes had been given. As well as the sporting action, athletes also enjoyed cultural events as part of the Games. A colourful athletes parade took place on the opening day with Newcastle City Centre packed full of national flags and crowds of supporters. During the week, Life Science Centre was the venue for a private celebration of the Games with a variety of interactive cultural activities for all ages to enjoy. After a hard week of competition, the athletes came together to celebrate their achievements at the magical closing ceremony at the Utilita Arena with entertainment provided by the fabulous Bootleg Beatles.

WHISPERS

As well as those participating, over 800 volunteers signed-up and played a crucial role in supporting the Games to help spread the word about organ donation. 'Team 19' volunteers could be seen throughout the region, at registration, hotels and events, helping athletes and their supporters, and generally providing a warm Geordie welcome.

I am delighted to report that the 9 Manchester Adults Team athletes who competed all performed brilliantly to achieve the following results:-

- Bernard Capper: Bronze – Football
- Connor Ellis: Gold – Archery Individual; Bronze – Archery Team
- David Jones: Gold – Squash; Silver – Tennis Doubles; Bronze – Badminton Singles
- Elizabeth Morris: 2 Gold – 4x50m swim medley relay and 4x50m swim freestyle relay; Silver – Virtual Triathlon; 3 Bronze – 400m freestyle; 100m backstroke and 5km Road Race
- Frances Wright: Gold and new WR – 1500m track; Silver – 800m track; Bronze 4x400m track relay
- Kelly Chadwick: 4 Gold - track – 100m (new WR); 200m (new WR), Long Jump (new WR) and 4x100m relay
- Sam Clarke: 4th - Discus; 9th – Petanque Singles; 10th - Ten-Pin Bowling Individual and 6th -Pairs
- Wesley Winder: Gold - Football
- Zoë Dixon MBE: 3 Silver – Cycling 10km Time Trial; 20km Team Time Trial and 30km Road Race.

We would all like to thank both the MRKPA and Kidneys for Life again for their most generous support to help us to represent our country on the world stage to promote awareness, demonstrate the benefits of transplantation and celebrate the Gift of Life!





FRAN'S WTG STORY!

As a young girl Fran was a competitive swimmer, training 7 days a week.

Then she suffered kidney failure in 1978 at the age of 13 but soon had a transplant in 1979. Her donor was a young girl who had been in a fatal accident.

Fran struggled with that concept at first but was determined to live life to the full for her, and boy did she do so!

Fran's first British Transplant Games was the inaugural Games in Portsmouth in 1979 where she won 4 golds in the pool and 1 silver on the track. She was selected for the 1980 World Transplant Games in the USA and won 4 golds for swimming and high jump.

Since then she's completed in 12 BTGs winning a total of 43 golds (majority swimming) 13 silvers and 2 bronzes.

Her WTG record up to 1993 reads 13 gold and 2 silvers and she still holds the record for

the 50m backstroke. Despite being selected for many other WTGs Fran's been unable to attend.

Since then she got into running triathlons and has competed in many events and distances, hence why she is running at Newcastle.

So why come back to the WTG now?

Well it was the 40th ,YES 40th!!!, anniversary of her transplant and the Games took place in Newcastle where her donor (and therefore her kidney) was born so it's a special place for Fran and she believes an apt way to celebrate how lucky she's been and to remember her donor and her donor's family.And Fran remembered her donor in style by winning Gold in the 1500 metres, Silver in the 800 metres and Bronze in the 4x400 metres relay.

What an inspiration!

TEAM TIERNEY

Young Zach Tierney and his family and friends are wonderful supporters of Kidneys for Life and have held numerous fundraising events over recent months starting with a coffee and cake event held at home which raised over £2000.

Raffle prizes were donated from many local businesses and all those who attended were incredibly generous! The fundraising did not stop there though, Maddison who is a friend of Zach's at school bravely had her hair chopped and donated to The Princess Trust with £342 in sponsorship money being raised for Kidneys for Life.

Another of Zach's school friends Leo climbed Snowdon – quite an achievement for an 8 year old which was reflected in his fundraising total of £110. Then it was on to Halloween where the Richards family spookily decorated house brought in visitors from far and wide – donations of £365 were made to Kidneys for Life.

The final fundraising event of the year saw a large team from Zach's school take part in our Santa Dash – a wonderful way to finish 2019! Thank you to all who supported Team Tierney throughout 2019.



WHISPERS



24 HOUR SNOOKER CHALLENGE

Thank you to Kris Hernen who organised and completed a 24 hour snookerathon - definitely not your usual fundraising event!

The Hernen family support Kidneys for Life as their son Reuben had to have a lifesaving kidney transplant at the age of 10.

Reuben was one of the lucky ones as he was able to receive his mum's kidney and 4 years on is doing absolutely great!

The event was a huge success and raised an outstanding £3068.75. Thank you for organizing this brilliant event!

CARDINKY CARDS

Danny Cameron has again designed and printed stunning cards for us – his Christmas range was incredibly popular and we also have some new birthday and general designs. Priced at just £1 each they are an absolute bargain plus all the money comes to Kidneys for Life. Thank you so much for the brilliant cards – and if you would like to order the cards can be ordered via the KFL website.

WHISPERS

STEVE'S VIETNAM CYCLE

18 months after my Kidney Transplant at MRI it was my pleasure to take part in the Vietnam to Cambodia Cycle ride on Nov 2nd 2019. This was one of the best experiences of my life, we left Heathrow and flew to Singapore then a connecting flight to Hanoi some 15 hours of travelling. A coach ride took us to Ho Chi Minh City. After checking into our Hotel we were introduced to our cycles, these were our best friends for the next 8 days !!

So after our first breakfast off we set cycling through the most stunning countryside and villages meandering our way till we eventually reached Chau Doc.

Our next day we took a fast ferry and crossed the border into Cambodia at Phnom Penh. From here we got on our cycles again and

set off through Paddy Fields and more stunning scenery till we reached the end of our challenge at the breath-taking Temple of Angkor Wat.

After booking into our last hotel in Siem Reap our celebration dinner was followed by a trip to Pub Street !! The morning after there were a few sore heads not looking forward to the journey home later that day.

This was by far the best experience and challenge I have taken part in since my transplant, memories that will last a lifetime.

We have our own Kidneys for Life Vietnam to Cambodia Cycle which is now taking place in October 2021. More details can be found on the Events page



IN MEMORY OF LEE BRIDDON

Lee Briddon was born on 15th July 1974 a healthy baby boy; just a few weeks later Lee was rushed to Great Ormond Street where he had emergency treatment to remove one of his kidneys. The remaining kidney functioned but was damaged.

Over the years Lee had to go through many surgical procedures. Aged 24 consultants at Derby Royal decided Lee would need extra help for his kidney in the form of dialysis. Lee decided on APD dialysis. Lee began treatment a few months later, just before he ventured off on one of many lads holidays abroad. Living life to the full and not letting anything get in the way was exactly how Lee chose to live his life. His positive outlook enabled him to manage every card he was dealt in his short but inspirational life.

Lee continued with APD dialysis for the next 14 years. In 2012 his consultant needed to think about changing the form of dialysis he was on. It was decided Lee would move onto haemodialysis. This was another long road with yet more surgical procedures but in true Lee style he took it all in his stride and remained as positive as possible.

Haemodialysis was tough. There was so much information to take on board, needles and some ridiculously tough days where dialysis was impossible. Hospital became Lee's second home, in late 2013 Lee was diagnosed with Encapsulating Peritoneal Sclerosis (EPS). A devastating result of long term dialysis. With this news came Lee's admittance to Manchester Royal Infirmary. He was taken to surgery on many occasions to enable him to have a better quality of life, with a view to complete a kidney transplant at some point in the future. The days were long and extremely tough on Lee, his family and friends. Lee was cared for here and supported in fighting his battle until 7th August 2014.

Lee's family and friends continue to raise funds for Kidneys for Life in memory of Lee. Chesterfield Marathon was completed by Lee's friends in September 2014 and two charity walks have been completed by family and friends. Lee's family are forever grateful to the team at MRI who did everything they could to support Lee and his family between August 2013 and August 2014. With special thanks to Mr Titus Augustine, David van Dellen, Linda and Malcolm, EPS nurses and the rest of the staff who helped take care of Lee.



REMEMBERING...

Cliff Manning

Michael Braid

Jean Brown

Linda Cooper-Hughes

Ernest Chesworth

Enid Leach

Valence Kerrigan Dobbins

Eric Normansell

Debbie Fletcher

Gwynant Selby Roberts

Debbie Fletcher

Iain D McAulay

Alan Gudgeon

Marianne Hall

Michael Harvey

Janine Ross

Pat Young

Eric Jackson

Bridget Mullaney

Dorothy King

Joe Kinsella

Tin Sung Lee

Joan Owen

Margaret Pennington

Philip Grundy

Mary Bailey

Bill Rawlinson

Jacquie Rickards

Audrey Southern

Mr Leonard Tassaker

WHISPERS



HELL VALLEY

In Sept last year, 12 brave people took part in the Hell Valley Challenge, Karen & Max Ainsworth, Afshin & Kian Tavakoli, Milo Ripolles and Rory's Warriors: Lisa Blair, Lynn Dobinson, Joanne O'Dwyer (who celebrated her birthday on the challenge), Alison Pimblett, Lucy Clark, Sarah Knowles & Caroline Miller who took part in support of Rory Blair who last year received a kidney transplant from his Dad.

Lisa commented "We're home from the hardest experience EVER!!! Here's a taste of what we did, for the worst bits we didn't have phones with us as it involved A LOT OF WATER, we've rock climbed, abseiled, jumped off high rocks into freezing cold water, ghyll walked which involved THREE abseils down waterfalls one of

which was the scariest thing in the world, we trekked in torrential rain, and got soaked to the bone! Every muscle hurts! There was no fuel left in the tank whatsoever! But fears were faced head on by everyone, new fears were also made BUT WE DID IT!! A massive thank you to each and every person who sponsored us! There were many, many occasions where we were saying no chance am I doing that, but then we thought of all the money we have raised and the charity all that money is going to and we then got on with it and did it! And without that support I'm not sure we could have done it all! "

Our thanks to you all for taking part in such a challenge and raising over £8,500.

WHISPERS



£3532
RAISED

SANTA DASH

It was a bright sunny winter morning for the Santa Dash 2019 when a record 277 Santas took to the streets of Marple.

The warm up to the day was provided by the brilliant Sarah from Zumba Marple, photos were kindly and brilliantly taken by Jo Jones (Jo Jones Photography) and Afshin Tavakoli was on hand to countdown to the start of the race.

It's always so lovely to see families taking part in the event and this was never more apparent than in 2019 when the three generations of the Whiteley family all took part as a way to celebrate two of the families' birthdays!

£3532 was raised for Kidneys for Life and this would not have been possible without Terry and his team from Romiley, Marple and District Lions Club and the hospitality provided by Dobbie's Garden Centre.

As always it was wonderful to hear the Marple Band playing Christmas Carols at the Garden Centre and of course the train ride on the Dragon Miniature Railway was a big hit for everyone – nothing better than seeing a whole train full of Santas!! The date for 2020 Santa Dash has already been set - Sunday 6th December!!

CORPORATE SUPPORT

WILKINSON STAR

For the second year Kidneys for Life benefitted from the Wilkinson Star Jasic Classic Golf Day which took part in September 2019 at the Marriott Worsley Golf Course.

Although the weather wasn't as stunning as 2018 the day was equally successful.

From breakfast rolls and hot drinks at 10.30 the day was supported by the Marriott Golf Team and after a few words from Professor Phil Kalra, consultant at Salford Royal Hospital and Trustee of Kidneys for Life, and a group photo by the 1st Tee play began from a shotgun start.

As players congregated back in the bar and holes missed and good shots were discussed we were getting ready for the Casino-themed Gala Dinner in the Worsley Suite.

There were plenty of things to try –and watch- apart from the roulette table whilst sipping pre-dinner drinks until compere Andy Ashworth called everyone in to dinner.

The Marriott's catering staff excelled themselves again and between courses we enjoyed the Jasic Chinese dragon dancing among the tables – quite a spectacle! We also heard a video message from Mr Pan Lei, President of Jasic, who was again so generous in donating \$5000 to support the Jasic Classic 2019.

Over desserts and coffee, guests were welcomed by Dr. John Wilkinson OBE, Chair of Wilkinson Star, who announced the company

would continue to support Kidneys for Life and had raised £ 50,000 over the previous twelve months. John was followed by Steve Heavyside, a kidney patient who'd received a transplant from his wife.

In sharp contrast to Steve's emotive story, we were treated to a few words from Dr Kevin Jones, the Guest Speaker. Innovative, fresh comedy from a GP –hilarious!

Equally impressive was the Service Recognition Awards for Wilkinson Star employees. The number of employees receiving awards for over 20 years' service was jaw-dropping and a tribute to the Wilkinson family.

Father and daughter Vocalists, Martin and Faye Gregory were followed by the Auction and Grand Raffle and the Golf Day prize-winners.

It was a packed day and evening and Kidneys for Life sends a HUGE Thank You to Wilkinson Star, Tina and her team, the golfers and everyone who helped to make it such a **fabulous event that raised the magnificent total of £ 18,000. Love to you All!!**



WHISPERS

MIKI MAKE UP

On a wet Sunday evening in mid-December I was invited to a fundraising event hosted by Miki Makeup owner, Kimberley, at Foodwell in Manchester.

Kimberley's Dad, a kidney patient, passed away in 2018 and Kimberley is keen to support kidney families.

Miki Makeup offers make-up services but also offers training courses designed to develop students into successful make-up artists so I was expecting to see lots of beautiful people and I wasn't disappointed! It was an amazing evening – excellent food, great compere, great DJ, a fabulous group of

guests and the most attentive hostess.

Kimberley has an amazing eye for detail – on arrival little purple cupcakes with the Kidneys for Life logo on the top on every table and a photo booth to record those beautiful outfits.

A huge Thank You to Kimberley, her family and generous guests who raised over £1500!



CATAX

Altrincham Tax specialists, Catax, are very kindly continuing their support for Kidneys for Life. This year they have a team who'd planned to take part in the Skydive in May which has now been rescheduled to the 10th October 2020 and an Annual Golf Day in aid of Kidneys for Life that is booked for Tuesday 23rd June.

Catax had also taken a table at the "Simply the Best" Fundraising Dinner which had to be rescheduled earlier this month.

I'm looking forward to catching up with the Catax team as soon as possible to thank them personally for raising over £ 12,000 to date!



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

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.

 £10 £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 online visit www.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.