

WHISPERS

kidneysforlife.org

2022



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...AND MUCH MORE

2022
RUNNING EVENTS
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HELP MAKE IT HAPPEN

Charity number 505256



WE'D JUST LIKE TO SAY...

THANK YOU!

Welcome to our 2022 edition of Whispers.

We've got many stories of amazing fundraising to share with you in this edition. We really hope you enjoy hearing about the wonderful ways in which people have raised money for Kidneys for Life.

In most cases when we receive a donation we usually receive a letter, an email or in some cases a text to let us know about the donation and who it is from.

Sometimes we know that people wish to make a donation and remain anonymous and we respect each individual's wish in this matter. To everyone who donates anonymously – thank you so much for your support. All of us at Kidneys for Life are so grateful for your support.

There are also times where people may make a donation online or directly into our bank account and although we receive the funds, we can't see who the money has come from. If you have donated and haven't heard from us but would like to - please do get in touch – we really do like to say, **thank you!**

So, put your feet up and enjoy reading Whispers!

Keep safe and well and if you've any fundraising or event ideas that you'd like us to explore we'd love to hear from you.

Victoria and Penny

SPRING RAFFLE SUCCESS

Our spring raffle sold more tickets than any raffles that we've held in recent years – it seemed that many people were keen to win the fabulous 2 night stay at Rev Sarah Brewerton's Anglesey cottage.

Our raffle draw took place on Friday 30th April and our lucky winners were as follows:

- John Dutton 1st** – a 2 night stay on Anglesey kindly donated by Rev Sarah Brewerton
- Emma Travis 2nd** – £50 Amazon voucher kindly donated by Cyber Security Partners
- Kate Emery 3rd** – Ted Baker luxury hamper
- J Burnett 4th** – Pamper hamper kindly donated by Jill Ridley
- Mr Schofield 5th** – Single Malt whisky

We have now launched our **2022 Spring raffle** and more tickets are available by phoning **0161 276 6671**. Our star prize in this raffle is a 2 night stay for 2 people on a bed and breakfast basis at the Novotel Manchester Centre – this really generous prize has been donated by the hotel.

At a time when our fundraising income has been so drastically affected, raffles are really providing a vital source of income. We need to ensure we can fund more research projects. If you can sell tickets to friends, family or colleagues we would really appreciate it. And if you have any prizes that you may like to donate for future raffles do get in touch – we'd love to hear from you!



MERE NURSERY

We would like to say a massive thank you to the children and staff at Mere Nursery, Knutsford who **raised an amazing £450** for Kidneys for Life by walking 100 miles in March! The whole nursery took part and there were certainly lots of miles covered over the month! Thank you to Tamsin Gilbert and her son, Fred, who inspired the nursery to take up the challenge as they were completing the Kidneys for Life Fit February event.

DUFFY'S IRISH BAR

A big thank you to the staff and customers at Duffy's Irish Bar in Chorlton who ran two fundraising events in 2021 in memory of one of their friends, Andy Shaw. They **raised £1829** in **Andy's memory**. We were very grateful – especially to Brian, Sean and Peter – for hosting these events and raising money for Kidneys for Life.



£1103.75
RAISED

MARY OWEN

On the 28th February Mary Owen shaved her head in aid of Kidneys for life. When Kidneys for life found out about Marys plans we contacted her to say “thank you” and find out a little more!

“My brother passed away from renal failure some years ago. I have a daughter-in-law who initially had Cystic Fibrosis and had a double lung transplant. Due to the medication to combat rejection, she developed diabetes which has now caused kidney failure. She is now on daily dialysis and is awaiting a kidney transplant. She is only 37.

This is something I want to do for several personal reasons. I cannot ever remember doing anything for charity (apart from a sponsored silence as a kid). So I figured it was about time I did something. I cannot run a marathon, sail round the world or climb a mountain, but I can do this!”
So shave her head she did as both the before and after pictures show – she looks incredible in both. Mary raised an amazing £1103.75 for Kidneys for Life – thank you Mary.



GOLDEN WEDDING GIFTS

Ian and Janet McKernan of Bury celebrated their Golden Wedding Anniversary on 29th May 2021. When Covid rules relaxed a little they were able to have a party for family and friends in August. Guests were asked to make a donation to 'Kidneys for Life' as Ian received a new kidney in November 2018. **Just over £500 was raised**. Their son Ali (aka the fungi guy) also donated money raised from selling his own design of fungi badges to collectors.



MANCHESTER COLLEGE

The 26th of May was a fantastic day for Kidneys for Life as The Manchester College completed an incredible challenge to raise valuable funds for us.

The challenge was to run a 30 km relay to each Manchester College site, picking up and dropping off different runners along the way. Liam Bell led the way and completed all 30 km. During the run he was joined at each campus by various runners.

The run began at Harpurhey Campus in North Manchester around 10am and finished under 3 hours later at Wythenshaw Campus. Along the way the relay team picked up from various other campuses including Nicolls, Shena Simon, St Johns Centre, Fielden and Northenden. The run also included a quick photo stop at the Manchester Royal Infirmary where the Kidneys for Life team are based!

The event was very special and the support that that was shown on the day was amazing, it really was a great atmosphere from start to finish.

Kidneys for Life are so grateful to the whole team who organised this event and of course all the runners and support team who rode alongside Liam all the way on bikes!

In July Our Fundraising Manager Victoria Thomson was presented with a cheque for an **AMAZING £2400.99** at the Shena Simon Campus by Marie Stock, Vice Principal and Tasneem Kausar-Javaid, Head of Student Support.

On behalf of the charity we would like to say a HUGE Thank you for all the thought, time and effort put into the day.



**£2400.99
RAISED**



THE RANDOMERS

Last August one of KFL most loyal supporters Chris Elliot and his band 'The Randomers' hosted a fantastic evening at Wilmslow Rugby Club in aid of Kidneys for Life. Chris plays guitar for the band and it turned into a perfect evening of live music and fun.

Chris and his wife Joanna have been unbelievable supporters of our lovely charity ever since their daughter Natalie was diagnosed with nephronophthisis, an incredibly rare genetic disorder of the kidneys which affects children and causes the kidneys to start to fail from age five onwards. Thankfully Natalie received a kidney from Chris in October 2015 and continues to do well.

The evening raised a fantastic £750!

We'd like to say a huge Kidneys for Life "Thank you" to all the band members and people who came to support the event.

SEPTEMBER CYCLE CHALLENGE

A huge well done to Keith Shute who set himself a challenge to cycle 1000 miles in September. He not only completed the challenge (in fact he hit his target before the end of the month!) but he also **raised an astounding £1073**. Thank you Keith and all who donated to his page.

NICOLA BURNS

On July 31st Nicola Burns took part in a White Collar fight in aid of Kidneys for Life. Nicolas partner Rick had a kidney and pancreas transplant in 2013 after being ill for many years. Since having his transplant he has been 100% fit and healthy and now have their beautiful little boy Richie Jay who is now 4.

Nicola trained so hard for this and it certainly paid off when she won with a TKO in the second round!

Nicola's determination allowed her to raise £1260 for Kidneys for Life which was a fantastic achievement and Nicola has now decided to retire on a high making this fight her last, well done Nicola!

2021 RUNNING EVENTS

Running has always been a popular challenge for our supporters and 2021 saw the return of some major running events which enabled some of our fantastic supporters to run and raise money for KFL.

The main running events began with The Manchester Run on September 26th. Kidneys for Life had a great team take part in The Manchester 10k. We met at the Novotel in Manchester where refreshments were available and coats could be left! The team included Maria Ogunyemi who arrived in a pink tutu and full of joy. She ran the race with friends and family, including Ian Moore who raised £400. Maria is a kidney transplant patient who has supported KFL for many years found time to have a quick chat with BBC weather presenter, Owain Wyn Evans, raised a wonderful £610! Father and son, George and James Renshaw ran the race together, the Renshaw family are valued supporters of KFL and raised an amazing £1367.18!

Team Blair were another loyal group who took part in the 10k. Lisa and her family and friends never fail to surprise us with their dedication to KFL events. Her son, Rory, received a kidney from his dad, Stuart, and we cannot thank the whole family for all they do. Team Blair also took part in the Peel Tower abseil and with the two events raised a massive £2192.21. Marcus Lowe, who works in the renal research labs at the MRI, took part in the race along with his parents, Eleanor and Jonathan. Together they raised £887.50 for KFL. Last, and by no means least, one of our very own doctors from Salford Royal, ran for KFL. Dr Raj Raman raised an impressive £518.75 with all sponsorship going directly to our lovely charity.



On 3rd October the famous London Marathon returned. KFL had managed to secure one charity place for this and after careful consideration Michael Belk was chosen to complete the big race for KFL. Michael's son, Edward, underwent a kidney transplant in March last year and Michael wanted to challenge himself to raise awareness and funds for us. He did a great job on the day and raised a brilliant £2952.



Paul Godfrey also took on the challenge of the London Marathon (just weeks after running in the Great North Run!) He ran a great race on the day and raised £1020!

On the same day The Virtual London Marathon once again took place. This was an event developed in 2020 when due to the pandemic and the London Marathon had to be cancelled. The main difference to the actual marathon is that runners can choose their course and time (within 24hrs) The distance is the same – 26.2 miles but the view is different!

FRANCES TOMLINSON

Frances Thomlinson got in touch with us early last year and said that she had a place for the virtual marathon. Frances wanted to run for KFL as her goddaughter, Eliza, received a kidney from her dad, Mike, in 2015. She set off early in the morning and plotted her course to go by Eliza's house where she was greeted with cheers and refreshments! Frances completed the marathon with a great time and raised a fantastic £2200!

We are also grateful to Dr Rangan Chatterjee who was challenged live on Chris Evans breakfast radio show to take on the London Marathon! Not one to shy away from a challenge, Rangan took part and also chose to raise funds for Kidneys for Life. He raised an incredible £4352.

THANK YOU!



£2200
RAISED

October the 3rd was definitely marathon day as The Chester Marathon was also in full swing.



Tom Latham completed the race in memory of his Mum, Clare. Clare sadly passed away 15 years ago and Tom felt it was a lovely way to mark the anniversary. He chose KFL because he regularly came with his Mum to the renal department at the MRI as she suffered with renal failure. Tom raised £3134.74 in his mum's memory and said the whole experience of the marathon including the preparation and becoming part of the KFL community had been the highlight of his year!



The Manchester Marathon on October 10th came next and a very special couple ran this long race in aid of KFL. Stewart and Karen Jones are keen supporters and Stewart has had one kidney transplant and is now awaiting another. Their story is made even more special because Stewart is a kidney patient and on dialysis. As he is on peritoneal dialysis he is now able to have 1 day off a week so the marathon was the chosen day!

Stewart says; "It was a brilliant day, we ran the whole thing together and I got Karen round in a superb 4.39.58 she did amazing! The last 6 miles were tough for her but she stuck at it and finished brilliantly. I felt good, we crossed the finish line together so our times are identical" They raised an impressive £781.50!

Richard Hemsworth also chose KFL to run for. He was inspired to run for KFL as his friend, Nader had recently become a living donor - Richard saw running the marathon for our great charity a way of also giving something back to support renal patients and donors. Richard was a kind and bashful supporter and managed to raise an impressive £1652.50!

Thank you so much to ALL our 2021 running heroes!

SPINATHON

On Saturday 4th September the Kidneys for Life team joined a three hour spinathon at Gymworks Euxton.

Nikki Oosthuizen is a member of the gym and recommended Kidneys for Life to benefit from this great event. Her daughter, Kim, has had two kidney transplants – the first at the Royal Manchester Children's Hospital and the second at the MRI. At age 20, Kim is doing really well and training to be a nurse.

Bike riders could either do one hour of spin or join all 3 classes. The first class was led by Graham who took us on a journey along the country lanes with a good few hills! The second class was led by Piros and can only be described as demanding dance with a good few press ups on the bike. The final class was led by Kurt who simply kept going and going!! All three instructors took part in the whole spinathon and we are extremely grateful for their time and effort.

After a full morning on the bikes with lots of water drunk, a few tired legs but lots of smiles we left with an incredible £445 donated to Kidneys for Life. Thank you to everyone who took part in this great event.



NOVEMBER RUNNING CHALLENGE

We were delighted to hear that James Wharfe was fundraising for Kidneys for Life and then we were amazed when we heard the challenge he had set. Running 10k every day in November...Congratulations to James who completed this epic challenge and also raised an astounding £1518.

**£1518
RAISED**



WEDDING FAVOURS

We've had some lovely orders in through our KFL online shop recently and special mentions must go to Rebecca and Richard whose wedding date had to be changed four times due to Covid restrictions. When the day finally arrived in October, it really was an emotional day all round as Richard's mum, Barbara Steven, had very sadly passed away as a result of kidney disease in June 2020. The original date for the wedding had been 24th April 2020. In honour of Barbara, the couple gave Kidneys for Life pin badges as wedding favours. We send Rebecca and Richard our very best wishes for a very happy married life together.

We also had an order for a large number of our KFL Santa Decorations – it's unusual for someone to buy so many decorations so a phone call later and we found out the reason why! Wedding favours. We thought this was a great idea and a wonderful way for the guests to always remember the wedding. Nicola and Hayley chose to support Kidneys for Life as they met on the nephro ward at RMCH and are both children's renal nurses.



If you'd like to support the charity and order a large quantity of any of our merchandise please do get in touch.

MID-LIFE CRISIS FUNDRAISING CONCERT

The Oldham based band Mid-Life Crisis played to a sell-out audience at the Playhouse 2 theatre in Shaw on Saturday March 5th and in so doing raised £720 for Kidneys for Life.

Celebrating 20 years since their formation, the group thrilled the crowd on the night playing a string of well known hits from the 1950s right up to the 2000s and afterwards enthused about the fabulous reception afforded them by the audience in the popular Shaw venue.

The band gives their services free of charge to charities or even private parties with a proviso that a donation would be made to a charity of the band's choice. The receipts from the Playhouse 2 show took the overall total raised to over £50,000.

The group consists of Shaw based Bernie Allen and Phil Horrocks on rhythm guitar and keyboards respectively with lead guitarist Alan Humphries from Stalybridge, bass player Mike Turner from Denshaw and drummer Howard Lees from Chadderton with all of the band members sharing the vocals.

Bernie Allen is a member of Royton Road Runners who have nominated Kidneys for Life as their COTY for a second year. The money will be added to their year end total and we are extremely grateful to all the members of Mid Life Crisis and Royton Road Runners for their fundraising work.

Photo credit - Pete Grubb





Earlier last year our lovely and very loyal supporter, John Sutcliffe, got in touch. John supports Kidneys for Life in memory of his good friend Paul Heapy who sadly passed away 11 years ago as a result of Renal failure. Here's John's story:

'24 years ago I suffered a broken leg playing football. It was quite a bad break and needed pins and plates to repair it. Also a bolt through the ankle the bring the heel back into alignment. This put paid to my football career and as I'd reached the age of 29 without being spotted by any major professional team I decided to call it a day and hang my boots up with the surgeon's advice 'Don't break it again because there's nothing left to screw to' ringing in my ears.

JOHN SUTCLIFFE SUPPORTER STORY

Many years later I lost my best friend to kidney failure. Paul fought a long battle over many years, including a failed transplant, but in the end the disease took its toll and he passed away in February 2010.

The staff on the Renal wards at the Manchester Royal Infirmary looked after Paul so well over the years that he was in and out of there. When he passed away I wanted to try and give something back to them in his memory so I did various fund raising events including a sky dive and a few 10k's and half marathon but mostly involving mountain challenges. The National 3 Peaks, the Lake District 10 Peaks and climbing Mount Pico in the Azores helped to raise approx. 24,500 for Kidneys for Life who bought various pieces of equipment that the wards needed and put a small plaque with Paul's name on each of them.

I decided that when I reach 55 next year I am going to fulfil a lifetime's ambition to trek to Everest Base Camp in October 2022. I will be covering the cost of the trip so that all funds raising go directly to Kidneys for Life in Paul's memory.

Unfortunately, earlier this year I went over on my ankle whilst out in the hills and have damaged the already bad ankle to the point where it needs to have another operation to put 2 more bolts into it to fuse the bones together that have been separated by the recent accident. This will require 6 weeks in plaster followed by 6 weeks in a boot followed by physio. I have been told that it will take approximately a year to heal fully.

This has not changed my plans to take on the Everest trip. I see it as another challenge to be overcome. Paul fought his battle for 8 years. That makes 12 months of discomfort seem pitiful in comparison.

Kidneys for Life and the Renal wards at the MRI in particular mean a lot to me and I am happy to do whatever you need me to in order to raise money for what is a brilliant and life changing cause.'

If you're in a position to help, or to raise awareness of John's event we would love to hear from you.

We all wish John all the very best with his recovery and his training for this event and look forward to sharing updates with you in our next edition on Whispers.

John's Just Giving page:
<http://www.justgiving.com/John-Sutcliffe3>



EVENTS DIARY

2022



24th April 2022 TANDEM SKYDIVE

We ran two sell out skydive days in 2021 and this year only have one – Sunday 24th April. There are still spaces so if you're tempted then we recommend that you book sooner rather than later! Our Chair of Trustees, Afshin Tavakoli will be there on the day.

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: £400
<https://kidneysforlife.nuwebgroup.com/events/8378>



6th May 2022 BLACK TIE FUNDRAISING DINNER IN AID OF KIDNEYS FOR LIFE

Join us for our spectacular fundraising dinner which has been organised by the Ishtiaq Family. It really will be an incredibly special event to be a part of. The dinner is taking place on Friday 6th May at The Mere. All funds raised will go to Kidneys for Life.

You'll enjoy a truly outstanding 5 course dinner and then be wowed with a wonderful evening of entertainment. There will also be an auction featuring several money cannot buy prizes.

Tables of 10 are available from £1000. For more details on tables and sponsorship packages please contact Victoria Thomson – victoria.thomson@kidneysforlife.org

We do have some individual tickets available and these are priced at £100.



22nd May 2022 MANCHESTER 10K

After a move to the autumn for 2021 the Manchester 10k is back to its usual May date. It's a run for everyone, from locals to celebrated athletes, whether it's your first 10k or your 50th half marathon. An inclusive celebration of Mancunian running, with music blazing, crowds buzzing, legs pumping and fists bumping. The city comes alive on Great Manchester Run weekend.

Kidneys for Life will support you ALL the way. We will send you a sponsorship pack with all the help and support you need to raise money for our lovely charity.

You can book your place today by visiting <https://www.greatrun.org/events/great-manchester-run> and then please email penny.mcknight@kidneysforlife.org so that we can send out your running vest and let you know all about our KFL base for the day itself.



26th June 2022 AFTERNOON TEA

We do hope that you are able to join us for our postponed Afternoon Tea which is now taking place on Sunday 26th June 2022.

Our 2018 event was a sell out and we have reduced and limited our numbers for this event. Don't delay -book your tickets today!

Individual tickets are priced at £32.50 and tables of 10 are available for £300

Why not get together with your friends and family and come along to celebrate the work of Kidneys for Life?

We can cater for special dietary requirements – just let us know when you book your place – and can also arrange for you to sit with friends – again just make us aware when you book.

So, get your tickets booked and put the date in the diary!

<https://kidneysforlife.nutickets.com/Afternoontea2022>

EVENTS DIARY



24th-29th September 2022 VIENNA TO BUDAPEST CYCLE

Join us and cycle 230 miles through Austria, Slovakia and Hungary on this wonderful cycling tour meandering along the Danube River. From the musical city of Vienna, we take our journey through woodland, farmland, avenues of walnut trees and wide flat landscapes as we pass through the beautiful towns and villages of Europe's most famous waterway before finishing in the fairy tale city of Budapest.

We will be offering two routes for days 2 and 3 – one will be (quite!) gentle whilst the other will be more challenging.

Registration fee: £150
Suggested sponsorship: £1900

Book your place by visiting - <https://kidneysforlife.nuwebgroup.com/events/9886>
Cycle Team KFL can't wait to welcome you on board with this fabulous event!



15th October 2022 FIREWALK 2022

KFL present our hottest challenge to date. Can you take the heat? Join us for our first ever Firewalk which is taking place at The Kilton Inn, Hoo Green, close to Mere. You must be over the age of 9 to take part so it's a great event for all the family!

There's also a Lego challenge available...
<https://kidneysforlife.org/event/kidneys-for-life-firewalk/>

IF YOU ARE INTERESTED IN ANY EVENTS...

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www.kidneysforlife.org/events

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FIT FEBRUARY

As January 2021 dawned the reality of another lockdown came with it. The KFL team began mainly working from home for a second time and we really began to miss our lovely supporters. We decided it would be a perfect time to embrace the virtual world and engage with our very valuable supporters.

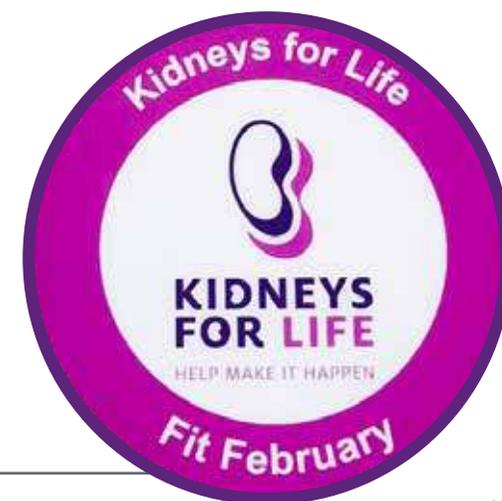
Fitness was becoming a huge goal for so many people during this time. Dogs needed to be walked and kids wanted a parent to run beside the scooter so, with these things in mind along came Fit February! The ultimate goal of Fit February was to walk, run or cycle 50 miles in 28 days.

Within no time people were signing up to Fit February, we were honestly overwhelmed with the support that we were given. Our supporters completely embraced it. We set up a Facebook group and checked in every day with news, progress and pictures. It was such a lovely community and visiting the Facebook group every day soon became a highlight of our day.

One of our lovely supporters summed up Fit February perfectly on the last day of the challenge; "61 miles achieved by walking and scootering, whilst dragging a very unwilling dog along. The weather's been (mostly) glorious and we've had an absolute ball. It's also been a great time to reflect on life. As a transplant parent I often feel like I'm floundering and unable to protect my child from everything life throws at him. This month had made me feel empowered and your support is much appreciated. Well done everyone - bring on the next challenge"

Along with physical and mental wellbeing that Fit February provided our 'Fit Febbers', as they became known, raised an incredible £3544.84!!!

Fit February has certainly found a special place in our hearts and we are very much looking forward to its return!





KFL SUMMER CYCLE

On a lovely Sunny Morning in late June we met at the Old Barn Cycle cafe in Marton to host our very first KFL Summer Cycle. Our supporters never cease to amaze us with their enthusiasm and dedication in taking part in our events!

The 25 mile route was perfectly signposted with full support given by the Chapeau Events Team. All our cyclists set off in separate groups therefore the morning was a hive of activity as the cyclists arrived back, happy and hungry for their bacon butties!

Amongst the cyclists were Mum and Son duo Ali and Jakey who took part using their specialist tandem bike. According to Ali Jakey only felt the love for cycling after his kidney transplant from Ali, she thinks that the love is coming from her kidney! They did so well, Jakey even needed 2 breakfast butties afterwards after all the hard work!

Our Chair of trustees Mr Tavakoli also took part in the cycle along with several other medics who were keen to promote the health benefits to taking part in such a great cycle event. Fresh air, exercise and great company led to a safe and successful event!

The mix of supporters that took part in the Summer Cycle was really lovely to see. It has always been said that the KFL supporters are both friendly and hardworking, the Summer Cycle was a great example of this. **The event raised over £2500, great work for a Sunny Sunday Morning!**



SKYDIVES

Over the last 18 months fundraising has been extremely difficult for Kidneys for Life. Due to wanting to keep our supporters safe and well and following Government guidance we have had to cancel many of our events. Sadly this has had a devastating effect on the amount of research projects we have been able to fund. In April we were filled with joy when we got the news that Black Knights, our sky dive centre, was open once again. By reducing their numbers and abiding by strict guidelines Black Knights were able to offer a fantastic experience for our KFL skydivers. 6 of our wonderful supporters arrived at the centre on April 24th, excited and maybe just a little nervous! All of them were fantastic!

Paul Reynolds, a kidney transplant recipient, took on the challenge and completed it brilliantly. He has also taken part in The Transplant Games in various sports. Tyez Bennet, Olivia Powell and Britney Powell are a group of friends who also took part. Tyez works at the MRI so has now become a familiar face to us. Olivia and Britney wanted to support Kidneys for Life as a young family member is a kidney patient. All 3 raised a great amount by doing the skydive! Dawn Lonergan was another superstar of the day. Dawn is a very valued supporter of KFL, she became involved when her partner John Gannon sadly passed away in July 2020. Dawn was brilliant on the day. Lastly, but by no means least, was Marjorie Spencer. Marjorie has volunteered for KFL at a number of events over the last few years and her wish to complete the skydive finally came true in April.

Marjorie's achievement is made all the more special because she was 80 years old! It has to be said Marjorie absolutely does not look or act 80, she is bright, brave and determined. Marjorie became involved with Kidneys for Life because of her late husband Ernie who sadly passed away in 2015. Marjorie met Ernie aged 19 at The Milk Bar in Levenshulme. Ernie, who was born in the Falklands, was on a reunion with friends that night and rest as they say, is history. They moved over to the Falklands for 5 years together where their first son David was born. After returning to the UK they went on to have two more sons and nine Grandchildren! Aged 32 Ernie was diagnosed with Polycystic Kidney Disease. Little was known about the condition at the time and through their own research and managing his diet and lifestyle Ernie enjoyed a full and active life. Ernie went on to have home dialysis which Marjorie says worked incredibly well for them. He was very involved in the Rotary who, to this day, still send KFL generous donations in his memory. Due to the nature of Polycystic kidneys one of their sons has inherited the condition along with one of their grandsons.

Marjorie's hope is that research will provide even better treatments for them and others in the future which is why she is such a dedicated supporter of Kidneys for Life. **Marjorie's skydive total alone was an incredible £2600!!**

In July we held our second skydive of the year with a further 8 great participants. Gary Holmes and Sarah Grant's took part as Gary's wife, Julie, recently had a kidney transplant (with husband, Gary, donating a kidney through The UK living donor scheme). Gary enjoyed the skydive so much he has got a group of his friends together and the 5 of them are completing the April skydive this year! Stewart Toye, who has had kidney transplant, his step dad, Rob and step sister, Dionne were joined last minute by Stewart's mum, Lisa. Also taking part on our July day were Dawn Kingston and her good friend Jenna Longdon-Waring. Dawn recently donated one of her kidneys through the living donor scheme and happily admits to the procedure bringing out the daredevil in her plus she really wanted to raise valuable funds for us!

Thank you so much to all our 2021 skydivers who raised an incredible £14633.32 for our lovely charity! If you think you would like to take on the challenge in the future please get in touch.



**£14,633.32
RAISED**

PEEL TOWER ABSEIL

On Sunday 17th October a group of 20 fantastic KFL supporters met to complete a 128ft abseil down the side of Peel Tower, Bury. Once we had climbed the hill towards the tower we realised it was not going to be the clear, beautiful day we envisaged! Instead we got a super foggy, wet day which made it difficult to even spot the tower!

We did however find the tower and the abseil commenced! Mountain Monkeys were in charge of the abseil and once our brave supporters were in harnesses and helmets they made their way up the winding staircase to the top of the tower. Two by two they bravely abseiled down the side of the super tall tower. Visibility was poor, there were nerves, laughs, tears and cheers but above all wonderful support for each other.

Our supporters included Corey and Sam who are both young transplant patients. They were absolutely FANTASTIC! The feeling of height was definitely more apparent from the top and to gather the courage to step over the side is an amazing achievement. Once at the bottom of the tower the cheers of support were fantastic, there was such a great feeling of team spirit!

Although the weather was bleak the moods were bright and we cannot thank our Peel Tower abseil team enough. *Between out wonderful team they have raised an incredible £3514.*

Thank you to you all.





2021 MARPLE SANTA DASH

On December 5th 2021 we were delighted to be attending the wonderful Marple Santa Dash. KFL work in partnership with The Romiley and Marple Lions on the Santa Dash and after the cancellation of the 2020 event the excitement that surrounded this event was wonderful.

Numbers had to be capped on the event at 200 and with only pre bookings allowed we were able to ensure that all guidelines could be safely followed. With nearly 180 runners on the day Marple Memorial Park was full of Red Santa figures, warming up with the fantastic @sarahleefitness. Once all warmed up all the Santa Dashers set off down Marple High Street towards Dobbies Garden Centre.

Whether they ran, walked, took dogs or pushed prams, the fun was clear and the sight of all the Santas in the streets of

Marple was a truly joyful thing to see. When the Santa Dashers arrived at the Garden Centre they were rewarded with a mince pie and a drink with a special gift for the children. To make the day even more special the Santa Dashers could take a ride on the Dragon railway train.

KFL have been fortunate to have some loyal Santa Dash supporters. These include **Ethan and Megan who raised £211.82 by asking their school friends for donations. Brian Clarke and his grandson, Ethan, raised an incredible £247 by running the Santa Dash. In total KFL have received £2008 from donations and sponsorship which is amazing.**

What a wonderful start to the festive season and we very much look forward to seeing you this year – Sunday 4th December!

UPDATES FROM KFL

SURGICAL ROBOT

David Keene, who is a Paediatric Surgeon at Manchester Children’s Hospital has been very actively fundraising to raise money for a surgical robot. Robotic technology can make the surgery more precise and allow faster recovery. Currently only adults benefit from this surgery in the North West. With your help we can extend this service to children having reconstructive operations on their bladder or kidneys. The money raised will go towards the extra training and equipment needed over and above what is currently offered. The surgery is expected to have significant patient benefits in terms of recovery (at least 2 days in hospital shorter on average per patient). The precision of surgery is far superior to our current “key-hole” surgery equipment particularly when it comes to the fine suturing required for the more complex reconstructive surgeries.

Some of the children’s Urology Surgeons at Manchester Children’s Hospital showcased this amazing technology to local healthcare professionals and hospital managers in hospital boardroom. The hands-

on experience reinforced the benefits that robotic surgery offers for children in the North West in terms of shorter recovery and less complications.

A small group of secondary school pupils from Bolton School, along with their technology teacher Mr Walker, were invited for a hands-on experience with this innovative technology. Comments from hospital managers included “This is amazing! I can’t believe the difference in precision and control”. School pupils were blown away by how well they could control the robotic arms with only very little training

The 3-D vision and precise wristed movements generated by the robotic controls contrasts with the non wristed movements and lack of depth perception with our current standard laparoscopic instruments and 2-D vision.

If you would like to donate to this project or would like any further information please contact Victoria – Victoria.thomson@kidneysforlife.org



AN UPDATE ON OUR RESEARCH

As many of our regular Whispers readers will be aware, research projects really are at the heart of what Kidneys for Life stands for. Our research grant programme is open to applicants from MFT, SRFT and CMFT. The applications are assessed by our board of Trustees and, depending on the funds available within the charity, the successful applicants receive grants from Kidneys for Life. Our Small Research Grant programme has recently been able to provide funding for 12 small research grants – details of all the projects can be found by visiting:

<https://kidneysforlife.org/our-research/research-projects/>

Funding for these projects is only possible with your generous donations – thank you again for you being such wonderful supporters of Kidneys for Life – together we will make a difference!

Back in June we were delighted to host our first Kidneys for Life supporter Zoom events – an opportunity to showcase some of the past projects that have been funded through Kidneys for Life research grants.

Our panel for the evening was made up of Kidneys for Life trustees – Mr Afshin Tavakoli, Dr Amrit Kaur, Professor Sandip Mitra and Dr Smeeta Sinha and our guest speakers for the evening were Professor Adrian Woolf and Mr Videha Sharma.



Adrian kicked off the evening with his fascinating talk on 'Making new kidneys in the laboratory'; Severe kidney failure affects several million people, worldwide. Kidney transplants are in short supply and average life expectancy on dialysis is less than it would be for a healthy person. It has been envisaged that human stem cell technology will revolutionise our understanding of kidney disease and provide novel therapies for kidney failure. I will show how kidney tissues can be made from human 'pluripotent stem cells' and will then outline the remaining challenges to using these tissues for regenerative medicine therapy. I will also show how stem cells can also be used to create 'kidney diseases in a dish' to understand the biology behind kidney disease with a longer term view of testing new drug therapies.

He described how the initial Kidneys for Life grant provided the funds for the initial research which enabled the project to get off the ground in the first place. As he quite rightly states Kidneys for Life pump priming grants provide the stepping stones for the researcher to be able to access larger pools of funding. After Adrian's talk, Videha then took over the stage with his presentation on Digital health - a clinicians' perspective -Technology is changing, and in many ways enhancing, the way we live our daily lives. Also in healthcare, technology can enable better patient care and improve outcomes. However, to achieve meaningful digital change that is inclusive and achieves

intended benefits we have to take a step back and better understand healthcare challenges before we look for technological solutions. In this talk we will discuss how digital health is not about technology, but about understanding problems, people and behaviour.

After both talks there were questions, from the attendees and also from the panel. In fact, many of those who attended commented on how lovely it was to hear the discussion and questioning that took place between our panel of experts.

The event ran for 1 hour and the recording is available – please do get in touch for details. We plan to run these events on a regular basis going forward to keep an eye on our social media pages for more details.

Keep an eye on our website and social media pages for details of the date and our speakers! Details of all previous grants can be found on our website or if you'd like to discuss any in more detail or discuss funding a specific project, please do get in touch.

SPRINGFIELDS CHARITY TRUST FUND

We would like to say a heartfelt thank you to the **Springfields Charity Trust Fund** who very generously provided **£2081** which enabled Kidneys for Life to provide **5 biofeedback machines**. Biofeedback is a technique used to help children identify and strengthen their pelvic floor muscles; this approach can make dramatic improvements to a child's urinary continence and potentially avoid them needing surgical intervention to become dry. The procedure involves applying small sticky electrode pads to the patient, which pick up muscle contractions; these pads feed back into a computer, where a game is shown on the screen for the patient to interact with. If the patient contracts their pelvic floor, the game will respond accordingly (e.g. the bunny rabbit will climb the hill) and, conversely, if they relax their pelvic floor, the game will show this (e.g. the rabbit will run down the hill).

Jenny Powell, the lead Paediatric Urology nurse explains 'The team would really benefit from some more machines – at the moment the machines are pretty much only offered to Exstrophy patients, because we don't have enough to offer to every child. This inequality makes me uncomfortable and I wish we had enough machines to be able to offer every child one to take home following their first appointment. Even for Exstrophy patients, sometimes the machines are all out on loan so a patient has to wait for several appointments before they can loan one.'

We genuinely seen a difference for the children who use the handheld machines; there have been some children on the verge of having to undergo drastic surgery but have managed to avoid it by doing intensive biofeedback at home! They really are amazing!

Since the purchase of a further 5 machines by the Springfields Charity Trust Fund, we have been able to provide equal opportunity to all the children who attend our Service, offering handhelds to those that we feel would benefit. We are extremely grateful for their support, and we continue to see the positive impact well supported and engaging Biofeedback can have on paediatric continence."

We are incredibly grateful to the Springfields Charity Trust for their financial support.

**£2081
DONATED**



CYCLE JERSEYS!

Look at our brilliant team of cyclists at our recent Summer Cycle ride – we think they look great in our Kidneys for Life cycle jerseys.

Joanna, who is pictured here, said 'We have always talked about having a team top for when we go out cycling on Fridays together - we're so pleased to now have the Kidneys for Life ones'

And what's even better is that tops are made from recycled bottle tops so they are even eco-friendly. They'd make a lovely present for any keen cyclists – to order please visit our website or email fundraiser@kidneysforlife.org

AMAZON

Whilst we know the importance of shopping locally, if you are ordering from Amazon please consider setting Kidneys for Life as your preferred charity.

It's easy to do and then when you shop on Amazon Kidneys for Life will receive a small donation.

So far, we have 135 supporters who have already selected us and it really does make a difference!

Why not spread the word to friends and family – we'd be very grateful!

<https://smile.amazon.co.uk/ch/505256-0>



WATER BOTTLE COMPETITION!

Back in January 2021 we launched our very first Kidneys for Life Water bottle competition!

Thinking about drinking water on a regular basis is such a healthy habit to get into and for some of our kidney patients measuring the amount of water they drink every day is vital so creating a fun and clear water bottle became our mission!

Our fun and exciting competition forms were handed out in clinics, posted out and shared. There were three age group categories, 0-7years, 8-10years and 11-18years. The entries were amazing and as the weeks went by we soon realized that we would need a panel of judges to judge the fantastic designs that were coming in thick and fast! Mr Mohammed Ishtiaq, Mr Richard Cort and Ms Amelia Dickson were our panel of judges. All three judges are very valuable supporters of Kidneys for Life and we were delighted that they agreed to act as judges for our competition! Each judge choose their favourite from each age group and these were sent to our final judge - Danny Cameron who, as well as been a valued supporter of Kidneys for Life, is an illustrator who has designed cards for Kidneys for Life and more recently the fantastic new Kidneys for Life mascot, Our Kid.



The 3 winners from the age groups were;

0-7 - Charlie Cook, age 5

8-10 - Edward Jackson, age 9

11-18 - Sophia Wormald, age 12

With the overall winner being...
Charlie Cook!!!

All of the winners received a craft hamper and Kidneys for Life hoodie and Charlie had the honour of having his design printed on our new KFL water bottles.

Thank you to all the children who entered it was a joy to see all your wonderful designs! Thank you also to our panel of judges who gave us their valuable time to judge the designs we appreciate it very much

We are so happy with the water bottle which are available in purple, blue and red. If you would like to order one don't forget to order yours online at the Kidneys for Life shop: <https://kidneysforlife.org/shop/>

HAPPY RETIREMENT TO CHAPLAIN SARAH BREWERTON

At the end of April, Chaplain Sarah Brewerton retired from her post at MRI after an amazing 29 years of being part of the Spiritual Care team. Sarah's first role at the hospital was at St Mary's in the maternity unit but she then moved to cover Renal services and has been a get strength to so many renal patients and their families over the years.

We have been really privileged at Kidneys for Life to work so closely with Sarah on the Renal Remembrance service. Meetings with Sarah were always a joy and we are already really missing seeing her on a regular basis. Sarah continues to be an independent assessor for live donor assessment so we do hope to be able to have the occasional coffee catch up!

As many of you may already know, Sarah very generously donated our headline raffle prize (a 2 night stay at her cottage at Penmon Point in Anglesey!) in our recent draw. The raffle was really successful and raised over £2000 for Kidneys for Life.

We are so pleased that Sarah will still continue to be an active Kidneys for Life supporter and we look forward to seeing her at future events.

For now though, we wish Sarah and husband Ian, the happiest of retirements.



WHISPERS

IN MEMORY OF JOE HENSHAW, IAIN MILLIGAN & PHILIP RACLE

On 3rd January 2021, **Joe Henshaw** passed away peacefully at home after a long illness, aged 65. Joe was a true gentleman and natural protector of those he loved. He was a humble man with a kind and caring heart. Joe was the Proprietor of Henshaws Waste Management. He was a very kind and generous supporter of Kidneys for Life. He will be very sadly missed by his children, Lisa and Lee, his family, friends, colleagues and the Renal team at MRI.

In October we were all so sad to hear of the passing of **Iain Milligan** who has been such a kind and generous supporter of Kidneys for Life for so many years. It was always such a delight to spend time with Iain and his lovely wife, Mira. The photo shows Iain on the golf course (an auction prize from a Kidneys for Life event) where he had just got a hole in one! He will be sorely missed by his friends at Kidneys for Life and we extend our very sincere condolences to Mira and son Gareth.

Philip Racle, who had been a dialysis patient since 2018, died at home, surrounded by his family on 19.5.21. Philip was very proud to be a Chartered Physiotherapist and was indeed a dedicated clinician. Despite a busy home and work life, Philip spent many hours teaching and lecturing however he always had time for younger physiotherapists looking for support or guidance. Philip was instrumental in the establishment and evolution of OCPMP, the precursor to PhysioFirst, in the early 1970s, and spent some years as president. He was particularly renowned for his manipulative therapy skills, and for his enormous store of physio-related anecdotes! He was a gentle and kind man, who loved his job and his family; he is deeply missed, especially by his wife of over 60 years, Eunice, his 4 children and many friends.

The Racle family made a very generous donation to Kidneys for Life in Philip's memory as they know how incredibly grateful he was for the care he got during his 4 years with CKD. The family also knew how very keen Philip was to support research to make care for kidney patients better. We are truly very grateful to the Racle family for their incredible gift to Kidneys for Life.



JOE HENSHAW



IAIN MILLIGAN



PHILIP RACLE

REMEMBERING...

Collette Collum

Graham Curtis

Phyllis Hambleton

Joe Henshaw

Carly Jackson

Vanessa Lang

Carol Marsh

Iain Milligan

Somabhai Mistry

Stuart McKenzie

Janice Parkes

Sonia Part

Barbara Potter

Vincent Quayle

Philip Racle

Jean Robinson

Bill Scholes

Andy Shaw

Alan Silcock

Harry Gordon Watts

Carole Winstanley

GIFTS IN WILLS

Leaving a gift in your will, or a legacy, to Kidneys for Life will help us to make a difference for the future.

We are a small charity so your gift, no matter how small, will make a big difference to us. It is one of the most important and lasting ways that you can help us.

Leaving a gift, of any size in your will enables us to plan vital research that could have a life changing effect on kidneys patients not just in the North West but globally. Your legacy will go on supporting people far into the future and is therefore a gift beyond your time. You really will be passing on something special to the next generation. Two thirds of us don't have a Will in place, yet it is the only way to ensure your estate goes to the right people.

Please get in touch with Victoria (victoria.thomson@kidneysforlife.org) if you would like advice on the correct wording to include a gift

to Kidneys for Life in your Will. Kidneys for Life is part of Remember A Charity – you can also visit their website:

<https://www.rememberacharity.org.uk/find-a-charity/kidneys-for-life-fundraising-for-mint/for-further-information>.

RENAL REMEMBRANCE SERVICE 2021

Once again the Renal Remembrance service was an online event – the service can be viewed at any time. We hope this will be helpful to those with no religious beliefs as well as those from all faiths.

The link to the service is vimeo.com/mftrenalremembrance

If you would like a copy of the service booklet please do get in touch and we will send copies out to you.

CORPORATE SUPPORT

We have been very blessed that many of our corporate supporters have continued to support us over the past 18 months. Special thanks to **Archers Catering in Altrincham** who have supported Kidneys for Life by having collection tins in the shop for so many years. Archers is now under new management however we are delighted to say that they overall total raised over the years was £11,000! Again by having a collection tin in their shop **K J Green Butchers** in Chorley recently raised a fabulous £122.

Earlier this year Jade from **Wynsors Wythenshawe** got in touch to ask if they could fundraise for us? Of course we were delighted with this news and have since met with Adam (store manager), Stacey and Jade. The store is now selling KFL pin badges, greeting cards and trolley tokens as well as raffle tickets and have so far have raised a fabulous £408.

Another thank you goes to the employees at **Westinghouse** and relates to fundraising activities that took place in 2019. We received 391 from Westinghouse which means that their total raised to date is £6,227.03.



BIRTWISTLES

Birtwistles Food Group have been truly amazing supporters of the Bladder Exstrophy fund and in particular, the Surgical Robot. We were so delighted to meet with Matt Birtwistle and his son, Austin, who along with Elizabeth Watts and Katie McDonna (both from Birtwistles Food Group) to hand over the Birtwistle Food Group cheque for an amazing 12,500! David Keene, Max Cervellione & Tamas Cserni were on hand to receive the cheque and give their personal thanks to the Birtwistle family and the Birtwistle Food Group representatives. £11,000 was raised through a raffle where suppliers, customers and Birtwistles directors donated prizes & a further £1500 was raised through a team of colleagues who ran the Manchester 10k and Half marathon. A very sincere thanks goes to everyone who supported the Birtwistle Charity of the Year 2021.



CORPORATE SUPPORT

CATAX

Last, but very definitely not least, Catax. The support we have seen by Catax and their employees is truly phenomenal. The annual Catax Golf Day was held in August and was a fantastic day from start to finish. We are so grateful and really do appreciate all the hard work that goes into making this day so successful. **The day raised £3145 for Kidneys for Life – a record amount!** Special thanks to all the Catax team, clients and sponsors who attended and were so generous in their donations.

We are also so pleased that Kelly Lowe, Regional Development Director at Catax, took part in the Great North Run for KFL. On her fundraising page, she explains why running for KFL means so much for her: 'I met my best friend in the lunch queue in infant school. I smiled at her and she ran away. Not one to be put off, I followed her, chatting away and she's been stuck with me ever since.

We've experienced lots together over the years- from our first concert (our beloved Spice Girls) to the horrors of muddy festivals and flooded tents. She's always been there for me during life's ups and downs, cheering me up in bad times and cheering me on through life's little wins.

Unfortunately Gemma's life changed forever recently, when she was diagnosed with Kidney failure and after years of being her chirpy sidekick, I suddenly felt powerless, searching for something I could do to help. My company, The Catax Group support the amazing charity Kidneys for Life and I'll be doing the Great North Run on their behalf to raise money for the charity so that they can continue their award-winning research to make a kidney for life a reality.



WE VALUE YOUR SUPPORT

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

Victoria Thomson - 07507 001 829
victoria.thomson@kidneysforlife.org

OUR KID

Danny Cameron, a wonderful illustrator has been amazingly generous this year and created Our Kid, the new Kidneys for Life mascot. We would like to send many thanks to Danny, he really is a kind and generous supporter of kidneys for Life and we are honoured that www.cardinky.com has created Our Kid.

Recently Danny has created a brand new role for Our Kid – Our Kid Santa! As well as being on the front of one of our Christmas cards, we also have sheets of stickers that you can have for any fundraising event your school, club or workplace may be doing for us.

Please get in touch and we'll send over Our Kid stickers to support your very own event (they would also be great for any World Kidney Day events – Thursday 10th March) He will bring fun to any occasion and also remind people why all your events are so important to our little charity as the research continuing is vital.



MARATHON WALKERS

On Sunday 21st November two friends and work colleagues set off on a walk with the total distance of a marathon! Laura Dixon and Steve Travis work together at the Arcades Shopping Centre in Ashton. After witnessing the effect that kidney failure can have on one of their friends' young daughter, the pair decided it was a perfect time to fundraise for our great charity and help others with similar issues.

As soon as the sun came up on the morning of the 21st Laura and Steve began their challenge. They started off in Ashton and walked all the way to Rochdale then turned around and came all the way back again!! Thankfully there were just about enough daylight hours to achieve this massive challenge!

Thanks to the generosity of shoppers, friends and family, Laura and Steve raised an amazing £556.50! As Steve passed the total amount onto us he said;

"We hope this helps in a small way and we were very honoured to do this for the charity"

This money will certainly help our lovely charity and we are very grateful for everything you have both done.



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 Victoria Thomson, Kidneys for Life, Renal Research Labs, Manchester Royal Infirmary, Oxford Road, Manchester, M13 9WL

Don't forget to Gift Aid to make your donation worth more (see below).

Name	<input type="text"/>		
Address	<input type="text"/>		
	Postcode	<input type="text"/>	
Email		Tel	<input type="text"/>
Signature		Date	<input type="text"/>

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.