

OUR KID NEWS

Kidneys for Life Annual Newsletter

2024



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Welcome!

Hello,

Welcome to our 2024 'Our Kid News'

You may notice that we've decided to move away from Whispers for our newsletter title – as 'Our Kid' is so synonymous with the north west region; we feel this new title reflects that we are all about kidneys and the North West of England. Other than the title, the format of the newsletter remains the same.

In this year's newsletter, we reflect on the incredible achievements of our supporters who took on various challenges to raise funds, increase awareness of kidney disease, and promote the importance of organ donation.

We share details on some of the Kidneys for Life fundraising events and give an update on some of our recent research projects – Professor Darren's Green's project on Improving the Accuracy of CKD using postal finger prick measured GFR will certainly interest many.

Additionally, the newsletter provides an update on the success of our teams in both the British and World Transplant Games.

We were delighted to welcome Dr Ajay Dhaygude and Dr Andy Nixon (both Consultants at Royal Preston Hospital) to the KFL Board of Trustees. Both Ajay

and Andy are excited to be working with KFL and Penny and I have already been made to feel so welcome by the staff and patients at Preston. We look forward to many more visits throughout the year!



Dr Ajay Dhaygude



Dr Andy Nixon

We would also like to say thank you to Professor Titus Augustine who, after 10 years of being a KFL Trustee, stepped down from this role in 2023.

Titus has been, and continues to be, such a great advocate for the charity, kidney research and educating the next generation of renal physicians. Along with his family, Titus has been a great fundraiser for KFL – this year will be the 8th anniversary since he, his wife and daughter took on the China Trek. This year we have the Morecambe Bay Walk taking place and we may well see him on this event! For now though, we would like to say thank you Titus for all your support over the years.



Enjoy reading your copy of Our Kid News and if you have articles to include in future editions or could help us with fundraising, please do get in touch.

**Best wishes,
Victoria & Penny**



KIDNEYS FOR LIFE

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CHILDREN FUNDRAISING



LEYLAND METHODIST SCHOOL

Leyland Methodist School kindly invited us to educate the children about Kidney disease, the Children's Transplant Games, and Kidneys for Life. Jared and his family took charge of organizing the visit and thoroughly enjoyed assisting Penny in delivering engaging presentations to both the infant and Junior schools. Jared, a remarkable young boy, underwent a kidney transplant from his father, who also lent a hand to Penny on that day!

We were overjoyed to receive a generous donation of £744 from the school, which was raised through a non-uniform day held on World Kidney Day. World Kidney Day is an annual global campaign that emphasizes the significance of maintaining kidney health and reducing the prevalence and impact of kidney disease and its associated health issues.

We extend our heartfelt gratitude to all the staff and children for the warm welcome we received and for their invaluable contributions towards Kidneys for Life. If you would like to have our team visit your school and create awareness about kidney disease, dialysis, and transplantation, please do not hesitate to contact us.

**£744
RAISED**

ST STEPHEN'S NON-UNIFORM DAY

A huge thank you to Ember who organised for her school - St Stephen's C of E in Kearsley Moor, to hold a non-uniform day in aid of Kidneys for Life.

The children and staff raised an incredible £284 - thank you so much.

RORY'S CRAZY HAIR DAY

We would like to take this opportunity to say a great big "thank you" to Rory and his school - St Anne's CVA Buxton - for organising a crazy hair day and raising £181 for KFL through the event.

Thanks a million to everyone who participated and gave a donation to make the event possible.

TALENT SHOW FUN!

A huge thank you to all at West Lancashire Community High School who raised £335 for KFL by holding a talent show.

Every child took part in this brilliant event which Head Girl, Ella, arranged and planned - with little help! Ella is a transplant patient at the RMCH and very kindly nominated Kidneys for Life to benefit from the day. We are very grateful for all the hard work and enthusiasm that went into the talent show by everyone at the school. Penny enjoyed a wonderful visit to the school to collect the cheque and meet with staff and pupils.

**£335
RAISED**

CHRISTMAS RAFFLE

Thank you to Elaina who has made a very generous donation of £300 to Kidneys for Life. Elaina organised a Christmas raffle with floral table arrangements as the prizes.

The arrangements were stunning and each one was worth around £65 - it's not surprising that the raffle tickets sold so well! The donation was boosted with a donation made in lieu of sending Christmas cards. Victoria met with Elaina & Anya in January at RMCH and was delighted to receive a further donation of £150 made by Elaina's mum.

This donation will be used by the Urology nursing to provide craft and art supplies for children being looked after on Ward 76/77.



KAREN'S LE JOG CYCLE

Regular readers of our newsletter will know that Karen Ainsworth is never the one to shy away from any sporting challenge and in 2023 the challenge was to cycle from Lands' End to John O'Groats....a mere 962 miles & a climb of 55715ft all in just 10 days.... There were definitely some challenges along the way including a nasty wasp sting, a puncture, no phone signal and a couple of falls but nothing to put Karen off finishing the challenge.

Congratulations to Karen for completing this event and for raising £4156. This now brings the total raised by Karen for KFL to over £25,000

Thank you Karen for your relentless support and we look forward to seeing what you've got planned for 2024!



**£4156
RAISED**

THANK YOU DAVE & PAULA

Thank you to Dave and Paula Vaughan who are both such fabulous supporters of Kidneys for Life. During 2023, as well as continuing to support KFL on a monthly basis, Dave also gave a presentation to Styal Fellowship on Accordions/Melodeons and Mouth Organs. Dave suggested that those who attended may like to make a donation to KFL and we were delighted to receive £60. The support did not stop there - Dave is part of a ceilidh band; the band played at a celebration event for the 50th anniversary of The Bethany Church and the Church then went on to make a donation of £50 to KFL.



MARATHON SUCCESS

30th April 2022 was a very special day for Danny Butterworth – transplant day, where in his words he was ‘so fortunate to be able to receive a new kidney and new lease of life from my brother, Ricky.’ Fast forward and less than 1 year later Danny, amazingly, was one of the 48,000 people taking on the TCS London Marathon – cheered on, of course, by his brother.

Danny recorded a fabulous time of 4 hours 1 minute! All the training and hard work certainly paid off, as have all his fundraising achievements as he raised an amazing £3008 for Kidneys for Life plus an additional £2500 for Kidney Research UK – what great contributions to kidney research - thank you Danny, Ricky and all those who donated!

VENICE TO MILAN CYCLE

Last September, friends Anne, Joanna, Nicola and Emma chose to take part in the brilliant challenge of cycling from Milan to Venice. Joanna takes up the story of why and how they managed to complete this epic bike ride.

‘We decided to ride 350km from Milan to Venice in September to raise money for Kidneys for Life. We wanted to do this as a very big thank you to the amazing Transplant Team at Manchester Royal Infirmary that enabled Anne to donate her kidney to her husband Max. We hoped to raise awareness of live kidney donation and its life changing impact.

The challenge was actually harder than we were anticipating with very long days, heat and saddle sores. The very generous

sponsorships from friends, family and work colleagues was definitely good motivation to keep us pedalling though and we were delighted to raise funds for Kidneys for Life.’

This awesome group managed to raise a whopping £5370.30 for our lovely charity; this will be so vital to helping fund important renal research projects!



7,900M CLIMBED

MARCUS & NIK'S EPIC NC500 RAISES £1454!

My name is Marcus and I work in the Transplant Lab at Manchester Royal Infirmary. I am a supporter of Kidneys for Life, and they supported me by funding my PhD. My research project found a number of HLA types that are linked to kidney function (some good, some bad), and this work would not have been possible without the backing of KFL. Thanks to a KFL grant, I was able to access data from UK Biobank which was essential for my project. I published three papers and was awarded my doctorate earlier this year. I aim to continue using the skills gained to investigate factors associated with kidney dysfunction.

In July 2023, my friend Nik and I embarked on an unforgettable eight-day cycling adventure around the north of Scotland, raising money for KFL. Starting on the east coast in Inverness, we headed across the country, up the west coast, along the north coast, and back down through the countryside – 426 miles in total,

with over 7,900m of climbing (90% of the height of Everest!). And we did it all with our clothes, camping gear, food and water packed on the bikes!

Marcus notes that the final day (which was day number 8) saw them heading back to civilisation. ‘There was still plenty of rugged countryside to traverse, but we knew we had made it when we saw traffic lights for the first time in a week. Arriving in Inverness was bittersweet – I was proud of what we had achieved but sad that the journey was over. All that remained was an eight-hour train ride home, where I started planning next year’s trip...’

For a more detailed report on the cycle challenge that Marcus and Nik took on, please visit <https://kidneysforlife.org/marcus-and-niks-nc500-cycle-2023/>

JUNE'S VARIETY SHOW!

We would like to say a big thank you to June Davenport who, along with her family and friends, organised a variety night. It was a wonderful night with, as you'd expect, a variety of acts taking part - singers, musicians and even comedy acts.

There were some opportunities for the audience to participate - words shown on a big screen to for good old singalongs. The fun and laughter made all the hard work worth it June and her family.

Along with her fabulous family and friends, June invited a special friend who she has gotten to know on her renal journey. June began dialysis around 7 years ago and although this was a journey in itself June got to know lots of people along the way including Martin who received his second kidney transplant in April last year. Martin came along to the evening to support June and the charity.



June received a kidney transplant at MRI in 2021 and she is now back under the care of Preston Hospital. She took lots of time to plan and prepare for this special evening – it was a sell-out event and June even had a waiting list for tickets! From baking to collecting raffle prizes June really did work so hard to make the evening a success - we are very grateful for £1570 she has raised for Kidneys for Life.

MANCHESTER HALF MARATHON

Gareth and Damien completed the Manchester half marathon in October and we would like to extend a special thank you to them. The duo raised an incredible £952.38 in memory of their great friend, Dominic Gaffney.

Our sincere appreciation goes out to you both for taking the time to raise funds for Kidneys for Life and for participating in this wonderful event.



PROJECT LINUS UK

It has been a real highlight of 2023 to meet with Helen from Project Linus UK. Helen is the Stockport area coordinator for Project Linus UK and, along with her volunteer sewing ladies, has been very busy making beautiful quilts for us to hand over to staff for distribution to the youngsters on the children's dialysis ward and those who have had a transplant at RMCH. These quilts are simply stunning; the hours of work that must go into creating each one is clear to see – they have definitely brightened up the days of those who have received them!

Thank you so much to Helen & the team.



ERIKA & ANNA'S GREAT NORTH RUN

Very well done to Erika and Anna who took on the Great North Run in unseasonably hot weather.

Erica had set the goal of completing the iconic half marathon in under 2 hours but given the heat, she was so pleased to run in an amazing 2 hours & 7 minutes! Erika chose to run for Kidneys for Life as her son, Albert (whose story was shared in Whispers Spring 2018 - <https://kidneysforlife.org/story/albert/>), had his transplant in 2018, and the family are wonderful supporters of KFL.

Erika & Anna raised money for KFL & Derian House and we were delighted to receive an amazing donation of £740.



BEAR DONATION REMEMBERING BOB LAW

In October, we received a lovely call from Christine Unwin. Christine's dad, Bob Law, had been a dialysis patient at MRI and he sadly passed away in 2017.

Christine has such fond memories of the staff and the care that her dad received that she very kindly offered us two limited edition Charlie Bears – Callisto & Anniversary McKinley – from the Plush Bears collection. These bears are stunning and we know they will raise a lot of money for Kidneys for Life.

Thank you so much Christine for this donation and we look forward to sharing details of how much the bears raise!



KATIE'S YORKSHIRE THREE PEAKS CHALLENGE

Congratulations to Katie who took part in the Yorkshire Three Peaks in April 2023. This challenge involved Katie's walking and climbing 24.5 miles within 12 hours. Katie describes the challenge as the hardest thing that she has ever done – emotionally, physically and mentally but she spurred on with memory of late Grandad, Louis Jones. In Katie's words 'During the last few years of his life, my grandad received weekly dialysis treatment at both North Manchester and the MRI's Renal Units. The care and compassion shown to my grandad over the years was nothing short of amazing'

Thank you to Katie for taking on this challenge and for raising a fabulous £664 for Kidney for Life



**£664
RAISED**

SPRING RAFFLE!

We really did have some amazing prizes in the 2023 Spring raffle – from a beautiful diamond necklace (very kindly donated by our late friend of KFL, Iain Milligan) to truly stunning patchwork quilts made by a very talented supporter (Nina Diaz Burlinson, mum of Renal Research Consultant, Dr Natalia Diaz Burlinson) Special mention also to Novotel Manchester City Centre and Joanne Photography - Pet Photography Studio <https://www.joanne-photography.co.uk/> who were both so generous and donated gift vouchers.

Thank you so much to everyone who bought tickets.

We also had some superstar raffle ticket sellers (Michelle Tierney, Karen Ainsworth, Tameside Dialysis Unit & Salford Renal all deserve a special mention!)

John Dutton was the lucky winner of the diamond necklace – the eagle eyed readers may remember that John also won first prize in our 2020 raffle.....! We wonder if he may make a hat trick by winning again in 2024??

If you are in a position to offer a raffle prize/voucher please do get in touch – it's such a great way to generate





MANCHESTER COLLEGE CAMPUS TO CAMPUS RUN

For the 3rd year running, The Manchester College staff took on another tough challenge. This event, organised by fantastic Kidneys for Life supporter, Tasneem Kausar-Javaid, sees staff from The Manchester College running to six sites affiliated with The College – an incredible 17.5 miles in total.

It all started on a warm, sunny Wednesday morning for Stuart and Matt. They began at 9am at the Wythenshawe campus and ran nearly 10 miles to Harpurhey, picking up five more runners before continuing on to CCM campus. With a few changes to their running team, Stuart and Matt ran to Shena Simon and then City Labs at MRI. Finally, at just after midday, they arrived at Openshaw Campus and were met by a welcoming committee who were more than happy to welcome the exhausted and very warm runners!

The event raised almost £2000 for Kidneys for Life and we can't thank The Manchester College enough for their amazing support.



**£2000
RAISED**

MARJORIE'S GARDEN PARTY

We would like to thank Marjorie Spencer who, along with her wonderful friends and family, held a garden party and cake sale in aid of Kidneys for Life on Sunday 18th June.

Lots of yummy cakes were baked and sold and a lovely time had by all.

Marjorie and her family are fantastic supporters of KFL, her late husband, Ernie, suffered from Polycystic Kidney Disease and our vital research is very close to her heart.

The Garden party raised an amazing £450 - thank you so much Marjorie & crew!

**£450
RAISED**

WEDDING BELLS!

Many congratulations to Steven and Gaynor who tied the knot on a beautifully sunny warm September day. The lovely couple chose to forgo traditional wedding gifts and instead requested charity donations. Their nephew, Daniel, who has a close link to KFL nominated us and we were over the moon to receive a £500 donation.

Thanks to all who generously contributed and we wish Steven and Gaynor happiness and love in their married life.



**£500
DONATION**

BLACKBURN SALVATION ARMY CONCERT

We were delighted to be chosen as the charity to benefit from the July Blackburn Salvation Army Concert. As well as featuring music to suit all tastes – from The Lion King to Beethoven's Ode to Joy - there was also a very special performance from the fabulous Cormac Thompson who many people will recognize from Britain's Got Talent. Eric Millest from the Blackburn Salvation Army spoke live on BBC Radio Lancashire in the run up to the event and this provided a brilliant opportunity for Eric to talk about the upcoming concert and Kidneys for Life. The Concert raised a fabulous £540.

Special thanks go to Paul Atherton who nominated Kidneys for Life, Eric Millest for all the hard work in putting the program together, all those who gave up their time to perform at the Concert and of course who went along on the night to support the evening.

Big thank you as well to Cormac Thompson who not only sang brilliantly on the evening but has since kindly tagged KFL in his social media post which has now received thousands of views and so is nicely spreading the word about Kidneys for Life - <https://www.facebook.com/reel/167849176306944>

**£540
RAISED**

WHITE COLLAR BOXING

Well done and thank you to Harry Godfrey who started university in September and almost immediately signed up to a White Collar Boxing fight! He trained so hard for this event and all the training paid off – he took an astounding win in round 1.

Well done Harry and thank you for raising £400 for Kidneys for Life.

**£400
RAISED**



ROCHDALE MASONIC HALL CHEQUE PRESENTATION

Victoria was delighted to be invited by Stephen Holcroft from The Order of the Secret Monitor Province of East Lancashire to receive a very generous donation of £1000. The cheque presentation took place at the Rochdale Masonic Hall.

It was a great morning and it was great to chat to some of those in attendance for the East Lancashire Provincial Grand Conclave meeting.

The cheque was presented by Provincial Grand Supreme Ruler, Christian Givvons. Also in the photo Deputy Provincial Grand Supreme Ruler, Stephen Holcroft and Provincial Grand Recorder, Paul Joynson.

We are so grateful to receive this donation and special thanks go to all those who supported our nomination.

**£1000
RAISED**

CHRISTMAS CARDS

Thank you to all who bought KFL Christmas cards either directly from the office, our website or from the Combined Charity Christmas Cards shops at Wilmslow and Macclesfield libraries. With the increase in postage costs this year we were uncertain how many cards would be sold – we were delighted to raise £3000.

Also a very big thank you to volunteers, Marjorie and Pat, who helped us to staff the shop when it was the KFL turn to run the Wilmslow library shop and to Maria who helped on the MRI card stall. Do also bear in mind that you can send Kidneys for Life e-cards.

Please visit - www.dontsendmeacard.com/ecards/charities/kidneys-for-life



CORPORATE



STOKERS FUNDRAISING

We would like to thank the team at Stoker of Buxton Optometrists who have done so much to raise the awareness of Chronic Kidney Disease in their local area. The initiative has been driven by optometrist Abigail West's personal journey, as she shares her son Christopher's battle with chronic kidney disease (CKD).

In 2021, Christopher, Abi's 15-year-old son, was diagnosed with CKD. Abi first detected abnormalities on his OCT (Optical Coherence Tomography) scans during an eye test at Stoker of Buxton Optometrists. These abnormalities and the headache symptoms he had been experiencing turned out to be a result of exceptionally high blood pressure which led to Christopher being rushed to Liverpool Children's Hospital where the CKD diagnosis was made.

Since then, Christopher's journey has been challenging, marked by dialysis sessions and several postponed operations. However, a turning point arrived in February when Paul, Chris' father, was able to donate one of his kidneys to Christopher. Both donor and recipient are now on the road to recovery, giving hope to the West family and the entire community.

The West family & staff from Stokers Opticians were really keen to share Christopher's story to highlight the importance of eye tests and, of course, of kidney disease. One of the significant fundraising events was the 9 Edges Walk that took place on Sunday, 6th August.

The team braved a 23-mile hike, traversing from Derwent Edge to Birchen Edge, to raise funds for the cause. In further efforts, on Saturday, 2nd September, Stoker of Buxton Optometrists will host an event offering prosecco and nibbles, providing an opportunity for local community members to engage with the team and learn more about eye examinations, OCT scans, and kidney disease.

An amazing £2045 has been raised through these fundraising events & we would like to thank everyone who got involved!

**£2045
RAISED**



SKYDIVE 2023

A bucket list event if there ever was one! This is such a great challenge for everyone and there was certainly lots of interest and enthusiasm!

The first date was booked for April 22nd with 7 brilliant supporters ready to go. Our brave Sky divers arrived late morning to be briefed and trained for their big event by the great team at Black Knights Parachute Centre, Lancaster. Thankfully the weather played ball and allowed all our lovely supporters to jump on the day. Mike Kewley was first to arrive cheered on by his wife. 17 year old friends, Archie and Hugh were next to arrive and prepare for the jump – their parents were encouraging them all the way! Jess arrived next alongside her boyfriend. She was super excited for what lay ahead. Bradley wasn't far behind, along with Jane and finally Danny Cameron who is of course the designer of KFL famous logo - Our Kid. They were all so supportive of each other and cheered on every minute of the day by their teams of friends and family who came to watch. The parachute jump takes place in a serene and beautiful location just outside Lancaster, providing a breath taking backdrop for the participants. Once all our parachute jumpers were safely down, "absolutely amazing" and "incredible" were just a couple of reactions to the experience.

This group of people really do have a collection of reasons for supporting the work our charity does. One is a transplant patient – yes you can still skydive after a transplant, one is a living donor, 3 have family members who have received kidney transplants, one is watching their Mum live with dialysis 3 times per week and one was simply a friend supporting their friend. The reasons that people choose to complete the KFL Skydive are varied but ultimately it is because they want to raise funds to really help the renal community both now and in the future.

In July, 3 nurses from Salford Royal took on the challenge and choose to jump from 15,000 ft! The weather was a slight concern as the wet summer played havoc with some dates but thankfully, after a short wait Lucy, Deana and Jessica put on their flying suits and took to the sky. They all really enjoyed it and definitely felt that all their fundraising certainly paid off!

The charity skydive not only raised valuable funds for our small kidney charity but also brought immense awareness to our cause. The support and generosity of the participants, as well as their friends and family, was truly wonderful to observe.

Our 2023 skydivers raised an amazing £9000 for Kidneys for Life – thank you so much to all concerned!



MANCHESTER 10K

The Manchester 10K race has become an iconic event that brings together thousands of runners, both experienced and novice, to celebrate their love for running and improve their fitness levels. Revered as one of the most inclusive races in the UK, the Manchester 10K promotes health, community spirit, and unity.

On a beautiful May day, the KFL team gathered at our perfect meeting place near the start line. Team Maria were the first to arrive, full of enthusiasm and raring to go! Maria is a firm supporter of Kidneys for Life and has regularly completed the Manchester 10k. She has had her 2nd kidney transplant for over 15 years and is rightly proud to compete after 2 transplants! James and his sister, Helen, were bright and early, using our hospitality room to warm up and prepare. Lovely Helen, a nurse from the Manchester Children's Hospital checked in and certainly look professional and ready to run! It was a delight to see Team Green next. Heather Green and the whole of her family are hugely appreciated by KFL. Due to her son Jack receiving a kidney transplant, Heather is passionate about raising awareness of renal treatments and developments. Marcus and his Dad, Jonathan, were the last to arrive but first to begin their race. Marcus was certainly proud to be the first member of the KFL team to finish!

One of the most remarkable aspects of the Manchester 10K is inclusivity. Runners from various walks of life, different fitness levels, and diverse backgrounds come together to challenge themselves and support each other. You really can run, walk or crawl and because of the great organisation it honestly doesn't matter. Team KFL are always wonderful and supportive, it really is great event to be part of! The streets are lined with spectators, cheering on the runners every step of the way. The infectious energy from the crowd uplifted the spirits of the participants, creating a sense of unity and motivation.

The KFL team raised an impressive £3000 this year, which is fantastic! We really are delighted to be able to offer 20 charity places this year, which we are very excited about. So if you are tempted please get in touch and join Team Manchester 10k 2024.



RYAN GOLF DAY 2023

We love working with the team at Ryan (Catax was acquired by Ryan in 2022) and this year it was a pleasure to meet Becky and Neil, who work in marketing at Ryan and were really keen to hear all about Kidneys for Life and what we do. The Golf Day was once again held at The Mere and although we didn't have clear blue skies this year, most of the torrential rain held off until the latter part of the day. Whatever the weather brought, the golfers remained in high spirits throughout.

It was great to see many familiar faces amongst the golfers and we are so grateful for all the money they donated on the day. It was an added bonus that during the presentations, Mark Tighe and Chris Stanley, did an amazing job of auctioning off some of the golf prizes that had been won by Ryan employees!

HC Memorabilia attended and several items were sold on their silent auction with donations generously being made to KFL.

We would like to say a very sincere thank you to all at Ryan who worked so hard to put the day together and ensure it all ran so smoothly.

Thanks to the generosity of all who contribute a superb £1535 was raised on the day.

**£1535
RAISED**



LYMM TRUCKWASH

In October, Penny had the privilege of picking up a very heavy collection bucket of donations from a wonderful and loyal supporter Jo McDonald who very kindly recommended that the lovely staff at Lymm Truckwash fundraise for Kidneys for Life.

We cannot thank the team at Lymm Truckwash enough. They raised money for us at Truckfest Scotland and Cheshire - raising a whopping £613.31

This money will help fund the vital research needed for renal care to improve. If you know any companies that may be able to help support our work, we'd love to hear from you.

**£613.31
RAISED**



ASPECT SCIENTIFIC

In 2023 we were delighted when we heard we had been selected to be Aspect Scientific's very first charity of the year! Employees had been able to select their preferred charity, all were entered into a draw and we were the lucky winners. A Snowdon trek, Christmas Jumper day, an office snack station and the sale of surplus office furniture has equated to a brilliant donation of £720.53.

Thank you for the nomination and to all at Aspect Scientific for the amazing support.

**£720.53
RAISED**

LOMAS DISTRIBUTION

Thank you all who were involved in fundraising at Lomas Distribution. The office staff took part in walk to work days. On these days, the staff met at a designated point and then walked (approx. 4 miles...) to the office. Everyone took part and all made charity donations.



**£1500
RAISED**

Squares were sold on various football cards and winners received prizes.

In addition to these walking days & football cards, the office staff put their baking skills to the test making cakes which were then sold to the drivers.

A grand total of £1500 was raised and this was split between three charities. Kidneys for Life were delighted to be nominated by Stuart Blair and we thank everyone involved for the £500 donation that we received.



SANTA DASH 2023

We were delighted to once again be selected as a charity partner for Romiley and Marple Lions Santa Dash which for 2023 had a new route!

Everyone arrived, full of festive cheer, to enjoy the start of the Christmas season. Our fantastic fundraising Santas were once again working hard to raise money for KFL. Ethan and Megan had been fundraising for a whole week beforehand, Isabelle had been fundraising at school, Neil took a sponsor form and Cath had set up a fundraising page.

A big well done (and thank you!) to Edward Doust who took part in the Santa Dash along with his brother, Henry, to meet the 'Community'

element of his Explorer Scout Platinum award - a Top Award Challenge Badge within Scouts. Edward is well on the way towards achieving this award, which he hopes to receive at the annual Scouts award ceremony in November this year.

He chose to support Kidneys for Life as his Grandad is living with kidney failure, so this is a charity close to his heart. He raised a very impressive £200!

Our Santa Dash base for 2023 was in the Scout hut and, from our stall, we sold some of Our Kid Christmas tops and raffle tickets – thank you to all who supported us on the day. Special thanks goes to The Vary Vocals choir who sang festive favourites and

very kindly made a generous donation to our charity.

Thank you to all those involved in the set-up of this event – the work behind the scenes that the Romiley and Marple Lions take on is fundamental to making this such a successful event. We loved the chance to see so many of our valued supporters and we very much appreciate all the support we received from everyone there. We were delighted to be a part of this special day; it really is the best possible way to begin the festive season and the date for this year's event has been set – Sunday 1st December!

**£822
RAISED**

MORECAMBE BAY WALK JUNE 10TH 2023

We could not have asked for a better day for our 2023 Morecambe Bay Crossing! It was a beautiful and sunny June Saturday morning when almost 100 of our supporters met in the small village of Arnside, Cumbria – all ready to take on the Morecambe Bay crossing under the careful eye of Kings Guide to the Kent Estuary, Michael Wilson. Once checked in and with bottle of water collected (kindly donated by The Co-op, Grange-over-sands) it was almost time to assemble at the start point on the Arnside sands. As 2 tractors joined us just after the start line there was never any doubt we were in safe hands and could easily be helped if necessary.

Thankfully, this was definitely not needed; all our team did a wonderful job of completing the amazing walk. It was an amazing feeling to walk on the soft sand across the bay. At times we needed to wade through the sea but this just added to the fun!

Our eldest walker was 87 years old and our youngest just 11. They both finished well before the Kidneys for Life team who brought up the rear!

The feedback from the day was really positive but our favourite comment came from Penny Rigbye who took part in the walk with her Dad and her daughters – 3 generations walking together. She says 'We had a good day. My Dad

says it was best day ever walking with his girls and he was so pleased he did it' The event raised a superb £5800 – thank you to everyone who took part and helped to raise such an amazing amount of money. We are delighted to be running this event again – Sunday 30th June 2024 and would strongly recommend booking early to secure your place. We look forward to seeing you there!

**£5800
RAISED**



BLADDER EXSTROPHY & UROLOGY

MERMAID TAILS

Helen and her volunteer sewing ladies at Project Linus UK have not just been busy making quilts! The introduction to Helen and PLUK came via Nurse Jen Powell in the Paediatric Urology Unit. Jen was looking for someone to make 'mermaid tails' that could be handed out to bladder exstrophy babies. Children born with this condition have their bladder (and/or bowel) on the outside of their body. RMCH performs between 10 - 12 reconstruction surgeries each year and takes patients from across the UK, as only London and Manchester specialise in this procedure. Following the surgery, the children (who are usually around 12 months old) spend a period of approximately 4 weeks in hospital then a further 2 weeks at home but whilst their legs are bandaged from waist to ankle. The mermaid tail makes it easier to see friends and family post surgery and whilst the bandages are still in place. Helen and her team made a prototype blanket which received fantastic feedback from staff and parents and now the team have made 14 tails in total!

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). Biofeedback is something we consider for lots of patients born with Bladder Exstrophy & Epispadias, as it helps us to optimise their ability to hold and empty their urine, potentially supporting the development of continence. Once the nurse has taught the patient how to contract and relax their pelvic floor on our Hospital computer, they must practice their exercises for at least 10 minutes every day to optimise the benefits.

Our brilliant senior nursing assistant, Beth, who teaches Biofeedback to our patients, also won two awards at the nursing and midwifery awards ceremony and we couldn't be prouder or think of a more deserving nurse. Well done Beth!

We continue to run our innovative handheld Biofeedback machine loan scheme and we are seeing improved engagement from children and young people with this initiative. The machines are in high demand and, as they are so frequently used, we are unfortunately starting to see a few break and as a result have less machines available to loan. If you have a machine you would like to donate or you would like to fundraise for the Bladder Exstrophy fund within Kidneys for Life, please get in touch with us!

SUPER KIDS MASH UP SPORTS DAY

In September, the 2nd spina bifida Sports Day took place at the National Squash Centre in Manchester. Andy Brittles, who specialises in disability inclusion, lead the day which is open to children with spina bifida looked after by the Urology/Orthopaedics/Neurosurgery/Psychology department at RMCH – their siblings are also invited to take part. This is such a brilliant inclusive event with a vast array of activities to try – from wheelchair basketball & tennis to a climbing wall and archery – and expert coaches on hand to give

top tips. The event also showcased different mobility aids and specialised cycles that are available.

This demonstrates to families that sports and activity is open to all children with different abilities. There are opportunities, clubs and coaches available locally which can be accessed – if any parents/carers would like any help or advice regards accessing sports activities Andy Brittles would be happy to advise – andy.brittles1@gmail.com

Kidneys for Life supported this RMCH sports initiative team with this amazing day - to get involved in future days please do get in touch.

DOPPLER ULTRA-SOUND MACHINE

Ed Beaman presented us with a donation for £1,045 on behalf of the East Lancashire Masonic Charity & the Masonic Charitable Foundation. This generous donation funded a new doppler ultrasound machine and stand which is already being used to identify varicoceles in teenage boys.

This is a common condition that can be painful but more importantly can also affect fertility. Careful monitoring is essential to identify boys who need surgery to fix the varicocele. Manchester Children's Hospital Paediatric Urologists run the busiest specialized varicocele service for children in the UK.

CHRISTMAS

The Bladder Exstrophy Christmas party was, once again, a huge festive success. Organised by Carrie and Joanne, the party took place at the Community Centre in Pelsall and all had a fabulous time. There was entertainment for the children, a buffet lunch, plenty of time for the families to chat to each other and a very special visit from Santa. Auctions and raffles

took place on the day and over £1000 was raised. David Keene, Consultant from RMCH, attended on the day and commented on how well planned the day had been and how much fun the children had. If you'd like information on future events or you are in a position to support this event, we would love to hear from you so please do contact us.



**£1000
RAISED**



REMEMBERING...

Brian Armstrong
Ben Boyle
Richard Bowyer
Eric Broughton
Jonathan Burgess
Sandra Coombes
Monica Curtis
Stephen Davenport
Keith Davies
Bob Devlin

William Glynn
Rebecca Hampson
Philip Hardy
Tracy Kirkland
Stuart Kirkham
Diane Moore
Maganlal Patel
Eric Roberts
John Slater
Susan Storry

Elsie Sutton
Bob Thornthwaite
Pat Tricker
Kim Varty
Maurice Woodhouse
Sylvia Woodhouse
Eileen Wright
Alinson Margaret Yardley

JONATHAN BURGESS

Jonathan very sadly and unexpectedly passed away in September. Jonathan received care at Manchester Royal Infirmary for over twenty-five years including, but not limited to, his kidney and pancreas transplants. His dream was to one day have a pancreas transplant – this became a reality in 2005. Jonathan’s family describe how this ensured that he was able to live a fulfilling and bright life. Having been introduced to Kidneys for Life by their (in the words of the Burgess family’s own words) ‘very special consultant (Prof Titus Augustine) who was fundamental to Jonathan’s care over these years’, the charity continues to be very close to the hearts of the Burgess family. Jonathan’s youngest son, Louie, has already signed up to take part in a White Collar Boxing fight in memory of his dad – we wish him all the best and look forward to sharing an update later in the year.

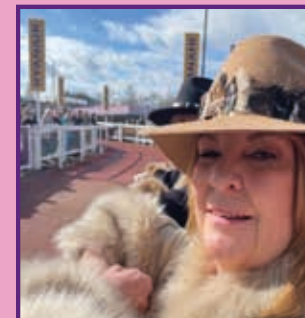


ELIZABETH KIM VARTY

Kim was a wonderful lady who was a much-loved wife of Mick, a dear sister of Billy, sister-in-law of Linda, a Devoted Aunty to Kristen, Harry and Tilly and a special friend to many.

Kim worked within her family business Varty’s Funeral Directors Ltd as a Funeral director helping bereaved families over the years.

Kim was born with a kidney condition and was under medical supervision for most of her life. After her health took a turn for the worse in 2005, Kim began dialysis however this never stopped Kim enjoying a fun filled life. Her family went for a series of tests to see if they would be a match for a kidney transplant, resulting in her husband Mick being the most compatible match. In June 2010, Kim received her gift of life from her husband Mick; the rest is history as the operation was a success for them both.



From this moment on Kim and Mick lived their lives to the fullest.

Even though heartbroken, Kim’s family are truly grateful that she received her gift of life and had an extra 13 years to create everlasting memories. Mick is also still in good health after his kidney donation and would encourage anyone to donate to save a life.

Kim’s family will continue to support Kidneys for Life in her memory.



JOHN SLATER

John Slater, transplant patient and long-time supporter of Kidneys for Life sadly passed away in August. Thanks to John, Kidneys for Life were warmly supported by the Renaissance Lodge 1219. Not only did John fundraise for the charity; he was always the first to volunteer to represent KFL at the annual pop up Christmas card shop at Macclesfield library. In the words of his wife, Erika; ‘John’s kidney transplant gave him a good life for 15 years and he never forgot this’

John will be very sadly missed by all at Kidneys for Life.



PATIENT STORY CLAIRE & DAVID'S STORY

As I signed the form giving formal permission to give my kidney to my brother David, I thought to myself it's funny how life turns out. When we were kids, we would never have foreseen this situation, but here I was putting all my hope into the live kidney donation process.

So, this is the story of how my kidney made its way from me to my brother. Specifically, how my left kidney became his third kidney in January 2022.

David's has Berger's disease, which affects kidney function. I used to say he was welcome to one of my kidneys if he ever needed one - it was slightly light-hearted, but I did mean it.

He was monitored and, over the years, his kidney function gradually declined to the point where his doctors were keen for him to start the process of finding a donor. We established that a live donor had to be the same blood type, which I already knew I was, and a tissue match. I think it's a testament to my brother that several of his friends were also willing to volunteer. A sibling would be ideal, so my hand went up.

In honesty, I made the decision fully from the heart. That's not to say I didn't read all the information carefully, but the decision came easily to me. The main thing I thought about on the negative side was what if one of my children needed a kidney in the future and I wouldn't be able to help them. I decided that was a low risk - someone in my family was in need now so that had to be the priority over a "what if". I could help someone I love & knew he would do the same for me.

I talked it through with my husband - it was a lot to ask of him & my children as it would impact

our family life, with an operation and recovery time, & there were risks involved. But I felt very strongly that I wanted to help. Not only for my brother, but for my niece & nephew, sister-in-law & parents too. And, from then on, I kept thinking that I'd be really disappointed if I was ruled out.

So in June 2021, I confirmed I wanted to go ahead and got in contact with the living kidney donation team at MRI. They gave me some more information and explained that the process would take up to 6 months. This started off a lot of trips to the hospital & it's fair to say I got a full MOT!

Living donors need to be healthy enough to donate, with good working kidneys, so there were initial health checks, lots of blood and urine tests and scans. It was important to check there were indeed 2 kidneys in there - it's not unheard of for people to unknowingly live with 1 kidney for their entire lives. It was a big deal to us but routine to the transplant team, as Manchester performs more transplants than any other hospital in the UK. It was reassuring to know we were in expert and experienced hands.

They ran through the risks, including the risk of the transplant being unsuccessful, and the future impact on my health. On the plus side, being a live kidney donor means less risk of developing significant kidney disease in the future. That's because we are pre-screened to make sure we are healthy prior to donation and have annual checks afterwards.

A lot of attention was given to the moral and legal intricacies of organ donation. We were assigned an Independent Assessor from the

Human Tissue Authority. It is an emotional process with high stakes, so they must be satisfied that the donor has capacity to consent and understands the risks involved, they are volunteering of their own free will and without financial reward.

So this meant sending in a lot of proof of our existing relationship and an interview with the donor and recipient - both together and separately - was legally required, all in place to help protect the interests of the living donor.

Eventually all the approvals were in place, and after a false start due to Covid, our operation was set for January 2022.

Telling people was an odd one, as it's rather a random thing to bring up in conversation! We had to plan work and family life, making sure our respective young children understood what was going to happen.

Finally the admission day came. The out of offices were on & the bags were packed. Generally I felt a lightening of worry, I thought to myself all I have to do is turn up.

At MRI we went in together to the protected ward. It was only for live kidney donors and recipients, be that donor pairs or people receiving organs from deceased donors. Because of the immuno-compromised patients on the ward, there would be no visitors allowed.

Thankfully our Covid tests were clear and we spent a night chatting with tea and biscuits - my brother described it as like a terrible holiday!

I woke up early on the day, weirdly excited because the operation was going to make my brother better! I'm a bit of hippy at heart, so I said "thank you and good luck" to my kidney then went to theatre. I was chatting, then the next thing I remember was a nurse telling me that my op was all done. My kidney was on ice

and ready for my brother. She told me to look over and there he was going in for his op. We were able to have a little wave & it was such a kindness to us both to fleetingly see each other.

That kindness continued as I was taken back to the ward and the surgeon came to tell me that the transplant had been a success. My brother was fine and amazingly the kidney was already working & producing urine.

My op actually took about 2.5 hrs and David's took about 4 hrs. Mine was hand assisted keyhole surgery & his was open surgery. The staff on Ward 36 took excellent care of us - I was in for 4 days altogether, and he was in for 6 days. We could walk round and visit each other, and shared much more about our bodily functions than we ever will again!

We feel very fortunate that the transplant went to plan & sometimes it all feels like a weird dream to me. David is doing well and is very active, so we joke that the kidney is in shock in its new life, being forced to go mountain biking!

Looking back, I feel lucky in many ways. I am thankful that although my brother was very ill, it was something I could help with, and something he could be treated for. I'm very aware that's not the case for many people who have a sick family member.

There's no doubt it was a difficult time for our family. But, it's reminded me to be thankful for the big and little things in life, and to appreciate my body, because health really is wealth.

The post-donation support I got from Kidneys for Life afterwards was really appreciated, as some donors can feel quite flat after all the build up to the big event.



PATIENT STORY

HAFEEZ AHMED'S REMARKABLE JOURNEY: TRIUMPH AT THE BRITISH TRANSPLANT GAMES

In a heartwarming testament to the power of resilience and the support provided by the NHS, Hafeez Ahmed, a remarkable kidney transplant patient, recently achieved a silver medal at the British Transplant Games in the Long Jump for the over 40's Senior Men category. His story is not just one of sporting success but also a testament to the incredible journey he's undertaken to get there.

Hafeez's connection with the NHS goes beyond the world of sports. As a kidney transplant recipient, he relies on the NHS not only for the vital organ transplant but also for the medications that suppress his immune system, ensuring the longevity of the transplant. The ongoing medical support and health checks provided by the NHS have played a pivotal role in maintaining his overall health.

Hafeez's journey has been far from straightforward. At the tender age of 5, he faced a life-altering event, a stroke that affected the left side of his body. Even today, he walks with a distinctive limp, and his left hand is bent inwards. However, what sets Hafeez apart is his unwavering determination and self-reliance. He refuses to let his disability define him or limit his ambitions.

In his own words, Hafeez articulates his mindset, "As a determined and individual person, I don't use my disability as an excuse

to rely on others to care for me." This powerful attitude has been the driving force behind his remarkable journey, not just in sports but in life as a whole.

Hafeez hopes that his story will serve as an inspiration to others facing similar challenges. He wants to remind them that opportunities are available for those who are willing to pursue their dreams with unwavering determination and a resolute mindset. His journey from kidney transplant patient to successful athlete is proof that the human spirit can overcome incredible odds.

Hafeez Ahmed's accomplishments at the British Transplant Games are a testament to the resilience of the human spirit and the support offered by the NHS. His story is a beacon of hope for those who face adversity, demonstrating that with determination and unwavering spirit, one can achieve the extraordinary.



BRITISH TRANSPLANT GAMES

MANCHESTER ADULTS TEAM

The Manchester Adults Team enjoyed a fantastic weekend at the Transplant Games in Coventry. With both experienced and new competitors in the team we had 10 Transplant competitors (a further 2 had to withdraw beforehand for different reasons) and 1 Live Donor, competing across 11 different sports and 18 events types. Also, we had competitors in all of the age categories, from 18-29 adults right through to 70+, now that's quite something!

The team took home 21 medals in total (5 Gold, 7 Silver and 9 Bronze), with everyone taking home one or more medals, which is fantastic! Wonderful encouragement was given by our amazing supporters who themselves were able to take part in the social sports on offer and many of ours participated in the Donor Run on the Saturday evening. Medals or not, we're all just so grateful we're actually able to do this and enjoy it so much, every competitor is truly inspirational and winning at life!

On the first evening, all the teams gathered inside the Cathedral ruins where the Impact Steel Band also performed for us, before we all paraded into Broadgate in the City Centre for the outdoor Opening Ceremony. We were very proud to wear our new royal blue team kit, (organised by our Team Manager!), which looked great! As always the biggest appreciation and applause was for the remarkable Live Donors and Donor Family Network members as they entered the ceremony.

The four days saw transplant athletes from all teams compete in a range of sports from Archery to Volleyball and many in-between including

Cycling, Lawn Bowls, Swimming, Athletics, Darts, Snooker, Ten-Pin Bowling, Golf, 6 A-side Football and the Racquet sports. There were also social events for supporters, such as the Football, Golf, Basketball, Netball and the Donor Run. The weekend culminated with a Gala Celebration event held at the Warwick University Campus Student's Union.

Very well done to all our competitors this year: Arthur Taylor; David Jones; Guy Hill; Khalid Bostan; Lenka Novakova; Paul Reynolds; Zoë Dixon; Katherine Murray; Graham Taylor and Hafeez Ahmad and our wonderful Live Donor, Nikki Oosthuizen. Also Mark Smith and Wil Marklew, we were sorry you couldn't compete but look forward to you and everyone returning next year!

The whole team spirit is fantastic and like all the competitors, I'm always so grateful that I am actually able to take part (this was my 21st British Games) and it's only possible because of the brave decision a family made to donate their loved one's organs. To compete is to give thanks to our donor families and living donors, demonstrate the benefits of transplantation, raise awareness of organ and bone marrow/stem cell donation and to celebrate the gift of life.

Next year's British Games will be held in Nottingham 01 – 04 August 2024 & we very much welcome new team members - if you are interested in taking part please do get in. I can guarantee you will enjoy the most amazing experience that is the Transplant Games!

Zoë Dixon MBE,
Manchester Adults Team Manager

BRITISH TRANSPLANT GAMES MANCHESTER CHILDREN'S TEAM

Running for over 40 years, The Westfield Health British Transplant Games are a celebration of life. Taking place in different host cities every Summer, the games see teams from hospitals across the UK come together to compete in a medley of sports. The 4-day event attracts around 1000 transplant athletes and more than 1700 supporters.

An inclusive Games: Transplant survivors including children as young as five can compete in more than 25 sports and indeed, many athletes also go on to compete at the World Transplant Games.

The superstars of Team Mighty Manchester Children brought home many medals after enjoying another golden British Transplant Games.

The Manchester Children's Hospital was proudly represented by 14 young people at the annual event, held this time in Coventry (27 - 30 July). All of whom have been given the Gift of Life through kidney organ donation. The families that we take are all valuable members of our team. Many of the parents have been donors to their children therefore able to take part in donor events – this really is an all inclusive occasion, with siblings also having the opportunity to participate in some events.

This event is the perfect opportunity to raise the awareness of organ donation and the impact that it can have. All the children that

participate for Team Manchester have received kidney transplants and their achievements at the games would not be possible without this medical miracle. The transplant games also encourages transplant recipients to lead active lifestyles and enjoy the huge benefits of organ donation.

'We really enjoy the transplant games as it allows us to meet with people who truly understand the journey we travel each day. We are able to celebrate the enormity of how organ donation and transplantation change the lives of all involved and raise much needed awareness. Personally, it brings us so much joy to see our son and his siblings have fun with their peers where diversity and acceptance are the norm. We cannot thank everybody involved enough for the experiences and memories made with the BTG.' Michelle Tierney, (Mum to Zack).

In 2024 the next games will be held in Nottingham. The Children's team are busy fundraising by organising their own fundraising events which include school and college fundraising days, sponsored walks and taking on the KFL challenge events. This is a vital part of KFL supporting The Manchester Children's Team because without this fundraising there simply wouldn't be the funds to support this amazing event.



WORLD TRANSPLANT 2023 GAMES

It was a brilliant World Games, Perth were amazing hosts and the GB&NI team topped the medal table with 121 Gold, 96 Silver and 71 Bronze medals, a total of 288 medals, including those won by Juniors and Live Donors.

Our Manchester Adults did brilliantly.

David Jones won 3 Silver medals in the 5km Run Individual and Team and in Squash and a Bronze in Badminton Singles.

Arthur Taylor at his first World Games excelled himself to win Gold in Ten-Pin Bowling and Silver in Lawn Bowls.

Zoë Dixon MBE, in her 10th World Games was delighted with her performances and times too. She came 5th in the 10km Individual Time Trial and 6th in the 30km Road Race in a very

competitive age category and a challenging course for the Cycling. She had to withdraw her team for the Ladies Team Time Trial, where we likely would have medalled, as her cycling partner was not well enough to ride. It was the right decision as no one race is worth risking health and her partner later recovered ok, thankfully.

A fantastic time was had by all and the Manchester Adults would again like to thank Kidneys For Life and the MRIKPA for your wonderful support in helping us to raise awareness of transplantation on the world stage.

**288
MEDALS**



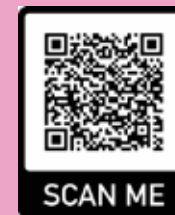
20th April 2024 TANDEM SKYDIVE

This event is always extremely popular, it's definitely one to tick off the bucket list. The date for April 2022 was oversubscribed so we really do recommend that you book sooner rather than later!

A Tandem skydive feels more like flying than falling. It's very windy, loud, and intense. Your adrenaline is pumping and your senses come alive. Skydiving is quite breathtaking and gives you a refreshing, incredible perspective on the world.

"The most amazing thing I have done" Just one supporters feelings that we have heard after the 2022 skydive! Join the team and jump from 11000 ft to see the world a wonderful way and raise vital funds for our lovely charity.

Taking place at Black Knights parachute centre, Cockerham Airfield, Lancaster.



Registration fee: £50

Minimum Sponsorship: £400

Booking link:
kidneysforlife.org/event/kidneys-for-life-2024-skydive/



26th May 2024 MANCHESTER 10K

Ready to take on the best (in our opinion....) 10k in the UK???

We've got 20 places for the Manchester 10k – and are offering these places at a bargain £15 registration fee (min. suggested sponsorship is £75)

Sign up today and be part of team KFL? We have a fantastic base very close to the start line (& not too far from the finish!) and will be there to cheer you on and with a fabulous base for you and your supporters!

If you already have your place and would like to run for KFL then please let us know – we've got new running vests in stock for 2024 and of course there's access to our base at the Novotel!



To buy your own place and join Team KFL go to:
<https://www.greatrun.org/events/great-manchester-run/>





30th June 2024

MORECAMBE BAY WALK

We sold all of our places on the 2023 Morecambe Bay Walk so if you'd like to take part this year, register sooner rather than later!! It's fun-filled day of walking across the beautiful Morecambe Bay!

Lace up your shoes, put on your favourite sun hat, and get ready to make a difference with Kidneys for Life. Our annual walk is the perfect opportunity to enjoy the fresh sea air while supporting a great cause. The walk is on varied terrain including sections of sand, shingle, pebbles, rock and salt marsh.

The last part of the walk over the salt marsh involves crossing gullies; these can be quite wide and slippery. This challenging walk takes about four hours & involves crossing two river channels, which are cold, and sometimes fast flowing, the height of the river is usually between knee and thigh deep!

Expect breath taking scenery and sand between your toes as we navigate the bay's unique landscape. We have once again been fortunate enough to book places on the famous route from Arnside Promenade to Grange Promenade takes around four hours to complete and the King's Guide to the Sands, Michael Wilson, will lead us. Due to the unique terrain of the Bay, we cannot guarantee the

exact distance; however, on previous walks we have clocked the total at around the 8 mile mark. The final route will be set as soon as the tide departs the shore on the day of the challenge and Michael will guide you across the Bay following a safe route. We do hope that you can join the Kidneys for Life team on this event!

Date: 30th June 2024

Time: 12pm

Location: Morecambe Bay

Meeting Point: Arnside pier

Tickets: £15 per adult, £10 per child

(Over 8 years old, some children may struggle so please think about if your child would be willing to walk the full distance and varied terrain. Anyone age 16 or under must be accompanied by an adult)

Suggested minimum sponsorship: £30

Extra: Dogs are welcome to participate for £1, payable on the day. (please note, dogs MUST remain on lead).

Booking link: [kidneysforlife.org/event/morecambe-bay-walk-2024/](https://www.kidneysforlife.org/event/morecambe-bay-walk-2024/)



19th & 20th July 2024 SNOWDON - SEA OF SUMMIT CHALLENGE

Want a challenge that includes cycling, walking and kayaking whilst being amongst stunning scenery and raising money for Kidneys for Life?? If so, this is the event for you!

You don't have to be a pro at cycling or kayaking, just have an adventurous spirit which will see you conquer this 30 mile route in the epic Snowdonia landscape.

All equipment hire is included (bikes, helmets, double sit on top kayaks, buoyancy aids & paddles) and it's a perfect couple of days away in the heart of one of the UK's greatest adventure playgrounds.

The registration fee is £99 and the suggested sponsorship for this event is £400.

Registration is now open & places are very limited - our last date completely sold out so book today to guarantee your place!

The event is organised by Discover Adventure.



Booking link: [kidneysforlife.org/event/snowdon-sea-to-summit-challenge-new-date-added/](https://www.kidneysforlife.org/event/snowdon-sea-to-summit-challenge-new-date-added/)



6th October 2024 KFL SUNDAY LUNCH SAVE THE DATE

We have listened to our supporters and have added a Sunday Lunch to our 2024 calendar of events!

Join us for this very special 2 course charity lunch which is taking place in the Worsley Suite at the Marriott Worsley Park Country Club.

It will be a fabulous afternoon with plenty of time to chat to KFL staff, Trustees and supporters. Tickets are priced at £40 each or book a table of 10 for £380.



Booking link: [kidneysforlife.org/event/kfl-sunday-lunch/](https://www.kidneysforlife.org/event/kfl-sunday-lunch/)



UPDATE ON KFL FUNDED PROJECT

IN 2021, ROB FINNIGAN, DR CRISTINA VASILICA AND PROF PAULA ORMANDY RECEIVED A GRANT OF £5000 FROM KFL FOR THEIR PROJECT – EXPANDING THE KIDNEY INFORMATION NETWORK FOR SUSTAINABLE LOCAL PEER SUPPORT

The Kidney Information Network (KIN) is a localised digital network run by patients for patients to connect people managing chronic kidney disease and their carers. KIN is an award-winning peer support network and information resource, all in one. It has a website linking local, national and user-generated information that patients feel are important, alongside location-specific Facebook groups that connect patients in the same service. Local clinicians engage with the KIN to communicate and share service information and initiatives.

KIN started in 2013 in Salford in the Northwest with the Greater Manchester (GMKIN) then we expanded to develop KIN's in Cheshire and Merseyside (CaMKIN) and Lancashire and South Cumbria (LaSCKIN), and soon we are opening a York KIN. Collectively we have over 1000 people managing chronic kidney disease talking and supporting each other which is fabulous. We are grateful to all those people who engage and share their expertise of real life living with kidney disease, how to manage symptoms, financial tips and where to find social support in your area. Please encourage other people to get involved.

Without the generous support on two occasions from Kidneys for Life, over the last 10 years, we would not have been able to grow and expand the website or reimburse people for their time, who moderate and manage the

conversations, signposting people to relevant and useful information when needed. We are all truly thankful that Kidneys for Life trustees and funding board see the positive value of KIN, reinforced by kidney patient feedback:

“ I think it’s kind of triggered me to go and look at other things, and go and find out things, and I’ve learnt things that I didn’t know, which I never thought of. ”

“ I have learnt from a lot of people, just listening to their story. ”

“ Watching and listening to what others are saying has helped me to sort my life out by managing my diet. ”

“ Once I’ve got over the kind of the shock and I dealt with things I recognised how the community on KIN was really helpful... ”

The KIN founders Dr Cristina Vasilica & Professor Paula Ormandy (University of Salford), & Mr Rob Finnigan (NW Clinical Network Patient Lead/ GMKIN Moderator) have just secured a large £180,000 grant to expand KIN's throughout the UK in 2024-2025.

We aim to provide a local mechanism to bring more people managing chronic kidney disease and their carers together, to talk and offer peer support as well as access to information and the ability to ask the clinicians questions. This money has enabled us to expand our team and we now have Heather Jayasekera (Information Manager), Holly Loughton (Social Media Manager/ Moderator for LaSCKIN), Andy Henwood (York KIN Moderator and site developer) and Tara Brook (CaMKIN Moderator).

Alongside the kidney patient resource we have a team of researchers (Dr Rachel Katz, Dr Lisa Garwood-Cross, Dr Currie Moore) at the University examining the impact of the networks, patient and carer experience, usefulness of user-generated information and shared best practice strategies, to generate longitudinal evidence to support future investment in KIN and ensure it is sustainable long-term.

Dr Currie Moore is seeking engagement with carers of people managing kidney disease, so if you know someone or are interested in joining a group of carers to direct current research please get in touch.

CONTACT EMAIL:
c.r.moore@salford.ac.uk

KIDNEYS FOR LIFE MORE INFORMATION

Use the QR codes to join one of the existing groups in the Northwest.

To find out if we are launching a KIN site in your area soon

Visit: www.kinet.site/registerinterest/ to register your interest, we will be in touch.

We can offer training for people who are not confident using social media to help you engage, or if you need any more information contact: p.ormandy@salford.ac.uk



CaMKIN QR CODE



GMKIN QR CODE

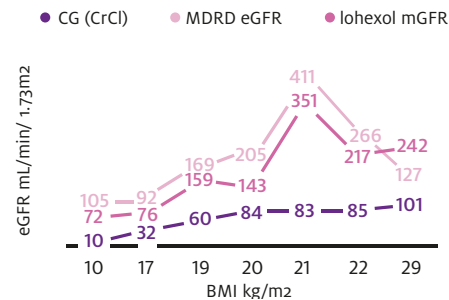


LaSCKIN QR CODE

KFL FUNDED GRANT UPDATE

PROFESSOR DARREN GREEN RECEIVED A GRANT OF £4960 IN THE 2021 KFL GRANT ROUND. HERE IS AN UPDATE ON HIS PROJECT. IMPROVING THE ACCURACY OF CHRONIC KIDNEY DISEASE MONITORING USING POSTAL FINGER PRICK IOHEXOL MEASURED GFR

Creatinine is the blood test that we take to help us estimate kidney function. From a blood creatinine level we derive eGFR values, which are used to monitor kidney health. This determines referral to renal services, treatment plans, drug dosing, and dialysis and transplant planning. Unfortunately, creatinine is not a perfect test and it can contribute to health inequality because it is less accurate in estimating GFR in minority ethnic patients, some socially vulnerable groups, and people with very low or very high muscle mass. This is shown in the picture below.



In this series of people with poor muscle function, creatinine based estimations of kidney function are shown in yellow and green. The true GFR is shown in orange. The estimates (eGFR) do not reflect true kidney function.

Inaccurate eGFR can lead to delays in care and incorrect drug dosing with potential to cause harm.

It is possible to measure rather than estimate kidney function in clinical practice but this has historically only been possible using a

type of scan in hospitals which is expensive, time consuming (up to 6 hours), and that has atypical waiting time of 2 months.

In renal research, there is another way of measuring kidney function that involves having an injection of a compound called iohexol and then measuring its level in the blood 2 to 3 times a few hours after the injection. The kidneys clear iohexol from the blood, so by looking at how the level in the blood drops over time, you can very accurately measure kidney function. This is called iohexol mGFR testing and is recognised as a gold standard method of measuring kidney function.

We have developed and tested a way for people coming to renal clinics to have an injection of iohexol when they are there and then go home and take fingerprick blood tests themselves that can be posted back to us so we can measure iohexol levels. These fingerprick bloods are similar to doing blood glucose monitoring in diabetes. We have tested this approach in 40 patients.

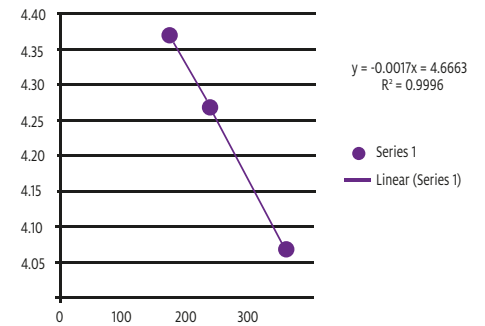
In 37 cases, the home testing kit gave mGFR values which were the same as the gold standard experimental testing approach. In our participant feedback 60% described self-testing as 'easy' or 'very easy' and 66% would be willing to perform self-testing 'frequently' (every few weeks) or 'often' (every 1-3 months).

Although not yet perfected, this initial proof of concept study has given very encouraging results. Potentially, we can measure rather than estimate kidney function when we think that creatinine may not be sufficiently accurate in a way that is not overly burdensome for patients and which does not come at high cost to the NHS. This could improve the timeliness of care planning for people living with CKD and benefit in other people such as ensuring accurate drug dosing for cancer patients.

Our next step is to apply to the NIHR for a grant to undertake much larger scale evaluation of improving the testing kit and understanding how it best fits into clinical practice and what the real life impact and benefit could be.



This person had an injection of iohexol and then took a fingerprick sample of blood 3, 4, and 6 hours later. You can see that the level of iohexol falls. This is because it is being removed by her kidneys. The rate of fall tells us her true kidney



This is the device used to collect blood from the fingerprick. It is called a Neoteryx Mitra. It is easy to use and can be posted safely.

RENAL RESEARCH TEAM AT SALFORD

The renal research team at Salford is working on several research grant applications. They are looking for the opinions of individuals with lived experience of kidney disease. This is crucial to ensuring that the studies address the needs of patients and caregivers. Specifically, they seek input on a study involving kidney angiograms and another assessing blood testing at home.

If you have experience or interest in these areas and would like to contribute, please contact Prof Darren Green at darren.green@nca.nhs.uk or call 0161 206 2550. Thank you.



MERCHANDISE

CHECK OUT THE OFFICIAL KFL MERCH

Is one of your new year's resolutions to get fit? If it is then why not spoil yourself and buy some new training gear? We've got a new supply of running vests and t-shirts – take a look at our website shop to see what's on offer - <https://kidneysforlife.org/shop/>

We've also got a selection of fleecy blankets in various colours and our cosy hoodies are so popular with everyone who buys them.

For kidney patients we have a stock of fistula bleed wristbands (specific to left or right arm and in small, medium and large) and an updated version of the fistula bleed keyring. For those who might be new to Kidneys for Life, we thought we would share the history around how this product came to market. Phil Bradbury from Intersect UK (www.giftsandincentives.co.uk/) says; 'In 2018 I was approached by Kidneys for Life in Manchester as they informed that the recommended "Bottle top" to carry around for kidney patients with a fistula is a Coke-a-Cola Bottle top. One of the issues was these types of tops are strong hard rigid plastic often with serrated edges due to the twist-break opening mechanism...and I was asked "Surely you can come up with something better".

Many meetings and several prototypes later I was at promotional gifts supplier exhibition when I met the Managing Director of a UK based plastics company who said, "I can do this". After the design, develop and test phase we then went on to produce our first bottle tops for Kidneys for Life; they were well received!

Over the years, more Kidney Charities and Hospital Renal units have discovered the bottle top keyrings and Phil has now supplied over 70,000 items UK wide. The bottle top caps have also made it into national Kidney Care magazines and have helped to explain what to do before receiving quick medical assistance from a fistula bleed. Kidneys for Life bottle top keyrings can be ordered from our website - kidneysforlife.org/product/fistula-bleed-keyring/



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OR OVER THE PHONE**



Our Kid Pen
Black ink and also can be used as stylus
£1.00



Trolley token keyring
Always handy to have
£2.00



Bottle Top Keyring
Great for those with a fistula
£2.00



Our Kid Keyring
Our brilliant mascot now in keyring format
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Stress ball
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KFL Baseball Cap
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£10.00



KFL Cycle Jersey
Fully branded and made from recycled bottle tops
£40.00



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new design & fully branded and made from recycled bottle tops
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KFL T-Shirt
Available in Purple and White
£10.00

HELP MAKE KIDNEYS FOR LIFE A REALITY

Kidneys for Life raises money to enable research into all elements of kidney disease. The research work undertaken by the starter level projects that we fund offer real hope for kidney patients

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To make your donation by post, please fill in your name and address below and return to: Kidneys for Life, Renal Research Labs, Manchester Royal Infirmary, Oxford Road, Manchester M13 9WL

Gift Ait it - If you are a UK taxpayer your donations will be worth 25% more at no extra cost to you (Please tick the box)

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

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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)?

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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.