

RENALITY

May 2025



Transplant Team
selected for World Games

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World Transplant Games | A cracking night of Comedy | My HERO Iris Sealey

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Renal Unit



Dr Ginny Quan Dr Fiona Harris

Last week I was at the British Transplant Annual Conference meeting when attention drifted from the speaker as the news that Keir Starmer had announced the demise of *NHS England* travelled on phones around the room. Although the principle of providing more money for frontline staff and reducing a layer of management is welcome, another change will cause upheaval and a strong sense of déjà vu. I hope it will make systems simpler and more responsive, whatever happens I am confident that the staff of the renal unit will continue to provide compassionate and effective care. Our role will be to advocate strongly for the renal service and renal patients across South London and Surrey and to do all we can to use our resource as effectively as possible.

The NHS long term plan aims to focus on 3 shifts in healthcare, making better use of technology, prevention of disease and providing as much care as possible locally. All of these are foremost in our minds. Starting with technology we are switching from paper notes to electronic patient records across all inpatient and outpatient services at St Helier and Epsom.

This has already happened in many of the hospitals where we run renal clinics, and we are aware of the benefits it can bring but also the complications in transitioning. The planned go live date is May 12th. Clinics have been significantly reduced for a few weeks after this, freeing up more time to adjust to the new system, and we would be grateful for your patience and

understanding over this period. We will do our best not to shout at the computer when in clinic, but I expect there will be lots of internal shouting going on.

We are also looking at how we can support primary care to introduce new medications that prevent kidney disease. Many patients can benefit from these drugs, but we can't see them all in renal clinics. Therefore, we are exploring ways to offer advice and prioritize those who need our attention. In particular, Dr Swift is working with primary care to identify patients with kidney failure, heart disease and diabetes, and review them in a multi-disciplinary clinic. Early intervention in these cases could prevent worsening renal function and dialysis.

The renal unit has always aimed to provide as many services as possible locally. I am

There are many many ways in which you can help **The Kidney Fund** and help ensure the future of Kidney Research. Further information on all of them can be accessed via the 'support us' page on our new website – or, if you do not have computer access and would like to know more, please do call **020 8296 3698**.

Make a **one-off donation** online, text **KIDNEY** (amount) to **70450**, or by cheque to: The Kidney Fund, Renal Unit, St Helier Hospital, Wrythe Lane, Carshalton SM5 1AA

- Create a **standing order**
- Donate via **payroll giving**
- Join our weekly **lottery** and play to win!
- Shop 'til you drop and **Give as You Live!**
- Recycle your old car at no cost via **GiveaCar**. Call them on 020 7736 4242
- Sell an item on **ebay**
- Volunteer **your time** (we can give you all sort of ideas!)
- Buy our **Christmas Cards**
- Donate **shares**
- Donate your **tax refund**

USEFUL CONTACTS:

RENAL UNIT reception: 020 8296 2283, 020 8296 3100

SWTIRR & SWTKE: 020 8296 3698
www.swtirr.org.uk

THE KIDNEY FUND: info@kidneyfund.org.uk
www.kidneyfund.org.uk

ST HELIER & SURREY KPA: Dave Spensley, Chairman 01483 426276
www.shskpa.org

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proud that the dialysis teams at Farnborough and Epsom collaborated with the home haemodialysis team to train individuals for self-care and transition to home dialysis within their units, avoiding the need to go to St Helier to train.

Regarding haemodialysis, it is important to acknowledge the current issues with patient transport to the dialysis units. Although this is not in our direct control, we are doing everything we can to raise this at the highest levels within the trust and with the different providers. We appreciate the significant impact it has had on many of our dialysis patients. I really hope that there will be improvements starting to come through but please do keep telling us when transport to dialysis is failing. Secondly another apology but coupled with thanks. At the end of October, the Kingston satellite unit flooded and within a few hours the floor was under water. The Kingston unit dialyses patients from both St Georges and St Helier, thus it was a multi-team cross hospital effort to find alternative dialysis slots overnight for more than 50 patients. Allocating slots required the effort of over 30 staff members working over the weekend and was as complex as solving a Rubik's Cube. A special shout out goes to the dialysis teams at Kingston and Epsom and to all the patients who despite this upheaval did

everything they could to make a difficult situation bearable – thank you all.

Attending the British Transplant Society for two days underscored the importance of the renal unit's involvement in research and staying informed about new treatments for renal disease. One trial presented at the meeting described the effectiveness of using a newly developed vaccine against the four commonest organisms causing urinary tract infections in transplant patients. Only the week before one of our consultants had gone through medicines management to request using this in a patient, who was struggling with frequent infections. A great example of transitioning research into care as quickly as possible. It is increasingly difficult for medical staff to have time to get involved in trials as the pressure to provide more clinical time with no more resource increases. However, our director of nursing Helen Watts has made it a priority to enable renal nurses to attend meetings and most of the renal consultants are involved in projects to improve care. This might be as principal investigators or contributors in research trials, in scientific research in association with the renal research institute or looking at clinical outcomes or quality improvement projects. We are very grateful to patients

who participate in trials that we are running.

I am going to finish by welcoming some new and not so new faces. Firstly, Donna Morgan who has been working at St Georges as a renal matron and is joining us as deputy director of renal nursing here at St Helier. I know she will be a great addition to the team and her input having worked at both hospitals will be useful in helping us to progress our work to build the new joint inpatient renal unit. Secondly, Dr James Marsh who after leaving us for elevated executive roles is returning to his renal roots. We are all pleased to have him back, but he will be especially welcomed when he starts a clinic at St Peter's hospital in Chertsey – a slot we lost during the COVID pandemic and which there is a real need to introduce again. Finally, Dr Bhriagu Sood who has been a consultant in the renal unit for over 15 years, is taking on the role of clinical lead in the renal unit at St Helier – Dr David Evans and Dr Tracey Salter have a similar role at Frimley Park. Bhriagu, Fiona and I shared an office for many years in the old roll along – it was a tight fit with the occasional clash of chairs but otherwise very harmonious. We are both pleased and relieved that Bhriagu is joining us in managing the many strands of the service.

Ginny and Fiona

Patients Know Best

The UK Kidney Association (UKKA) is working with Patients Know Best (PKB) and Epsom and St Helier University NHS Trust to support you in managing your kidney care by providing:

- **Access to your test results**
- **A care plan to manage your health**
- **A personal journal** – to help keep a record of any conditions or symptoms
- **A resource library** – access to information and support services
- **A symptom tracker** – a log of symptoms to monitor

- **Record sharing** – with carers or extended health or care teams
- **The ability to store important information** – diagnoses, medications, allergies or clinical correspondence, all in one place.

Registering is easy – Simply scan the below QR code or visit:



www.patientsknowbest.com/renal

Please let your Renal Team

know that you have completed registration.

They will then enable data, such as your test results, to be sent to your PKB record.

If you have any difficulties registering, please let the Epsom and St Helier team know and they will be able to send you a registration link directly to your email inbox.

If you have any questions about using PKB, please contact:

Beverley Searles (email)
Beverley.searles@nhs.net
(Direct dial) 020 8296 4877

We would like to welcome Donna Morgan

who joined the service on 17/03/25. Donna comes to us from St Georges where she was a senior Matron in the Renal service. Donna brings a wealth of knowledge and experience with her and is passionate about ensuring a high-quality service for people with kidney disease. Donna is Irish and bravely came to the UK alone in 2006 for 3 years! She is still here almost 20 years later and now has a young family. We are delighted that she has joined us and brings a cheerful smile and humour to our team.



Let's Talk About Health Emergency

Mulcahy: The Director of the UK H

The health service contributes to 4-5% of the total UK carbon emissions. The NHS in England alone accounts for 40% of all public sector emissions (25 megatonnes of CO₂e), which is about the same as the total emissions of Denmark (26.7 megatonnes of CO₂e).

As the Multidisciplinary Co-Chair of the UK Kidney Association Sustainable Kidney Care committee, I am committed to raise awareness and education on climate change, its threat to health and how we can help reduce the environmental impact of kidney care through Sustainable Quality Improvement projects.

In 2024, the World Health Organization recognised that **climate change is one of the major threats to global public health**, noting the urgent call issued by the Director-General for global climate action to promote health and build climate-resilient and sustainable health systems. Climate change contributes to humanitarian emergencies; from heatwaves, wildfires, floods, tropical storms, and hurricanes, increasing in scale, frequency, and intensity. Ironically, healthcare is part of the problem, which doesn't sit right with the principle of *Do No Harm*. Climate change also affects our capacity to deliver healthcare as our services are vulnerable. In the United Kingdom (UK), about 95% of hospitals wards are at risk of overheating and 10% of healthcare facilities are at risk of flooding.

To enable climate action, NHS England committed to Net Zero

by 2040 for the emissions we can control directly and by 2045 for the emissions we can influence (the chain supply). And the UK Kidney Association (UKKA, the leading professional body for the UK renal community of doctors, scientists and multi professional team members) set up a **Sustainable Kidney Care Committee** in partnership with the Sustainable Healthcare Coalition and the Centre for Sustainable Healthcare.

If we (kidney healthcare professionals) want to continue delivering healthcare services, we need to adapt to the existing problems. This is where the UK Health Alliance on Climate Change (UKHACC) plays a crucial role because of its investment in actions to mitigate climate change and its impact on health, and more importantly moving health organisations towards being resilient to these challenges. The **Sustainable Kidney Care Committee** was

set up to radically reduce the environmental damage associated with the delivery of kidney care and the UKKA has endorsed the UKHACC commitments (a list of eleven actions for health organisations to take). **Our commitments – UK Health Alliance on Climate Change** – see pictures overleaf.

The UKKA worked with UKHACC on a policy report on transitioning to sustainable food system with recommendations for UK governments and the NHS (Oct 2024).

<https://ukhealthalliance.org/influencing-policy/plant-powered-planet-building-a-healthy-sustainable-food-system/>

The UKKA has been part of the working group developing UKHACC health sector resilience report due to be published later this year.

The UKKA Signed a UKHACC letter to Ed Miliband ahead of

y and Sustainability with Dr Elaine Mulcahy

Health Alliance on Climate Change

COP29 <https://ukhealthalliance.org/news-item/health-leaders-call-on-secretary-of-state-to-put-health-at-the-forefront-of-discussions-at-cop29/>

And the collaboration continues.

To raise awareness, I asked Dr Elaine Mulcahy, to spare some time to talk to *Renality* readers, so she can share her knowledge and expertise on how we as health professionals, patients and individuals can engage in climate action.

Dr Elaine Mulcahy is the director of the UKHACC. She has a PhD in Bioengineering from the University of Strathclyde and completed post-doctoral research in neurophysiology at the University of Sydney and Australian National University.



Her role is pivotal in bringing together health professionals to advocate for just responses to the climate and ecological crisis; promoting the co-benefits from climate action, and empowering members, health professionals and individuals to mitigate, adapt and become more resilient to existing climate challenges.

I have the privilege to work closer with Dr Elaine as I have become the UKKA representative at the UKHACC Council. Her role is inspiring UK health organisations to lead the way on sustainable healthcare.

Can you tell us about the UK Health Alliance on Climate Change role and mission?

The UK Health Alliance on Climate Change is an alliance of 50 health organisations in the UK with a shared vision for a just sustainable healthy world. Collectively, our members represent about a million health professionals. As an alliance, we bring together health organisations and individuals to advocate for just responses to the climate and ecological crisis. To promote the health benefits that flow from those responses and to empower our members and health professionals to make changes in their professional and



By Gloria Munoz-Figueroa

personal lives to respond to the crisis.

How does UKHACC empower healthcare professionals and individuals to respond to the crisis?

We bring healthcare professionals together to demonstrate collective action, that shared voice. If we are campaigning on a particular issue, we will come together in a coordinated way to make the call together. There is that kind of strength in numbers. Also, by providing information and resources to enable people to influence and advocate for change. To show them the things they can do, because knowledge is power, and I think a lot of the issues holding individuals and organisations back when it comes to climate change is not knowing where to start or what to do.

How is climate emergency a health emergency and what urgent actions are required?

In 2024, the World Health Organisation made climate and

health one of their six strategic priorities, to guide its work over the next years. The reason they have taken this step is because of the severe consequences that both climate change and biodiversity loss are having on people's health and livelihoods. We talk a lot about climate change, but not so much about biodiversity loss. This has been forgotten a bit, but the two are so closely interlinked.

Over the last three years, we have been trying to put more emphasis on the need to protect nature, to protect ourselves from climate change. Rising temperatures are one of the most obvious examples of climate impacts. Heat and hot weather increase risks of many health problems like cardiovascular disease, stroke, kidney disease and pregnancy complications, and we are already seeing increases in deaths associated with heat waves. In the summer of 2022, there were over 3000 excess deaths in England and Wales during the heat waves over eight weeks in the summer. We are also seeing heavier rainfall flooding which destroys crops and causing food-insecurity.

We have seen displacement of people, trauma associated with loss, and damage to life and homes and workplaces. With the climate changing, we can see the geographic spread of vector borne diseases like dengue fever, Lyme disease. They are increasing, and so are the risks

of food and waterborne diseases like diarrhoea and cholera. And this is already here. That is an important point, it is not a future threat, its already here.

How can patients and staff get involved?

Building your own knowledge and awareness and simply speaking to people in the first instance, that's something everybody can do. There is evidence that people care about climate change, protecting nature and about their health. Many people aren't aware of the impacts of climate change on their own health and how they can take action to protect themselves. But we know that people want to do something.

As an organisation, the UK Health Alliance on Climate Change, one of the things that we have done is to produce a list of 11 commitments (*see pictures opposite*). These are actions for health organisations to take serving as a guide for the different organisations' policies and activities to mitigate and adapt to climate change. It is important they do it because that is leading by example. The commitments include measuring carbon footprint, plan to get to net zero, having a travel policy, a food policy, incorporating education on climate change and sustainable healthcare, among others.

For individuals, including patients and staff, I would say it is important they challenge

certain practice, they ask the question, for instance, do you need to wear those gloves? I think patients shouldn't be afraid to challenge and say that's an awful lot of waste. I think anything that doesn't sit right or that you have a question about, don't be afraid to ask the question if it's something that matters to you. Do as much learning as you can do. There are loads of resources and groups out there. Some people are activists, and they want to get involved in protests. There are others that want to do things through official channels and contribute in other ways. There's a wide range of opportunities to have your voice heard and it is about finding your place which can also help for learning and mental wellbeing and satisfaction.

Fossil fuels are the main driver of climate change, and these are things like how you heat your house. Most people in the UK use gas in their houses and that is difficult to change. So that might be one that is more of a challenge. To change, you can switch your energy provider to a cleaner energy one. If you drive a car, is it a petrol or a diesel car? Eventually switch it when you can. Also just driving less, and there are huge health benefits from it, potentially walking more, cycling, or getting around in other ways. There is a huge proportion in the UK of car journeys under a mile. The national travel survey data

published that 17% of journeys under one mile in length in 2023 were made by car or van.

The other way people can really have a big personal impact is food. The food system is contributing about 1/3 of greenhouse gases, 70% of it comes from agriculture, and most of that is meat and dairy. If you eat meat, you can reduce your meat intake, particularly red meat. I will say eventually try and cut it out altogether. It is worth noting from a health perspective, that the World Health Organisation classified processed meat (including ham, bacon, salami and frankfurts) as a Group 1 carcinogen (known to cause cancer). It is the same level as asbestos and tobacco. In the UK, we eat twice as much red meat as the government's recommended limit, which is not good for our health nor for the planet. Cutting red meat intake down is something everybody can do.

The Health Service is responsible for 4-5% of the total CO2 emissions in the UK. What does this mean to you and UKHACC?

It means we need to decarbonise. One of the things we have done as UK Health Alliance on Climate Change is campaigning for the net zero target to be written into the Health and Care Bill, which was updated in 2022. UKHACC was very much involved in the setting up of the greener NHS Programme. The NHS has been a global leader in measuring its

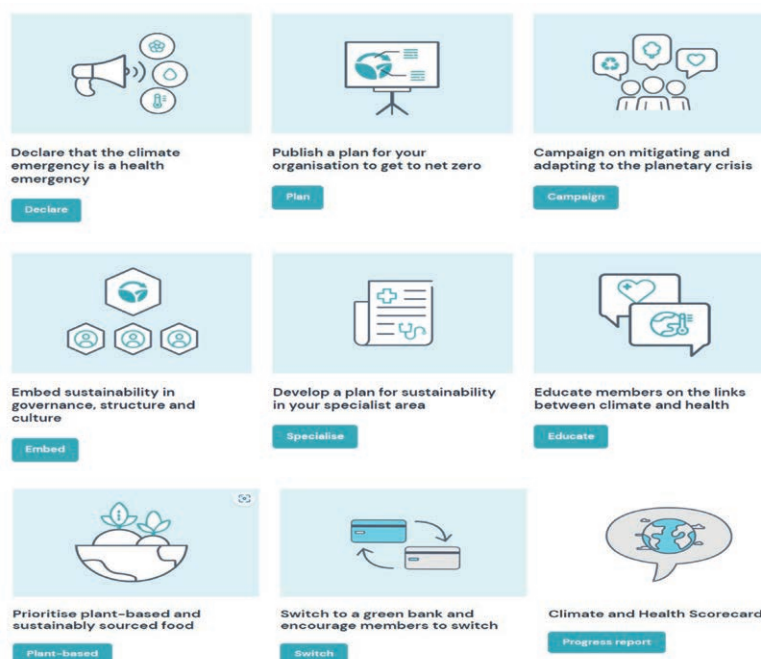
healthcare carbon footprint, developing a plan to get to net Zero and to reduce healthcare carbon emissions by 2040 for all the emission we can control and by 2045 by all the consumes. And all four UK nations have got these targets.

At COP26, the UK was instrumental in getting more countries signed up to set net zero targets for their health systems. The UK leadership in decarbonising the health system is extremely important, and we will continue to support this work. The government is working in delivering its green economy transition and a National Health Service fit for the future based around delivering three shifts: prevention, more community-based care, and digital technology.

The NHS 10-Year Plan talks about **prevention** – this will need all government departments coming together to deliver that prevention message, which will ultimately alleviate the demand and capacity issues of the NHS. **More community-based healthcare**, if done properly, it will significantly serve to improve populations' health, wellbeing and access to services reducing carbon emissions. The third shift the government is looking at is **Digital technology** which also brings opportunities to reduce staff and patient travel and more sustainable care

We think, through each of these shifts, there are opportunities to deliver healthcare in ways that are sustainable financially and environmentally.

UKHACC Commitments endorsed by the UK Kidney Association



Take Home Messages

- 1 WHO recognised that **climate change is one of the major threats to global public health**, noting the urgent call issued by the Director-General for global climate action to promote health and build climate-resilient and sustainable health systems.
- 2 The NHS in England alone **accounts for 40% of all public sector emissions (25 megatonnes of CO₂e)**, which is about the same as the total emissions of Denmark (26.7 megatonnes of CO₂e). This means we need to decarbonise.
- 3 We can all start by **building our knowledge and awareness and group with others to develop a sense of agency**. On 05/05/2025 the World Health Organization celebrates *World Hand Hygiene Day*, so, let us take this opportunity to challenge certain practice, and ask the question, for instance, do you need to wear those gloves? And reflect on the impact of gloves on waste generation when not used properly.

The UK Health Alliance on Climate Change is an alliance of 50 health organisations in the UK with a shared vision for a just sustainable healthy world.



The Kidney Fund AGM – December 2024

Dear Kidney Fund Supporters



It is with sadness that I tell you about the death of the Kidney Fund's Treasurer, Mr Gopal Hooper. Gop became one of the Trustees of the Kidney Fund just before the Covid pandemic. An Arsenal fan who had retired from the legal profession, he had a great sense of humour and his lived experiences in Malawi, Zimbabwe, the UK and other parts of the world meant he always had a great story to share, and he proved to be a source of encouragement, good cheer, and balance in what were quite challenging times. He will be sorely missed.

He would want 'the show to go on', and I am grateful to

everyone who continues to support us in raising funds in aid of research into Kidney disease at the South West Thames Institute of Renal Research (SWTIRR), and the St Helier renal unit.

We marked **World Kidney Day** on the **13th of March** with activities at St Helier hospital to raise awareness of kidney disease. There was also a Comedy night in Wimbledon. I wasn't able to attend, and you could say '*the joke was on me*', as I am told it was a fun filled evening.

Upcoming events include the **Kingston Dragon Boat** race on the **20th of July**, the **Camberley Collective car show** on the **9th of August** and the **Kidney Fund Ball** at the Epsom RAC on the **4th of October**. We also have a few people who are running the London marathon to raise funds for us, one of whom is Dr Colin Sinclair, Consultant in Acute Medicine at St Helier hospital.

I said in one of the articles I wrote for *Renality* a few years ago that the saying that "*many hands make light work*",

could also be interpreted as "*many hands make the work light*". There is a lot of work that needs to be done to help promote awareness of kidney disease through research and education and we need all the help we can get. We would be grateful for volunteers at our Fund-raising events, and also at our regular meetings. If you are willing and able to get involved, please contact our administrator, Gemma Dunleavy (gemma@kidneyfund.org.uk).

The clocks went forward on the day I wrote this article. Spring is definitely in the air, and I pray it brings new hope to all of you.

Dr David Makanjoula



Spring greetings to all Renaliteers,

I hope you're enjoying the lengthening days and the thawing wind. Although I'm really an autumnal person I do agree with Christina Rossetti, *"there is no time like spring"*.

The labs at SWTIRR are abuzz with activity but before I tell you about the new things going on I have to take a moment to celebrate a previous clinical research fellow. Many of you will know **Dr Seema Jain**, one of our consultant nephrologists, but before becoming a consultant Seema worked in the Institute. When Seema was working with me, she was carrying out a research project which involved investigating "biomarkers" in transplant patients. Some of you may have been involved. Despite many hurdles, not least the unpleasant difficulties of the COVID pandemic and the happier challenges of motherhood, Seema persevered in writing her thesis and succeeded in getting her PhD. So, I'd like to congratulate Seema, thank The Kidney Fund for their support and thank those of you who took part in the project.

So, that was the past, what's happening now? We haven't stopped research involving our transplant patients but I'm not going to talk about that now. I

think I'll leave that to **Dr Phanish** at a later date, when he may be inviting some of you to take part.

At the moment, we have a few quite diverse projects on the go. I'll just mention a couple of them to you, if you've got the time. All this science really excites me, but I understand from my family that most people prefer it in small doses.

The first is a collaboration with King's College London.

Amir is a very bright Master's student from King's and he is investigating novel biomarkers for diabetic kidney disease. I mentioned that word "biomarker" above, I'm not sure if everyone knows what it means, or what I mean when I use it. A biomarker (a "biological marker") is a measure that captures what is happening in a cell, organ or whole person at a given moment. Biomarkers can serve as early warning systems for your health. Protein in urine could be a biomarker of kidney dysfunction. Amir is looking for a biomarker that is involved in how the scarring of the kidney,



Dr Mark Dockrell

the fibrosis, is driven forward. He's been with us in the lab for a couple of months and his enthusiasm is great to have. It's contagious.

The second piece of work is the research being carried out by **Dr Zakeya Baalawy**. This is another collaboration between King's College London and ourselves. When SWTIRR opened, we didn't do much research into kidney cancer. In fact, nephrologists and renal researchers in general didn't do much research into kidney cancer. This has left the whole

area understudied. One of my friends at King's, **Professor Chirster Hogstrand** had been doing some research into breast cancer that he was telling me about, one day over lunch. While we were talking we realised that if we brought our expertise

together we may be able better understand how kidney cancer develops and to find better ways of diagnosing it. Zakeya took on the challenge of running this project and some of the data she is generating is extremely exciting. I don't want to bore

you with details, but we hope to publish some of it later this year.

Thanks for your time and your support. We can only do what we do with help from you and The Kidney Fund.

Dr Mark Dockerall

Funding = Research ... Research = Cure!

YOUR LOTTERY UPDATE

Hello one and all and welcome to a slightly different update regarding our lottery.

I have to apologise as I have been unable to carry out any administration of the lottery for a couple of months as my faithful old laptop gave up the ghost without warning me and I have had to recreate from the last available data that was available which was not particularly current!

Due to my work commitments this has taken a lot longer than anticipated but once I had obtained a new laptop I have been working to get the files up to date and ready to

commence relatively current activities with the expectation of being completely up to date by the end of April.

The good news about all of this is that I have many weeks draws to carry out and hopefully you will be one of our lucky winners from my backlog.

I must additionally apologise to a few new members that I have been unable to get set up until recently but I hope that by the time you read this you will have received acknowledgements from me regarding your memberships.

Apart from my normal holiday periods I hope that this

position will not arise again and I have built in a more regular back-up process to support my work.

Despite all of that I must ask that you do continue to support our lottery and hopefully inviting any colleagues or family members to join in too as, once I get my administration working correctly, it is a very easy way of generating much needed revenue for The Kidney Fund and it's magnificent research work.

If you have any questions do feel free to contact me on **lottery@kidneyfund.org.uk** and I will try my best to respond in a timely manner.

My very best wishes to you all and I hope you are able to enjoy the first signs of summer that we seem to be seeing at present.

Steven Clark

ANNUAL CHARITY GALA BALL

A truly prestigious occasion to grace your social calendar in a fantastic setting in a beautiful part of Surrey in the UK. Where you will experience a very warm welcome and where nothing is too much trouble, ensuring you enjoy our Kidney Fund Ball just like all our guests have for the last 8 years.

*On Saturday 4th October 2025 at The Royal Automobile Country Club
Woodcote Park, Epsom, Surrey, KT18 7EW, UK*



6.30pm start
12.30am carriages
£115 per person

In support of the Kidney Fund (based at St Helier Hospital)
Featuring live music and entertainment
Including welcome drinks plus wines on the table to start and
a three course meal with petits fours and coffee or tea.

Call 07785 352594 to join us at this prestigious event



Black tie
Ladies – Evening
or Cocktail Dresses

Sign up for a PDF - make sure you always get your copy of “Renality”!

Did you know... If your appointments at the Renal Unit drop to 2 or less per year, you will be removed from the ‘**RENALITY**’ mailing list and will no longer receive the newsletter.

You can receive a PDF of ‘**RENALITY**’ by email - just email **Graham.Morrow@kidneyfund.org.uk** and he will add you to PDF distribution list.

Receiving a PDF will not stop you receiving the postal copy if you are on the mailing list. You can receive both, and share the PDF with family and friends.

However, if you are happy to receive your news online rather than receiving a copy through the post email **anita@kidneyfund.org.uk** and we will remove you from the mailing list.

A cracking night of comedy

A comedy evening, aimed solely at raising money for The Kidney Fund, was held on Thursday 13th March in Wimbledon.

The sell out event was supported by **Crack Comedy** who are organisers of live comedy across London. We were pleased to be joined by brilliant comedians – **Erich McElroy, Rachel Fairburn, Matt Green** and **Jimmy McGhie**. The evening was a great success, combining lots of laughter with a fantastic cause.

The event coincided with World Kidney Day, which also fell on Thursday 13th March. The evening saw an impressive turnout of over 100 people, all of whom were eager to enjoy a night of laughter while raising money. The event raised just over £2,000 for The Kidney Fund thanks to the generosity of the attendees, the great atmosphere, and the power of comedy to bring people together.

Many local businesses showed their support by donating a wide range of excellent prizes for the raffle with all proceeds going directly to the charity.



A big thank you goes out to all those involved in making this event such a success. To **Crack Comedy** for supporting a fantastic evening, the incredibly talented comedians who had the audience laughing the entire evening, the local businesses who generously donated raffle prizes, and to everyone who attended and supported The Kidney Fund.

Special thanks to **Heidi's Cakes, Sticks n Sushi, Megans, Garson's, Wahaca, Elys of Wimbledon, Pizza Express, Gail's, Humming's Bar – Esher** for their generous donations to our raffle.

We will be looking to arrange more events like this in the future so please do look out for updates.

Crack Comedy **The Kidney Fund** **TUNNEL 267**

COMEDY FUNDRAISER for THE KIDNEY FUND

• FEATURING: RACHEL FAIRBURN, MATT GREEN, JIMMY MCGHIE AND ERICH MCELROY
 • 13TH MARCH, 7PM DOORS. 8PM START
 • GREAT FUN, FOR A GREAT CAUSE!
 • SCAN QR CODE TO GET TICKETS

@ TUNNEL 267
THE BROADWAY, SW19 1SD
 (OPPOSITE THE POLKA THEATRE)
 267 THE BROADWAY, SW19 1SD

St Helier and Surrey Kidney Patients Association

A message from your Chairman

I hope you're all keeping well. I have finished my eighteenth year as Chairman and now I've started my nineteenth, not bad for someone who said, "I'll do it for a maximum of 5 years". I have agreed to continue until the AGM of 2026, when I will have done 20 years in the role, then it will be time for me to stand down and somebody else to become the Chair.

The KPA committee continues to meet every 2 months, both in person and virtually. Anything that needs dealing with in between is done by email or *WhatsApp*. I only visit St Helier about every 4 weeks and it's a very different

place to what it was a few years ago, Beacon has been demolished, the inpatient wards have moved to the 6th floor of the main hospital, the serving counter has gone, and outpatients seems so much quieter. I, personally miss the interaction that we used to enjoy with the patients and staff.

The renal unit is under huge pressure to reduce its operating costs. Equipment funding from the Trust is likely to be much reduced. The KPA is providing more equipment than ever and at our March Committee meeting we agreed to purchase nearly £100,000 worth of much needed equipment. Hopefully we'll have some photos of the equipment we've managed to provide in this and future editions. Remember, this is only made possible by the generous donations and legacies we receive from mainly friends and family of



renal patients.

The Planning permission for the inpatient unit at St Georges was passed and the funding was provisionally agreed but the full business case is still to be agreed. I'm sure the Clinical lead and General Manager will tell us more about this, the future plans for the renal unit and the planned merger/integration with St Georges in their articles.

With the recent Government announcement that the *NHS England* quango is to be scrapped and brought back into the Department of Health and Social Care, there are some huge changes being proposed within the NHS.

KPA News/ Committee/Patient Representatives

We have scheduled our annual **Golf Day for Friday 6th June 2025**, playing Milford Golf Course. As in 2024, we'll be playing for the Paul Connolly Memorial Bowl, in memory of my Vice Chairman Paul who passed away in 2022. We'll be raising our glasses to him, to past Committee members, and patients and friends, sadly no longer with us.

Committee has gained five

new members over the last two years, but it has lost four, who sadly passed away. It would be lovely to have every Satellite represented. We still need reps for every unit other than Croydon.

If you're a patient or a relative of a patient who could spare around 3 hours every 2 months it would be lovely to hear from you. It's vital to keep finding new Committee members to ensure the continuity of the KPA, after all it's there to help us, the patients.

Ideally, we would love to have some younger Committee Members to enable us to represent the entire age range of St Helier's patients.

The position isn't onerous; circumstances permitting we normally meet every 2

months within the Renal Unit at St Helier or virtually at 6.30 normally on the second Tuesday of the month. Members don't need to attend every meeting. Reports can be emailed.

This is your kidney patient's association set up 50 years ago by kidney patients to support kidney patients under the care of St Helier and if it is to survive going forward it always needs new people to get involved.

If you can help, please contact me on **01483 426276** or email daspensley@btinternet.com.

I think that's about all I have to say.

Stay Safe.

Best Wishes

Dave Spensley,
Hon Chairman

...there are some huge changes being proposed within the NHS...

KPA Donations

St Helier and Surrey KPA would like to thank those of you who have donated to us during the period since the last *Renality*.

- Roger & Roz Mann
- Lewis Golf Society
- Geraldine Johnson

St Helier Transplant Team selected for the World Transplant Games 2025

Following a successful British Transplant Games in Nottingham last year, three of the St Helier Transplant Team were selected to represent Great Britain at the World Transplant Games 2025 to be held in Dresden. Huge congratulations to Lisa Laing, Aled Loynes and Craig Tichelaar.



The World Transplant Games (WTG) has evolved and is now an international event open to all transplant recipients and living donors from member countries. It is a wonderful opportunity for athletes and supporters

from across the world to raise more awareness of the need for donors and the success of organ donation in returning recipients to better health than they would have without the generosity of donors and their families.

Having been selected is only the start of their journey! Training, kit purchase, calendar organising, family arrangements and fund raising (the World Games are self-funded by the athletes).

On Lisa's GoFundMe page she posted:

"Hello my name is Lisa and I have the privilege to have been selected to represent Great Britain at The World Transplant Games to be

held in Dresden Germany 17-24th August 2025. I have been selected to compete in 50m and 100m backstroke. These games take place every two years and are supported by the International Olympic Committee. The sporting event represents the largest organ donation awareness event in the world, featuring a week of 17 sporting events. Team GB will join over 1000 other transplant athletes, both juniors, adults and live donors from 60 countries across the globe.

All participants at the World Games have received a lifesaving organ Transplant. I have been lucky enough to receive 2 kidney transplants, my first transplant was in 1990 and my second in 2017. I have represented Team



St Helier Team members Transplant Games 2025

St Helier at the British Transplant Games for many years, mainly in the swimming pool.

In addition to the physical sporting challenge, the World Transplant Games promotes the benefits of organ transplantation and highlights the need for organ donation.

As a member of Team GB, I am required to pay for my own transport, accommodation, registration, kit and to cover the cost of attending two mandatory training days.

I would very much appreciate any financial support you are able to offer to help send me to represent not only my country but my unknown heroes.

To say the words 'thank you' never seems enough for the decision a family and my donor made to live life and then give life. To represent them at The World Transplant Games would be such an honour and privilege and to thank them for The Gift of Life. Thank you, Lisa x"

Lisa has also announced she will participate with friends and family walking the 13 London Bridges on 21st April 2025 to raise awareness of the importance of **NHS Organ**

Donation and to Share Your Wishes. They will also be continuing to fundraise to help send Team St Helier to the British Transplant Games and her to the World Transplant Games.

Applications are open for anyone wishing to participate in the **2025 British Transplant Games** to be held in Oxford **31st July – 4 August 2025**. If you are interested and have not yet registered, please contact me at **Graham.Morrow@kidneyfund.org.uk**.

If you are able to support the World and British Games Teams, please email me at the address above and I will give you the St Helier Team bank details. Please also state whether you are supporting the World Games participants or the British Games Team.

Many thanks, and keep well.

Graham



I want to introduce you all to my HERO Iris Sealey

Iris is my wonderful Mother who recently celebrated her 90th birthday, she is pictured above with me and my wife Michelle. The reason I'm writing this article is because 40 years ago, aged 50, my Mum donated a Kidney to me.

On Christmas Eve 1984, aged just 22 and married only 6 months, I was admitted to St Helier Hospital and diagnosed with Kidney Failure. I thought my world had fallen apart. Emergency dialysis followed and a Biopsy confirmed my worst fears, that I would need a Transplant.

Mum stepped forward to be a donor and while I underwent dialysis, Mum was vigorously tested to see if she would be a match for donation.

The thought of a Kidney Transplant brought so many questions and fears. Would Mum be okay with 1 remaining Kidney was my overriding fear, and what if it doesn't work? The questions were endless.

After reassurances from the wonderful team at St Helier, the Transplant took place on April 28th, 1985.

I had to have a second transplant in 1998, but this article isn't about me, it's to give thanks for Mums life 40 years on from donating her kidney to me. Thanks to Mum's selfless gift of life, I've had the privilege of living a full and healthy life, her incredible act of kindness continues to inspire me, and I hope it encourages others to consider becoming a living donor and change a life forever.

There hasn't been any noticeable effects on her life, she has always been healthy, well and so full of energy. Her recovery after the operation went brilliantly and she was back to work after a short time. Since the operation Mum has continued to travel extensively, become a grandmother 8 times over and is a great grandmother to 3 children.

When I look at Mum now after everything she has done for me, I see someone who is still full of life, has a wicked sense of humour and is a joy to be around.

As my Mum and I look forward



to celebrating the 40th anniversary of our operation later this month, I would, on behalf of all my family, like to express my sincere thanks to all the wonderful staff in the Renal Unit at Epsom and St Helier Hospital. Their first-class care, kindness and compassion has been such a support to my whole family throughout my Renal journey.

The word hero is often banded around nowadays, but when your Mum gives you "The Gift Of Life" the word **HERO** fits perfectly.

Thanks Mum xxx

RECRUITING PATIENTS TO TEACH STUDENTS



**We are particularly looking for
people from diverse backgrounds**

*"it was good to turn all that
time in hospital, wasted time
really, into something positive"*

Cancer survivor

Hearing about the real lived experience of patients is a valuable learning experience for our students.

It can be rewarding to support the development of the health professionals of tomorrow. Our patient partners tell us they also really enjoy meeting other people with the same or different health conditions.

What can I get involved in?

- Being a patient in students' practical exams
- Communication skills sessions
- Physical examination skills sessions
- Sitting on committee meetings
- Sharing your story in teaching sessions

- Full training and support given
- No previous experience needed
- Payment and expenses provided

How do I get involved?

To apply fill out
this short form
by scanning the
QR code



Or email: kellis@sgul.ac.uk

Our Peer Support Service is designed for anyone affected by kidney disease, we can connect you with someone who truly understands your concerns or queries. Whether you're a patient, carer, or someone interested in learning more about living donation, our service is here for you.



LKN London Kidney Network **Kidney Care UK**

Partnership with NHS trusts across London

We're here for you

Whether you have questions about kidney disease, are wondering what to expect, or just want to talk to someone who gets it, our peer support volunteers can help.

Our peer support volunteers are affected by kidney disease and are on-hand to help you feel better as well as to understand more about life with kidney disease.

SCAN ME

Contact our peer supporters today

Peer support **Call free on** **0808 801 00 00**

from (Monday to Friday; 9am - 5pm)

Kidney Care UK www.kidneycareuk.org peersupport@kidneycareuk.org

kidneycareuk.org peersupport@kidneycareuk.org More

KPA MEMORIAL DONATIONS

St Helier and Surrey KPA would like to thank all of those individuals who have donated in memory of:

- K. R. Lawrence
- George Smith
- Maria George-David
- Pat Harris
- Jackie Moss

St Helier & Surrey KPA Committee Members 2024/2025

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PLAY OUR WEEKLY LOTTERY

Over £75,000
raised so far for
The Kidney Fund!!

50% of all money raised goes to
the winner and the other 50% goes
directly to The Kidney Fund

RESEARCH
FUNDING



The
Kidney
Fund

Over £8,000
in winnings paid out
in the last year!

**£160 Average
weekly prize***

To join the Lottery please complete the form below and return it to the address on the form.

Once received, we will contact you to let you know your unique number or numbers.

IMPORTANT please return to: The Lottery Office, c/o 10 Pelton Avenue, Belmont, Surrey, SM2 5NN

Title:	Initials:	Surname:
Address:		
Post Code:	Home Phone:	Mobile:
Email:	Add me to the Kidney Research Supporter Email Group <input type="checkbox"/>	

Please note that to save on postage we prefer to communicate by email or telephone. Please tick here ☐ if you require a letter

There are TWO ways to pay. Please choose ONE of the following:

OPTION 1 – Standing Order Mandate

Title:	Initials:	Surname:
My Bank's Name:	Branch:	Post Code:
My Account No:	Sort Code:	Date of 1st Payment:
Name:	Signed:	

Pay to: Kidney Fund Lottery **Bank:** CAF Bank Ltd, West Malling **Account No:** 00019588 **Sort Code:** 40-52-40

Monthly Payment:	<input type="text"/>	number of entries @ £4.34 per month	=	£ <input type="text"/>	& thereafter each month
Quarterly Payment:	<input type="text"/>	number of entries @ £13 per quarter	=	£ <input type="text"/>	& thereafter each month
Half-Yearly Payment:	<input type="text"/>	number of entries @ £26 per half-year	=	£ <input type="text"/>	& thereafter each month
Annual Payment:	<input type="text"/>	number of entries @ £52 per year	=	£ <input type="text"/>	& thereafter each month

OPTION 2 – Cheque Payment

Title:	Initials:	Surname:
I wish to buy <input type="text"/> entry(s) each week for <input type="text"/> 13 weeks, <input type="text"/> 26 weeks, <input type="text"/> 52 weeks and remit a cheque for £ <input type="text"/>		

(each entry costs £1 per week). Please make cheques payable to: The Kidney Fund Lottery & return to the address on the form.

If you have any questions or would like more information, please call 020 8296 3968 or email: lottery@kidneyfund.org.uk

The Kidney Fund: Registered charity number: 800952

* Based on the average of the last years weekly winning prizes. The weekly prize amount is not guaranteed and is dependant on the number of entries paying into the lottery that week.