Happy 40th for “best renal unit in the country”

Patients and staff broke open the fizzy apple juice on Monday 22 June to celebrate 40 years of the South West Thames Renal and Transplantation Unit. The Party started with a very welcome lunch for patients and guests, among them were many doctors and nurses associated with the Unit from its early days as well as friends who had recently retired.

Speakers included Dr James Marsh who said: “We have made incredible progress over the last 40 years, which have also seen massive advances in technology. When the Unit opened in 1969, dialysis patients would have to have sessions lasting up to 18 hours Sometimes patients would have to stay on the Unit for months after having a transplant. Now, because of advances in medicines, the recommended recovery time is just four days.” The Unit, which started off with just two dialysis patients and now has over 800, has also carried over 550 successful transplants in partnership with St George’s Hospital, Tooting. Dr Kwan recalled comments on treatment of kidney patients in the early days which amused the audience and highlighted special moments during the history of the Unit. Peter and Margaret Simpson spoke of their experience as patient and carer, proclaiming it to be ‘the best Renal Unit in the country’. The speeches finished with a rousing talk by Dr Bending which certainly encouraged the party spirit.

The occasion gave an opportunity to present a number of awards:
Dawn Summers and Vicki Kiang received the Annual Koo-Akinsanya Award presented by Mrs Akinsanya.

Diane Emery, Clerk for Harry Secombe Ward, was presented with an ABCD (Above and Beyond the Call of Duty) Award by Peter Coles, Interim Chief Executive of Epsom & St Helier University Hospitals Trust. Many staff received Long Service Awards, presented by Peter Coles.

Dr Kwan presented awards to long term patients. The first was John Loughran who received a kidney from his mother 30 years ago.

Guests were invited to have tea when James Marsh cut a beautifully decorated cake to mark the 40 years.

Congratulations must go to Sue Woodcock who organised the event. It really was a lovely way to celebrate 40 years.
We were very pleased that Nick Lewis, our new Editor was able to work with us on this edition of Renality. Nick will take over full responsibility for Editorship with the October issue. We wish him every success.

Renality Would you like to advertise in Renality?

We distribute up to 5,500 copies of this quarterly Newsletter to patients who live within the catchment area of S W Thames Renal & Transplantation Unit (SW London, all of Surrey, W Sussex and NE Hampshire).

If you would like to advertise your business in this publication, contact the Editors. You will find the address at the bottom of this page.

Renality is now available on CD, PDF form & large print

Our thanks go to Joanna Bending who reads and edits the Newsletter and to her colleagues. Thanks must also go to Richard Sammons who produces the CDs and distributes them.

Graham Morrow produces the electronic version.

If you know of any patient who would like to use these services, please contact: Peter or Margaret Simpson on 01252 792196 or email: mps@mpsimpson.demon.co.uk

Remember ...

our website addresses are:

South West Thames Kidney Fund: www.kidneyfund.org.uk
South West Thames Institute for Renal Research: www.swtirr.org.uk
St Helier Association for Kidney Patients (SHAK): www.shak-online.org

Newsletter deadline:

We welcome letters, articles and opinions from our readers. If you wish to contribute, all items for inclusion in the next Newsletter must reach us by Friday 25th SEPTEMBER 2009.

The opinions and views expressed in this Newsletter are those of the individual or organisation expressing them. There can be no assumption that such views and opinions are supported by any other subscribing organisation or individual.

We would like to thank Riverprint Ltd, Farnham for their help in producing this Newsletter.

9 Riverside Park, Farnham, Surrey GU9 7UG
Tel: 01252 722771
Fax: 08707 702781
Email: www.Riverprint.co.uk

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Renality is sent to all patients of the Renal and Satellite Units automatically unless they have asked not to receive it. If you do not wish to receive this newsletter, please contact Paul Fischer at the Renal Unit on 020 8296 2514.
Lack of space prevents publication of all the photographs of the Event. We apologise to those people who are not included.

Long Service Awards were presented by Peter Coles, Interim Chief Executive, to: Dr Mike Bending, Sara Bowen, Geraldine Marchesi, Nimmy Logeswaren, Christina Ho, Marina Taseda, Mary Nash, Joan Shonfield, Cathy Wooley, Maura Pinkney, Celia Eggeling, Pat Taylor, Janet Dell.

Dr J Kwan, Medical Director, presented awards to patients: Audrey Thompson, Kalaviti Patel, Marjorie Brosnan, Teresa Swan, Sunil Batish, Robert Edwards, Glenda Ryder, and John Loughran.
Renal Unit News

A message from the Clinical Director …

I am writing this article towards the end of the second week of Wimbledon. We are in the middle of a heat wave and there is a sense of a new order. Within the Renal Unit, we too need to adapt to the changing demands that face us.

However, we should also pause to reflect on the past. As discussed elsewhere in this magazine, we recently celebrated 40 years of renal services at St Helier Hospital. Jonathan Kwan spent some time highlighting some of the real achievements over the years and we should pay tribute to Anthony Eisinger for his pioneering vision of developing outreach renal services – a model that was radical at the time, but on reflection, so obvious. We clearly should continue to make the Renal Unit a genuinely local service wherever possible. Mike Bending gave a predictably rousing speech, and I would like to join the voices paying respect to him. After nearly three decades as a consultant at St Helier, Mike is retiring. He has devoted his life to the renal community and we will miss him enormously. He will leave a void that will be hard to replace. Every department needs a character like Mike, and for those of you that have been lucky enough to work with, or be treated by him, I am sure that you would wish to raise a metaphorical glass and honour his contribution to patients and the Renal Research Institute.

The area of work that has exercised me the most recently is the proposed new in-patient unit in Surrey. This is potentially an exciting opportunity to develop a new service in Surrey. Many of you will already know that Surrey is the largest county in England without an existing in-patient renal unit, and access from the far end of the county to St Helier is not easy. We have formed a partnership with St George’s Hospital to bid for the new service, and anticipate that we can continue to offer continuity of care to those of you not living in south west London. After a detailed study and options appraisal, St Peter’s Hospital, Chertsey, aims to host the new service. We will clearly continue to work closely with the other hospitals in Surrey to try to further improve the local renal services offered there. Like most things in the NHS, this will not happen overnight…… NHS Surrey has a timetable to look at all the options for renal services, and will probably make a decision early in 2010. Indeed, other potential providers will also wish to bid for the service.

I understand that you will have your own views about the nature of renal care in Surrey, and I would urge you to discuss these with the Kidney Patients Association reps, and also the patient representatives that are helping the working group develop our clinical model of care. Your voice can count, and we are keen that the patient representatives are active members in this project.

Although there is uncertainty, I would rather see this (like the tennis) as a period of exciting opportunity. There is the real potential for us all to develop and improve renal care across South West London, Surrey and its borders.

James Marsh, Clinical Director

Can you help our Pre-Dialysis Staff?

Have you attended PEP recently?

If so, we would really like to hear your views.

Also we are looking for volunteers to give a short talk at PEP about their dialysis experiences. These talks are always well received by patients about to embark on treatment.

If you feel able to help, could you please contact the Pre-Dialysis Team on 020 8296 2921.

A cost free way to help the SWTKF.

The Giving Machine is an online shopping site with over 180 major retailers. If you register with the site as a “Giver” it costs you nothing but a percentage of what you spend at the site is given to the Charity of your choice. Stores include Tesco, John Lewis, Amazon.

Please register at www.thegivingmachine/giver, chose the SWTKF as your charity and buy through the site.
A message from the General Manager

In this Issue, James Marsh has made reference to Wimbledon. Not being a tennis fan, the only image this creates for me is that of the Wombles. We could have benefited from their help recently as we continue to de-clutter areas of renal to maximise space and improve the quality of our service delivery. They would have been especially helpful to the workmen having to crawl underneath Richard Bright Ward removing old debris.

On this issue, I would like to thank all of you for your patience during the current Richard Bright Ward building work. It has been noisy and disruptive but we hope you will be pleased with the completed project toward the end of August.

Work on the new Sutton satellite unit is also progressing well with an expected commissioning date during the middle part of November 2009. Many of you may already have received a letter from Dr Marsh outlining progress of these new units and our hopes for their future use. We are working towards giving ongoing updates, including some pictures on our new website.

Further work on Beacon Ward has been delayed for various reasons but we are now hopeful that work will commence in the next few weeks. This will enable patients to dialyse at the bedside on all areas of Beacon.

In the last Issue, I invited you to let me know if you would like to suggest how you can best inform us of areas of concern or positive suggestions you may have about the unit. I had zero responses. Not sure if this is really good or really bad. Let’s assume the former for now and if you have any comments about your unit please either e-mail me, speak to your Nephrologist or your favourite nurse and we will do everything we can to respond appropriately.

This Issue also gives me the opportunity to congratulate a few people. Many of you will already know about Deborah Noble’s Chairman’s Award for Outstanding Achievement which she was presented with on 27th May in Piccadilly.

Our transport service team at G4S recognised two of their drivers recently for services beyond the call of duty. These included Tina Green (Crawley) who helped to transport a lady to hospital after her husband became unwell during therapy.

The second award was given to Phil Dyson (West Byfleet) who, during his normal route noted that a patient was not at home. He investigated further only to find that the patient’s home had been burgled. The police were informed and the patient who was unwell and confused was later found and received treatment.

Sara Jobson, Service Manager to the Unit has just received confirmation that she has passed her Diploma in Management Studies. Well done to Sara. This gives me a chance to pass on even more work in her direction!

The Trust’s annual awards recognised your PD team at St Helier for clinical innovation, supported by Susie Mallinder.

You will also read in this Issue an item from Sue Woodcock about our wonderful 40th anniversary day and the tremendous effort given by everyone involved. However, I have no doubt that she will not mention her incredible organisational skills implemented during the lead up to the day which ensured the smooth running order enabling everyone to enjoy the day.

Dr Marsh has already mentioned the number of projects in which we are all involved, working to develop and improve the renal unit. One such activity which we have just completed is the revamping of our section of the Trust’s website. I am delighted that we have now ‘gone live’ with the new look site and encourage everyone to take a look at


If you have any comments about the site or ideas about areas that you would like us to develop, please do let me know.

With very best wishes

Steve Simper
Swine Flu Advice to all Renal Patients

SWTRU is issuing the following advice to all renal patients regarding H1N1 Swine Flu.

If you begin to experience any flu like symptoms such as high temperature, aching limbs, headache, difficulty with breathing and/or tummy upset then please contact the Renal Unit on one of the telephone numbers below. You will then be assessed over the phone by one of our renal doctors.
If you are experiencing ‘normal’ flu like symptoms you will be advised to stay at home, self isolate for at least the first 7 days after onset of illness, except to seek medical advice and to receive dialysis treatment, take Paracetamol every 4-6 hrs, rest as much as possible and wash hands regularly. You will also be advised to contact the Renal Unit should you have any queries or worries.
If you are experiencing symptoms such as difficulty in breathing, severe headache or very high temperatures you will be advised to attend the Renal Unit for a full assessment of your condition. You will be advised to go directly to clinic room 4 in renal outpatients for your initial assessment. You will also be asked to wear a surgical mask and the door of the clinic room will be kept closed. If you have a runny nose and/or cough you will be provided with tissues and a yellow bag for disposal. You will also be encouraged to wash your hands. Attending staff will be kept to a minimum and wear surgical mask, plastic apron and gloves.
If a decision is made to admit, you will be, wherever possible, admitted to an isolation room. A commode will be available in the room to prevent you from moving out of the room. Movement between other departments will be kept to a minimum. Healthcare staff will be kept to minimum and wear surgical masks, plastic aprons and gloves. You will also be expected to wear a surgical mask when in transit between clinic room 4 and the isolation room. You will not need to wear a mask at all times when in the single room, only when other people are present in the room with you.

Treatment
This will include nose and throat swabs to test for the virus and 5 day course of Tamiflu.

Visitors
The number of visitors will be restricted to all except essential visitors. Any visitor who is symptomatic, especially if a household contact of you, should not visit the hospital. Visitors entering the isolation room must wear a surgical mask, plastic apron and gloves. Visitors will be shown how to use the protective clothing. The ward must keep a list of all visitors visiting the affected patient.

Telephone Numbers:
Between 9am and 5pm contact Renal Reception on 020 8296 3100.
Out of hours please contact Harry Secombe Ward on 020 8296 2793/4703

CONGRATULATIONS TO MAYDAY DIALYSIS PATIENTS.
You have done it again.....

In conjunction with the 2009 Kidney Fund Marathon Team running to raise funds for SWTKF on Sunday 26th April 2009, Mayday patients did their bit by dressing up as Count and Countess Dracula (Vampire Day), brainchild of Sister Angie/HCA Vivian Pascal. Some patients dressed up in something RED or BLACK and it ran over 2 days, i.e 24th and 25th April 2009 and then contributed £1 and some patients were sponsored. Our patient Mr. Albert Baugh donated a sign "Welcome to Transylvania". The total amount raised was £478.00. Well done to one and all and thank you to Albert for the beautiful sign.
Sr. Doris Khaw
(We wish we had room to print all the photos.)
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Bourton on the Water, Cheltenham, GL54 2BB. Tel: 01386 841299 Fax: 01386 841298

**For more information visit:**
www.mesogeios.gr  info@mesogeios.gr
Message from your Chairman

By the time you read this it will be August already, where did the first half of the year go?

An update on the three main ongoing projects

1. Beacon Ward Upgrade at St Helier

The work to provide the 9 additional beds is progressing and we hope to see the fully refurbished Beacon Ward up and running very soon.

2. Additional Satellite Capacity

The planning permission for the new Croydon unit has been resubmitted and hopefully this will be approved and allow the two units, namely Croydon and Sutton, to be operational early in 2010 with Epsom following in 2011.

3. Surrey Renal Service

A steering group has been formed to allow St Helier’s renal Unit to prepare its bid to provide this service.

The European Union rules dictate that this bid is open to any competent provider and it is vital that St Helier patients return their questionnaires, if you haven’t already done so.

You can support our bid by:

- Writing to: NHS Surrey, Cedar Court, Guildford Road, Leatherhead, Surrey KT22 9AE
- Telephoning NHS Surrey on (01372) 201 700, or visit their website at www.surreyhealth.nhs.uk.

Patient support can only help to strengthen our bid so have your say in the future of renal services in Surrey.

Other News

June 19th saw the 3rd KPA Golf Day and thanks to the organisational skills of Jim and Shirley Rae and many enthusiastic golfers we have made over £4,000 on the day. There is a separate article on this fabulous event within this edition.

This years AGM will be held on Sunday 15th November at 3 p.m. in the Blue Room within the Renal Unit and Dr James Marsh will be our speaker.

The Patient Lunch will take place on Saturday 12th December again in the Blue Room.

Best Wishes

Dave Spensley, Hon. Chairman

Donations

The KPA would like to thank the following people for their much appreciated donations:

- Paul and Sarah Steele
- Kevin Connolly and his colleagues at National Westminster Bank
- The Running Horse Public House, Bridge Street, Leatherhead who have kindly made us their Charity of the Year for 2009.
- The Freemasons Grand Charity
- The Concord Golf Society
- Viv Quek
NOTICE TO ALL ST HELIER & SURREY KPA MEMBERS

Annual General Meeting

of the

St Helier & Surrey Kidney Patients Association

will be held on

Sunday 15th November 2009
3:00 p.m.

in the

Blue Room, Renal Unit
St Helier Hospital

Tea, Coffee and Biscuits will be available

Memorial Donations

All those individuals who have donated in memory of:
Jacqueline Wilde
Johannes Quant
Michael Benwell
Alan Bristow
Douglas Cumming
Potens Atiogbe
William Armstrong
Betty Robinson
Raymond Viel
Margaret Hewing

The KPA’s thanks go to all those who have donated in memory of their loved ones.

Legacies

St Helier and Surrey Kidney Patients’ Association is very grateful to have received legacies from the estates of:
Michael J Ryan £5K
Raymond Viel £10K

THE JOHN EDWARD FOXWELL MEMORIAL GOLF DAY
ROOKWOOD GC, WARNHAM JUNE 19TH 2009

Great Weather, a fabulous course and new records set both in terms of numbers of golfers and also monies raised to assist the work of St. Helier & Surrey K.P.A. - not bad headlines are they?

Record Number 1: This year 81 golfers took to the fairways of Rookwood to contest the John Edward Foxwell Memorial Trophy a 50% increase on last year’s 54, many thanks to all of you for taking the time and trouble to help our cause.

Record Number 2: Last year’s event generated a total of £2,433 in cash and gift aid, that total has been eclipsed this year with a total of £4,139 raised. This sum could not have been raised without a lot of goodwill and hard work, notable contributors were Shirley Rae, Betty Foxwell, Dave & Di Spensley, their daughters Anna and Allison, Paul Connolly and the members of Becketts Barn Golf Society.

Given space considerations, we cannot name all the many donors and sponsors that have helped us this year to attain such a truly valuable surplus, but to all we say a huge thank you.

This year in addition to the JEF Memorial Trophy, those contestants who held CONGU (Official Club) handicaps (as opposed to Society handicaps) were playing for a second trophy; provided by Martin Dean (of Becketts Barn GS). This new trophy (The JEF Congu Trophy) was won by John Pembrey of Walton Heath G.C. John has promised to come back next year to defend it.

Now to the main event, the winner of the JEF Memorial Trophy for 2009 was John Lines on
A Warning to Patients from Ray Mackey, Chairman of the NKF

He sent this letter to all KPA Chairmen ….

The recent cases in the UK of patients being offered ADVAGRAF instead of PROGRAF, or vice versa, in error by GPs and Pharmacists, highlights the very real danger patients face if they accept a change to their medication made by anyone other than the Transplant Surgeon or Consultant Nephrologists. These days, drugs are very complex and even though one make of a drug appears to contain the same or similar drug to another (in the given example the drug is Tacrolimus) the formulation can be very different and very harmful if taken by mistake.

The lesson is clear, if the drug you are being prescribed, or handed is not identical to the drug you are used to taking - DON’T TAKE IT without getting advice from your own renal consultant. This applies, even if the person is your own GP, Chemist, Nurse or other Physician.

A Trust Award for Debbie

Debbie Noble, family and friends after receiving her award from Peter Coles, Interim Chief Executive, Epsom & St Helier University Hospitals Trust. Debbie braved the snow twice last February to dialyse a patient. (Reported last issue)

A Plea for your help from the NKF….

The number of people completing online surveys for the NKF has fallen well below the expected level. Unless we can increase the numbers of patients and carers who complete these, they will not have sufficient responses to be regarded as statistically relevant and that will be an enormous shame.

We urge all patients, carers and other contacts to go to www.kidney.org.uk and click on “Tell the NKF” in the top left hand corner of the screen. There is a choice of surveys to complete – currently ( and they are always changing ) they are :-

Dialysis Patient Choices Survey
Post-Kidney-Transplant Medication Survey
The NKF — Its Future Direction Survey
Hospital Haemodialysis — Quality of Treatment Survey
Anaemia Survey

It would be much appreciated if you could spare a few moments of your time to complete a survey.

Dave Spensley
It is with mixed emotions that I write the summer bulletin from the Institute. Since the day I started work at the Institute in the late autumn of 2002, or possibly even earlier I was aware that not only was the Renal Unit at St Helier large, but it has some larger than life characters. One of those characters who has been an inspiration and continuous support to me is Dr Michael Bending and as many of you know Dr Bending has now retired from St Helier and he will be sorely missed, not least by me. I’m sure most of you know that he was the inspiration behind the Institute and most of you know how dedicated he has been to fund raising but you might not know that Mike had a fantastic scientific brain and that for years he would attend the Institute lab meetings and offer support and comment sharing his insight and wisdom.

The year that David Newman, the first scientific director of the Institute, died was a difficult time for us. I had only been in post for a few months and the two research fellows for only two months longer than me. At that stage I had never lead a research group without a mentor and suddenly I found myself at the edge of an abyss with two keen but highly inexperienced fellows looking to me to show the way. I would be lying to you if I said that I was always confident we would not fall but Mike had no intention of letting us slip. He filled us with belief and there was never the smallest hint from him that the Institute would not continue to grow. He was, as usual, right. Both of those keen but green research fellows have published good scientific papers, got their PhDs and are consultants, one of them, Dr Phanish is working with us still.

Fortunately Dr Bending is not abandoning us completely, he will continue to guide the Kidney Fund in their support of the Institute and I hope he will continue to give me his opinion on what I do. The old chap thinks he’s going to be bored in semi-retirement. Well, the changes that occurred over the last few years in Department of Health Research funding has still left us a little understaffed in the Institute and with the imminent departure of my brilliant PhD student James Browne to Chicago following the defence of his thesis at the end of July, I’m going to need some more hands in the lab. So Mike, if you’re really kicking your heels with nothing to do, get down here roll up your sleeves and do some experiments; we’ve not cured kidney disease yet!

James was working on a particular signalling molecule called Erk5 and he did some excellent work characterising what it did in kidney cells. Very near the end of his work James made some very interesting observations that this little molecule may have an important role in protecting kidney cells from death and disease, but James has had to stop, leaving these tantalising observations hanging, waiting for further experiments to clarify them and characterise how Erk5 does this and how we might take advantage of it to slow down the progression of the disease. To continue this work we have decided that the best approach will be to get a new PhD student to take it to the next level and follow in James’ footsteps. Although scientific PhD students are extremely good value for money, a three year studentship is not cheap. It costs approximately £90 000 in total. So I have already started thinking about how we might fund this and we’re looking at a variety of possibilities; as usual all help is gratefully received. If any of you know of any benefactors who would like to sponsor the third South West Thames Institute for Renal Research young scientist PhD studentship point them in my direction because as you all know;

“No Funding = No Research;
No Research = No Cure”

Mark Dockrell, Lead Scientist
Dear Kidney Funders

I am dictating this letter on the fourth day of my retirement. At present things are very busy and the days fill up quite quickly.

Anne Collard’s surpassed herself this week by organising the most splendid dinner party at the Globe Theatre. We were joking that Anne doesn’t perhaps earn her weight in gold but she certainly earns her salary four or five times over in terms of the amount of money she raises for kidney research. And, I must say how much Wendy Playle, my Secretary, worked with Anne and helped her on the ‘Globe’ project.

If every employee achieved that highly, life would be sorted ... for the bosses.

We are now preparing for the Annual General Meeting of the Kidney Fund on Sunday, the 12th July. Nearly all Kidney Fund Executives have been beavering away for nearly 20 years and most of us, starting with myself, are pretty much past sell by date.

Simon Ling has been absolutely steadfast in his work as honorary treasurer. He has found two or three highly qualified people who are keen to take over the treasurership when he stands down in a few months times. Pat Godden has found a partial replacement as honorary secretary in Jackie Moss who is so well known as an active member of the St Helier and Surrey Kidney Patients Association (formerly SHAK). Pat and her late husband Roy worked tirelessly as a deeply involved kidney family and their contributions will be sadly missed as Pat retires.

Peter and Margaret Simpson likewise have done tremendous work for both the St Helier and Surrey Kidney Patients Association and the Kidney Fund over the years. We are very pleased that they are training a new editor for Renality but their retirement from the Kidney Fund is going to leave an enormous gap. We desperately need some young blood to come forward to replace us old dinosaurs.

The only member of the Executive with any life left in him seems to be Richard Sammons, totally supported by his wife Carol. Richard still has miles and miles of useful life left in him but he will definitely need the support of young helpers.

I think it is quite fortuitous that so many of us are winding down at the same time because this means that the floor will be open for youth and vigour and perhaps even new directions.

Please sit down quietly with your family and friends and dream up a new fund raising event in your locality. If you need any inspirational ideas, Anne Collard will help you out.

With very best wishes to you all

Yours sincerely

Michael Bending, Chairman

Branch News:

Sutton Branch: The Thai Dinner held in Sutton on 2nd June was a great success and raised £301.50. This, together with a donation of £75 brought the total to £376.50.

A Garden Party is planned for 1st August to be held at the home of Richard and Carol Sammons. This will be reported in the next issue.

Frimley Park & Guildford Branch: The Branch held a collection at Sainsbury’s, Farnham in June and £986.00 was raised for the Kidney Fund. Thanks go to Angie Morrow who organised the event and to all who helped.

Angie will be organising other collections - at the Meadows, Camberley in August and at Sainsbury’s, Brookwood in September.

Kate Shipton ran a ‘name the doll’ and craft stall at Frensham Fayre in June in aid of SWTKF and raised £638. Kate also ran another ‘name the doll’ and tombola stall of new gifts at Tilford Fete on 11th July and raised £240. Kate will be organising a craft stall at a Fair at Bordon Junior School on 27th July from 11am-3pm.
South West Thames Kidney Fund AGM Report:
The meeting was attended by loyal supporters of Dr. Bending, who chaired it. After the necessary opening formalities, Simon Ling, the Treasurer, presented the financial report. He reported that the general income had been £223358 with expenditure of £208902 giving a small surplus of £14456. The figures were difficult to compare to the previous period which covered 18 months and contained two large legacies. Mark Dockrell followed and gave a very interesting talk on the pathway and future direction of the Research Institute. He spoke of the close collaborations in the UK, Holland and the USA and the Institute’s growing international recognition. Mike Bending presented his report spoke mainly of the valuable contributions over many years by a members of the Executive Committee. The Officers and Executive were all re-elected and the meeting finished before 3.30pm.

South West Thames Institute for Renal Research AGM Report:
The second AGM was for SWTIRR and was chaired by Richard Sammons. Graham Morrow, Financial Director, presented the accounts which showed the turnover was a healthy £281796 with costs at £255748 plus £11273 administration expenses, interest received was £11273, leaving a yearly deficit of £17495. Against this should be set a gift aid donation of £12498 to SWTKF being unused grant. Mark Dockrell gave an update of the research projects and left us in no doubt that whilst the Institute must take advantage of commercial opportunities it was only by being at the forefront of research into renal disease that we could maintain our position in the scientific community and continue to interest the drug companies. Richard Sammons presented his report as Chairman and spoke of his ambition to make the Institute much more self-supporting through commercial contracts.

Richard then spoke of his long association with Mike Bending. How he met him as a carer and subsequently how they worked together, the struggle to raise all the money needed for the Institute and the leadership and drive shown by Mike. Richard’s speech was followed by refreshments and champagne supplied by Richard and Carol and then Jonathan Kwan, in tribute to Mike Bending, told the history of Mike’s career and how it was intertwined with his own. He spoke of Mike’s massive contribution to the Renal Unit and his initiative and drive in forming the Kidney Fund and building the Institute.

South West Thames Kidney Fund (SWTKF)

A Vacancy for Hon. Treasurer

The job of Treasurer involves attending the Trustees meetings every two months and making a report on the financial situation from the figures supplied by the very efficient secretary to the Fund; and preparing the annual accounts for examination and reporting to the AGM.

If you would like to know more, please contact Simon Ling by telephone on 01372 277480 or by e-mail on simon@simonling.org.uk

Concert to be held in aid of South West Thames Kidney Fund

to be given by

Weybridge Male Voice Choir at
Egham United Church
on
Saturday 14th November 2009 at 7.30 pm

Tickets from:
Ken Browning on 01932 342519 or
Carol Lofthouse on 01252 541577

(Ken Browning’s Grandson had a kidney transplant recently)
Mike Bending was born and brought up in Bexhill on Sea, where he spent his early formative years. He has always been interested in mathematics and the sciences. Anxious in finding out more about the mechanics of life, he won a place to do medicine at Cambridge. He qualified in 1969, the year Neil Armstrong landed on the Moon! He subsequently obtained a MSc in Biochemistry in 1975. Previously he had worked for six years as a Lecturer in Medicine at the former Westminster Hospital Medical School before being appointed as Consultant Nephrologist and Physician at St Helier Hospital in 1982. For his contribution to medicine he was awarded his Fellowship of the Royal College of Physicians in 1987.

After qualifying, he received specialist training in clinical pharmacology, neurology and diabetics. As an itinerant young doctor, he moved from hospital to hospital and had worked at the Westminster Hospital, National Hospital for Nervous Diseases, and Queen Mary Hospital, Roehampton. Following these appointments, he received his postgraduate research training at the Royal Postgraduate Medical School. Hammersmith. In 1978 he conducted a survey into the causes of death in diabetic patients under the age of 50. He discovered that in that year there had been 900 deaths of which 444 had died from kidney failure. That sowed the seeds of his life long passion in diabetic kidney disease. This passion extended to him nearly achieving a first in the UK during the 90’s; working with his research registrar, Dr Charles Soper, and our former transplant surgeon, Mr Christian Koo, in performing the first sub-capsular pancreatitic islet cell transplantation for the treatment of diabetic kidney failure.

He was the second consultant appointed to the Unit, working with Anthony Eisenger, the then Director. He was pivotal in the implementation of the unit’s outreach strategy, which has been a key factor in our Renal Unit’s subsequent success. He ran the first outreach renal clinics at the Royal Surrey and Frimley Park Hospitals. The unit has now grown to 13 consultants, and from having one small inpatient ward to 3 major wards with 16 outreach clinics and 7 satellite dialysis units. Over time, the Unit has changed immensely, and he regretted not knowing properly all the doctors, nurses and other staff; a feat he was proud of having once before……

Running in parallel with Mike’s career as a doctor, has been his devotion to research and teaching. It was due to his inspiration, drive and organisation that we have the South West Thames Institute for Renal Research. He told Dr Eisenger at his appointment interview, that the Unit needed a research establishment. And in his unique inimitable ways he enthused the many patients, carers, friends and volunteers in helping him to raise the monies. The S W Thames Kidney Fund was set up and became the flag under which the necessary £750,000 was raised. It took a little longer than expected, but the fact that the Institute celebrated its 10th birthday last year is a great testament to Mike’s work. He will continue to be closely associated with the Institute.

He retired from the NHS on 6 July. He is not giving up medicine completely as yet as he will continue his teaching work for junior doctors, and will, of course, continue as the Chairman of the South West Thames Kidney Fund and Deputy Chairman of the Institute. He has many hobbies that should fill his time: sailing, skiing, motorcycling, walking and chess. He has even started taking flying lessons. How does he fit everything in? And, of course, he has a family with Carol and 3 adult children.

Mike has a long and distinguished career. We wish him the very best for his retirement. May it be long, healthy, enjoyable and different!

Jonathan Kwan, Medical Director,
Epsom & St Helier University Hospitals Trust

Mike specifically requested there should be no gifts for his retirement but many people have asked if there is to be a collection for him. A Justgiving page has been opened so that anyone who wishes to make a donation to SWTKF as a tribute to Mike may do so and leave a message. The link is:

www.justgiving.com/michaelbendingretirement
The Chobham Rugby Club who run various events during the year to support charity, including an annual Pram Race. The Club donated £3,076.44 to South West Thames Kidney Fund earlier this year.

Boxgrove and Merrow Townswomen’s Guild who have adopted South West Thames Kidney Fund as their ‘Charity of the Year’

Also, we thank all the families and friends who donated so generously to South West Thames Kidney Fund in memory of:

- Brenda Wicks
- Robert Cooke
- Maria Thorpe
- Frederick James William Iles

Why not leave a legacy to South West Thames Kidney Fund?

Remember the Fund in your Will.

One of the best ways to ensure the vital work to arrest and alleviate kidney disease continues is to include the Fund in your will. It will help to secure the future research at the Institute as well as allowing the Fund to plan to extend its work.

Whatever you give will make a great difference. It will cost nothing in your lifetime but will be a permanent memorial. It will be a legacy to all the other present and future kidney patients. It may be a gift to your children and grandchildren.

Making a will is simple but you should seek independent advice from a solicitor or other qualified person.

On Sunday June 14, Maggie Guitar held a barbecue and fund raising event in aid of the South West Thames Kidney Fund and kidney research.

Guests could bid for auction prizes such as a week in a 5 bed/5 bath house on the Florida coast, a week in a 5 bed/2 bath house in Rock, Cornwall, a day’s trout fishing (fly fishing) on the River Itchen, a stained glass panel by the leading designer Gerald Paxton, MA., beauty treatments and massages.

The Event proved to be hugely successful and raised the sum of £8,956 for the Kidney Fund.

Many congratulations and thanks go to Maggie and her helpers.
Our Wonderful Marathon Team ...

We had 6 runners on our team. They were absolutely brilliant. Richard's wife Emma works for the Trust, Caroline is a Nursing sister here, John Gunn's sister works for the Trust, and Mark Rich was running because his father had a kidney transplant around 20 or so years ago. Louise and Victoria found out about our charity through other people who are associated with us. The Team has raised £18,000. Congratulations and thank you.

Louise Schlaeppi: (Pictured right) Ran this, her first marathon, in 3:39:57 and said:
I am so thrilled. I beat my training time by a good 5 mins. Loved the whole experience. I can say that now its over!!

Caroline Betts: Can't believe its over. Did 6 hours, 44mins and 4 seconds!! Very hot but the crowd was great....very motivating.. Might try and beat my time next year. Thanks again for such a great experience

John Gunn: (Left) Running the London Marathon was truly amazing and what an experience it was. The crowd were awesome and the numbers were surprising 4 deep at Canary Wharf. All I could hear were people calling out names and each time my name was heard it gave me a massive boost the noise was electric along the Embankment and towards the finish line. I was just pleased to complete the course in the time I did 4 hours 6 mins given the pain and trouble my hip was giving me after 16 miles or so. Thank you very much to the South West Thames Kidney Fund for giving me this unforgettable memory. I would also like to say well done to Louise on her amazing achievement of running 3 hours 40 and for her amazing fund raising target, it was nice to meet her on the day and good to share her training experience with me.
If anyone has considered running the 26.2 miles think no more.

Richard Mullany finished in just under 6 hours, with only one blister. A bit achy the day after but still buzzing - he loved it and has the bug. He wants to do it next year already! Hopes all the runners had a good day. The atmosphere was great and weather lovely - was a really nice day out.

Victoria Turner: (Right) I had the most AMAZING day on Sunday - Thank you so much for giving me the opportunity to run for your charity, I hope many people benefit from the money I managed to raise.

Mark Rich: I am now fully recovered, actually the only real discomfort felt that evening and the following day was an ache in my shoulders, I think caused by sunburn!! It was an incredible day and actually very difficult to sum up, but I will try.

I woke up the morning of the marathon feeling fantastic, I'd had a good nights sleep, and managed to overcome all my doubts, fears and nerves of the previous day. I'm inexperienced enough to think the sun shining was a blessing. My race day preparation went like clockwork. I'm at the red start and ready for the 26.2 miles ahead and thinking of all the reasons I'm here, me and my family.

The first third went really well, my pace was slower than I'd wanted due to the number of runners around me and I was forced to abandon plans to complete in under 4 hours. At the 8 mile marker I hear my family, and, at the 9 mile point I see them! I cannot believe it gives me and I run on feeling like I'd only just started.

My main aim is to enjoy the whole experience and finish the race with a smile on my face. During second part of the marathon I felt a little bit like a spectator, enjoying the sites and crowds and slowly feeling more at ease with strangers calling my name. Shame about the Cutty Sark, how surreal to be running over Tower Bridge with a man dressed up as a toilet running beside me. Heading down into Canary Wharf and my sightseeing attitude was probably the main cause of stepping into a hole in the road and twisting my ankle. Complete panic immediately kicks in, and I run through a maintenance checklist - OK, nothing broken. I take it easy for a few miles just to make sure I'm OK. Canary Wharf is fantastic, the support is incredible. Once again I see my family, my dad's standing on a wall waving and shouting, I'm so excited I wave back and nearly knock over a fellow runner. Absolutely pumped and determined not to let anyone down I push on into the final third.

I'm starting to feel the pain in my knees and feet and I'm sure I've slowed down. More and more people around me are starting to walk and receive medical treatment, the crowds of Canary wharf have gone and the mind games have started. This is as far as I've ever run and I'm tired. I decide to take it mile by mile. I take up the offer of Gummy Bears from a spectator to try and distract myself, I don't even like Gummy bears and they make my mouth dry. I have the best 5 second shower ever. My head down I push on, there's no way I'm gonna walk.

With 23 miles to go I see my wife jumping up and down cheering me on. I haven't got the energy to wave back this time,
I'm shattered and emotions are running high. Only 3 miles left and I keep telling myself "I can do this distance easy". I'm not fooling anybody. The crowd is getting noisier and I hear more and more people cheering me on.

The final push for the line. I’ve made it 26.2 miles no walking and I’m smiling. The stomach cramp has gone and I manage to raise my arms as I cross the line. All I want to do is meet up with my wife and son. I collect my medal and bag and head for the meeting point, after an impromptu five minutes sit down in the middle of the road, my wife comes running over to meet me. I feel great and everyone is so pleased and proud. I can't believe I’ve done it. All that training, I don't think I've ever worked so hard. It's been a fantastic experience and one I will never forget.

Thank you, to the South West Thames Kidney team for giving me the motivation to undertake this challenge and providing me with the opportunity to do so.

(Marc Rich is pictured right )

Three Peaks for the Fourth Time!!!

Just a few a thoughts about this year's challenge!!
It was the toughest yet as the elements and the organisation went against me. We had two teams.

We turned up at Heathrow Airport for 7 am to find our flight was delayed until 9.25am and we arrived in Glasgow at 10.30am.
My luggage which included all the walking poles for the challengers and the first aid kits together with all my clothes didn't arrive - apparently it missed the flight. The BMI luggage people couldn't track the bag so I made the decision that we leave Glasgow in our hired cars at 11.45. over an hour late. We arrived in Fort Williams (where Ben Nevis is situated) at approx. 2.45pm, later than expected as the traffic wasn't good to us.

The team then had to buy their food for the challenge as well as take lunch and get ready for a 4pm start. Meantime I had to buy new clothes and boots for the trip as well as purchase 5 new sets of walking poles as we didn't have a clue about my luggage. My team started at 5.10pm and the quicker/fittest team started at 5pm.

We started in rain and it seemed to rain most of the time. I think we took four hours to the top but on the way we had to navigate through very heavy rain, not seen before on Ben Nevis, a few snow fields (normally one) and very cold temperature i.e. the coldest I have seen it in the last four years.

The descent then took us a very long time as it was getting darker (the torches were still in my luggage) and I think the last third was very difficult and slippery as you couldn't take a firm step. One of the team injured her knee which didn't help matters but we bravely reached the bottom of Ben Nevis at 12am and I think we left Fort William at 12.30am. The other team left Fort William at 10.30pm.

We arrived at Scafell Pike at 5.30am and started to climb at 5.50pm. At this point, we again started with heavy rain and it drizzled all the way to the top. My team now consisted of three people as the other two contestants were injured from the heavy pounding of walking down steps in the dark. We arrived at the top in two hours 10 min and seemed to be getting back on track and then starting the decent, a contestant injured his toes by not having the correct size boots and I think it took us longer to descend and we left Scarfell Pike (at Wasdale Head) at 11am. (Normally we start Scarfell at 3am and leave at 7am)

We finally arrived at Snowdon 3pm and started the accent at 3.10pm, yet again in rain. We had two hours to make the top so that at least, we could say we climbed three peaks in 24 hours. One of my team did with seconds to spare and then another 5 minutes late and then me about 8 minutes late.

I am proud of that as it was the worst overall conditions I had seen in the last four years. Some of the highlights for me were:

Expecting to raise over £4000 from two teams
The drivers were superb, Terry Daniels and Roger Markwick
Joseph Kean (Commercial Lawyer from Mundays Solicitors age 42,) completed the assent and decent of Snowdon in 2hours 15 mins as well as completing the whole thing in around 22 hours.
Two lads, Andy Lewis and Dave Valle completed the whole challenge on 23 hours something.
Jason Flynn from JP Morgan flew in from the USA ( jet lagged and with little sleep) and with serious toes injury completed the challenge when in agony on Scarfell.
Must mention the ladies, Sharon and Siobhon as both injured on Ben Nevis but kept the team spirit very high and their determination to reach top of Ben Nevis in such poor conditions.
The enjoyable celebratory curry in Llandudno at the end and seeing the team two teams coming together and
Neil Morrow, whose brother Craig is a patient of the Unit, is a Frimley Park & Guildford Branch Member. Neil, (5th from the left) sent a letter of thanks to his supporters:

Hello

I thought you might like to know how my fundraising went, and as importantly how the ride itself went!

Thanks to your help, I’ve raised £579.87 including Gift Aid, for the benefit of South West Thames Kidney Fund - so a pretty decent effort from all concerned.

The event itself was brilliant, really quite inspiring when I looked around at some of the people involved in it (and taking part) who have had many more difficulties to contend with than hopefully any of us ever will.

The ride felt like it was designed to go up every hill between London and Brighton, with the simple reward being able to finally cycle downhill for a mile or so from the top of Ditchling Beacon (a hill designed to suck the will to live out of you on every corner!). For the speed freaks amongst you I managed to reach an ‘on bike speed’ of 66 kph (which should have set off the speed camera!) the bonus of being overweight is the momentum you build up going downhill!

Overall a very warm and completely enjoyable day, made all the better by the fact that we have raised a pretty decent sum of money that will go to a very worthy cause.

Thanks again,

Neil

We have since learned that Neil is a devil for punishment and decided to do the London to Brighton cycle ride two weeks later!! His sponsorship For South West Thames Kidney Fund has now reached £1,000. Congratulations Neil and thank you.

Three Peaks story, cont….

sharing their experiencing whilst forgetting the aches and pains for an hour or so.

24/7 personal service from Nat West Black Card as they were making phone calls (when we were driving up to fort William) on my behalf chasing BMI re the luggage, sorting out what protections’ I had available from the insurance as well as trying to arrange for my luggage to be delivered to Morrison’s (Glasgow) car park for 9pm whilst I was still on Ben Nevis.

We stayed in Llandudno for the Saturday night and returned home for Sunday afternoon.

**ST HELIER TO BRIGHTON CYCLE RIDE**

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**Dragon Boat Race**

Yesterday (Sunday 28th June) the 20 strong Sweaty Kidney Scientists Team frantically paddled their Dragon Boat to a barely missed win in their third and final heat at a time of just a fraction over 1 min 1 sec (see attached picture with Maura Pinkney in the prow urging the team on to near victory). Sadly they didn’t make it to the semi finals, but achieved this result with a massive amount of team effort, sweat, some blood, and not a few tears! So far, £2255 has been raised plus £334.13 in Gift Aid.

The Team:

Jonathan Kwan, Mike Bending, Mark Dockrell, James Marsh, Vip DeSilva, James Browne, Nilesh Shah, Ekramun Nabi, Josie Murphy, Anne Hurley, Anne Collard, Maura Pinkney, Sue Beharry, Philippa Fieldhouse, Richard Blatch, Caroline Evans, and Juny Ismai.

Please support such a splendid effort by sponsoring the team on [www.justgiving.com/sweatykidneyscientists](http://www.justgiving.com/sweatykidneyscientists) - they have definitely earned it!

And when you have done that - you can go to [http://www.flickr.com/photos/vipdesilva/sets/72157620551485817/](http://www.flickr.com/photos/vipdesilva/sets/72157620551485817/) and see the pictures taken by Vip de Silva of the first and second races (he was rowing in the third heat).
Celebration Concert
Following a very long illness which left her with chronic renal failure, Susie Drage decided to mark a triple celebration - a milestone birthday, 30th Wedding Anniversary, and OBE for her husband - by (in her own words) ‘performing a concert for all my truly marvellous medical team of whom there are many and also all my friends and family. More importantly, I very much wish there to be benefit to those who have supported me’.

Susie, together with Matthew Smith (on piano, keyboards and vocals) held a two hour concert on the afternoon of June 28 at the Speech Hall of St Catherine’s School, Bramley. Proceeds from the concert have benefited both the school and the South West Thames Kidney Fund. The Event raised £1,250 for SWTKF and Susie has offered to perform for the Fund at other events.

Congratulations Susie and thank you.

From Land’s End to John O’groats in memory of Patrick
Patrick Evans tragically died in February this year following a skiing accident while on a family ski holiday in France.

Peter Tootle, the father of one of Patrick’s school friends asked us if he could cycle from Land’s End to John O’Groats in memory of Patrick, with a view to raising more money for Patrick’s charities. This seemed a wonderful way to keep Patrick’s memory alive and to increase the positive things that have come out of Patrick’s tragic and untimely death. Patrick’s Uncle Francis Maguire has offered to join Peter and his friend Robert Fenwick in the 970 mile ride, and they have trained three times a week in preparation for the epic journey. They set off on Monday 6th July, covering roughly 80 miles a day, and expect to finish in 12 days.

The two charities were chosen because Patrick suffered from Iga Nephropathy, a mild form of kidney disease and donations to ‘South West Thames Kidney Fund’ will go directly to research into chronic renal disease. Alun, Patrick’s father was diagnosed with Prostate Cancer seven years ago.

To date money raised for SWTKF is £3430.66 with £461.15 in Gift Aid.
Funds raised for Prostate UK amount to £5400.66.
If you wish to donate, visit:
http://www.justgiving.com/patrickevans
http://www.justgiving.com/patrickevans-prostate-uk

Sadly, in the interim, Willie Young, an uncle of David’s died but asked for the collection at his funeral to be donated to SWTKF.

Friends and family have responded well and so far, Davina and David have raised £1408 plus Gift Aid of £187 on their website: www.justgiving.com/davina70 and tributes to Willie Young have amounted to £692 plus Gift Aid of £76.15.

25 women are confirmed on our 2009 Adidas 5K team.
If anyone wants to join the team it’s not too late.

Raffle Winners
We are pleased to announce the winners of two pairs of tickets to the Globe Event were:
Geoffrey Marsh and Mr M Chatfield.
We congratulate them and hope they enjoyed the occasion.
A splendid occasion ... to celebrate the retirement of Dr Michael Bending from the National Health Service.

More than 250 guests, including colleagues past and present, family and friends, patients and carers, gathered for a magnificent dinner party at the Globe Theatre Exhibition Centre on Monday 6th July - the day of Mike’s 65th birthday.

After Mike greeted the guests, they moved on to view the Shakespeare Exhibition surrounding the main reception room, accompanied by music from a string quartet and as they made their way downstairs, they were able to view the art work and items for auction. Once seated, they were treated to a leisurely evening of excellent food with enthralling entertainment between courses.

The whole evening was expertly compared by Nigel Cooke, a doctor and old friend of Mike’s. Joanna Bending gave a professional reading of the words ‘You are quoting Shakespeare’ from Bernard Levin’s The Story of English. This was followed with an entertaining tribute from a neighbour of Mike’s, David Devons.

Lord Rix of Whitehall spoke of his relationship with Mike.

One of the highlights was an amusing talk by Mike on some of his grumbles during the time he served as a consultant with repartee from Ian McPhee (responding on behalf of junior doctors), Theo Paphitis (responding on behalf of relatives) and Jonathan Kwan (management) and much enjoyed by all.

Another highlight of the evening was the music performed by Tenors UnLimited. They performed popular opera classics such as Nessun Dorma to a highly appreciative audience.

An ode to Mike composed and read by Celia Eggeling was much appreciated.

Just in case anyone became bored, they could while away the time answering questions in the thought provoking quiz produced by Tom Bending who later, supplied the answers.

The evening was rounded off by Mike’s talk of his time at St Helier. He thanked many people who have been associated with him during this time.

An auction of items that hadn’t been bid for was held during the proceedings and all the bids for the auction raised the sum of £5000 for SWTKF. This was a tremendous send-off for Mike, enjoyed by all. We are sure he enjoyed it as much as the guests. Thanks must go to Anne Collard for her organisation and Wendy Playle who assisted, not to mention the work done by Mike and his family.