The Newsletter of The Renal Unit | The Kidney Fund | Kidney Patients Association

RENALITY

November 2025

Amazing London Marathon success!

IN THIS ISSUE...

PREM Survey | Benefits of Home Dialysis | World Transplant Games

IN THIS ISSUE...

St Helier Renal Unit

The Kidney Fund

Kidney Patient Association

Renal Unit

Dr Bhrigu Sood

A few months ago, I was delighted to take on the role of Clinical Lead for our kidney service. I've joined a fantastic leadership team that includes Dr Ginny Quan and Dr Fiona Harris as Clinical Directors, and Helen Watts as our Lead Nurse. We're also very pleased to welcome Hazel Gleed as our new Divisional Director of Operations. Hazel brings a wealth of experience from managing large services in general medicine, along with a real enthusiasm for developing and improving renal care. Her experience and passion will be invaluable as we continue to strengthen and expand our services for patients.

We're fortunate to have an enthusiastic renal workforce who are passionate about doing the very best for you. There's a shared sense of purpose across the team – a genuine commitment to providing excellent care and supporting you every step of the way.

I've been a consultant since 2010, and during that time I've had the privilege of caring for many of you – people approaching the need for dialysis, those choosing peritoneal dialysis, and others managing their kidney disease without dialysis. Everyone's journey is different, and that's exactly how it should be. Our goal is to help you feel informed, confident, and in control when making decisions that fit your lifestyle and what matters most to you.

Before the pandemic, we regularly held patient seminars where people, families, and staff came together to share experiences. These sessions were always buzzing with conversation and honesty – and hearing directly from someone who's "been there" often made the biggest difference. The pandemic forced us to pause, but I'm thrilled that we've restarted them. Our recent transplant **seminar** at Royal Surrey County Hospital was a great success, and we'll soon be holding new sessions focused on dialysis and conservative management across the region.

We're lucky to have a great team and excellent resources to support anyone considering dialysis at home – whether peritoneal dialysis or home haemodialysis. Yet, fewer than one in five people currently dialyse at home. Studies show that home dialysis can not

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!
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- Buy our **Christmas Cards**
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www.shskpa.org

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 Beverley Searles beverley.searles@nhs.net 020 8296 4877.

only improve your quality of life – giving you more flexibility, independence, and control – but also lead to better health outcomes. It's not for everyone, but if we can help more people feel confident exploring it, that's a big step forward.

We'll soon be launching our **Home Therapies Fair**, giving you the chance to see home dialysis equipment up close, try it out, and ask questions. Seeing the machines in person often takes away the mystery (and the nerves!). Many say these events make the idea of dialysis at home feel much more manageable. And if you're into gadgets, it's a bit like a health-tech fair – except this kit keeps you well, not just entertained!

While professional advice matters, sometimes the best reassurance comes from talking to someone who truly understands. Our **Peer Support Service** connects people living with kidney disease – and their families or carers – with trained supporters who have lived through similar experiences. These one-to-one chats can make a real difference, whether it's about managing treatment, travelling, or just adjusting to life changes. One person told me their peer supporter gave them more practical tips than their instruction manual – and honestly, I believe it!

If you have lived experience of kidney disease and would like to give something back, we'd love to hear from you. Becoming a peer supporter is a rewarding way to help others and reflect on your own journey too. Full training and ongoing support are provided, and the impact you make is enormous.

Your feedback is another vital part of improving care. **The Kidney Patient Reported Experience Measure (PREM)** helps us understand what's working well and where we can do better. Thanks to your feedback last time, we've made progress in several areas, and the next round of PREMs is now underway. You can take part on paper or online, in several languages, and help is available if you need it. *(Don't worry – there are no trick questions!)* You can also scan the QR code below to view last year's results online.

All these things – restarting seminars, hosting Home Therapies Fairs, expanding peer support, and learning from your feedback – are about one goal: improving your experience of care. We want kidney care to be more personal, supportive, and responsive to what you need.

Dr Bhrigu Sood

PREM 2024 results

https://qrco.de/PREM2024

Did you know that the latest editions of *Kidney Matters* and *Kidney Kitchen Recipe* magazines are hot off the press?

Copies of these magazines can be found in all of our outpatient and dialysis unit waiting areas thanks to the kind generosity of the St Helier and Surrey Kidney Patients Association.

The new edition of *Kidney Kitchen* is full of delicious kidney friendly meals from Africa and the Caribbean, each with easy-to-follow step by step instructions and tips – absolutely delicious!

The Autumn edition of *Kidney Matters Magazine* is a great read and includes articles about research, developments in care and also patient stories and experiences.

Both of these publications are free for kidney patients so to find out how to order your copy, please visit the Kidney Care UK website at **www.kidneycare.org**

Happy autumn reading!

Hazel Gleed – Divisional Director of Operations

Hello! My name is Hazel and I'm delighted to be your new Divisional Director of Operations for the Southwest Thames Renal and Transplant Service, having moved over from the being the Divisional Director of Operations in the Medicine & Urgent Care Division here at Epsom and St Helier University Hospitals NHS Trust. Ciara Jones as you may know has taken up an opportunity and is now the Managing Director of Kent and Canterbury Hospital, and we wish her well!

Thank you for the opportunity to introduce myself to you, and I look forward to meeting as many of you as possible over the forthcoming months and years. I'm very excited to have joined the Southwest Thames Renal and Transplant Service and the Renal team in July this year and can already see there is a lot for me to learn and a lot that colleagues and patients are rightly proud of, too.

A bit about my background; I first joined the NHS in 2002 as a secretary to seven radiologists at St George's Hospital. Whilst there I returned to study and gained my post graduate diploma and Master's in Management before moving into Operational Management. Back then, juggling operational management with four children under the age of 10 was quite a challenge and when Swine Flu struck, I became the first full-time emergency planning manager for St George's Hospital supporting the team through that pandemic. From there I moved to the national emergency planning team and was involved in responses from nationwide flooding, to ambulance industrial action and the international Ebola crisis to name a few, before becoming the South-east Regional Lead for emergency planning working with commissioners and acute, community and mental health providers across Kent, Surrey and Sussex.

However, I missed the acute provider environment and operational management and the opportunity to be close to and being able to influence and improve patients' care (despite not having a clinical bone in my body!). And so, (with the children more grown up now), I returned to operational management first via South West London and St George's Mental Health NHS Trust as an interim Head of Operational Improvement, and then I came to Epsom and St Helier University Hospitals NHS Trust in 2018 as General Manager for Women and Children's services. I thoroughly enjoyed my time here, despite the challenges of the covid pandemic at that time presented to all of us. In 2021 I left to become Divisional Director of Operations for Women and Children at Lewisham and Greenwich NHS Trust for nearly three years, before happily returning to ESTH last year as Divisional Director of Operations in Medicine and Urgent Care.

Moving into Southwest Thames Renal and Transplant services, I wanted to thank the patients I have met so far for the really warm welcome you have extended to me, and your wonderful patience as I ask many, many questions, as well as your clear articulation of some of the challenges the Southwest Thames Renal and Transplant

Service is facing. I'm sure it's been said before, but it really is an unprecedented time in the NHS currently with the laser focus on finances and the quality of the patient care we deliver against key national metrics.

I'm predominantly based at St Helier Hospital and have been working to become familiar with and understand how life on our two in-patient wards, renal acute care unit (RACU) and renal day unit (RDU) works, as well as spending time with our psychosocial team and our renal dietitian team. I know I haven't got to all the St Helier based teams yet, but I am on my way(!), working to get a fuller understanding of all areas and services under the Renal umbrella and the care and support that you as patients need and receive.

I've also been out and about and myself and Helen, our Divisional Director of Nursing, spent a day on the road recently visiting our Dialysis Units at Crawley, Farnborough and Kingston. It was great to meet some patients during their dialysis there and chat to them about their experiences and hopes and fears, meet the nursing teams and understand and see the work they do, meet our doctors and specialist nurses in their clinics, and chat with an Ambulance Care Assistant (ACA) and explore an EMED vehicle, understand life from their point of view and understand also more about how we can support everyone to enable us deliver the best patient care possible across the geography we serve.

Helen and I hope to be able to make regular visits out to our Units and embed this and strengthen our relationships with all providers; if you see us when we're out and about, please do stop us and have a chat if you'd like to – we'd love to hear your views and experiences. Alternatively, I'd be happy to hear directly from you either by email at **hazel.gleed@nhs.net** or through my work mobile **07785 417647**. Thank you again for the very warm welcome and I look forward to being part of the Renal team!

Dear *Renality* readers

Many of you are at advanced stage of kidney disease or are on dialysis or have a family member who is in one of these situations. Kidney transplantation for suitable patients with advanced irreversible kidney disease (stage 5 chronic kidney disease OR End-stage kidney disease) is the best treatment modality both to improve survival as well as to improve the quality of life. It is frustrating to many of you that it seems to take a long time to get on to the transplant waiting list and once on the list, to get a kidney transplant if you do not have a suitable living donor.

The process seems too long, and we would like it to be shorter but there are good reasons why we do various tests to assess your fitness to receive a kidney. The objective of these assessments is to make sure both the transplant kidney and the patient survive in good health for as long as possible, at least for 5 years. For the benefit of the reader, I am going to summarise the steps before one can get on to kidney transplant waiting list. These are listed below:

1. Your consultant refers you to the kidney transplant nursing team to give you transplant education and start the workup.
2. The nurse either books you into a group teaching session called TIP (transplant

information programme) or gives you 1 to 1 education and do initial blood tests to understand your tissue type and blood group.

3. The nurse also does blood tests to see if you carry any antibodies in your blood that may make finding a matching kidney for you difficult.
4. You will then be booked to undergo a series of tests to assess your heart and blood vessels to make sure the transplant surgery can proceed without any major complications and that your heart is in a good condition to survive the operation as well as for years to come following kidney transplantation.
5. Once the tests are complete, your kidney consultant refers you to transplant nurses with a surgical referral letter following which you will be booked into see the transplant surgeon.
6. Once you see the transplant surgeon, either you will be deemed fit for kidney transplantation and activated on national waiting list or referred to multidisciplinary meeting discussion before making a final decision on putting you on the waiting list. You will receive a letter confirming that you have been activated on national kidney transplant waiting list.

As you can see there are several steps before you can be listed and therefore it is important that you understand what measures you can take to help you get on to the transplant list as swiftly as possible. These measures are also important to stay active on the list and avoid suspension from the kidney transplant waiting list.


Dr Mysore Phanish

Major risk factors for poor health of heart and blood vessels in kidney patients are poor blood pressure control, carrying too much extra fluid in your body (fluid overload), poor diabetes control, smoking and inadequate dialysis. Please give importance to your diabetes and blood pressure control. Try not to miss dialysis sessions.

Following additional measures will help you getting onto transplant list in a timely manner and minimise the risk of getting suspended from the list:

1. At the time of your first visit to the transplant nurses, you will be given a small leaflet that lists all the tests you need to undergo before you can be referred to surgeons for activating on the list. Please tick the tests off as soon as you had them, bring the transplant workup leaflet to your consultant appointments and call the transplant nurses promptly once all the tests are complete. This will avoid significant delays in the process.
2. Please do not miss the heart and blood vessel test appointments. Each DNA (Did Not Attend) for these appointments means several months of delay in activating you on kidney transplant waiting list as there is a long wait for rebooking the tests. If you cannot attend, please let the transplant nurses know so that they can give it to someone else and reschedule your appointment.
3. Patients who are obese with a body mass index (BMI) of over 35 or so are often not accepted into kidney transplant waiting list. BMI of 30 or below gives best outcomes following

transplant surgery. We try take the whole picture into account and not just the BMI, but it is not uncommon to see patients being asked to lose weight before they can get on to kidney transplant wait list. Therefore, please avoid putting on too much weight, eat healthy balanced meals (I appreciate it is not easy given the restrictions in diet the renal patients often have), cut down the portions and calories, walk as much as possible and undertake any other form of exercise that you are able to, as regularly as possible.

4. Poor functional capacity and fitness are often associated with poor outcomes following kidney transplant surgery. Therefore, patients who are frail with poor functional status can be deemed unfit to be listed onto the kidney transplant waiting list. Therefore, it is important that you try to stay as fit as possible. Better functional capacity = higher chances of getting on to kidney transplant list and staying on the list.

In one of the next editions of *Renality*, I will try to explain very complicated but fair national process of kidney allocation to explain why some patients wait longer than the others.

I am going to finish this article with information on three transplant research studies that some of you participated or are currently participating, including a study that we will be starting very soon.

1. **OuTSMART:** This study led by Guy's Hospital London research team involving few centres in the UK including ours investigated the relevance of donor specific HLA antibodies in transplant patients and if increased immunosuppression can improve the outcomes. The study was successfully completed, data analysed and published. The study showed that Intervention (increase in immunosuppressive medications) does not delay failure of kidney transplants after development of DSA (Donor Specific Antibodies detected in patient's blood). The study also showed that production of DSA is a predictor of early kidney transplant failure. The study reinforced the message that one of the best ways to prolong survival of your transplanted kidney is to take your immunosuppressive medications regularly without missing doses as poor adherence to anti-rejection drugs is a common and avoidable cause of developing DSAs. Developing DSAs is bad news for the transplanted kidney.

   For those interested, here is the link for the full publication of the paper: **https://pubmed.ncbi.nlm.nih.gov/36684392/**

2. **CARSK:** We have recruited to target for this study. This is run by a Canadian investigator and involves centres from several parts of the world. The study aims to answer the question of whether we should be doing routine tests for the heart and blood vessels as a protocol whilst the patients are on kidney transplant waiting list (we currently do them every 2 years for high-risk patients and every 5 years for low-risk patients). Renal research nurses may approach you if we need to recruit more patients for this study.

3. **GAMECHANgER:** This study led by Guys Hospital London research team is recruiting highly sensitised patients (those with high levels of antibodies in their blood) on kidney transplant waitlist for whom it is hard to find a matching kidney. These are pre identified patients who are being approached for taking part in the study. The objective of the study is to see whether a specific type of immune cells called T regulatory cells harvested from the patient and re infused back into the patient can lead to reduction in the amount of antibodies thereby increasing the chance of getting a kidney offer.

Lastly, we will be approaching some of you coming for a transplant kidney biopsy for a study titled *'A pilot/feasibility* *study to evaluate the utility of urinary cells and biomarkers for the assessment of kidney transplant pathology and graft function'.* The aim is to study the proteins (biomarkers) and cells shed in the urine to see if they reflect what is happening inside the kidney. We have obtained funding and approvals; I hope to start approaching some of you coming to transplant clinics for this study in November this year asking you to give me lots of urine!

Dr Mysore Phanish

Consultant Nephrologist, Renal Services

Lead consultant, Kidney Transplantation

Medical Director, SW Thames Institute for Renal Research

Epsom and St.Helier University Hospitals NHS Trust

GESH (St Georges Epsom and St Helier Group of Hospitals)

Senior Lecturer, City St Georges University of London

The PREM Survey - *your voice matters to us!*

By the time this edition of *Renality* reaches you, the annual Kidney Patient Reported Experience Measure survey will be well underway.

The survey, also known the PREM survey, takes place in hospitals and dialysis units across the whole Country and helps to build a national picture of renal care across the UK – importantly entirely based on real experiences of patients living with kidney disease.

Taking part in the survey is a chance for you to anonymously share any concerns or praise you have about your experience of our dialysis units and renal services. Taking a just few minutes to complete the survey and share your experience will not only help us find out what we need to aim to do better at but also what we do well so that we can build on this in the future.

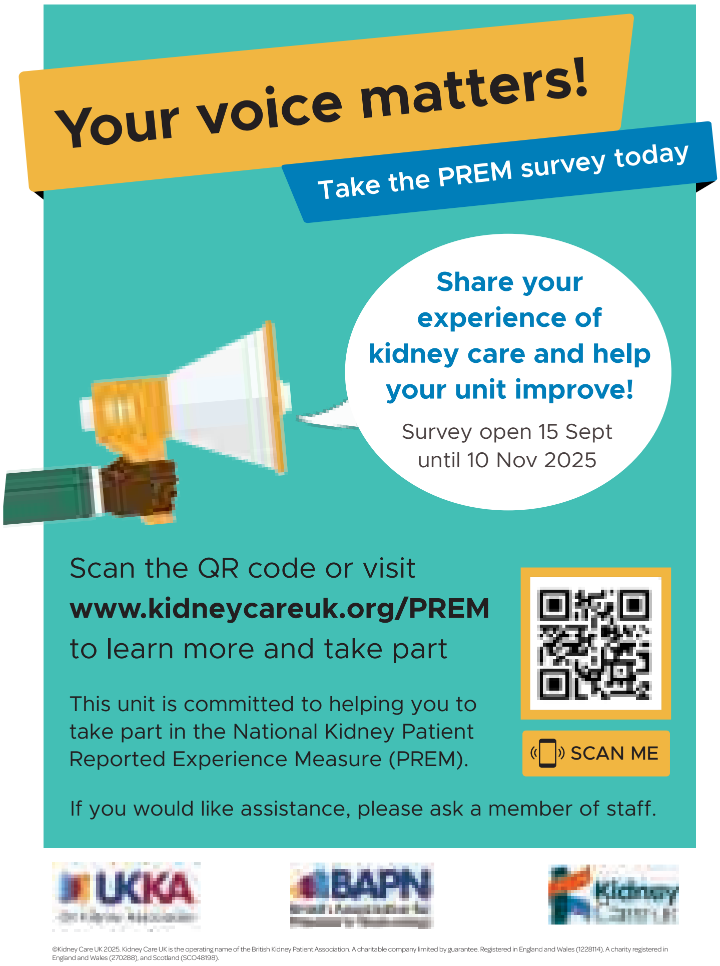
This year's survey opened on 15th September and the last day to take part is Monday 10th November so there is still time to have your say.

You can find out more about PREM and see reports from previous years surveys by visiting the Kidney Care UK website at **www.kidneycareuk.org/PREM**

Taking part is easy, just scan the QR code below which will take you directly to the survey or if you would prefer to complete a paper copy please ask a member of staff.

SCAN ME

Your voice really can make a difference!



Your voice matters!

Take the PREM survey today

Share your experience of kidney care and help your unit improve!

Survey open 15 Sept until 10 Nov 2025

Scan the QR code or visit **www.kidneycareuk.org/PREM** to learn more and take part

This unit is committed to helping you to take part in the National Kidney Patient Reported Experience Measure (PREM).

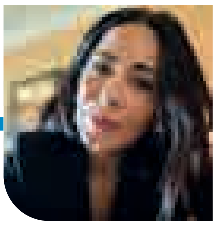
SCAN ME

If you would like assistance, please ask a member of staff.

UKKA BAPN Kidney Care UK

Let’s Talk About Sustainability: Small Changes, Big Impact: How Kidney Care Can Be Kinder to the Planet

By Gloria Munoz-Figueroa



In Advanced Kidney Care (AKC), the multidisciplinary team plays a crucial role in patient education. Patient empowerment is one of the principles of Sustainable Healthcare, which is key to drive Prevention. Another important principle of Sustainable Healthcare.

AKC sits at a critical prevention point – it’s where patient empowerment, shared decision-making, and treatment planning can most influence both clinical outcomes, patient experience and resource use.

But do we think about the impact on the planet? From the water used in dialysis to the packaging of medicines, kidney care – like most services – has an environmental footprint. This is 18 times higher than other services. The good news is that small, simple actions by patients, families, and healthcare teams can make kidney care more sustainable without compromising safety or quality.

What does “sustainable kidney care” mean?

It means protecting both our health and the environment so future generations can live well too. The NHS has set a goal to become “net zero,” which means reducing carbon emissions to stop contributing to climate change. Kidney services across the UK are already working towards this by saving energy, reducing waste, and rethinking how care is delivered.

Everyday choices that make a difference

We can all support greener kidney care because small steps really do add up:

- Use refillable water bottles rather than single-use plastic.
- Ask about teleconsultations when appropriate. Remote consultations reduce travel time, cost, and emissions.
- Recycle packaging from medicines and medical supplies whenever possible (check local recycling rules).
- Eat more plant-based meals and less ultra-processed food.
- Use public transport when possible.
- Check what sustainable kidney care practices or projects are happening in your kidney units or hospital.

Innovation in kidney services

Many kidney units are making changes too. Some are recycling dialysate bags, using energy-efficient dialysis machines, or switching to renewable energy sources. Others are designing “green kidney units” that save water and reduce waste. It’s inspiring to see how environmental awareness is becoming part of everyday kidney care.

Caring for ourselves and the world we live in

By adding small, mindful actions that support the planet, we also nurture our sense of purpose, community and agency. When we care for the Earth, we’re creating a healthier environment for everyone – including ourselves.

Each small change adds up to something bigger: a healthier planet and a healthier future for all.

Useful resources

- **GREEN-K – Global Environmental Evolution in Nephrology and Kidney Care – International Society of Nephrology**
- **Sustainable Kidney Care Committee | UK Kidney Association**
- **Sustainable kidney care – Sustainable Healthcare**

Discover the **Freedom** and **Benefits** of Home Haemodialysis

Within the Home Haemodialysis team, we are firm in the belief that your haemodialysis treatment should fit around your life – not the other way round.

For many people living with kidney disease, dialysis becomes a central part of daily life. But what if it didn't have to mean travelling to hospital or into a unit several times a week? You could possibly take control, have more independence and enjoy dialysing in comfort – all from your home.

That's exactly what home haemodialysis offers.

What is home haemodialysis?

Home haemodialysis is the same type of dialysis treatment you'd receive in a unit. With training and support from the home haemodialysis team and technicians, you (and your carer if needed) can safely manage treatments in your own home- giving you flexibility, privacy and control.

Starting home haemodialysis training may sound daunting, but you'll receive all the information and knowledge that you need to undertake haemodialysis at home, making you or your carer the best person to dialyse you. The home haemodialysis team are available every day to offer support and guidance.

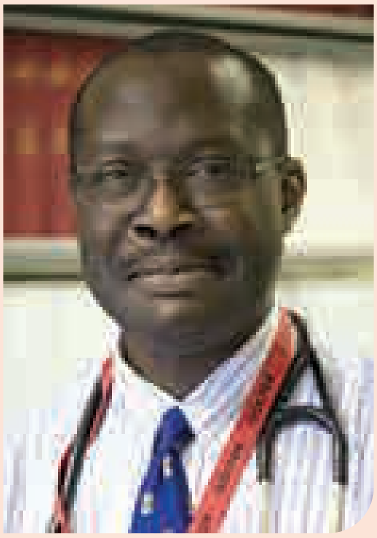
Why choose Home Haemodialysis?

- Fit dialysis around you and your lifestyle
- Comfort and privacy
- Dialysing more frequently with less travelling can mean you have better energy and well-being
- Empowerment – learn new skills, build confidence and manage your health and restrictions

Take the next step...

Home haemodialysis isn't right for everyone. It requires some modifications and installation to your home and some storage requirements; we currently offer two different machines to choose from depending on a home assessment. If you're interested to find out more information, please speak with your kidney care team, who will then refer you to the home haemodialysis team if appropriate.

Dear Kidney Fund Supporters



The Autumn leaves are starting to drift by the windows, the days are shorter, yes the times are changing, but many things seem much the same. Long waits in Emergency rooms, seasonal viruses and notices and reminders about getting jabs to ward them off, the occasional miracle of actually finding a parking space in the car park..., the list goes on. But since I last wrote, some very noteworthy things also, for example, the England Women's rugby team winning the Rugby world cup on home soil, and something even more remarkable, the Kidney Fund's Dragon boat rowers coming second in a race and shaving 7 seconds off their time! Well, you don't see that every day (in fact I hadn't seen that for over 5 years). The next race didn't quite rise to those lofty heights, but that's what you get when you dare to raise the bar, I guess.

I would like to say thank you to all those who have helped with our Fund-raising efforts. These include the **London Marathon** runners, the volunteers at the **Dragon Boat Race**, the people who helped out at the **Camberley Car Show** where I learnt about the Lollipop game amongst other things, and many of you I haven't mentioned, who continue to help us to 'keep the show on the road' with regards to raising funds to support research into kidney disease.

I must also thank Robin and Nick Ford, who once again outdid themselves by organising another well attended **Kidney Fund Ball** at the RAC in Epsom, and this in spite of the fact that Nick had been unwell in the lead up to the event.

As the end of the year slowly approaches, I have a tendency to reminisce, and my thoughts take me back to the difficult times we had trying to raise funds during the pandemic. There was little activity in the research laboratory, and despondency seemed to have taken residence. Fast forward to this year and the difference is marked. There is a buzz around the place, as despondency packs its bags into the removals van because optimism has moved in. Dr Mark Dockrell, in his article, talks about some of the current research projects, and whenever I walk through the laboratories, I am reminded that we couldn't have done this without the support you all provide. So, at the risk of repeating myself, thank you once again.

My next article is likely to be in the New Year, and I'd like to end this one by wishing you all compliments of the season.

Dr David Makanjoula

> "...yes the times are changing, but many things seem much the same..."

OUR LOTTERY NEEDS YOUR HELP!!

Hello one and all, I hope you have managed to get some enjoyment from the summer despite the global trials and tribulations that we have been subjected to, let alone any personal or family issues.

It has been an interesting year for me and my wife so far as we both retired in the spring and it has been pretty full on with many activities which were just not possible while we were working with one more trip still to come in December and January.

This has meant some degree of chaos in my administration and I apologise for some emails and letters being sent a bit late but I am pretty much up to date again now and am already planning ow I will be handling my absence later this year.

Please don't be alarmed to receive renewal notifications a bit early during November as that is just so that any cheques you send are waiting for me to bank upon my return in January.

The good news is that to date we have paid out in excess of **£105,000.00** in winnings since we started our lottery and that I have been able to transfer in excess of **£115,000.00** to The Kidney Fund to help support their vital work.

However, as good as that is our numbers are falling and it would be lovely to welcome some new members, or indeed some returning members, to try to bring our numbers up.

Should any existing members wish to increase their number of entries then that would be greatly welcomed too!

I know there are many other lotteries serving worthy causes out there nowadays – imitation being the sincerest form of flattery and we have been going for well over 15 years! – and that times are not easy for anyone, but our lottery exists solely to generate funds for The Kidney Fund with no administration fees needing to paid due to me doing this on a voluntary basis (except for some small bank charges).

50% or your subscription goes in winnings and 50% goes straight to The Kidney Fund (along with any donations kindly given from winnings) to help with much needed research and make advances in the treatments that many of us and / or our families and friends have received.

Please do see if you can commit to joining us for just £1.00 per entry per week and, if possible, see if any other family members, neighbours or friends would like to help support us.

There is no limit to the number of entries you can have each week as you are allowed multiple entries but each and every one of these pounds do help and they certainly all contribute to the sums quoted above.

I would love to return from my trip to find a mountain of post with new applications to join us and to make my retirement work load actually increase!

Should you wish to join us and have access to online banking then do send me an email at **lottery@kidneyfund.org.uk** and I will furnish you with the bank details and reference number to quote.

In the meantime, please stay warm and as healthy as possible.

My very best wishes to you all,

Steven Clark

Greetings Renaliteers,

I hope you have been enjoying the gorgeous and bountiful autumn we've been having. Just at the back of the Institute is Rose Hill Park and the leaves on the trees are turning a golden red. I understand that this colour is due to the carotenoids in the leaves. Sadly, I don't think these leaves are edible. I'm sure many of you know how good carotenoids are for your kidneys; they act as antioxidants neutralizing free-radicals and reducing inflammation. We'll just have to stick to the likes of carrots and sweet potatoes for our carotenoid intake. At least they are available all year round and not just in the autumn.

Dr Mark Dockrell

There are many events in the scientific and research calendar that are seasonal. In spring there is the European renal meeting that we hosted last year. In early autumn there is the meeting of SWEKS. SWEKS is a regional renal meeting that includes all the renal units in the Southeast of England, from Portsmouth to Canterbury and from Guy's hospital to Brighton. That must be a population of about 10 million people! This year's meeting was in Brighton and **Dr Phanish** won the prize for best presentation for a talk he gave on some recent work from the Institute.

The "Detectorists"

Many of you know that one of the main themes of research at the Institute is to improve the detection and diagnosis of renal disease. We would like to be able to detect kidney injury earlier and would like to be able to be more precise in the diagnosis. We've been doing this for some time and have built up a lot of expertise in turn this can lead people to our door to collaborate with us. Last year when we hosted our European renal meeting, I was approached by two researchers from Paris asking if we could help. They were studying patients admitted to their intensive care unit with acute kidney injury and they thought that one of the tests we do might be able to help them in their diagnosis. So, after sorting out the logistical challenges of getting just over 3000 urine samples sent from Paris to Rose Hill, we set about the job of detecting biomarkers of kidney injury. I say we, but really it was done by our own pair of "detectorists", **Ekram Nabi** and **Thomas Barnett**. Dr Nabi is a well-known face to many of you I'm sure, but Thomas is new member of the team brought in specially to study biomarkers of kidney disease. This week they have measured sample number 3024!

In fact, our reputation goes

further than France. On Monday I had a video call from a lab in Hong Kong. Hands up any of you who remember **Jonathan Kwan**! Jonathan is currently in Hong Kong, and he was talking to some scientists about the Institute and some of the work we do, and they were very interested. So, we had quite a productive talk, let's see what comes of it. For an Institute like SWTIRR to thrive we must collaborate with partners far and wide and it's nice when they come to us. So, once again thank you for all your support in our fight to improve detection and treatments for patients with kidney disease. None of this would be possible without you and the Kidney Fund.

Dr Mark Dockerall

Funding = Research ... Research = Cure!

Kidney Fund Runners raise over £11,000 at the 2025 London Marathon!

The 45th London Marathon took place on 27th April 2025, and The Kidney Fund was proud to have several incredible runners taking part in support of our cause.

We are so proud of every single runner who crossed that finish line. Completing a marathon is no small feat, it's a true testament to determination, hard work, and months of training.

Jomar Alex's story

Clinical Matron, Planned Care
Epsom and St Helier University Hospitals NHS Trust

What inspired me to run a marathon was a combination of personal health challenges and a deep desire for lasting change.

Setting that goal gave me purpose and structure. It kept

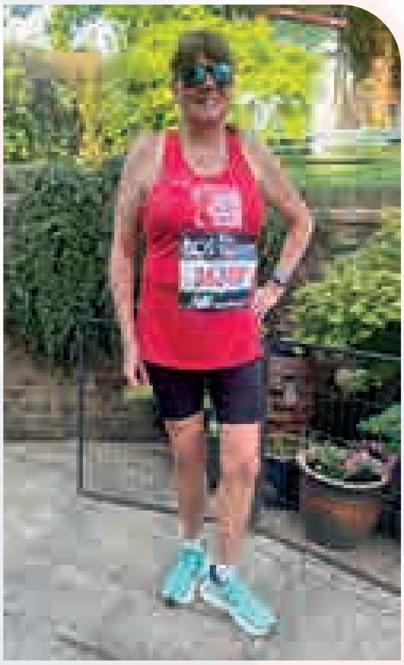
me disciplined, motivated me to stay consistent, and most importantly, it put me on a path toward better health and long-term well-being.

Today, I feel proud not only of the physical feat but of the example I've become to others who want to take control of their health.

As a haemodialysis nurse, I witness firsthand the daily struggles faced by patients living with kidney disease – the physical challenges, the emotional toll, and the impact it has not only on them but also on their families. Their courage and resilience inspire me every day, and running for the Kidney Fund became a deeply personal mission.

Angela
A Once-in-a-Lifetime Journey

Running the London Marathon in April 2025 was truly a once-in-a-lifetime experience for me. I ran on behalf of The Kidney Fund, a cause that is deeply personal to me as I have both a family member and a friend who have received kidney transplants.



On race day, I found the run itself more manageable than I feared, thanks to all those long training runs. I didn't "hit the wall," but I did have a bit of a wobble around the 30km mark both physically and mentally.

For me, it was a tough but unforgettable journey and an experience I will always treasure.

Dr Colin Sinclaire's story

Consultant Acute Medicine / Diabetes & Endocrinology St Helier Hospital

Following meniscus knee surgery in 2022 I realised I needed to lose weight as I had developed osteoarthritis in both knees. I started running a Parkrun and with a local club. I decided I would set a target before age 60 to run a half marathon in each of the 106 counties. I used to think at 47 I was "too old to ever run a full marathon". But then one Saturday morning on a whim I had a Forrest Gump moment and thought, hmm I wonder if I could run the 26km to Big Ben! I figured if I decided along way I had "had enough" I would just hop back home on a train. It took a me a while, but I realised by the end I had jogged 35km! So, then I decided I was going to have to try to run the London Marathon!

I work in the Diabetes Renal combined clinic and regularly see patients when a variety of

chronic kidney diseases. It was great to be able to combine the challenge of the marathon with also being able to show support for my patients. I got in touch with Kidney Fund and I was fortunate that they were able to secure me a place (as well as a very fetching red vest!). I also received the backing and support of the Nephrology doctors at St Helier, many of whom sponsored me.

After the race I walked up to Strand and met the other 16 from my club who had run the race and all the supporters in the pub! A great end to an unforgettable day. I was relieved that I never hit “the wall” and my race plan strategy paid off. My first marathon done, now I want to do another!

Jonathan Feasby.
Running for a Cause Close to My Heart

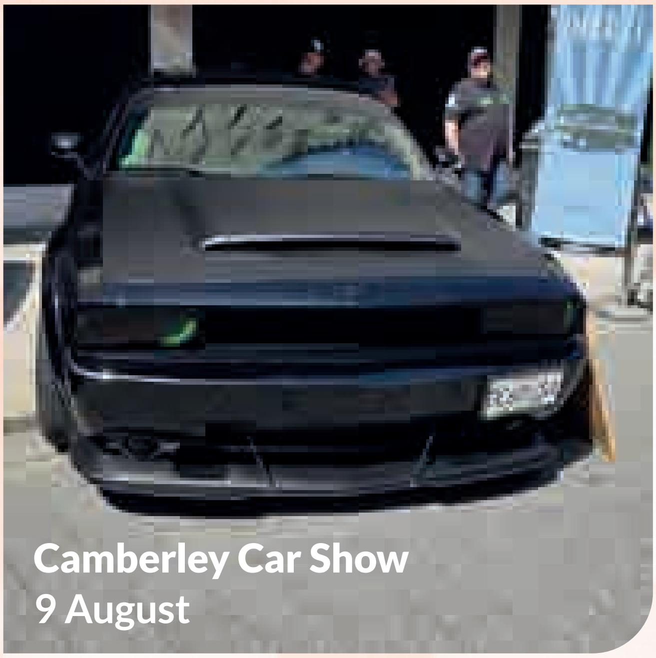
In 2023, my wife underwent a kidney transplant after having kidney failure and spending a short time on dialysis. Her recovery and renewed health were made possible thanks to an extraordinary gift from her friend Kylie, who selflessly donated one of her kidneys.

Training for a marathon while juggling work and family life was no small feat but marathon day was electric. From start to finish, the streets were lined with musicians and people cheering every runner on, turning the entire route into a celebration. I was lucky enough to spot my family along the way! We shared a quick hug and a few words, which gave me the extra energy I needed to keep pushing forward.

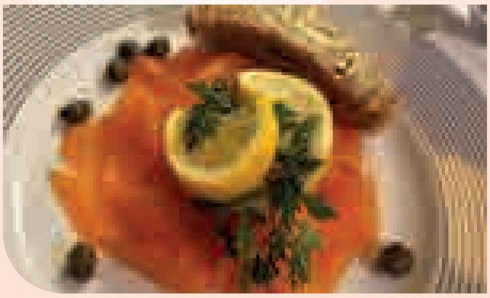
Crossing the finish line was an unforgettable moment. It wasn’t just about completing 26.2 miles it was also about saying thank you to incredible medical teams and giving back to a cause that means a lot to me and my family.

Dragon Boat Race
20 July

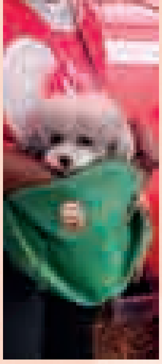
HERE'S A ROUNDUP OF 2025 FUNDRAISING EVENTS...



Camberley Car Show
9 August



The Kidney Fund
Annual Ball
4 October



Another successful Kidney Fund Ball...

St Helier and Surrey Kidney Patients Association

A message from your Chairman

I am nearing the end of my nineteenth year as Chairman, and I am more than happy to continue for another year, albeit I plan to hand over the Chairmans reins in November 2026, my 20th anniversary.

I said, back in October 2006 that I'd do 5 years, so I may have overdone things.

I hope that the KPA members, patients, and the renal unit staff are pleased with the work that the KPA's Committee has done on your behalf over the last year, it's been a challenge after the passing of 4 of our Committee, but we have found 4 new members to help and allow our charity to continue its great work.

On a personal note, I would like to thank all the Committee members together with the Renal Unit staff all of whom provide invaluable support to the KPA throughout the year.

The inpatient wards on the 6th floor of the main hospital are still proving difficult due to the lack of space and the unbearable temperatures within the space in the summer. The renal unit are looking at what can be done.

The new inpatient centre at St Georges is on hold, having succumbed to the raft of cuts being made by our new Government, the Clinical Lead may have more information,

About the KPA, we have 965 members, so we're kept busy dealing with the many and varied requests which we receive from both patients and the renal unit. As in previous years I thought it would be good to show how we have distributed our funds during the past year, these include:

- Renal Overlays & Fleece Blankets for St Helier and its Satellites
- 3 Ultrasound Scanners for acute team & CAPD
- 20 bag warmers for P.D.
- Ultrasound Scanner for Frimley renal unit
- Urinalysis scanner machine
- Transonic Machine
- 3 Lift & Tilt patient chairs

- Venous Access Monitors
- Replacement seating for CAPD & Renal day unit areas
- POD lockers for inpatient wards
- 2 Heart scanners
- Bladder Scanner
- Ward B6 nurses desk refurbishment
- MDM Microscope

This has all been possible due to the generous donations and legacies that we have received.

During our 2024/2025 financial year we have purchased equipment valued at over £93,000 for St Helier and its Satellites.

To date we have agreed and are committed to purchasing equipment valued at almost £63,000 for the period 1st April 2025 to 30th September 2025.

With the October edition you would normally find our Grand Draw tickets but with the current economic situation and cost of living increases we have again decided that it wouldn’t be right to hold the draw and ask people to contribute. We don’t have any plans to reintroduce our draw.

AGM/ Committee/Patient Representatives

The **KPA Annual General Meeting** is scheduled for **Tuesday 11th November 2025**. It will be held in the 2nd floor RMT meeting room of the renal unit starting at 18.30. You must be a KPA member to attend, please contact me if you wish to attend so I can update you if anything changes.

As I said earlier, Committee have 4 new members. It would be lovely to have representatives in every Satellite, currently only Croydon has one, and we have a new member who has agreed to be the Farnborough rep.

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; we meet every two months in the within the Renal Unit at St Helier at 18.30 normally on the second Tuesday of the month. Members don’t need to attend every meeting; reports can be submitted by email or similar and as I said earlier in my message we’ve even moved onto virtual attendance.

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

I think that is all I must report on so may I be one of the first to wish you all a very Happy Christmas and a happy and healthy New Year.

Best Wishes

Dave Spensley,
Hon Chairman

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
- Matthew Hone
- Geraldine Johnson

The Westfield Health Br
OXFORD 29TH JULY

Transplant recipients from across the UK gathered in the outskirts of Oxford to take part in the annual Games which aim to highlight the continuing need for organ donation.

This year St Helier was represented by competitors Louise Cook, Jonathan Douglas-Green, Lisa Laing, Aled Loynes, Craig Morrow, Jeanette Palmer, Chris Stabler, Craig Tichelaar, Kevin Trimming and Neil Whelpton; Live Donors Vanessa Douglas-Green and Sadie Tichelaar enthusiastically supported by Catherine Cook, Harry Laing Ross, Jeremy Loynes, Nest Loynes Angie Morrow, Federica Nani, Phil Ross, Stephen Whitcombe and myself.

It was also great to see Dr Ginny Quan volunteering at the Track and Field events. The SHSKPA and St Helier Team competed in 14 events (Archery, Snooker, Golf, Ten Pin Bowling, Darts, Bowls, Swimming, Walk,

itish Transplant Games
– 3RD AUGUST 2025

Donor Run, Ball Throw, Long Jump, Discus, Pétanque and Tennis) winning medals in 11 of them. The final tally was 5 Gold, 5 Silver and 3 bronze medals with three of the Team (Lisa Laing, Aled Loynes and Chris Stabler) being selected to represent Great Britain at the World Transplant Games in Dresden 17th – 24th August and everyone returning home with a smile, and looking forward to 2026 Games in Sheffield.

As well as a lot of fun, it has also been quite an emotional weekend as all the athletes have been thinking about their donors and the difference they have made to their lives.

Reactions from the Team:

"It was my first games, I had no idea what to expect but I can assure you the support, camaraderie and welcoming I received from team St Helier was above anything I could have imagined. Archery was my first event which took place at the stunning Blenheim Palace, what a backdrop that was. Roughly 200 competitors from across the country and across numerous age groups and ability level were converged on the palace lawns but Jeanette, Chris, Louise and Kevin ensured I was found, nerves settled and in the right place at the right time. When it's your group you head to the predesignated target with 4-5 other athletes for a warm-up. Immediately you are sharing stories of transplants, family and you journey to this point and the purpose of the games hits you; it's not about the winning and losing, it's about togetherness, community and taking part in something much bigger than yourself to raise awareness of transplantation. A silver medal was simply a cherry on the top.

The most special part of the games was the athlete's parade. As the team newest member, I was given the honour of carrying our flag through the grounds of Blenheim to the opening ceremony. Here you see just how many transplant athletes there are, just over 1000 this year, from the age of 1 to 90 you see just how inclusive the event is, and the inspiration you draw from the stories you share is, well, inspiring!

In all I entered 3 events, brought home 2 medals but my favourite takeaways are the friendships I now have with the St Helier team and the pride of being part of something that makes a difference. So even if you are only 10% thinking you should get involved I can 1000% assure you that you should! I can't wait for Sheffield and look forward to seeing the team, old and new, again."

Neil Whelpton

"I gave my son a kidney in 2003, he settled in the St Helier Hospital area and in 2015, we joined the Transplant Team. We went to Newcastle in 2015 where he joined in with the cycling and swimming. We discovered there was a 5k Donor Run and someone suggested to me that I could train for it, which I did. I did my first 5k Donor Run in 2016. I have continued to train during the year and added the 25m Donor Swim two years ago.

All the main Hospitals are in groups with their own banner. I have the choice to join the St Helier Group or the Living Donors, this year I stayed with our Group. We marched into the main parade area where the Games was officially opened. Saturday was our big day. I did my practice swim – the pools are 50m and we have the deep end marked off for us. My local pool is only 25m so it is good for me to get used to the change. My son did his practice and later won medals for his 50m backstroke and breaststroke. We returned to the hotel for food then headed out to Blenheim Palace for the Donor Run. It started at 7.30pm, it was a lovely evening and a delightful setting, we ran around the Lake. Afterwards, we went back to the hotel and joined the Group for drinks."

Vanessa Douglas-Green

"Another fantastic British Transplant Games with The St Helier Team. Great to meet up with friends old, new and to remember those who are no longer with us. Once again St Helier team were amazing, not only in our sporting events but in supporting each other right through to the last person crossing the finish line. It was, as always, an honour to represent and give thanks to mine and all donors."

Lisa Laing

"The British Transplant Games hold a truly special place in our hearts, both as individuals and as the St Helier Team. They are more than just a sporting event, they are a celebration of life, a chance to show what is possible thanks to the gift of organ donation, and an opportunity to raise vital awareness of its importance. Every race, every event, and every medal stands as a tribute to the donors and their families, without whom these incredible stories of survival and hope would not be possible.

Most importantly, the Games are about people. They bring together recipients, donors' families, medical staff, and supporters, creating a unique community bound by shared experiences and gratitude. For the St Helier Team, it's not only about competing but about connecting – building lifelong friendships, supporting one another, and celebrating every achievement both on and off the field. The Games remind us that we are part of something bigger: a testament to the strength of the human spirit and the power of generosity."

Craig Morrow

"We had a great time at the British Transplant Games in Oxford this year.

Apart from all the various sporting events, perhaps the most enjoyable aspect was the warm camaraderie amongst all the St. Helier team, competitors and supporters alike. We all shared an enjoyable time together, supporting each other at everything from archery, darts, athletics and swimming to tennis – and win or lose, you can bet we were all there shouting our heads off!

It was also great to see St Helier consultant Ginny Quan helping out at the athletics, even taking time out to join us for a quick photo!

The donor fun-run at Blenheim Palace was also a highlight with a great celebratory atmosphere and brilliant evening sunshine as we followed the course winding through the beautiful grounds. I believe I may have been overtaken several times by a pantomime sausage dog and a wardrobe!"

Aled, Nest and Jeremy Loynes

"Although I'm not part of the St Helier Team due to having another transplant at another hospital, the team will always be part of me. It was so great to catch up with them at Oxford. They are one of the friendliest teams and a great bunch and so pleased some are going to the World Transplant Games."

Peter Warren

On behalf of the team, a huge THANK YOU to SHSKPA for their financial support and

to the SHSKPA committee and our supporters for their encouragement, we really do appreciate it.

The next British Games will be held in Sheffield, 5th – 9th August 2026 and will be a great opportunity for athletes and non-athletes alike to experience the warmth and friendship of all who attend the Games.

You may already have received your *"Gift of Life"* – why not help promote awareness into the need for more organ donors and ensure someone else can receive this precious Gift!

Graham Morrow,
Team Manager
(g_morrow@outlook.com)

Report on the **World Transplant Games**

I was honoured to have been selected and to represent Great Britain at **The World Transplant Games in Dresden, Germany.** The event took place from **17th – 23rd August 2025** and included 266 GB athletes, 17 sporting events, 51 countries and just under 2000 athletes taking part.

Team GB led the medal table with 404 medals in total with 130 of those being won in the swimming events and smashing 28 World Transplant Games records.

Day 1 started with the #ReasonToGive 5k run, to raise awareness of organ donation and to give thanks to all donors. This was followed by a service of remembrance – interfaith celebration to honour the Gift of Life at Church of Our Lady. It was an incredibly moving service and gave time to reflect on the second chance of life made possible through organ donation. Then it was time for the parade of nations, which was a 2.3km parade through Dresden City centre finishing at the Heinz-Stayer stadium for the opening ceremony. It was amazing to see so many people from all different countries entering the stadium, there were speeches and live music and a wonderful meal afterwards at the International Congress centre.

Team GB had a swimming team of 60 athletes so looked quite a sight on pool side and it was

amazing to be able to cheer everyone on from there. My first event was 50m backstroke which I got a PB in and was placed 6th. On the 2nd day my event was 100m backstroke, which I had never competed in but I was so proud to have come 4th and only missed out on a bronze medal by 0.6 seconds!

After a very busy week the time had come for the closing ceremony, the games were ended with *The Circle of Life* where all athletes, donors and supporters joined hands and formed a circle as a symbol of the gift of life and the impact of organ donation.

There were so many people involved in giving me the opportunity and getting me to The World Transplant Games who I give all my thanks to. I am so proud to have been able to promote the benefits of organ donation and to honour my donor.

Lisa Laing

We concentrated our time on the swimming and tennis events. Team GB were strongly represented at the swimming with lots of gutsy performances in the pool and a great upbeat spirit amongst the supporters. It was lovely to see swimmers of all ages and abilities taking part. The best bit was seeing how everyone cheered on when they could see someone was struggling. At the tennis, thankfully the weather stayed dry and once again, it was great to see so many participants of all ages from all over the world, united by their transplant experiences and the joy of sharing in sport. Meeting fellow transplantees from India and Canada made the tennis special in renewing friendships and forming new bonds. After so much competing, cheering and energetic supporting, a few of Dresden's legendary beers were, of course, essential in the evenings!

Looking forward to the next Games!

Aled, Nest and Jeremy Loynes

KPA MEMORIAL DONATIONS

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

- Nancy George
- Peter Smith
- Maria George-David
- A.P. Leppe
- John Jones

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2025/2026

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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

FUNDING ▸ RESEARCH ▸ CURE

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 ☐

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:	☐	number of entries @ £4.34 per month	=	£	& thereafter each month
Quarterly Payment:	☐	number of entries @ £13 per quarter	=	£	& thereafter each month
Half-Yearly Payment:	☐	number of entries @ £26 per half-year	=	£	& thereafter each month
Annual Payment:	☐	number of entries @ £52 per year	=	£	& thereafter each month

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Title: Initials: Surname:

I wish to buy ☐ entry(s) each week for ☐ 13 weeks, ☐ 26 weeks, ☐ 52 weeks and remit a cheque for £

(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

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* 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.