



# HAMMERSMITH KIDNEY NEWS

Newsletter of Hammersmith Hospital Kidney Patients' Association - Registered Charity 275771

Autumn 2005

## Editorial



Don Taylor  
Chairman of HHKPA

As the Chair of the Hammersmith Hospital Kidney Patients' Association I apologise that you have not received a newsletter since last year at this time. This has not been because there has been no news as lots of happenings have taken place, some of which will be reported in this edition. In recent months the volunteers who create the copy for the newsletter have often not been available and there has been technical problems with the computer we use. It is hoped we can return to having at least two editions a year. If you have any items, which you would like included please let the editor or me have them.

This edition will bring you up to date with fundraising events we are organising, conferences available to you and dates for your diary. All members of the KPA committee hope you have been able to have some holiday despite restrictions which may affect you and that your treatment is going well.

*by Don Taylor  
Chairman*

## WALK IN LOVE AND HOPE

Sincere and grateful thanks are given to Anup Nahar who organised her third walk as a tribute to her relatives Mrs Chano Nahar and Mrs Maya Nahar who she describes as ordinary family women, not famous but incredibly special, loved and missed by her. Both were affected by kidney failure. The five mile walk from Hounslow to Southall was held on the 20<sup>th</sup> August. Thanks are also given to the Anup's mother who prepared much of the food available at the end of the walk and the local traders who gave their support. Appreciation is offered to Amanda Venters, the Director of Financial Reporting for Coca Cola who arranged the donation of Coca Cola products for the walkers. We also thank Walkers for the donation of crisps and SAB Miller for their Appletizer. Thanks are also accorded to the Police who accompanied the walk to ensure safety of participants and to the music celebrities who supported the event

The walk also raised the awareness of the minority ethnic groups who live in the area of the walk, that they are likely to be three to five times more at risk of having kidney failure than the indigenous population.

At present the amount raised is not known but it is hoped it will be similar to last year when almost £5,000 was divided between Hammersmith and Charing Cross KPA's and the National Kidney Research Fund. These three organisations working together has helped to benefit local kidney patients and research which will benefit patients in the future.

It is known that the walkers alone, carrying tins and buckets for Hammersmith KPA, collected an exceptional £1,111. They are thanked for their efforts.

## NEW RENAL CENTRE

During the last eighteen months you may have seen a new building being erected in the gap between Hammersmith House and the end of the back corridor of the main hospital and wondered what this building would be used for. Now the good news.

This is the new West London Renal Centre and will be one of the best in the world. It will mean patients coming to Hammersmith for treatment will have the best conditions available. Transplantation, Research and Consultation and Treatment for patients will be carried out in pristine and modern facilities though because of the increasing numbers of people with kidney failure some of the existing spaces will still be used.

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## PATIENT FORUMS

The government is keen for patients to have greater involvement in the way they are treated and ensure standards are maintained. To this end they have recommended that participation in Patient Forums should be encouraged.

The trust is beginning to set these up. The first Patient forum for PD patients will meet on 7th October 2pm. Others will be arranged for haemodialysis and transplant patients. Any interested patients should contact their named nurse.

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## POLYCYSTIC KIDNEYS DISEASE (PKD)

This is one of the most common kidney diseases and there is charity devoted to informing those with the condition about it and research developments.

They also organise information days and they have a website - [www.pkdcharity.org.uk](http://www.pkdcharity.org.uk). If you want more information you can telephone the charity direct on Tel: 01388 665004.

## HHKPA ANNUAL GENERAL MEETING

This will be held in November – please look at the KPA notice boards in your unit for the exact date.

The committee meets at the hospital between four and six times a year at 6-30pm usually on a Tuesday evening and refreshments are available.

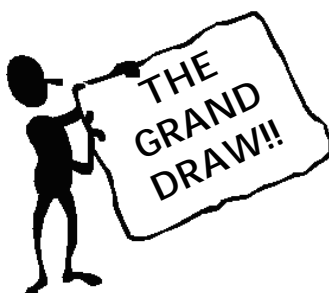
We would like to recruit some new committee members this year and if you are interested in joining our voluntary team and would like to know more about the work that we do, please contact me

This is a great opportunity for you to help other patients. Your help will be very greatly appreciated and you will have the satisfaction of knowing you are contributing to their improved quality of life while undergoing treatment.

**Don G Taylor**  
**Telephone 01895 445198**

## THE KPA GRAND DRAW AND SALE OF CHRISTMAS CARDS

The annual Grand Draw and the sale of Christmas cards are two major events in the KPA annual fundraising calendar. Each year we raise between £3,000 and £4,000, which - like all funds we raise - are used to benefit patients and provide equipment and services not available from the NHS. One book of draw tickets is enclosed with this newsletter and more books can be obtained by contacting..... You can order your Christmas Cards using the enclosed form.



There are excellent prizes in the Grand Draw, better than in previous years. The cost of each ticket is only £1 00 and the whole book £10 00. Did you realise that if every patient sold just *one* book of tickets the KPA would raise £9,000! Sold tickets and cheques made out to HHKPA can be sent to committee members Sharman Maxwell 7, Fairey Avenue, Hayes Middlesex UB3 4NY, Bhupinder Manz, 44 Dormers Avenue, Southall, Middlesex, UB1 2SR, Sean Ryan 20 Dawley Parade, Dawley Road Hayes, Middlesex UB3 1EB or returned to Jan Waters at the clinic by the end of November, although an earlier return would be appreciated.

## DID YOU KNOW?

More than one in four of all kidney patients in the UK now rely on the generosity of a living donor for a transplant.

In 2004-5, 1,783 patients received a kidney transplant of which 27% (475) were given by a friend or relative – the highest number of living kidney transplants ever recorded in the UK.

More patients need a kidney than any other organ. In May 2005, 6,152 people were registered for an organ transplant of which 5,348 were waiting for a kidney.

More than a million people pledged to help others after their death by registering their wishes on the NHS Organ Donor Register.

**More people are needed to register. Can you encourage your friends and relatives to register so they may be able to help other kidney patients like you? It is also important they talk to their closest relatives to confirm their wishes as many refuse permission even though the person's intentions are registered. To find out more and to complete a form please telephone the Organ Donor Line – 0845 60 60 400 - or visit the website at:  
[www.uktransplant.org.uk](http://www.uktransplant.org.uk)**

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### Congratulations to Bill Hollins

Bill Hollins is one of our few regular participants in the British Transplant Games often winning medals but now he has won a bottle of champagne for the creation of an appropriate caption of a photograph of an athlete friend. Well done Bill.

## FITNESS AFTER TRANSPLANTATION

### A PERSONAL VIEW

Like many of you while I was developing kidney failure my fitness levels diminished. I was tired and any physical activity I did was slow and difficult. I thought this was only that I was getting older but I now know it was the reduced kidney function and at the end of this period my kidneys were only functioning at 8%. While on CAPD and APD I did very little physical activity and my fitness levels diminished further.

Most of you who have had a successful kidney transplant will know about the energy surge that occurs soon after the operation and the early stages of treatment. For me this was the time I decided to gradually increase my activity levels beginning with a short exercise programme. I remember asking a Consultant if I could do particular exercises. His reply was positive saying, "If you want to do it do it." Gradually my fitness improved with some walking and an almost daily programme of exercises lasting up to 20 minutes.

I didn't like Swimming but realised this was something I could do so I enrolled at a local health club with a 16 metres pool. At first I found even a few lengths hard and tiring but gradually increased the number of lengths and now after almost 9 years I can usually swim at least half a mile three days a week. I also play Table Tennis once or twice a week and even though my weight has increased with some of the drugs I have taken I know I am in a better physical condition than I was 8 years ago.

I have also taken part in the British Transplant Games, which are held annually.

As a Transplant patient I feel it is important to keep as fit as I can and encourage all transplant patients to consider taking part in some physical activity. It does not need to be intensive and can be very gentle. It is a chance to pick up again any sport you used to do or take the opportunity to try something new. You might even find you have a new skill or talent you did not know you had. Swimming, Walking, Dancing, Yoga, Tai Chi, Cycling, Pilates and Aqua Aerobics are some of the activities, which are quite easy to do and are likely to be available in your neighborhood.

You might even consider taking part in one or more of the events on offer at next years Transplant Games, which will be held in Bath between 17th and 20<sup>th</sup> August 2006.

**It is very important you ask your doctor if it is appropriate for you to take part in physical activity.**

A Transplant patient

If you have taken up physical activity again after a transplant please write to the editor and share your experiences with other members of the KPA.

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**ANNA PLASVIC  
RETIRES AFTER 36  
YEARS OF  
DEDICATED SERVICE  
IN THE RENAL UNIT**

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**COULD YOU ORGANISE A FUNDRAISING  
EVENT FOR THE KPA?**

A number of KPA members and their friends and relatives have already organised fundraising events to benefit the KPA - but, we need more volunteers. Your fundraising event does not have to be big or require lots of planning. Some suggestions could be:

- ◆ Coffee mornings with friends and neighbours
- ◆ Raffles with donated prizes
- ◆ Collections in your favourite pub
- ◆ Car Boot Sales
- ◆ Sponsored Events, e.g. Cycle Rides, Walks, Runs, Climbs, Silences (good for children)
- ◆ Stalls at fetes, garden parties, and sales of goods
- ◆ Donations in lieu of presents at anniversaries, birthdays etc.

**SOME OUTSTANDING  
FUNDRAISING**

Recently Elizabeth Harbour celebrated the 30<sup>th</sup> anniversary of her transplant donated by her brother by walking the 180 miles on the footpath of the River Thames from the source in Gloucestershire to the Flood Barrier. She didn't do it all at once but performed this outstanding feat in stages often

accompanied by friends. She started at Windsor in the autumn and walked to the barrier and later went back to Windsor to walk to the source. A truly magnificent effort and she raised £1,700 in sponsorship, which she shared with the KPA and Kidney Research at the hospital. A great way to celebrate a memorable occasion. We give her our congratulations and grateful thanks.

Alan Duval is a dialysis patient and during the last four years, Pam his wife, daughters and other family members supported by friends and neighbours have raised more than £3,000 for the KPA by organising a number of small events including sales at Hayes Football Club, a walk from Hayes to Uxbridge and back by a small group including young children and car boot sales. They have also persuaded local shopkeepers to hold raffles for the benefit of the KPA.

Mike Hayler is interested in celebrity memorabilia and has sold a number of items raising in excess of £500 for the KPA. Recently we have been given a pair of shoes belonging to Shirley Bassey to be sold with us as the beneficiary.

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**CONFERENCE  
NATIONAL KIDNEY  
RESEARCH FUND**

The annual conference entitled "Shaping the Future of Renal Research" will be held on Tuesday 11<sup>th</sup> October 2005 at One Great George Street, Westminster. If you are interested in ongoing and new research which has the potential to restrict, defer and reduce the number people with kidney failure and new treatment you are encouraged to attend. To obtain more details and an application form you should telephone 01733 704677. There is a fee and financial help will be available from the KPA if you contact one of the officers.

**We Need to Hear From  
YOU**

Don't forget to send your letters in. Have you a story to tell or queries that you would like answers to? Whatever it is, please contact:

**Don Taylor**

**10 Lawn Avenue  
West Drayton  
Middlesex UB7 7AQ.  
Tel: 01895 445198**

**Email:  
dands.taylor@talk21.com**

**Don't forget to visit our  
website at:  
www.hammersmithkpa.org.uk**



# HHKPA CHRISTMAS CARDS



**Christmas Tree**  
(84x 185mm)



**Under the Mistletoe**  
(108 x 108mm)



**Christmas Berries**  
(84 x 185mm)



**St. Paul's & Tower Bridge**  
(160 x 116mm)



**Christmas Dove**  
(103 x 144mm)

**The HHKPA personalised Christmas Cards are now on sale so do get your orders in early to avoid a last minute rush! Each card contains our charity details and logo and ALL the profits made from the sale of the cards will go towards the work of the KPA. To obtain your cards, fill in the attached order form, or purchase them from Jan Waters at the Renal Transplant Out-patients Department at Hammersmith Hospital (Tel: 020 8383 1927)**

***THANK YOU FOR YOUR SUPPORT***



**Christmas Eve**  
(103 x 144mm)