



Supporting and working for
kidney patients in West London

Registered Charity 275771

The West London Kidney Patients' Association Newsletter

Autumn 2026



Photo by Johannes Plenio on Unsplash

There is no denying that we have had more than our fair share of sunny and warm days this summer, here in west London.

We hope you are having or had a good summer and of course remembered to keep safely hydrated and (for transplanted patients) kept out of prolonged periods of direct sun light.

As we bid farewell to summer and welcome autumn, we will be celebrating Organ Donation week this year from Monday 21st to Sunday 27th September 2026.

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Living with Peritoneal Dialysis: My Story

By Travis Khan

My name is Travis, and I've been living with peritoneal dialysis (PD) for the past five years. Before dialysis, I was fortunate to receive a kidney transplant from my mum in 2011. It gave me many wonderful years, but when my kidney function began to decline, I knew I would eventually need another form of treatment.

That moment came in 2021, just as I had landed my dream role as Resident Choreographer for Moulin Rouge! The Musical. Instead of celebrating, I found myself wondering, "How am I going to make this work?"

Because my career involves a lot of travel, I spoke honestly with my nephrologist about my options. When I learned about PD and the flexibility it offered, it immediately felt like the best fit for my life. After having my PD catheter inserted and allowing it time to heal, I started treatment just before rehearsals began. Looking back, it was one of the best decisions I could have made.

Coming to Terms with Dialysis

Being told I needed dialysis was emotional. Even though I had always known it might

happen one day, hearing those words was still difficult. At the time, I knew very little about dialysis, which made everything feel overwhelming.

What helped was learning more about PD and realising it didn't mean giving up the life and career I had worked hard to build. Once I understood that I could continue working, travelling and pursuing opportunities, I started to feel hopeful again. Instead of focusing on what I was losing, I focused on what was still possible.

Adjusting to Life on PD

Starting PD came with a learning curve. I had to get used to setting up the machine, sleeping connected to it every night and fitting treatment into my daily routine.

The biggest challenge was mental. Having a dialysis machine beside my bed was a constant reminder of my condition. There were practical adjustments too, like finding room at home for boxes of supplies and building new habits around treatment.

Over time, though, those challenges became part of everyday life. What once felt daunting gradually became normal.

One of the greatest benefits of PD is that I can do my treatment overnight. That means I can focus on work during the day and continue doing what I love. It takes planning, but the flexibility has made a huge difference.

Travelling the World on PD

One thing I always tell people is that PD doesn't have to stop you from travelling.

Over the last five years, I've travelled throughout Australia, New Zealand, the United Kingdom, Switzerland, Ireland, Japan, South Korea and the Netherlands while managing PD. It takes organisation and preparation, but it is absolutely achievable.

There have been times when my machine alarmed or I experienced technical issues overseas. In those moments, it was reassuring to know expert support was only a phone call away.

PD has allowed me to continue working internationally on Moulin Rouge! The Musical in London's West End, teaching the show overseas and now working on the Moulin Rouge! World Tour. Most importantly, it has shown me that dialysis doesn't have to stop you chasing your ambitions.

A Final Message

The biggest lesson I've learned is that you don't have to do this alone. The support of healthcare professionals, family, friends and employers can make all the difference.

I am incredibly grateful to Dr Anastasia Chrysostomou, Dr Michael Cai, and the Royal Melbourne Hospital Home Dialysis Service team for their care, guidance and encouragement throughout my dialysis journey. In the UK, I am equally grateful to Dr Corbett and the wonderful staff at Renal Home Therapies, Hammersmith

Hospital, London, whose support has helped me continue living the life I want to live.

I would also like to thank the producers of Moulin Rouge! The Musical, Global Creatures, and Nick Grace Management for their understanding and belief in me. Their support has enabled me to continue doing the job I love on an international stage.

There will be days when you feel overwhelmed, and that's completely normal. But there is still so much life to be lived while on PD.

Never let PD rule your life. Make PD work for you.

New wheelchairs for Northwick Park

By – Claire Edwards, Head Nurse / Matron, NPH Renal Centre



We are extremely grateful to the West London Kidney Patients Association (WLKPA) and to our patient, Surjit Bhalla, whose fundraising efforts enabled Northwick Park Renal Centre to purchase four new wheelchairs.

As many of our patients require assistance travelling between the waiting area and their dialysis stations, and with Northwick Park being such a large unit, these wheelchairs will make a significant difference. They will provide greater comfort, dignity, and ease for our patients, while also supporting the nursing team who assist them throughout their treatment journey. Thank you!

Team Hammersmith @ BTG Sheffield 2026

By – Rebecca (Becks) Griffiths and Peggy West

Team Hammersmith joined the largest ever British Transplant Games in Sheffield.

More than 2,850 people took part across 58 teams, including 1,124 organ and stem cell transplanted athletes — a 5% increase on the previous highest total — alongside 219 living donors and 1,514 supporters. 300 volunteers welcomed participants, while 52 therapists provided voluntary medical support.

For four days, the transplant community came together through sport, celebrating organ donation and what is possible after transplantation.

Team Hammersmith comprised transplant recipients Leon Winsky 79, who received a kidney transplant three years ago; Robert Thomas 70–79; Peggy West 50–59, who received a kidney transplant in 2019; Sid Cox late 60s, who received his transplant six years ago; David Atkinson 50–59; Becks Griffiths 30–39, who received a simultaneous pancreas and kidney SPK transplant in 2024 but is now

back on dialysis; Arun Menon 30–39; Shabad Ayan Khair 30–39; and Camilla Alcaraz 20–29. The team also included two living donors and Donor Run supporters.

Led by Team Manager Peggy West, the team competed in squash, snooker, table tennis, badminton, archery, athletics, road racing, walking, bowling, darts, pétanque and field events.

Peggy said: "Leading this team at the British Transplant Games is a pleasure. The Games are packed with people embracing their second chance at life through sport.

"When you look around, there is such optimism, but we never forget that so many are here because of heroic donors and donor families. I am so proud of what Team Hammersmith has become, and Dino Maroudas would have loved to have been part of this vibrant team."

(continued on next page)

A few months before the Games, Rebecca Becks Griffiths was on a quarterly WLKPA Trustee call when Peggy suggested she join Team Hammersmith. She agreed in a heartbeat, with no idea what she was letting herself in for — or how special it would be.

Becks arrived in Sheffield having never met most of the team and left four days later feeling part of a very special family. Becks said: "What stayed with me most was the extraordinary spirit of the Games: people who had faced devastating illness, years of treatment and enormous uncertainty coming together with laughter, determination, friendship and an almost infectious positivity."

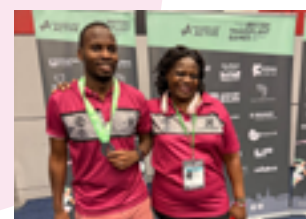
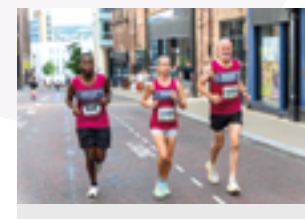
Outside the recipient and donor athletes, supporters included Hayley Gill, who cheered everyone on and was the fastest Team Hammersmith runner in the 5km Donor Run.

Team Hammersmith brought home 18 medals — six silver, four bronze and eight Donor Run finisher medals. Arun won silver in squash; Leon won two silvers; Robert took silver in the 5km Road Race and bronze in archery; Shabad Ayan Khaire won bronze in darts and javelin; and Peggy won silver in the shot put and bronze in the javelin.

Perhaps the greatest achievement was the team itself: the friendships, cheering from the sidelines and extraordinary sense of belonging.

The Games head to Birmingham from 29th July to 1st August 2027, and Team Hammersmith would love you to join us. For more info please contact Peggy West at teamhammersmithmanager@outlook.com

Scan the QR code to support Team Hammersmith at BTG 2027 in Birmingham.



Every 20 Seconds A Powerful Theatrical Production

By Gloria Munoz-Figueroa

Why a kidney nurse turned to theatre to give a voice to people affected by kidney disease and raise awareness.



I have learnt that statistics inform us.
Stories move us.

Every 20 seconds, someone, somewhere
in the world dies from kidney disease.

Behind that statistic is a person, a family
and a life forever changed, and a story
that deserves to be heard.

That's why I wrote Every 20 Seconds—an original multidisciplinary theatrical production that brings together theatre, opera, ballet, and classical music to tell the human stories behind kidney disease.

On Saturday 17th October 2026, you are invited to experience EVERY 20 SECONDS, a unique and deeply moving theatrical production at St John's Hyde Park, London. Every ticket sold will support West London Kidney Patients' Association. If this story resonates with you, I'd be grateful if you could attend, share or help spread the word.

The cast of performers include renowned Royal Ballet dancer Fernando Montaña, opera singer-songwriter Ashley Jackson, classical pianist Daniella Sidhu-Caceres, and international stage actor Gabriel Delfino-Marques.

Written and produced by Gloria Munoz-Figueroa, the production is deeply personal. After losing her father to kidney disease and dedicating her nursing career to kidney care, Gloria created EVERY 20 SECONDS to give voice to the people behind the statistic.

To find out more and book your place, follow the link, or scan the QR code. <https://shorturl.at/ilyof>



Are Proud To Present

Fernando Montaña

Renowned ballet dancer from the Royal Ballet

Featuring:

- **Ashley Jackson**,
acclaimed classical singer/songwriter
- **Daniella Sidhu-Caceres**,
classical pianist
- **Gabriel Delfino-Marquez**,
international stage actor

Written and Produced by Gloria Munoz Figueroa
kidney nurse and advocate

EVERY 20 SECONDS

A play inspired by realities of Kidney Disease

SATURDAY 17 OCTOBER 2026

7-9PM ST JOHN'S CHURCH, HYDE PARK

TICKETS FROM £16.96

BOOK NOW



"A Story of Hope & Humanity."

"A Moving Performance

Highlighting the Impact of

Kidney Disease."



Renal Counselling & Social Support Team

By Beverley Mealor – Lead Renal Counsellor

The Renal Counselling & Social Support Team at Imperial College Healthcare Trust are continuing to offer counselling and social support. We are able to see patients for face to face booked appointments in the hospital setting and also offer telephone counselling and social support. We look forward to offering our continued support and assistance to all our patients.

We are aware that many of our patients have been finding the heatwaves that we have been experiencing over the summer months quite hard to cope with. This may have prevented some from being out in nature as the heat can be particularly draining and exhausting for renal patients.

Hopefully the cooler weather that we usually have during the Autumn will help people to feel able to get back into nature again.

We are mindful that some of our patient's may have mobility issues, and walking may not be possible for some.

However, any connection with nature can help. This could just be sitting in a garden or a park, as this can still be beneficial for our mental health.

The benefits of access to nature have been well documented. For example, Roger Ulrich's groundbreaking 1984 study found that physical health outcomes for hospital patients improved when they could see greenery through a window. There is also a body of evidence that confirms the benefits to mental health of exposure to nature, especially while engaging in some kind of physical activity, such as walking.

Ecopsychology looks at the connection between humans and nature –It is based on the "biophilia hypothesis". This proposes that humans have an inborn tendency to seek out the natural world. Consequently, psychological distress increases if we become disconnected from nature.

Mindfulness can also be incorporated into our time in nature. Just taking notice of what we can see hear and smell in nature, can help to calm the mind and senses.

Photo by Max Tokarev on Unsplash

"Mindfulness is about living more in the present moment, appreciating the here and now, and not dwelling too much on the past or future.

While we have some control over the present, we cannot go back and change things that have already happened. We also have less control over future events than we might think.

This means we can spend a lot of energy worrying when it could be more beneficial to focus on and enjoy what is happening right now.

Mindful living means paying attention to the present, appreciating what is happening and enjoying the simple things in life.

This can help us to feel calmer, reduce stress or anxiety, sleep better and might help us cope better with difficult situations"

(Source- Every Mind Matters NHS)

A Taste of Autumn: Making the Most of Seasonal Produce

By Sarina Wittgens: Renal Dietitian

Eating seasonally is an easy way to add variety to your meals, try new foods and make the most of what is available at different times of the year. Seasonal produce is often more cost-effective, and it is usually at its freshest and most flavoursome when naturally in season. It can also be more environmentally friendly, as it often requires less energy for growing, heating, refrigeration and storage. Locally grown seasonal produce may also travel shorter distances, reducing its carbon footprint.



Autumn is now approaching, which means shorter days, cooler weather and an exciting new selection

of fruit and vegetables to enjoy. As the temperature drops, many of us naturally start to crave warmer, more comforting foods, making it the perfect time to get creative with seasonal ingredients.

Here are my top 5 UK-grown autumn foods to look out for this season, along with some suggestions on how you can incorporate them as part of a kidney-friendly diet.

1. Apples

Crisp, naturally sweet and wonderfully versatile, apples are a great autumn staple. They can be chopped up and added to porridge, baked into an apple crumble or simply enjoyed as a snack. There are loads of different varieties to try, and they'll be at their best this time of year.

2. Cauliflower

A true autumn favourite! There is so much you can do with cauliflower – try roasting it with herbs and spices, baking it with a little cheese or serving it alongside a comforting roast dinner.

3. Pears

Pears are delicious eaten fresh, poached or baked. Their gentle sweetness works well with warming autumn flavours such as cinnamon, nutmeg or ginger. They can make a satisfying dessert without needing lots of added sugar.

4. Cabbage

Often overlooked, cabbage is inexpensive, versatile and packed with flavour when cooked well. Try making it into a fresh slaw with apple,

roasting wedges with herbs, or adding it to a stir-fry. Different varieties, such as savoy and red cabbage, can also bring extra colour to your plate.

5. Berries

Add a small portion to breakfast, yoghurt or a homemade dessert to provide plenty of flavour and natural sweetness. Frozen berries are a useful option when fresh berries are less plentiful. As we head into autumn, keep an eye out for wild blackberries in your local area!



Make the most of autumn

Autumn is the perfect time to enjoy warming, comforting dishes like soups, hearty roasts, crumbles and puddings. Make the most of what's available at this time of year by using fresh, seasonal fruit and vegetables in your favourite autumn recipes. You could even visit a local farmers' market or farm shop and see what seasonal produce catches your eye.

If you're living with kidney disease, it can sometimes feel as though there are lots of things to think about when choosing what to eat. Rather than focusing only on what you need to limit, try to think about the foods you can enjoy and the different ways you can prepare them. Seasonal eating doesn't have to mean changing your whole diet. Small changes, such as trying a new variety of apple, adding roasted cauliflower to a meal or experimenting with different herbs and spices, can help keep meals interesting. Remember that dietary advice is always individual, and your dietitian can help guide you on what is right for you.



NHS
Imperial College Healthcare
NHS Trust

Nutrition and kidney disease videos

In a variety of languages and nutrition topics for people with kidney disease.

TOPICS INCLUDED



Cooking with kidney disease



Lowering potassium



Managing fluids



Reducing salt

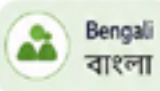


Phosphate in foods

LANGUAGES INCLUDED



Arabic
العربية



Bengali
বাংলা



Cantonese
廣東話



Czech
Čeština



Farsi
فارسی



Greek
Ελληνικά



Gujarati
ગુજરાતી



Italian
Italiano



Polish
Polski



Portuguese
Português



Punjabi
ਪੰਜਾਬੀ



Sinhala
සිංහල



Somali
Soomaali



Tamil
தமிழ்



Urdu
اردو



Watch videos in the language that's right for you.



Knowledge to support your kidney health.



SCAN HERE FOR VIDEOS



These videos are for people with kidney disease. Always follow the advice given to you by your healthcare team.

AGM of West London Kidney Patients' Association Notification & Agenda

West London Kidney Patients' Association's Annual General Meeting will be held on **Friday 30th October** via Zoom at 6pm

Agenda

1. Welcome and Apologies for Absence
2. Minutes of the AGM held on Thursday 30th October 2025
3. Matters arising from last AGM
4. Declaration of Proxies held
5. Chair's Report on the year's activities
6. Financial report and Presentation of Accounts
7. Election of Officers and Trustees
8. Constitution and change of status
9. Any Other Business
10. Q & A

Only Members of WLKPA can attend the meeting. If you are already a Member and receive our Newsletter, kindly email chair@westlondonkpa.org or secretary@westlondonkpa.org stating you would like to attend.

If you have not already registered as a member of WLKPA, we would request that you to kindly fill in the Application form detailing your name, address, telephone number, email address and if you are Imperial College Renal & Transplant Centre (ICRTC) patient/carer/family/staff.

You can apply online at www.westlondonkpa.org/subscribe

C K D – Coffee • Knowledge • Dialogue Mornings
Come for the Coffee, stay for the Knowledge, and
keep the Dialogue going.



COFFEE mornings led by people with lived experience of
KIDNEY disease, sharing practical advice and
DIALOGUE

We invite people living with chronic kidney disease to our first coffee morning. Whether you are receiving dialysis, have a transplant, or choose supportive care, you are warmly welcome.

These informal coffee mornings bring people together in a relaxed environment to share experiences and connect with others. Each session includes practical information and discussions led by Gloria Munoz-Figueroa, Lead Nurse for Advanced Kidney Care, the team, and trained peer supporters.

We are also recruiting volunteers to become peer supporters for future events.

Date: 02/09/2026

Time: 1000

**Venue: Hammersmith Hospital, Willow Room,
W12 Conferences**

To book, scan the QR code



Cultural Health Expo (CHE) 2026 Round up

By Chetan Joshi

On June 7th earlier this summer, we were delighted to be a part of CHE 2026 which took place at The Learie Constantine Centre in Brent. Following on from the success of last years' inaugural event, CHE is a friendly and educational event which is aimed at promoting health issues among the black communities in and around Brent with a focus on kidney health.

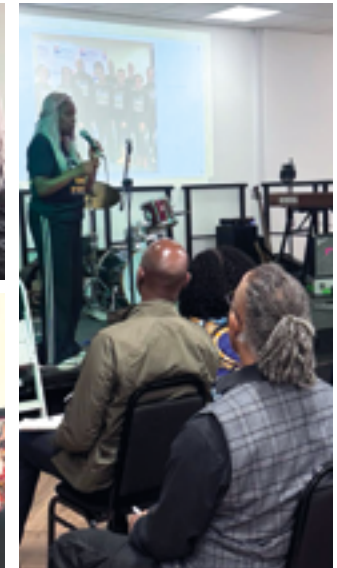
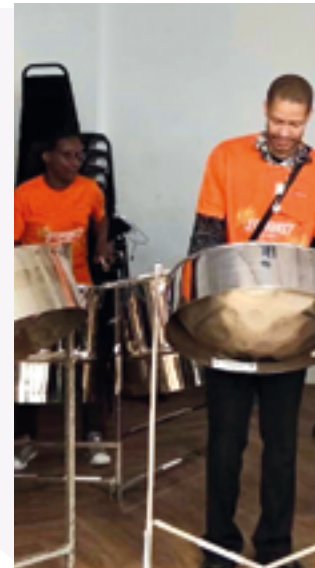
There was a good mix of exhibitors and visitors from the community and an inspirational list of speakers including the mayor of Brent and patient representatives who spoke about their own experiences. The day was punctuated with live music and dance performances. Everyone that attended was treated to a delicious Caribbean-inspired hot meal.

It was a pleasure to meet with inquisitive members of the public and talk about the

various initiatives WLKPA are involved in and projects that we provide support for.



If you would like to be a part of CHE 2027 next year, please get in touch or look out for CHE on leaflets, posters, reels and social pages nearer the time.



Imperial College Renal & Transplant Centre

Contact Numbers

RENAL UNIT	TELEPHONE
Auchi Unit, Hammersmith Hospital	020 3313 6627
Brent Renal Unit, Central Middlesex Hospital,	020 8453 2017
Charing Cross Hospital , Renal Dialysis Unit, 1 South	020 3311 1752 / 020 3311 1034
Ealing Hospital, Renal Unit	020 8967 5737
Hammersmith Hospital , Renal Home Therapies (HD)	020 3313 6649
Hammersmith Hospital , Renal Home Therapies (PD)	020 3313 6647 / 020 3313 6665
Hammersmith Hospital , Renal Out-Patients' Clinic – Currently joined with St Mary's Hospital, Renal Unit	020 3313 4268
Hayes Renal Unit	020 37048 450 / 020 3704 8444
Northwick Park Hospital, Renal Unit	020 8869 3245
Pam Sassoa Unit (PIU), Hammersmith Hospital	020 3313 6682
Renal Dietitian, Nutrition & Dietetics	020 3313 3048
St Mary's Hospital, Renal Unit – Currently closed. Joined with Hammersmith Hospital,	020 8383 8333
St Charles Dialysis Unit	020 3704 6519 / 020 3704 6510
Watford General Hospital	01923 217243
West Middlesex Hospital	020 8321 2543

**Please scan the QR code to make a donation.
Your support is greatly appreciated.**



Contact us: info@westlondonkpa.org

Or visit www.westlondonkpa.org

The West London Kidney Patients' Association (WLKPA) Newsletter is published four times a year.*

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