



Actively involving West London in  
renal health issues and care

Registered Charity 275771

## The West London Kidney Patients' Association Newsletter

Autumn 2018

**Ssshhh... Quiet... Can you hear it? We have received reports that claim that the sound of sleigh bells can be heard. It seems Santa has already begun preparations for the festive period this year. Can you believe it? Summer has only just bid us farewell and it's now evident from the changing of nature's colours and a chill in the air, that autumn is settling in.**

**B**ut what a summer it has been, with glorious sunshine and balmy weather. We, at the WLKPA, have been busy too! We want to say a **BIG THANK YOU** to everyone that joined us on our series of day trips this summer. We had a great time meeting with regular faces and greeting newcomers. Visit the image gallery on our website to see where we went and what we did.

Planning for next year has already begun. If you want to be kept informed of what's happening and other new developments, do make sure that you fill out an Application form to Receive Newsletters which you can find in your clinic, dialysis unit or on the website.



Woburn Safari Park: 1st July 2018

**T**his year has been a momentous one for us. Not only are we celebrating 40 years since our inception but we've also been delighted with the generosity of donations that we have received from individuals and businesses. As you will know, the WLKPA is run on a voluntary basis by patients with invaluable support from the staff of the West London Renal & Transplant Centre. We depend on financial support from people like you to help us carry out the work that we do such as funding medical and non-medical equipment. So far this year we've been able to fund U-Lite Mobile Ultrasound scanners that allow more accurate needling for patients who dialyse through a fistula. We have also replaced TV equipment that patients enjoy while on dialysis. The following pages contain articles on just some of the amazing people that support us and their remarkable achievements.



**I** am very lucky to have had a kidney transplant in July 2016 before the need to go on dialysis. I am very appreciative of the life my wife Alex and I are able to lead now. As an amateur artist, I always promised myself that if I sold anything I would donate any money to the Kidney Patients' Association in thanks. A while back, I was lucky enough to sell a couple of small paintings – one of Pinner High Street near where I live and another of a robin in flight. – Patrick McAuliffe



*John Shipsey, CFO for Smiths Group plc presented Sarah Ilic, the representative for WLKPA, with a cheque for £526.95.*

A few years later my dad was diagnosed with Alports syndrome and renal failure; he went on dialysis and was lucky enough to have a transplant which lasted 14 years. He had a happy life and was able to see my sister and I grow up and get married. As a child and throughout my adulthood I have had regular check-ups and a year ago it became apparent that I had to start dialysis.

**M**y name is Maria Clark, I have been on dialysis for a year. I have lived with renal failure all my life as it is hereditary. My uncle had it as a child and at the age of 21 he passed away; it was in the '60s and renal failure wasn't controlled as it is now.

I work for a company called Smiths Detection and last year at our Christmas Party I suggested that one of our Christmas Raffle Charities should be West London KPA as I knew of the charity through Hammersmith Hospital and Watford General. Earlier this year as we were planning Smiths' Open Day it was suggested that we invite the various charities to the Open day to be presented with the cheques.

## Houses of Parliament

**W**e were invited to a special event at the Houses of Parliament which was organised by renal patient Natasha Sandhu and her kidney donor mother to raise awareness of organ donation among the Black, Asian and Minority Ethnic communities. We heard from prominent individuals including her surgeons Mr Anand Muthasamy – Renal Consultant Transplant Surgeon and Mr Frank Dor – Head of Transplantation, Consultant Transplant and General Surgeon at Hammersmith Hospital seen here addressing the attendees.



## WLKPA's GOT Talent. We know you're out there!

**W**e're always keen to hear from anyone that has a unique skill to demonstrate. We want to hear from you whether you're a singer, musician, magician, stand-up comedian, entertainer... Although, knife throwers, sword swallowers, fire breathers and dodgy ventriloquists needn't bother (unless you can say "Beautiful Yummy Peach Melba" without moving your lips!)

### Did you know...?

**The festive season is only a couple of months away.**

**Support your KPA and stock up on your Christmas cards.**

**We have a variety of designs to choose from and at great prices too!**

**You can download and print your order form from the website.**

- **Let us know what you think of the new newsletter format.**
- **Do you have an article you wish to have featured in future issues?**
- **Tell us what you would like to see more or less of.**
- **Do you have a fundraising idea you want to discuss with us?**

**Email: [editor@westlondonkpa.org](mailto:editor@westlondonkpa.org)**



## Charity Golf Day raises over £11,300



This summer WLKPA were chosen by dnata4good, the dnata (Dubai National Air Transport Association's) Charity as beneficiaries of their Charity Golf Day. We were invited to attend the event at Mill Ride Golf Club in Ascot. Penne, David and Sarah set up an information table and chatted to guests and players about renal failure and the good work that WLKPA do.

Raffle tickets that had been sent out to all staff and associate businesses were also on sale at the event. After dinner there was an Auction at which people delved deep into their pockets. The whole event was a huge success and great fun.



*Alex Doisneau, Chief Operating Officer and Mohammed (Ackers) Akhlaq, Chief Commercial Officer, presented the WLKPA trustees with a 'cheque' for £11,305.*

## Cheryl Masterson Remembered

Mrs Cheryl Masterson liked baking, playing bingo and her holidays abroad before her illness, after she started dialysis these were not possible but she did enjoy caravanning holidays in England. Her daughters told us the staff at Hammersmith were amazing with her. She was mother to 4 children, had 8 grandchildren. and will be dearly missed by all her family.

**"...will mean the world to mum & dad knowing that so many people gave very generously on the day and yet again mum putting other people first..."**

She didn't like cut flowers as they die, so the family asked everyone at her funeral



to donate money in a box they made with the WLKPA logo. They raised £700. Her daughters Jackie and Lisa told us that their Mum always put everyone else first and all of her family felt glad that they could help the WLKPA to help others.

## Shared HD and Home Dialysis Roadshow

This took place at Northwick Park and St Charles Renal Units. The new NXStage home dialysis machines were being demonstrated. The purpose of the roadshow was to increase interest and encourage self-care for patients. The dialysis machines allow eligible patients to improve understanding of their treatment and generally make patients feel more engaged in their care.

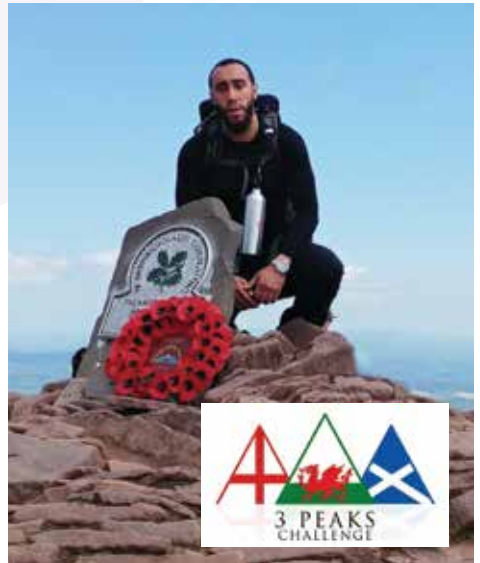


## Nathan's 3 Peaks Challenge

Read the amazing story of how Nathan, our Chair's son raised over £1000. He took on this gruelling 24hour challenge despite his aversion to heights and adverse weather conditions.

The Three Peaks Challenge consists of climbing the three highest peaks of Scotland, England and Wales - all within 24 hours! These peaks are Ben Nevis in Scotland, Scafell Pike in England, and Snowdon in Wales.

The total trekking distance is 23 miles (37km), the total ascent is 3064 metres (10,052ft) and if that wasn't testing enough, he did this while carrying a 20kg back pack!



## What else has been happening?

### Transplant Games update

The British Transplant Games took place in Birmingham this summer. The WLKPA supported Team Hammersmith and we won fourteen medals altogether. 4 Gold, 1 Silver and 9 Bronze. If you would like to join us at next year's British Transplant Games event in Newport, please get in touch. There are over 25 sporting events for all abilities.

Contact: Hammersmith Team Manager – Dino at [teamhammersmith@gmail.com](mailto:teamhammersmith@gmail.com)

Check out the Transplant Games website for more info [www.britishtransplantgames.co.uk](http://www.britishtransplantgames.co.uk)

4 members of Team Hammersmith were selected to compete in World Transplant Games in 2019 – Congratulations



### Organ Donation Week

We had another successful ODW this year. We were at Hammersmith and Charing Cross hospitals along with staff, Specialist Nurses for Organ Donation (SNODs) and an ODW Ambassador who was specially trained to raise awareness of organ donation and engage with the public. We met with many inquisitive people, some of whom donated spare change and others that joined the NHS organ donor register on the day.



# You're all invited!

You'll have to get your names on the list quickly or you'll miss out.

**P**lanning is underway for our Christmas Party 2018. We always aim to deliver a memorable celebration at Christmas. We have confirmed the time and venue. All we need is you! There will be food to suit most tastes, plenty available to drink, LIVE music and the usual fun & games. We do need to get an estimate of how many to cater for so please purchase your tickets online as soon as they become available.

Tickets are only £10 pp inc. food and first drink. Space will be limited so bring your family and friends... but remember to be quick. Full details will be on the website shortly.

**Special Thanks:** The WLKPA would like to acknowledge the support of Michael Appoh whose unique DJ skills were of invaluable assistance at the 2017 Christmas Party.



How quickly can you find these ten words in the grid?

- ABDOMEN
- ALTRUISTIC
- ANTIBODIES
- ARTERIES
- BACTERIA
- BIOPSY
- CHOLESTEROL
- CREATININE
- KIDNEY
- PRESSURE

COFFEE  
BREAK  
PUZZLE





It is with a heavy heart and deep sorrow that we must report on the sad loss of our dear KPA colleague and friend Maureen Hodges who passed away recently after a

battle with pancreatic cancer. Maureen was a wonderful member of our committee and a driving force in the WLKPA. Her positive attitude and commitment to the KPA will not be forgotten.

## Christmas cards

We know that for some, Christmas isn't Christmas unless you go out and buy your cards and presents at the last minute – in time for the last post! For everybody else, you can support the WLKPA by purchasing your festive cards from our delightful range. We'll be selling our cards at the usual sites in the run up to the big day or you can place your orders now by filling in the enclosed order form or go online.



**Contact us: [info@westlondonkpa.org](mailto:info@westlondonkpa.org)  
Or visit [www.westlondonkpa.org](http://www.westlondonkpa.org)**

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[www.facebook.com/WLKPA](https://www.facebook.com/WLKPA)

**For unavoidable reasons the publication of this newsletter has been delayed. We are not therefore able to use this newsletter to give formal notice of the Annual General Meeting. To ensure adherence to the 21 days notice required by our constitution, we have put on the website a notice calling the meeting.**

**A**s members are used to receiving notice in this newsletter, the Committee have decided that the meeting (of which members may have been aware) on 18<sup>th</sup> October should be adjourned until 6<sup>th</sup> December at 6.30 pm in the meeting room of the Leslie Brent Laboratory at Hammersmith Hospital. A full agenda will be posted on the website shortly after 18<sup>th</sup> October. No business will be discussed on the 18<sup>th</sup> October other than to authorise elected officers to continue in office until the reconvened meeting.

All WLKPA members (ie kidney patients treated by the West London Renal and Transplant Service their donors or carers) may attend the meeting. Any member wishing to become a member of the Committee or be nominated as an officer of the Association (ie Chair, Vice-Chair, Secretary or Treasurer) should contact the Secretary ([secretary@westlondonkpa.org](mailto:secretary@westlondonkpa.org)) or Chair (tel 07538 224156) by 15<sup>th</sup> November (ie 21 days before the proposed reconvened meeting). The Committee meets 5-6 times a year, usually on a Thursday evening. Volunteers are always welcome to attend even if they do not wish to be a full committee member.

