



Your local association — Run by patients for the benefit of patients

A MEMBER OF THE NATIONAL KIDNEY FEDERATION

Important: In order to continue receiving *Newsflash* and other communications from AKPA, please can you complete and return the Consent Form, which will be supplied with the printed edition of *Newsflash*.

In order to comply with new data protection laws (GDPR), we will need the completed form returned as soon as possible to ensure we are able to continue contacting you after 25th May 2018.

Newsflash is sent out by post and email to inform you about the work of Addenbrooke's Kidney Patients Association (AKPA) and provide useful information for patients and their families.

We greatly value your continuing support and look forward to receiving your reply.

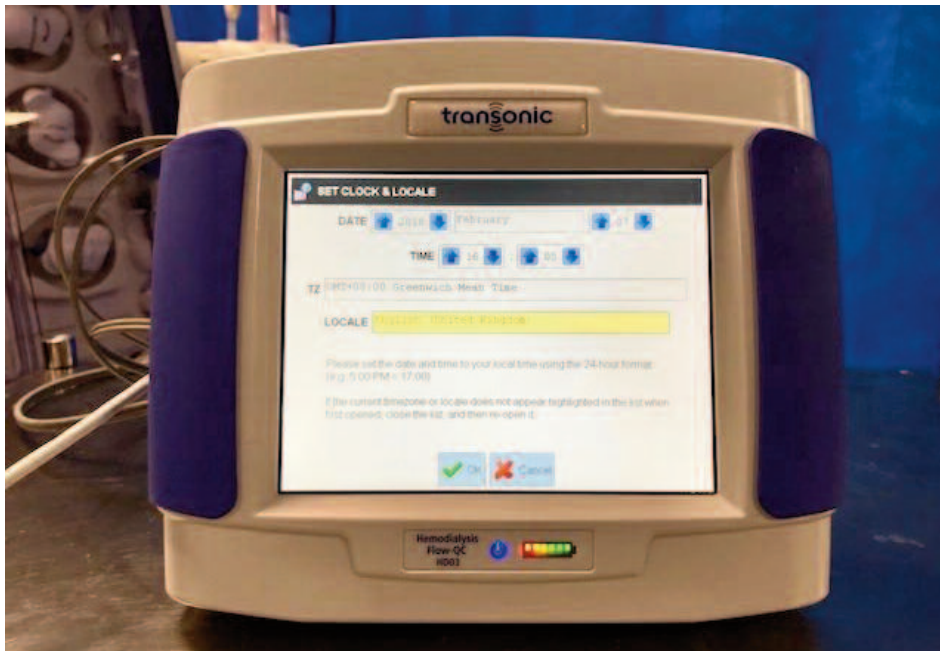
(If you have any queries please contact: dataprotection@akpa.org.uk)

www.akpa.org.uk

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A New Transonic Scanner – Vital for Haemodialysis Patients



AKPA have agreed pay £36,500 to purchase another of these scanners that are vital to well being of haemodialysis patients. They are used to monitor blood flow through fistulas, and the

Renal Department currently have only one, shared between four dialysis units and over 400 patients. A second machine will greatly assist staff to carry out regular checks.

Dates for 2018

Thurs. March 8 –
World Kidney Day
www.worldkidneyday.co.uk

Thurs. March 15th, May 24th,
August 9th, October 4th,
December 13th –
AKPA Bric-a-Brac stall,
Outpatients Entrance Hall

Tues. July 17th –
Great Grafham Event for AKPA
10am Grafham Water Visitor
Centre, Marlow Car park,
PE28 0BH (see page 6)

Thurs. 2nd – Sun. 5th August –
British Transplant Games,
Birmingham

Where the Money Goes

We have agreed to fund a Transonic Scanner (see front page) to monitor blood flow. The Renal Department currently have only one and a second machine will help ensure that this important monitoring facility is readily available.

We are also currently funding a nurse for a six month period, to administer a new drug therapy for Polycystic Kidney Disease, at a cost of £11,370. And we recently funded 40 pressure relief cushions for patients in the Dialysis Centre, at a cost of £5,967. We also funded a water cooler for ward C5 at a cost of £245.

Over the past year AKPA has continued providing welfare support for sick and

“We recently funded 40 pressure relief cushions for the Dialysis Centre.”

needy patients and their families. Also, food and gifts for unit patients dialysing over the Christmas holidays. In conjunction with ALTA (Addenbrooke’s Liver Transplant Association) we continued funding therapeutic massage for patients in the transplant wards.

The Association also sponsored patients to attend the NKF conference, and to publicise organ transplantation, we supported the National Transplant Games.

Plans for Dialysis Exercise

In the light of encouraging results from the Dialysis Exercise Project, it has been decided to offer exercise as part of normal treatment at Cambridge Dialysis Centre. Plans are under way to have it up and running and available to CDC patients by the spring. Patients will need individual assessment and exercise level prescriptions before starting exercise programmes.

This is the outcome hoped for when AKPA started the exercise project, and we will continue to support the provision of dialysis exercise in the future.

Christmas Carol Service 2017

The annual AKPA Carol Service, held at Great St Mary’s church in the centre of Cambridge on Saturday, 2nd December, heralded the start of Christmas celebrations for many. Families and individuals, many of whom were patients, carers, relatives and medical staff contributed to make this event a great success.

The St Augustine’s Singers directed by Philip Mead were in terrific form. *A Child is Born* (Philip Mead/ Dan Leighton) was a particularly special first performance causing instant smiles from the congregation. And the change ringing during the last verse was truly magical, bringing a spontaneous round of applause. The organist, Cara Ellison, alone deserving a standing ovation.

Our thanks to the Mayor of Cambridge Councillor George Pippas, Nicky Moncrieff, Sandy Lines MBE and Lady Patsy Calne who gave the traditional bible readings.

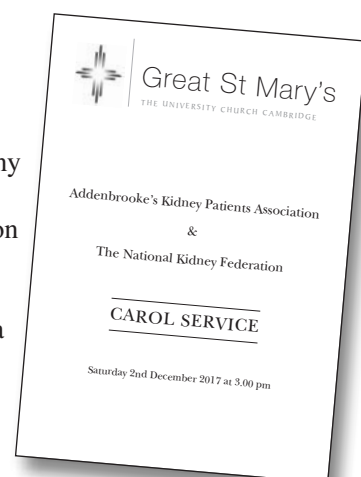
We owe enormous thanks to the Reverend Margaret Widdess for stepping in at the eleventh hour when Dr Rowan Williams was unable to attend. She gave us food for thought as she talked of the spiritual gifts woven into our lives, gifts of faith and hope. She reminded us that hope can be ambiguous and can be fulfilled in unexpected ways. The Reverend, also talked about the hardship of waiting. Waiting for change. She focused on our need to develop a habit of Hope, Faith and Love in our lives.

The lighting of candles ceremony was touching as always, as we remembered those who have passed. It was comforting to hear the message that love and support helps us to cope with difficulties, whether it comes from members of our family, our friends or members of staff at the dialysis unit. Once again we remembered how important the contribution from the medical team is.

After the service many of the congregation stayed to meet and greet over a glass of wine and tasty nibbles.

Thanks to Nicky Moncrieff, Angela Green and Lorraine Juggins who ensured everyone was looked after and to Sarah Rook who organised the food. Also thanks to Mike Ruggieri and Sarah Oughton for making all the church arrangements.

Tidings of joy abounded over mince pies and happy chatter. The AKPA and The National Kidney Federation look forward to welcoming you to the next Christmas service. Wishing you a peaceful 2018.



Christmas Treat for Dialysis Patients

Following their acclaimed performance at the AKPA Carol Service, Philip Mead and the St Augustine’s Singers provided a special treat for dialysis patients on the evening of Friday 8th December by giving a concert of seasonal music in the Dialysis Ward at CDC.

Philip also provided the piano accompaniment for carol singing by the staff at the patient’s Christmas celebrations on the 21st December.

Our thanks to Philip and the St Augustine’s singers for their generous Christmas treat.

NKF Helpline
Please note: new number is FREEPHONE
Tel. 0800 169 09 36
E-mail: helpline@kidney.org.uk
Website: www.kidney.org.uk

Holiday Dialysis Away from the UK – Anything is Possible with Some Effort!

As a regular at the Cambridge Dialysis Centre since October 2016 and prior to my kidney problems a frequent traveller for both business and pleasure. The weekly grind looked as if it would stop all those things. A thought which both my wife and myself found to be the worst part of the whole situation. It had to be possible!

I chatted with people in the Centre, read stuff on websites and handouts and found the organisation rated most effective, especially for European destinations, was Freedom. <http://www.holidaydialysis.co.uk/> Their booking fee is £75.

But I wanted to travel further afield, both to the USA and South Africa, where we have a timeshare. Freedom have some experience in the USA but very little in South Africa. I discovered that Fresenius offer a holiday service (Holiday Dialysis International or HDI), operating in most countries including South Africa. Sounds great – but a three-week trip to South Africa dialysing at Fresenius clinics was too expensive. However, I subsequently found a National Renal Centre in the same area at a reasonable cost and booked that for my trip (details in Autumn edition of *Newsflash*).

A trip to the USA

So, suitably wary of potential costs, I began planning a trip to USA (Palm Springs, CA) with dialysis organised at a price as low as possible. I researched locations on the Internet and found a small private group with locations close to my destination and a contact telephone number. I was able to organise my dialysis direct with them at a price of \$250 a session.

With some trepidation I travelled to California, and turned up at 5.15am for my session. (Their early session is 05.30!) Payment was up-front in cash or Travellers Cheques! The clinic was OK but a bit different to my local one and seemed very busy. The needling was quick and efficient, and done by technicians, with two nurses and a doctor to check chests etc. Visitors had access to a snack bar and garden when not with the patient.

The costs were as expected including a \$20 doctors fee, paid direct to them each session. The only other cost was a one-off \$70 fee for blood tests on day one with the results available to my home centre. This was my first experience of ‘going it alone’ and apart from the pain in the wallet it went well. I hope to go back there this year.

Dialysis in the Peloponnese – Greece

Buoyed by this success I went straight on to organising my trip to Greece. I have been visiting the same little hotel for years, off the beaten track in the Peloponnese, about 2 hours from Athens. There are lots of possibilities through Freedom, but by looking for the nearest big town and checking for ‘holiday dialysis’ there were places not on the well-known lists.

My nearest town is Nafplio and they had a facility offering free EHIC treatment. The clinic was new in 2014– the website and correspondence all in English – perfect. I went ahead and booked.

The experience was great. The unit have a free minibus service, which can pick up and return even the 20km to my hotel. The clinic is a two-storey building with a nice waiting area plus snack bar downstairs and treatment room upstairs. Well-staffed with nurses and at least one doctor all the time. Nice new machines and best of all for midday session we were delivered our choice of toasted sandwiches and drink, including coffee! Naughty but nice! I could not praise the service highly enough. Recommended to anyone.

The take-home message from all this is...you can go it alone and get good treatment and minimal cost but beware the possible costs of using holiday services.

Details of all the organisations mentioned are given below. I would be happy to help anyone at the Cambridge Dialysis Centre to find something suitable if you don't have the facilities yourself.

Final point... in order to do any of this, first consult your local Holiday staff member – in the case of Cambridge that is Ron Buldar.

He can get tests and results required forwarded as demanded by overseas units, especially in USA. You need to confirm your dialysis with the centre first and then put them in touch with the holiday rep. and provide him with the unit requirements. **This may include X-rays so leave plenty of time.**

Andrew Norton

Details of units visited or researched:

Greece: IKAN Sa.
Nafplio Nephrology Center
5th km. National Road Nafplio – Epidaurus
Aria, Nafplio – PC 21100, Greece
Phone: +30 2752181800
Fax: +30 2752181801
E-mail: info@ikan.gr
Web: www.ikan.com.gr

They have clinics in other areas of Greece in association together:
<http://www.dialysisgreece.com/en/group-hemodialysis-units.html>

Palm Springs, California:

Kidney Institute at Eisenhower Medical Center
Probst Building
39000 Bob Hope Dr., Suite 103
Rancho Mirage, CA 92270
USA
Tel: +1 760-837-9696

They have 3 other clinics in the area.
Head location: 81715 Doctor Carreon Blvd., Suite B2, Indio, CA 92201
Tel: +1 760-347-8181

Database of Dialysis units to research:

<http://www.globaldialysis.com/>

<https://www.nephrocare.com/patients-home/holiday-dialysis.html>
(Fresenius company)

<https://www.kidney.org.uk/archives/information-archives/holidays-dialysis-eur/>
(NKF database)

<https://www.diaverum.com/en-GB/living-with-ckd/Holiday-Dialysis1/>
(Diaverum company)

<http://www.freseniusmedicalcare.co.uk/patient-and-carers/holiday-dialysis/>
(UK possibilities)



Harbour at Epidavros Greece - near where Andrew dialysed

Jon's Gratitude Walk

Last autumn Jon Chapman and his family completed a 223 kilometre walk to Santiago de Compostela along the ancient pilgrim trails of the Camino Portuguese and raised an amazing £7,071 for AKPA.

Seven years ago Jon's son Sam was diagnosed with kidney disease, and was told that within a few years he would need a transplant. Screening tests showed that Jon was the most suitable donor, and three years ago one of Jon's kidneys was transplanted into Sam, just at the point where he was needing dialysis. The transplant was successful and has enabled Sam to lead a full and productive life.

Jon says: "The transplant unit at Addenbrooke's were simply fantastic throughout the year it took to complete the process. I was fortunate to witness at



The Camino – ancient pilgrim path to Santiago

first hand the dedication, professionalism and remarkable skills of the transplant team, and to meet other transplant patients and their families".

As a mark of gratitude Jon and his family decided to do a sponsored walk for AKPA. And the idea of walking the old pilgrim routes seemed attractive and appropriate. The ancient routes are still popular with walkers, and Jon explained that the reasons for pilgrimages vary, sometimes religious, honouring St James; sometimes more generally spiritual (for personal growth and enlightenment) and sometimes social (for the physical challenge, or as a group activity).

Their walk started at the Portuguese coastal town of Viana do Castelo and after crossing the Minho River into Spain they continued north to join other pilgrim routes towards their destination of Santiago de Compostela. The cathedral there is reputed to hold the remains of the apostle St James and has been the focus of pilgrimages since the 9th century AD.



Final destination! Jon, Jane, Sam and Helen reach the gates of Santiago Cathedral

The journey took ten days with the "team" consisting of Jon and his wife Jane, their son Sam and his partner Helen and Jane's sister Lucy. Jon said: "The last day was epic – 28 kilometres, mostly uphill in sun, with failing legs and feet. I took Jane's backpack as she struggled to keep going, with Sam and Helen offering support and encouragement. I think Jane probably had another 10 metres left in the tank when we finally reached the gates of the cathedral, too tired to even walk to the entrance and go inside".

Our thanks to Jon and his family, for an amazing achievement and all who sponsored them for donating so much to AKPA.

Another Enjoyable Fundraising Event for Yvette and her Friends



In November last year, Yvette Aris and her friends held another "Women in our Lives" event, which was a great success and raised £400 for AKPA. There was a

singer and disco, and all the ladies had a very good night.

Yvette said that she wants the money raised to go towards projects that will help kidney patients treated at Addenbrooke's hospital. And it is her way of saying thank you for the life saving treatment she received there.

She added, that they are all looking forward to the next one, later this year.

Our thanks to Yvette and all her wonderful friends.

Bric-a-Brac Stalls

In December Sue Oates and Monica Taylor held a bric-a-brac stall in the Outpatient's Hall and raised £226 for AKPA.

Sue and Monica are planning to hold bric-a-brac stalls in the same venue on the following dates: March 15th, May 24th, Aug. 9th, Oct. 4th and Dec. 13th. They would welcome donations of good quality bric-a-brac.

Our thanks to Sue and Monica.

Cottenham Feast Fundraising

Andrew Norton and his wife Chris decided to arrange a meal for the older folk in Cottenham, and at the same time raise funds for AKPA. They were assisted by Maire Collins who runs the Cottenham Day Centre and members of her family.

Andrew says, "We sent out invitations to all members of the Cottenham Day Centre and other older folk in the village. And on a Saturday in mid-October, we provided a hot lunch for 40 consisting of lasagne, jacket potato and salad followed by strawberry and peach pavlova, apple pie and custard, with tea, coffee and after-eights completing the meal. A raffle was held and we entertained them with a quiz after lunch."

Andrew explained that friends and family all helped with setting up the room, washing up and all the other tough jobs, but his wife Chris did all the cooking which was quite a big task! As a result of their hard work, not only did the old folk of Cottenham enjoy a wonderful meal but a very generous £336 was donated to AKPA.

Our thanks to Andrew, Chris and all their family and friends who helped.

In addition, at around the same time the Cottenham Feast Parade was held. The proceeds from these celebrations are distributed to local charities and Andrew successfully applied for a share to be donated to AKPA. Our further thanks go out to the Feast Management Committee.



Preparing the meal: left to right: Marion Taylor, Chris Norton and Maire Collins

Winter Fair Food



Once again Mr and Mrs Raj Gharu sold their delicious homemade Indian snacks in aid of AKPA at the Mill Road Winter Fair. The fair was again a big success and with a constant stream of people stopping to buy their snacks, the Gharu's managed to raise a brilliant £1,200 for AKPA.

Our thanks to Mr and Mrs Gharu for all their hard work and for the stream of very well filled collecting tins they regularly send to AKPA.

Haig Court Bring and Buy

Residents at Haig Court Chesterton once again supported AKPA with their annual Bring and Buy sale. The sale raised a magnificent £171 for AKPA. Our thanks to the residents for their generosity and to House Manager Adrian Livermore for organising the sale and again supporting AKPA.

AKPA Christmas Cards

Sales of AKPA Christmas cards were again very successful, raising a total of £2,538. Our thanks to Carol Slattery for all her hard work organising and distributing the cards. AKPA cards sold well in Clinic 12, Dialysis Centre and satellite units. Thanks to all who bought cards in those venues.

Pearce's Farm Shop in Buntingford again managed to sell a large amount of our cards, raising £676. Our thanks to all at Pearce's Farm shop for another brilliant contribution.

Cambridge Cards for Good Causes shop also sold our cards. Our thanks to Janet Man for her work as AKPA volunteer in their Cambridge Card shop.

Internet Fundraisers

Thanks to all the people who have raised money through the **JustGiving**, **easyfundraising** and **Charities Trust** web sites. It is often difficult to obtain details of everyone who donates in this way, but If you let us know by email we will be very pleased to publicise your fundraising efforts.

Thank you all.

Barbara's Tins

Fullbourn Co-op continue to regularly raise money for AKPA in collecting tins placed there by Barbara Vining. As a result of this contact the Mill Road Co-op has also starting collecting for us. Our thanks the Co-op for their support and to Barbara for all her fundraising.

Who's Who in the Dialysis World – Informal interviews with Suzi Turton

We have many wonderful nurses at the dialysis unit, some have left their homes and family in the Philippines to be with us. They are undeniably excellent nurses and we are very pleased to have them. Rafjay has been kind enough to respond to a 'quick fire' interview (see below).

Hope this gives you a smile!

Name: Rafjay Dimilanta.

Where did you grow up? Angeles city, Philippines.

Tell us something about your childhood or where you grew up?

I grew up in the province of Pampanga which is known as the culinary capital of the Philippines.

Position of responsibility? Staff nurse.

How long have you been doing this job? I am exactly a year in the unit this past September. I was lucky to learn this skill in one year.

What do you enjoy about your job?

I love seeing the same lovely patients every day and chatting with them about their stories.

Any other jobs you've done in your past? Aside from being a nurse, I have done customer service jobs before and medical coding.

Any hobbies? Watching films and documentaries, swimming, working out and hiking.

Favourite meal? Anything with curry or tomato sauce is love!

What would you do if you won the lottery? I will save half for me and my family while the other half will go to charity.

Any phobias you wish to share?! I do not like very high places.

What is the most daring thing you've ever done? In my final years in college, I was caught by my girlfriend's mom inside the closet.

Where have you been in the world where you would like to return to and why? Malaysia – I miss the food!

Is there anything you like about the English culture you like (Food/ Traditions?) I really fancy the English culture of saying Sorry each and every time.

Your favourite thing to do in Cambridge? Cycling.

Your favourite nibbles (should patients want to treat you?) I like nibbling nuts.

Your favourite inspirational quote? Every morning is a new start.

The best piece of advice you've ever been given? Have everything in moderation and you will never go wrong.

Great Grafham Event for AKPA – July 7th 2018

Please join us for another sponsored Walk/Cycle along the landscaped paths surrounding Grafham Water.

Location: Grafham Water Visitor Centre, Marlow Car Park, Grafham, Huntingdon PE28 0BH

Last year's event was a great success and we are hoping for even more

support this year. Again there will be two events.

The **Dam Stroll** – a two mile level walk/cycle on hard surfaces across the dam, start: 10.30 am.

The **Full Circle** – a nine mile walk/cycle around the reservoir on hard tracks, start 10.00 am.

Entry fee: £5 each, children under 12 free.

Further information and sponsorship forms from:

A J Norton, 13 Dunstal Field, Cottenham, Cambridge CB24 8UH
Telephone: 01954 251353.

Would You Like to Support AKPA?

Newsflash is a free newsletter, sent out by post and email to inform people about the work of Addenbrooke's Kidney Patients Association (AKPA) and provide useful information for patients and their families.

If you would like to receive regular copies by post or email please complete the address / consent form supplied with the printed edition and return in the post paid envelope.

Or email: info@akpa.org.uk, or visit our website: www.akpa.org.uk

We are a small local charity run by volunteers, mainly patients and their families, who work to improve the quality of life of renal patients treated by Addenbrooke's Hospital and its satellite dialysis units. It is run by a committee who are also all volunteers, with members of the nursing staff to advise on medical matters.

By registering with AKPA you will be eligible for:

- Sponsorship for the NKF Conference
- Sponsorship for the Transplant Games
- The National Kidney Federation (NKF) *Kidney Life* Magazine
- NKF helpline

AKPA is run by kidney patients for the benefit of kidney patients and we would be very grateful for any support you can give.



To mark the World Kidney Day on March 8th Janet Man and Liz Ulas have arranged a stall in the entrance of Waitrose Trumpington from 10.00 am. They will be distributing information about kidney disease, dialysis and transplantation. If you can go along they would welcome any help and support.
Telephone: 01223 660312.

Help Addenbrooke's Kidney Patients When you Shop Online



If you shop online there's now an **easy** and **free** way for you to support AKPA.

We've teamed up with **easyfundraising** who provide a shopping directory listing some of your favourite online stores. Hundreds of popular retailers are participating including **Amazon, John Lewis, Debenhams, eBay, Tesco, Boots** and over 3000 others.

All you need to do is use the links provided on the easyfundraising site whenever you shop online. The retailer will then give AKPA up to **15%** of every purchase you make – **it's that simple!**

It doesn't cost a penny extra to shop and raise funds in this way, and you can even save money as many retailers give exclusive discounts, special offers and even 'e-vouchers' exclusive to easyfundraising.

If you already shop online why not help raise extra funds for us by using this completely free service? Follow the instructions below to find out how.

It's as easy as 1-2-3:

- Go to www.easyfundraising.org.uk/causes/akpa and register for **FREE!**
- Once you are registered, **use the links** on the easyfundraising site to go to your favourite online shops and **shop in the usual way.**
- Every time** you shop online, log on to www.easyfundraising.org.uk and use their links to visit your favourite shops.
Visit our website for more info:
www.akpa.org.uk/easyfundraising

AKPA XMAS RAFFLE 2017

Drawn at 2pm on 13th December 2017

at Cambridge Dialysis Centre

List of Prize Winners

- £300 cheque Mrs C. Bruce, Chevely
- £150 cheque A. Norton, Cottenham
- £100 cheque Mrs J. Weight, Mundford
- £25 voucher Mr J. Slominski, Sheering
- £10 voucher Thompson, Princes Risborough
- £10 voucher C. Dowland, Clacton
- £10 voucher Mrs Mary Bennett, Little Paxton
- £10 voucher Mrs M. Lang, Somersham
- £10 voucher Mrs J. Giddings, Hardwick
- £10 voucher Gerri Millar, c/o CDC
- £10 voucher Miss M. R. Wilson, Ely
- £10 voucher Sarah Rook, Halstead
- £10 voucher Mrs M. Riches, Ipswich
- £10 voucher S. T. Pratt, Kesgrave
- Bath set Neil Carpenter, Soham

Our thanks to Carol and Ralph Slattery for taking over and organising a very successful raffle, which raised £1,437 for AKPA.

Thanks also to everyone who generously donated prizes and who bought and sold tickets.

200 Club – Winners

NOVEMBER 2017

First prize £86 • Mrs Sarah Rook

Second prize £51 •

Mrs Marion Cheetham

Third prize £34 • J. Thompson

JANUARY 2018

First prize £86 • Ms Celia Bruce

Second prize £51 • Mrs L. P. M. Burton

Third prize £34 • Mrs Dot Streater

*The new year of 200 Club Draws will start in May.
For a chance to win three large cash prizes every two months
please see enclosed 200 Club Membership form.*



For more information contact Janet Man:
Tel: 01223 660312 • Email: fundraising@akpa.org.uk



Help Us Raise More – Fundraise on JustGiving

doing and why you are raising money.
Please visit www.justgiving.com/akpa

You can set up your own *JustGiving* fundraising page to say what you are



Our website address is:

www.akpa.org.uk

- It contains a large amount of information about AKPA and many other topics of importance to renal patients.

You can e-mail us at:

info@akpa.org.uk

- For general enquiries to AKPA.
- To submit letters, articles and photos for publication in *Newsflash*

fundraising@akpa.org.uk

- For help with your fundraising event or to have an AKPA sponsor form sent to you.

webmaster@akpa.org.uk

- For suggestions, comments or requests for the website. Remember we are happy to advertise your fundraising event if you can supply us with a photo.

Postal Address:

AKPA, 48 Montague Road,
Cambridge CB4 1BX

Newsflash Contributions

We would love to hear from you, letters and articles for publication in *Newsflash* are always welcome. Send them to the editor: Brian Wood, address, phone see Committee Members list.

Renal Diet Information

If you have any questions regarding your diet please contact the relevant dietician. Here's a who's who of the dieticians in our area:

■ Addenbrooke's – Cambridge

Elaine Corden – covers CAPD.

Clare Adams – covers ward C5,

haemodialysis, Hinchingsbrooke dialysis, low clearance clinic.

Alice Lunt – wards G5/F5, renal transplant, home haemodialysis.

We can be contacted on 01223 216655.

■ Queen Elizabeth Hospital – Kings Lynn

Hannah Edwards – Contact on 01553 613861.

■ West Suffolk Hospital – Bury St Edmunds

Laura Riley – Contact on 01284 712920

AKPA Patient Representatives

Local contacts for information about AKPA, also AKPA Christmas cards and raffle:

Addenbrooke's Dialysis Centre – Suzi Turton

Kings Lynn – Colin Gant, Telephone: 01553 828600

West Suffolk Hospital, Bury St Edmunds – John Smitherman

AKPA Committee Members 2018

Andrew Collins

Assistant Treasurer

Richard Jarvis

Website

Hannah Alexander

Minutes & Membership Secretary

Peter Constable

Chairman

Mike Ruggieri

Collecting Tins Coordinator

Ralph Slattery

NKF Rep. & Raffle Organiser

Scott Devereux

Nicky Moncrieff

Staff Representative

Brian Wood

Treasurer & Newsflash Editor

Angela Green

Staff Representative

Janet Man

Fundraising

Martin Harmor

Fundraising



March 2018