



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

A MEMBER OF THE NATIONAL KIDNEY FEDERATION

## Medals for Addenbrooke's Team at Transplant Games



Otilie and medals

This year's transplant games in Bath saw Addenbrooke's team winning a whole string of gold, silver and bronze medals.

Team member Otilie Morgan (pictured above) won three golds and a silver, for cycling, ball throw and volleyball.

She told us that she had been selected for the British team in the World Transplant Games in Sweden next year; saying, "I will continue training and step it up a few gears over the Autumn and Winter in preparation for the world games".

List of team medals on page 10.

### In this issue

▶ On Yer Bike	2
▶ Cycling at Addenbrooke's	2
▶ Dialysis TV's	3
▶ Where the Money Went	3
▶ JustGiving	3
▶ Fundraising	4-5
▶ 40 Years and Still Going Strong	6
▶ World Kidney Day	7
▶ AGM 2010	8-10
▶ Transplant Games 2010	10
▶ 200 Club Winners	11

### WE NEED SOME HELP

Volunteers are needed for the following AKPA fundraising schemes.

- **Collecting Tins co-ordinator**  
To distribute and retrieve collecting tins in Clinics, shops, pubs etc. and bank cash.
- **Street Collections co-ordinator**  
To organise the Annual Cambridge Street collection and Supermarket collections.
- **Christmas Card sales organiser**  
To arrange purchase of cards (for 2011) and distribution to Hospital, Clinics and Charity card shops.

Own transport necessary, would suit active, retired person. If you can help please send details to: **AKPA Volunteers, PO box 608, Freeport RRRKT-RBGX-AETR, Cambridge CB1 0GJ or ring 01223 353575** for more info.

# On Yer Bike?

## Improve your dialysis by cycling at the same time!



One of the many fascinating talks at last October's NKF conference was given by Dr Chiew Kong, Clinical Scientist at the Lister Hospital in Stevenage. Dr Kong described her recent study into the feasibility of cycling during haemodialysis.

Dr Kong assessed her patients to ensure that they were suitable for taking part in her study. Willing individuals then had a set of cycle pedals strapped to their

dialysis chair. All patients involved started with a gentle routine of pedalling perhaps ten minutes every hour, building it up gradually over the next few sessions. Eventually, some of the fitter enthusiasts chose to cycle steadily for the whole of their session.

However, only a short period of cycling can make a significant improvement in the quality of dialysis.

*Pictured left: Dr Chiew Kong*

Patients from the Lister like Monica, pictured here cycling, benefit from:

- increased solute removal
- shorter dialysis time
- improved fitness and wellbeing
- alleviation of restless leg syndrome

### The Science...

During a normal length dialysis session some of the patient's toxins remain in their muscle tissues and do not diffuse quickly enough into the bloodstream for the kidney machine to remove them. In the hours following a dialysis session they continue diffusing slowly from the tissues into the bloodstream in a process known as rebound. Gentle exercise during dialysis has been shown to improve microcirculation in the muscles. This releases more of the toxins into the bloodstream so that they can be removed by the kidney machine. The result is better filtration and improved patient fitness and wellbeing.

The research carried out by Dr Kong and her colleagues showed that the rebound of urea, creatinine and potassium reduced significantly following exercise. **"The effect of exercise during haemodialysis on solute removal"** can be seen on the Medline website together with other related research.



*Monica, exercising during dialysis*

## Cycling at Addenbrooke's

Haemodialysis patients at Addenbrooke's might be pleased to know that AKPA has recently approved a grant application for funding 20 dialysis cycles. Four cycles are destined for each of the satellite units, the remainder at Addenbrooke's. Dr Nick Pritchard says that plans are in

place to purchase and install these machines in the coming weeks. He pointed out that in addition to improving patients' general fitness levels, exercise can help promote weight loss where appropriate. Patients will be assessed for their suitability and to develop an individualised exercise

programme to ensure safe use of the bikes. Depending on the success and popularity of the project, further expansion may be required with the purchase of additional cycle machines in the near future. Watch this space!

**Alan Craig**

## Dialysis TVs Up and Running

Dialysis patients are very pleased with the greatly improved quality and range of entertainment available from the newly installed TV system in Addenbrooke's dialysis unit.

A generous legacy enabled AKPA to fund the new system, and during the last year the committee have been working with Estate Management on the installation of this much needed update.

The installation is now complete with twenty-five flat screen digital TVs plus an updated aerial system in the unit.



Right: One of the new TV's in the Dialysis Unit

## Where the Money Went – Update to October 2010

### Support for Addenbrooke's Renal Units

We funded Medical equipment needed to treat Kidney patients that was not funded by the NHS.

- Hinchingsbrooke Dialysis Machine £16,800
- P D Bagwarmer £470
- Home Dialysis Reverse Osmosis machine £3,801
- Infusion Pumps £3,494

- Ophthalmoscope £185
- Drip Stands £483
- Patients' waiting area chairs £1,767
- Drug Station £2,540
- Renal Patient View software £4,000

### Support for Patients

- Funding for Addenbrooke's Renal Welfare Officer
- Welfare grants for sick and needy patients

- NKF Annual Conference travel and conference fees
- New Televisions for Dialysis Centre
- Renal Diet Recipe books for all dialysis patients

### Social events for patients

- Trip to Warwick for West Suffolk patients
- Patients' Christmas Parties
- Transplant Games

## Help Us Raise More – Fundraise on JustGiving

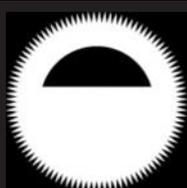
AKPA has joined up with *JustGiving*, the online fundraising and sponsorship website, to make raising money quicker, easier and more effective.

Whether you are celebrating a transplant, running a marathon or taking donations for a birthday or wedding anniversary, you can set up your own personalised *JustGiving* fundraising page to tell everyone what you are doing and why you are raising money for AKPA. It only takes 60 seconds! The *JustGiving* team then gives you everything you need to reach more sponsors faster.

You can also make a one-off or regular donation to AKPA via *JustGiving*.

Also, *JustGiving* will collect Gift Aid from any eligible donors, enhancing any gift by up to 28%. The donation is a 100% secure, spam-free experience. They will never sell or share your personal details and won't try to sell you anything.

To start raising money for us on *JustGiving*, please visit [www.justgiving.com/akpa](http://www.justgiving.com/akpa)



# JustGiving™

## Lion Yard Boosts Street Collection



This year for the first time, AKPA collectors were given permission to collect in the Lion Yard shopping centre as well as the streets of Cambridge. The generosity of shoppers in this popular centre boosted the collection and the undercover venue gave collectors a more comfortable place to collect.

The collection was again a great success raising just over £534.

Our thanks to Michael Moore for once again organising a very successful collection and to all the collectors; Barbara Vining, Monica Taylor, Scott Devereux, David, Jayne and Michelle Wyatt and Brian Wood.

## Buy Wildflower Seed Mats and Help AKPA

Seed mats make wonderful presents and if you buy them online from [www.simplyseedmats.co.uk](http://www.simplyseedmats.co.uk) every purchase will donate 50p to AKPA.

Jane Finch, niece of Myra Sankey, who runs the website, has made this generous offer in recognition of her aunt's very successful transplant.

Our thanks to Jane and Myra.

## AKPA Christmas Cards

From late October, AKPA Christmas cards will be on sale by post, in Clinics, Charity card shops and many other places. See enclosed leaflet for details.

## Alison Runs Half Marathon

Alison Ward from Werrington in Peterborough ran a half Marathon last year raising £243 for AKPA.

Alison's father David Hillyard sadly died from Polycystic Kidney Disease in 1999 and her twin brother Andrew received a donated kidney from their brother James (who does not carry the Polycystic gene).

She said that all the family are keen supporters of AKPA and appreciate the work they do.



## Triathlon Success

David Thomas did a sponsored Triathlon last year and raised £741 for AKPA. David (on the bicycle) raised the money on behalf of his friends James (centre) and Andy Hillyard (right). James donated a kidney to his brother.

Our thanks to David for an amazing achievement and to Andy and James for their support.



A collection at Sainsbury's, Coldhams Lane last year did very well raising £800 for AKPA. Organised by Michael Moore, collectors were: Barbara Irving, Monica Taylor, Scott Devereux, Stephanie Moore and Brian Wood.

## Sarah's Gift of Life

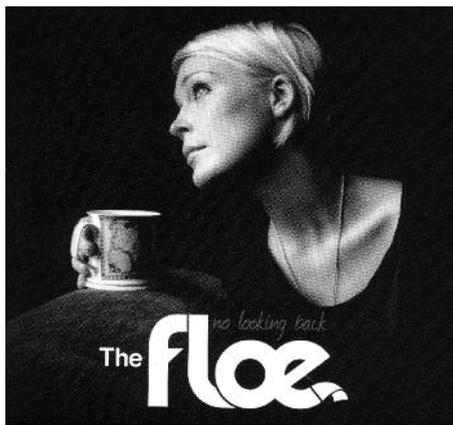
Last November, Sarah Springett from North Essex donated a kidney to her boyfriend Paul Shepherd and launched a campaign to raise awareness of the need for organ donors.

Sarah's band, The Floe, followed the launch of the campaign with the release of their debut single, called *I Hope You Know*, with all profits donated to The Transplant Trust.

Sarah said at the time, "Before Paul's illness, organ donation had no reason to enter my life. "It had never affected me and I had no reason to think it would. It was always someone else's problem. It is with such a sense of relief and excitement I am able to throw myself back into my music, knowing that Paul



Left: Sarah Springett and right: Liz Townsend



is safe, healthy and back up and running. I already feel like I have gained so much by donating my kidney to him. Releasing this single to support the Transplant Trust's work and encouraging people to sign the NHS Organ Donor Register feels like the right thing to do."

Sarah (left) is pictured above with Liz Townsend, singer/keyboard player with the four-strong band, just after

performing their successful set at the Rhythms of the World festival in Hitchin this July. The Floe has gone from strength to strength, releasing their first album "*No looking back*" in March. Check out their website [www.thefloe.com](http://www.thefloe.com) for more information on the band and Sarah's awareness-raising campaign.

**Alan Craig**

## Ken and Helen's Anniversary Raises £300 for AKPA

When Helen and Ken Rodriquez celebrated their 15th wedding anniversary and renewed their wedding vows they asked friends and relatives to donate to AKPA in lieu of gifts. The reason for this was that Ken was a CAPD patient at Addenbrooke's before undergoing a successful kidney transplant in 2007. Their anniversary raised £300 for AKPA.

Our thanks to Ken and Helen and all their friends and relatives for this very generous donation.

## Dorinda's Stalls

As well as running AKPA christmas card postal sales, Dorinda Ray has also organised Bric a Brac and craft stalls for AKPA in the Outpatients' Department. Her two stalls last year raised £588. Our thanks to Dorinda.

## Haigh Court Bring and Buy

For many years Barbara Vining has sold AKPA Christmas Cards at Haigh Court Fulbourn. Last year the residents decided to donate all of the proceeds of their annual Bring and Buy sale to AKPA. The sale raised over £100. Our thanks to Manager Adrian Livermore and all the residents for their generosity.

## New Raffle Promoter

AKPA Xmas raffle tickets are enclosed with this edition of *Newsflash* and are on sale in the Hospital. Please buy as many as possible. As usual there are generous cash prizes plus many excellent prizes donated by local businesses.

Sarah Rook has taken over as raffle promoter this year, after Ron Cookson, who ran last year's very successful raffle, was unable to continue for family health reasons. Our thanks to Ron and best wishes to Sarah.

**Sally Taber, Chair of the British Kidney Patients Association was a guest speaker at the AKPA AGM.**



Sally Taber

Sally worked in Addenbrooke's Renal Unit from 1970–79 and together with Sir Roy Calne assisted in the creation of AKPA. She was recently appointed Chairman of the BKPA, following the retirement of founder Elizabeth Ward.

Sally said she was delighted to see AKPA flourishing and spoke about Angela Dunn and Myra Sankey who she had nursed in her time at Addenbrooke's. The 40th anniversaries are also featured in the *BKPA Review* magazine.

## 40 Years and Still Going Strong

This year two transplant patients celebrated the 40th anniversary of their kidney transplants.

### Myra



Myra

Myra Sankey was among the first people to receive a kidney transplant when it was pioneered at Addenbrooke's in the 1960s. She recalled that "In those days

there were no mobile phones or internet, and if you went out you had to phone the hospital every two hours to see if a donor was available". However, she was at home at 6 am when she got the call to say a kidney was available.

The operation took place in Douglas House, the Renal department of Old Addenbrooke's Hospital.

She said that "Within a few weeks of the operation I left everybody standing because I had so much energy". Now aged 71 and a widow for nine years, Myra still has a remarkable amount of energy despite undergoing two hip operations. She has recently embarked on world travel including trips to Canada, France and Italy.

She is also doing her bit to raise awareness of transplantation and raise funds for AKPA. Along with her nephew's wife, Jane Finch, she has sold copies of a book called *Myra*, her autobiography, and marketed wild flower seed mats, donating the money raised to AKPA.

Myra has received numerous "40th Anniversary cards" from well wishers and says she hopes to be around for the 50th.

### Angela



Angela

Angela Dunn had her kidney transplant 40 years ago under the care of Professor Sir Roy Calne at RAF Halton in Buckinghamshire.

Angela was involved in helping to set up the Addenbrooke's Kidney Patient Association and was first editor of the AKPA Newsletter. She recently gave an interview for BKPA magazine. These are extracts from that interview.

"Without the RAF I would probably not be alive today. The care that I received at RAF Halton Hospital was exceptional. The Halton renal unit was affiliated with Addenbrooke's, so when I moved to East Anglia it was rather like coming to a second home.

My memories of Professor Calne are very clear though difficult to put into words. I will be forever grateful to him not only in terms of excellent surgery, but also knowing that he had the courage to come to RAF Hospital Halton to perform my transplant when it was thought we had a case of Hepatitis B in the renal unit.

The first and most obvious difference my transplant has made is that I'm now able to lead a normal life and eat and drink what I want. My kidney was a cadaveric kidney and when I think that a family lost their loved one 40 years ago, it makes me realise what a long time that is. I so want to thank them for their generosity in giving me the chance of a new and healthy life, whilst they themselves mourned a loss.

Dr David Evans, consultant nephrologist at Addenbrooke's, and a wonderful man, encouraged me to compete in the very first Transplant Games in 1978 in Portsmouth. I competed in long distance running and swimming events and two years later took part in the International Transplant Games in New York.

Sally Taber, Chair of BKPA, and I have been friends ever since she was first involved in my care at Addenbrooke's. We were both involved in helping to set up the Addenbrooke's Kidney Patient Association. Then, when I moved to Portsmouth Sally was also there working as Transplant Coordinator at St Mary's and we became a double act talking to organisations such as the Women's Institute.

Sally would talk to everyone and explain the medical side and I'd hand round the tea and biscuits and then drop the bombshell that I'd been transplanted 10 years earlier. At that time many people didn't realise that a transplant could last 10 years!

My husband and I bought a house in France in 1990 and we have lived in France since 1996. Living in south-west France means that I do take care plastering myself with sunblock and keeping under cover during the hottest part of the day.

I don't know why I've been so lucky and kept my kidney for 40 years, but I do realise that I have been very, very lucky. I'm terribly careful about taking my pills and I've had a brilliant surgeon, excellent doctors and nurses. My advice is to take your medication, take part in the Transplant Games and follow the advice and encouragement of the medical teams. My truly grateful thanks go to the medical teams and my wonderful family."

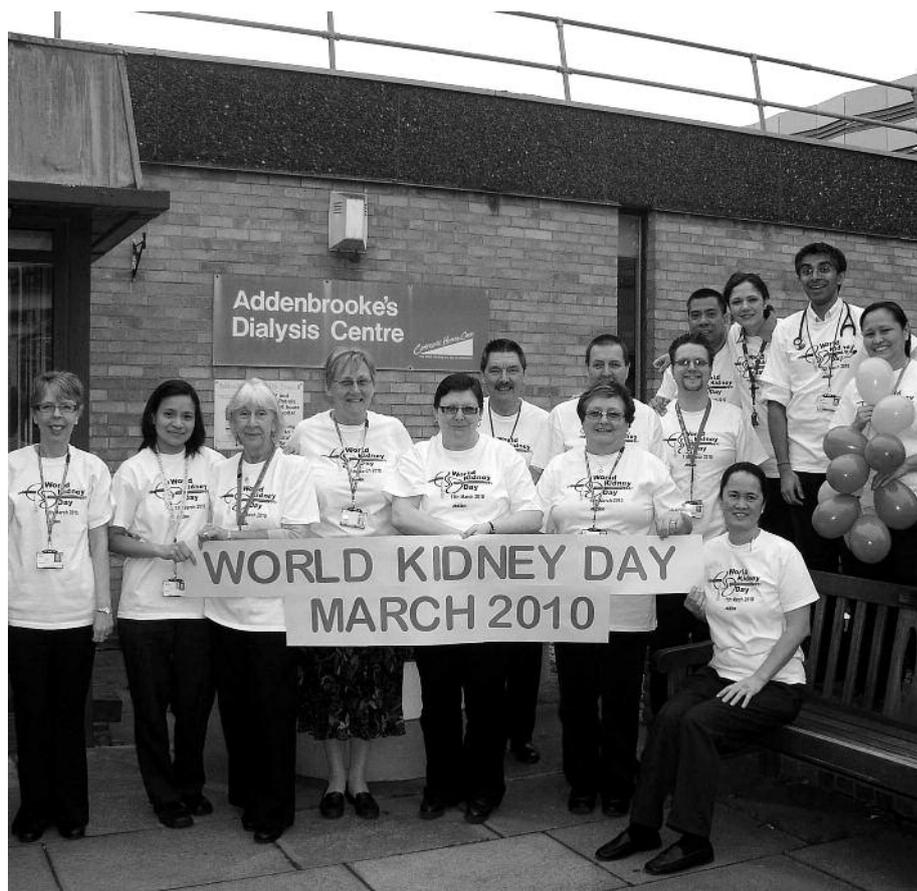
# Dialysis Centre Staff Celebrate World Kidney Day 2010

The Dialysis Unit at Addenbrooke's Hospital in Cambridge celebrated World Kidney Day on the 11 March 2010.

World Kidney Day is part of an international effort to raise the profile of kidney disease world-wide. It is hoped that by raising awareness of kidney disease more patients will receive earlier and effective treatment preventing the need for dialysis. As part of this education process it also serves to highlight the problems faced by patients who are having dialysis treatment and the difficulties the treatment causes for their families.

By emphasising the importance of transplantation it may go some way to improving kidney donation both within the UK and more widely.

Staff from all parts of the renal service took part and can be seen here wearing their World Kidney Day T-shirts. All who took part enjoyed the celebrations and the day was a great success.



**Dr Nick Pritchard**

## ...meanwhile, at the Houses of Parliament...

a host of national kidney dignitaries headed up a parliamentary reception held to mark World Kidney Day. Speakers included Donal O'Donoghue, the National Kidney Czar; Dr Evan Harris, Chair of the All Party Parliamentary Kidney Group and Fiona Loud, Chair of the Kidney Alliance.



The speaker winding up the reception was Nicholas Owen, the BBC's newsreader. Nicholas Owen, himself a kidney cancer survivor, gave his own animated and amusing brand of support for World Kidney Day.

**Alan Craig**

# AKPA Annual General Meeting July 2010

## AGM Presentations

**Medical care relies on science and technology – these talks illustrate the technology – new and revived.**

### The Technical Perspective

#### Haemodiafiltration –

**Viv Phillips, Clinical Technologist**



Viv Phillips

A new type of Dialysis machine is available using a combination of haemodialysis and haemofiltration. It promises some long term health improvements.

Viv described the techniques:

**Haemodialysis** – Blood is pumped through a semipermeable membrane, which removes waste products from the blood. This has been used to treat kidney failure for around 60 years. And, although haemodialysis machines have become much smaller and more efficient, the basic technique has not really changed.

**Haemofiltration** – Water and waste products are filtered from the blood over a period of time (around 12 hours) by a process known as **convection**. The patient's fluid and electrolytes are replaced from very expensive sterile bags. It is mainly used in intensive care as a temporary replacement until the kidneys recover.

#### *The combination*

**Haemodiafiltration** – The name for the combination process. The machines are much the same as a haemodialysis machine but with extra filtration. The extra filtration carries a greater number of toxin molecules across the dialyzer membrane by the **convection** process. In particular, it removes large size molecules that otherwise are not easily removed in traditional haemodialysis.

#### *“golf balls and marbles”*

Viv illustrated this by comparing the different sizes of toxin molecules to “golf balls” and “marbles”. The “marbles”, (creatinine and urea) are fairly easily removed but the “golf balls”, (micro-globulin), are more difficult.

If not removed, micro -globulin can cause a build up of amyloids (fibrous proteins) in areas such as the wrist, which in the long term can result in carpal tunnel syndrome and other complications. By removing more of the “golf balls”, haemodiafiltration has the potential to improve the long term health of patients.

#### *“high purity water”*

Very high purity water is essential for this technique. Addenbrooke's Dialysis Centre now has very high purity water, with the water quality regularly checked by other hospitals' laboratories. Additionally, the water is filtered at the machine and at entry to the patient's blood circuit.

Trials of Haemodiafiltration machines are now underway at the Dialysis Centre.

#### **Home Haemodialysis: A Revival – Harold Saptou, Clinical Technologist**



Harold Saptou

After a long decline in popularity, Home Haemo is now seeing a revival. Addenbrooke's Dialysis Centre currently has ten Home Haemodialysis patients and Harold Saptou is well known to all of them. Harold plans, installs and keeps their vital equipment running. Providing a 24/7 on call, technical support service covering Cambridge, Kings Lynn, Huntingdon and Bury St Edmunds areas.

Harold began his presentation by recalling being called out to unblock drains for a patient on Christmas Eve; not strictly part of his remit but all part of the service!

A new installation usually takes eighteen weeks from planning to completion and he showed the equipment, plumbing and cabin or room conversion necessary.

Modern haemodialysis machines are now very compact but it is vital to have very clean water. A reverse osmosis unit is used to achieve this and the plumbing for this equipment is the most important part of the installation. It is carried out by specialist contractors and usually costs in the region of £2,000.

***“Government target is 70 home haemo patients by 2015, but there is no NHS funding for machines.”***

The dialysis equipment along with patient's chair, blood pressure machine, scales, table and shelving make up the complete home dialysis installation and after four technical training sessions the patient and their partner are ready to start home dialysis.

Government guidelines have set a target for Addenbrooke's of 70 home haemodialysis patients by 2015; that will mean ten more home haemo patients by 2011. There are potentially sixteen eligible patients but there is no NHS funding for the dialysis machines, which cost around £22,000 each.

#### **Donor Organ Mismatch – Desensitisation can provide the answer**

**Owen Lindsay, Plasmapheresis Nurse Specialist**

Some patients on the transplant list have living donors, partners or other relatives willing to donate a kidney. But they discover, after tests, that their blood groups or tissue types are not compatible.

# AKPA Annual General Meeting July 2010

## AGM Presentations

Help is available; it's now possible for patients to be desensitised so that mismatched organs can be successfully transplanted.

For several years Addenbrooke's has been running a programme of desensitisation for potential transplant patients. Owen explained the background and current achievements.

If a non-compatible organ is transplanted it will be seen as foreign and will be attacked by the patient's antibodies and rejected. In the same way that a disease is attacked by the immune system.

In order to prevent this and make the organ acceptable, the patient can undergo desensitisation, a process to remove the antibodies. This prevents organ rejection from poorly matched blood groups and tissue types.

The antibodies are removed from the blood by a process known as "plasmapheresis". A machine, very similar to a dialysis machine pumps the patient's blood through filters to remove the antibodies. This dampens the patient's ability to fight (reject) the organ and although the antibodies can come back once the therapy is finished, immunosuppressive drugs keep them within acceptable levels.

Not only does the patient benefit from this by spending less time waiting for a deceased donor; it also reduces national transplant waiting lists and decreases waiting time for all patients.

A typical programme for a patient with a living donor begins with two weeks on immunosuppressive drugs as an outpatient. Followed by daily sessions of desensitisation (between 3.5 and 6 hours) until transplantation which is usually planned for the following week. Three more sessions are needed on alternate days following transplantation.

The downsides of desensitisation treatment include; longer sessions on dialysis and possible side effects including; hypocalcaemia (low calcium),

hypotension (low blood pressure), fluid gain, paraesthesia (tingling in lips and fingers) and fatigue

He ended by warning that desensitisation was not suitable for all patients. And it may not work with very highly sensitised patients.

### Developments in the Renal Department

Clare Daniels, Senior Clinical Nurse



Clare Daniels

The Renal Department at Addenbrooke's continues to expand both in patient numbers and the range of treatments offered. Clare's presentation

reviewed recent developments.

She began by listing the range of clinics now available. As well as clinics for Nephrology, Dialysis and Transplant patients there are now clinics for Vasculitis and Renal Genetics.

She continued by describing the very large area covered by Addenbrooke's and the Satellite Units. This includes most of East Anglia and stretches into Bedfordshire and Lincolnshire.

Across the area patient numbers continue to increase and she gave figures for patients treated. Addenbrooke's Dialysis Centre currently has 40 CAPD, 127 haemo and 10 Home haemo patients. There can also be up to 235 unplanned dialysis patients in a month. Numbers of patients at the satellite units are also increasing with 84 at Kings Lynn, 54 at Bury St Edmunds and 55 at Hinchingsbrooke.

The Transplant unit is a very important part of the Department. She detailed the the ongoing programmes to increase organs available for transplantation. 30 kidney, and 8 Kidney and pancreas were performed in the last year.

She ended with a long list of new programmes being put in place to improve and expand services in the department. These include, expansion of Kings Lynn Satellite unit, expansion of home haemodialysis, the transplant desensitisation programme, aAPD, Global Adequacy haemodialysis scores, button hole needling and haemodiafiltration.

### AKPA Chairman's Report – Tony Weaver (Vice Chairman)

Tony presented the chairman's report in the absence of Val Slade who was unwell.

He began by thanking the the committee for their tireless work throughout the year. Mentioning in particular, Brian Wood for his work as Treasurer and *Newsflash* editor, Michael Moore for the Street collections and collecting boxes, Jane and David Wyatt for regenerating the 200 Club and Val Slade for her work as Chairman and Christmas card sales organiser.

One of the main projects of the year has been funding the new televisions in the Dialysis Centre. And Tony was pleased to announce that after a great deal of work by the committee and Estate Management the installation was now complete. The new televisions were made possible by a legacy to AKPA. Tony had spoken to the benefactor's husband who was very pleased the money had been used for this purpose.

The economic situation has made a significant difference to the Association. Tony explained that the amount of welfare grants to sick and needy patients has increased, but we are finding it increasingly difficult to raise money. Any fund raising efforts by members and supporters would be most welcome. AKPA will help as much as we can, maintaining our enthusiasm and acting in the best interests of the patients and their families.

# AKPA Annual General Meeting July 2010

## AKPA AGM FINANCIAL REPORT 2010 – The Year to March 2010

### Brian Wood (Treasurer)

#### Income:

Our income for 2009/10 was £67,540; significantly more than last year's total. This was mainly due to large legacies totalling £40,771. Sadly, it reflects the fact that we have lost more of our loyal supporters. But we are very grateful they chose to support our work with generous legacies.

We still need regular income, and for this we rely on the the hard work and generosity of our dedicated fundraisers. This income, totalling over £16,600 in the last year, came from raffles, 200 club, Christmas cards sales, craft stalls, bric-a-brac sales, collecting tins and donations and enabled us to provide support for patients and their families who are experiencing real hardship as a result of renal disease. Without this regular source of income it would be impossible to continue with these commitments. Thank you to everyone who raised money for us.

#### Expenditure:

Our total expenditure was £48,156; slightly less than last year.

The amount we spend on welfare and holiday grants to sick and needy patients increased by 78% on the previous year's figures. This reflects the increase in patient numbers and the difficult economic climate. Our total combined expenditure on these worthwhile services amounted to just under £27,000.

The amount spent on medical resources in this financial year was less than in recent years. We funded a trial version of the Renal Patient View software at £4,000 enabling Addenbrooke's dialysis units to communicate patients' results with other dialysis units throughout the UK.

Our proposed purchase of a new television system for the Dialysis Unit was delayed. But, the system at an estimated cost of £25,000, has now been installed and will be paid for in the current financial year.

We gave a grant of £1,099 for a trip to Warwick for dialysis patients treated at the West Suffolk satellite dialysis unit, and provided £750 for Christmas buffets for patients.

#### Future Developments:

We have plans and commitments for several important projects in the 2010/11 financial year. We are committed to spending around £27,000 on several pieces of medical equipment for the Renal Department, which are needed but have not been funded by the NHS. These include a dialysis machine for the Hinchingsbrooke satellite unit and a new drug station for the Dialysis Centre.

#### Administration Costs:

Our administration costs remain very low. At £4,515 it represents less than 10% of our total annual spending.

The Treasurer's job would be very difficult without the dedication and skills of our two paid, professional staff; Book keeper, Polly Connell and Secretary, Jenny Ridgeon. Thank you both.

Thanks to the continuing support of patients and their families, the charity is in a good financial position and we look forward to more achievements in the coming year.

## Addenbrooke's Team Medal Winners at British Transplant Games, Bath, August 2010

Tim Adamson – 1 Gold Medal, 1 Silver Medal and 1 Bronze Medal

Margaret Alston – 1 Gold Medal and 3 Silver Medals

Inderjit Bhalla – 2 Gold Medals and 1 Silver Medal

James Goodall – 1 Silver Medal and 1 Bronze Medal

Colin Hammond – 1 Silver Medal

Terry Herbert – 2 Silver Medals

Ian Morgan – 3 Silver Medals

Ottillie Morgan – 3 Gold Medals and 1 Silver Medal

Kevin Pearson – 1 Silver Medal and 1 Bronze Medal

Tony Scott – 2 Gold Medals and 2 Silver Medals

Jason Smit – 3 Gold Medals and 1 Silver Medal

Sarah Smith – 3 Gold Medals and 1 Silver Medal

Malcolm Souza Lewis – 2 Silver Medals and 3 Bronze Medals

Glen Taylor – 1 Bronze Medal

John Tibbutt – 2 Gold Medals, 1 Silver Medal and 1 Bronze Medal



## AKPA 200 Club Monthly Draw – Winners

### JANUARY

First prize £49 • No 257  
Daryl & Wendy Palmer, Camberley

Second prize £24 • No 235  
Heather M Keys, Cambridge

Third prize £15 • No 213  
Mr Ronald Smith, Essex

### FEBRUARY

First prize £49 • No 104  
Margaret & John Thompson, Bucks

Second prize £24 • No 34  
Mrs S Griffin, Exning

Third prize £15 • No 11  
Mrs Bridget Brady, Peterborough

### MARCH

First prize £50 • No 253  
Mr & Mrs Carline, Huntingdon

Second prize £25 • No 342  
Mr S W & Mrs D R Streater, Wisbech

Third prize £15 • No 350  
Stacey Pratt, Ipswich

### APRIL

First prize £50 • No 201  
Mr Bryan J Barrass, Suffolk

Second prize £25 • No 232  
Vicky Griffin, Bedford

Third prize £15 • No 265  
Paul Owens, Billericay

### MAY

First prize £51 • No 155  
Mrs M Hawkes

Second prize £26 • No 43  
Carol Slattery

Third prize £15 • No 128  
Mike Baldock, Kings Lynn

### JUNE

First prize £51 • No 244  
John Rook Halstead

Second prize £26 • No 78  
Martin Davies, Suffolk

Third prize £15 • No 33  
Stacey Pratt, Ipswich

### JULY

First prize £51 • No 95  
Jane Giddings, Cambridge

Second prize £26 • No 236  
Mrs Sue Rogers, Suffolk

Third prize £15 • No 113  
Mr M Hale, Sudbury

### AUGUST

First prize £51 • No 28  
Janet Davies, Wisbech

Second prize £26 • No 91  
Mrs S Griffin, Exning

Third prize £15 • No 298  
Mrs Jean Richards, Essex

A big thank you to all those taking part in the *200 Club*. Don't forget, the more shares sold, the more money raised to help kidney patients and the greater the prize money. In addition to the monthly prize draws there is an Annual Grand Prize Draw in December.

You can join at any time by downloading an application form from the website, picking one up from AKPA notice boards in the clinics and dialysis centres, e-mailing [200club@akpa.org.uk](mailto:200club@akpa.org.uk) or contact  
Jayne & David Wyatt,  
7 Castle Close, Weeting, Brandon, Suffolk, IP27 0RG

## 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 Parslow – covers ward C5, nephrology clinic and haemodialysis.

Laura MGeeny – covers ward C9 and transplant clinic.

We can be contacted on 01223 216655.

■ Queen Elizabeth Hospital – Kings Lynn

Hannah Lodge – covers the satellite haemodialysis unit.

Contact on 01553 613861.

■ West Suffolk Hospital – Bury St Edmunds

Sara Volkert – covers the satellite haemodialysis unit.

Contact on 01284 713010

# NKF



## Helpline

Tel. 0845 601 02 09

E-mail:

[helpline@kidney.org.uk](mailto:helpline@kidney.org.uk)

Website:

[www.kidney.org.uk](http://www.kidney.org.uk)

## Are You a Member of AKPA?

To join or receive more information about AKPA please complete the form below and return to  
AKPA, PO Box 608,  
Freepost RRKT-RBGX-AETR,  
Cambridge CB1 0GJ.

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

Join AKPA

Please send information

Subscriptions are **optional**, the suggested amounts are £2 single or £3 family. They are used to pay for NKF membership, and printing *Newsflash*. We are very grateful if you can help us to cover these costs.

### Benefits of membership are:

■ NKF membership, which includes:

- *Kidney Life Magazine*
- Access to NKF helpline
- NKF Conference

### Plus eligibility for:

- AKPA holiday and welfare assistance
- Sponsorship for Transplant Games
- Sponsorship for NKF Conference
- *Newsflash*

# Renal Book Club



Roger Ward.

Books can be borrowed and listings obtained by return of post simply by making contact with me direct at:

**Bellevue, Foul Anchor, Tydd,  
Wisbech, Cambs. PE13 5RF**

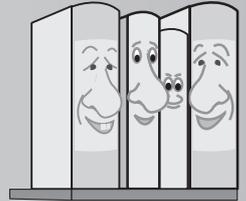
**e-mail at  
info@akpa.org.uk**

## Books include:

*Factual Information on Renal Failure*,  
'in easy to understand language'.

Also, diet and drugs books, and the most popular and requested:

*The Ultimate Gift* the Story of  
Britain's Premier Transplant Surgeon,  
Sir Roy Calne.



## HELP

### ADDENBROOKE'S KIDNEY PATIENTS

#### Help

Addenbrooke's  
Kidney Patients  
when you shop

on-line –

visit [www.akpa.org.uk/](http://www.akpa.org.uk/easyfundraising)

*easyfundraising*

for more information.

## Our website address is:

[www.akpa.org.uk](http://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](mailto:info@akpa.org.uk)

For general enquiries to the AKPA.

[fundraising@akpa.org.uk](mailto:fundraising@akpa.org.uk)

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

[questions@akpa.org.uk](mailto:questions@akpa.org.uk)

For questions relating to kidney disease – we will try to forward these to somebody who can help you.

[webmaster@akpa.org.uk](mailto: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.

## 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**

[newsflash@qkpa.org.uk](mailto:newsflash@qkpa.org.uk)