



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

A MEMBER OF THE NATIONAL KIDNEY FEDERATION



Liz Ulas, Janet Man and Ralph Slattery with Transplant Week Stall. The stall was manned by Liz, Janet, Ralph and Carol Slattery along with some Transplant Nurses. They handed out Donor Leaflets and gave advice.

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

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## AKPA and NKF Christmas Carol Service 2016

Saturday 3rd December at 3.00pm in Great St Mary's Church, Cambridge

Once again, Dr Rowan Williams (former Archbishop of Canterbury) will lead the service and give the address. St Augustine's Choir under their director Philip Mead with organist Cara Ellison will lead the congregation in seasonal carols. There will be the traditional bible readings plus lighting of candles.

Refreshments will be served after the service, giving time to talk with friends old and new.

Over the past three years since we revived this service it has become a popular, moving and joyous event, please come and share it with us. All welcome.

## Dates for 2016

Mon.–Tues. 21st & 22nd Nov. – Home Therapies Roadshow, Addenbrooke's Dialysis Centre

Sat. Dec. 3rd – Lallys News, Food & Raffle for AKPA at Mill Road Winter Fair

Sat. Dec. 3rd, 3.00pm – AKPA & NKF Carol Service, Great St Mary's, Cambridge

Wed. 7th Dec. – AKPA Raffle Draw, Cambridge Dialysis Centre

Wed. 14th Dec. – First Year Celebration, Cambridge Dialysis Centre

# Home Therapies Roadshow

**Monday 21st and Tuesday 22nd November at Addenbrooke's Dialysis Centre.**

An informative showcase of home therapy options available to patients who are already on dialysis and those who may start dialysis in the future.

This event is organised by the British Kidney Patient Association and commercial partners, Baxter and NxStage. They will provide examples of possible therapy options displayed

in camper vans to show how the different therapies look in a home setting. And with the opportunity to talk in private to patients already receiving these treatments.

Alongside these displays, will be an introduction to a new minimal care programme for patients on in-centre haemodialysis intended to help patients become more independent and possibly transfer on to home therapy.

It is hoped to have representatives from UK Transplant and Addenbrooke's transplant team to allow people to discuss home therapy for patients awaiting transplant.

Refreshments available throughout the event and stands and representatives from different groups and services including; British Kidney Patient Association, Addenbrooke's Kidney Patients Association, Specialist support and clinical teams.

## The New Dialysis Centre – Nine Months On

It was a shock to hear the plans to move the dialysis unit, once housed on the premises of Addenbrooke's, to an industrial estate in Fen Ditton. Patients had so many questions and concerns. I, for one, felt intimidated by the thought of moving 'so far away' from the hospital. We were all feeling rather vulnerable. But the move was inevitable and move we did.

Nine months down the line and I think it's a fair judgement to say patients have adapted well to the new location. It is bright. It is pastel blue ('might have to repaint my kitchen now'), it's clean and no doubting this one, it is vast. Hats off to the cleaners who keep the unit spotless. Some patients have missed the intimacy of our previous 'home' but, as weeks and then months have passed by, the chatter amongst patients has increased. The care and efficiency of the staff who travelled with us remains. And, let's face it, who doesn't like new furnishings? Not

many patients miss the ageing green and red rooms at Addenbrooke's.

Recently and in one dreadful moment a patient sitting near me had a crash. Within seconds: lights on and alarm calling for urgent assistance. The staff came running; three sisters, a few nurses and at least a couple of HCAs. I witnessed a well oiled machine kicking into action, working at its best and when it absolutely needed to. Thoughtful urgency. When the curtains were drawn back our poor chap was sitting up, coming to and I breathed in again. A long, thankful breath. I do feel safe here.

There is nothing immediately joyful about sitting for four hours whilst your blood is cleaned. However, it helps to hear the laughter ringing out, or patient voices getting louder mid discussion (imagine the pre-Brexit debate). Nurses and HCAs who care for us daily do their very best to make hours spent at the big, blue unit happier ones. This



*The new unit – big, bright and working*

place, in all its newness and its many miles from Addenbrooke's (3.5) has grown on us. Much to our surprise.

This dialysis unit in Fen Ditton works, it has to and the staff care deeply that this centre is on the map of excellence. There is no doubt we will get there.

**Suzi Turton**

*Wed. Dec. 14th 12.00 to 5pm – a celebration of our first year at the new Dialysis Centre.*

## NHS to Fund Satellite Counselling and Welfare Services

After many years of charity funding, the NHS has come to recognise the value of patient welfare and counselling services.

For nearly twenty years AKPA funded a Renal Welfare Officer for Addenbrooke's Kidney patients. Over the last five years funding for this important service was taken over by

The British Kidney Patient Association (BKPA). The NHS have at last recognised its value and agreed to take over future funding.

AKPA also funded the first patient counselling in the Dialysis Centre. This service was quickly taken over by the NHS who have funded it for many

years. However, the service was not available to satellite unit patients, and for the last year AKPA have been funding extra hours for a Counsellor to visit satellite units. We are very pleased to hear that the NHS have also agreed to fund this service.



# Transplant Games

## 2016 British Transplant games in Liverpool – Addenbrooke’s Team Wins Overall Best Team Trophy

In total 3,000 competitors and supporters attended this years British Transplant Games. The Addenbrooke’s Team travelled to Liverpool with the largest team to date.

The opening ceremony enabled us to show our appreciation to the Donor Family Network for their generosity and support. And to raise the profile of organ donation, and Celebrate the Gift of Life through transplantation.

Seven new members joined our team this year, and were blown away by the amazing and supportive team that we are – we welcome them into our family. Our team is growing year by year, and its great we can demonstrate the amazing gift of transplantation via sport.

Every single team member contributed towards the success of our medal tally, 48 Golds, 11 Silver and 15 Bronze of which I am extremely proud. An incredible team achievement, but the

medal tally only reflects success in various events: the real success is in coming together to be part of the greatest family in the UK. And for the second year running, our team won *The Rose Bowl* for Best Transplant Team.

I would like to thank ALTA, AKPA and the Transplant Unit for their ongoing financial support, without this a lot of team members would not be able to afford to come to the Games, thereby reducing the promotion of Organ Donation.

Please spread the word at your clinics about the games. We hope to have even more new members for next year’s Games in Lanarkshire in 2017

**Nina Herbert** (*Team Manager*)

Websites:

<http://www.britishtransplantgames.co.uk>

<http://atg.co.uk>

## Diana’s 40 Year Transplant

In August this year Diana Gwilliam celebrated the 40th anniversary of her kidney transplant. Diana started home dialysis in 1970 and received her transplant at the Royal Free Hospital London in 1976.

She came under the care of Addenbrooke’s in 2000, and as part of the Addenbrooke’s team, competed in the first Transplant Games.



*Diana Gwilliam and her son Robert*

## Malcolm Wins Five Golds

Addenbrooke’s Malcolm Souza-Lewis won five gold medals at this year’s British Transplant Games. 71 year old Malcolm, has been competing in the games since 1991 missing only two because of ill health.

Malcolm’s events were javelin, discus, high jump, cricket ball throw and shot put. He said, “The wind was strong and I did not get the best performances of my life but managed to win five golds for the first time in my transplant athletics career.” Malcolm was also awarded the trophy for Best Super Veteran Male (70 plus age group).

After two kidney transplants, a heart bypass, knee replacement and several other medical problems, Malcolm says he might retire from athletics in a couple of years but hopes to compete in the World Transplant Games in Malaga Spain next year.



*Malcolm Souza-Lewis*

## My First Games

In July my wife and baby daughter Lexi joined me in Liverpool to support my efforts in the National Transplant Games.

After training for 7 months, swimming most weekdays, I competed in the 30–39 age group; winning golds in 100m Freestyle & Breaststroke and

bronzes in the 200m freestyle and team relay. I set new PB times in all my races and smashed my 200m time by 58 seconds.

I also competed in the Ten Pin Bowling and got an overall score of 245 to win bronze amongst a large group of competitors. My contribution to team Addenbrooke’s helped secure the team’s second overall Rose Bowl win, which made me very proud.

Being able to swim again was a significant moment in my recovery after dialysis and kidney transplant in 2013. I was nervous to get back into the water after my transplant due to the weakened muscles and risk of infection. Getting back into swimming has transformed my fitness, helped lower my blood pressure and helped reduce my weight that had gone up steeply.

**Anthony Palmer**

# Marathon Man Dougie

Doug Barber completed this year's London Marathon in 4 hours 22 minutes raising an amazing £1,980 for AKPA. And it all started with a new year's resolution!

Doug said "In 2012 after the festive period, I resolved to get fit. I tried dieting, walking and slow jogging, with the aim of running the Willingham Fun Run, but failed to do even the 4.5 miles."

Doug carried on training; until disaster struck. He tripped, broke his hip badly, and was in hospital for almost two weeks, he then convalesced, with no weight bearing for three months.

He said, "I could only watch the Olympics on TV, and while watching the 10k final I decided, after my recovery, 10k would be my target. I started training again in January 2013 and in May that year completed my first 10k – saying, that was my limit. But by autumn I had entered and completed two half marathons."

"My best friend Brian suggested crowning my comeback with the London Marathon. I immediately dismissed the idea, but entered the ballot anyway managing to obtain a charity place for Children with Cancer UK. I trained hard and completed it in 5:06:49, finishing virtually on one leg and spending 40 minutes in the medical tent. At that point I said never again, – but two weeks later entered the ballot, this time obtaining a ballot place,



*Doug Barber*

meaning I could either run for no charity or one of my choosing. I was reluctant to run for a charity as it puts added pressure on an already punishing training schedule."

"Then I spoke to Janet Man, my mother in law, who is on the committee of AKPA and she explained they had tried to get a place but were unable to as they were too small, so I decided I would run for them."

"The race went much better this time and I finished in 4:22:40. And this time I promise you I won't be doing another marathon!"

Our thanks to Doug for raising so much money for AKPA with a brilliant performance.

# Moira's Riverside Fundraising




Moira Boughtwood recently raised a total of £650 for AKPA with a Fun Day and collecting boxes at her Chandlery in Westview Marina on the River Ouse.

The chandlery and office are in an old steel wide-beam boat where she sells all manner of things a boat might need, plus drinks, chocs and ice creams. There is an area in the shop for donated books and DVDs, sold at 50p for AKPA. Moira said, "Many folk come in on their way up to Bedford or down to Ely and Cambridge, get a few books to read, then donate them again on their way back."


Moira's husband is a transplant patient and they regularly support AKPA. She said, "We have a summer fun day every year, the raffle and games contributed to the money. I told everyone about the excellent work of AKPA with the funding for the Physios in the dialysis unit. It is good to know what the money is used for." She gave special thanks to Ron and Kay Watkins who contributed generously to the stall.

Our thanks to Moira and everyone who helped with the fundraising.




Cambridge University Hospitals **NHS**

NHS Foundation Trust



**CHOOSE  
HOME  
DIALYSIS**



**Meet the experts at the Addenbrookes/BKPA Home Dialysis Awareness Event**


Come along and find out more about home dialysis and how it might work for you:

- ✓ Discuss the options and benefits of peritoneal dialysis & home haemodialysis with the clinical team
- ✓ Get hands on experience of the equipment and talk to the experts
- ✓ Speak to patients already dialysing at home
- ✓ Meet your BKPA Advocacy Officer and our local specialist support teams

**10:00 to 18:00**


**Monday 21 and Tuesday 22 November 2016 at the Cambridge Renal Unit**  
Newmarket Road, Cambridge

Supported by:



For further information contact Cambridge Dialysis Centre on 01223 400180

Supported by:





**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)**



## Bric-a-Brac Stalls

During the spring and summer Sue Oates and Monica Taylor's Bric-a-Brac stalls in the Outpatient's Hall raised an amazing total of £830 for AKPA. They also held a stall selling AKPA Christmas Cards and Andrew Norton's greetings cards, which all proved very popular.

Sue and Monica are planning to hold another stall in the same venue on Dec.15th. They would welcome donations of good quality bric a brac.

Our thanks to Sue and Monica and everyone who donated items.

## Fulbourn Co-op

Fulbourn Co-op regularly raise money for AKPA with their collecting tins. Local customer and AKPA supporter, Barbara Vining who persuaded the shop to take the tins recently banked another £75. Our thanks to Barbara, the manager and staff for all their support.

## Bingo Club Donation

Our thanks to the members of Bassingbourn Bingo Club for once again raising £50 for AKPA.

Thank you very much.



## Collecting Tins

AKPA has collecting tins in several shops, the Dialysis Centre and Hospital clinics. They are a very useful source of fundraising for AKPA. Committee member Mike Ruggieri is collecting tin co-ordinator and if you know of a shop, pub or any other venue to place an AKPA collecting tin, please contact Mike.

## Internet Fundraisers

Thanks to all the people who have raised money through the JustGiving, Charities Trust and easyfundraising 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 would be very pleased to publicise your fundraising efforts.

Thank you all.

**AKPA needs volunteers to help with fundraising.**

**Please can you help?**

**Contact Janet Man:**

**Telephone:  
01223 660312**

**Email:  
fundraising@akpa.org.uk**

## 200 Club – Winners

### MAY 2016

First prize £88 • Lionel Ernest Young

Second prize £52 • Mr Dawn Thake

Third prize £35 • Donna Flint

### JULY 2016

First prize £88 • Mrs Janet Davies

Second prize £52 • Angela Jennings

Third prize £35 • Mrs Sarah Rook



### SEPTEMBER 2016

First prize £88 • Mike Ruggieri

Second prize £52 • Monica Taylor

Third prize £35 • Andrew Collins

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**200 Club, joining and renewals in  
April 2017**

**For more information contact**

**Janet Man: Tel: 01223 660312**

**Email: fundraising@akpa.org.uk**

## Lallys News Supporting AKPA Cambridge Mill Road Winter Fair 3rd December

Mr and Mrs Raj Gharu will again be fundraising for AKPA at Lallys News, their newsagents shop on Mill Road. They will again be selling their delicious Indian snacks and have organised a raffle with a brilliant first prize of membership for Primetime Gym, Girton.

Mill Road Fair has become a major event, with stalls, ethnic food, arts and crafts and colourful parades. Please go along, enjoy the carnival atmosphere and sample the Gharu's delicious food.

## Help Us Raise More – Fundraise on *JustGiving*

You can set up your own *JustGiving* fundraising page to say what you are doing and why you are raising money. The *JustGiving* Team will give you all you need to reach your sponsors and will also collect Gift Aid for us. Donations are secure and spam free. They won't sell or share your details or try to sell you anything. Please visit [www.justgiving.com/akpa](http://www.justgiving.com/akpa)

# JustGiving™

**Help Addenbrooke's Kidney Patients  
when you shop on-line.**

**Visit:**

**[www.akpa.org.uk/easyfundraising](http://www.akpa.org.uk/easyfundraising)  
for more information.**

# AKPA Annual General Meeting Tuesday 28th June 2016

Held at Addenbrooke's Dialysis Unit

## Talks and Presentations

### Dialysis Art Project

Renal Patient Counsellors, Gerrie Millar and Gill Chumbley, gave a presentation of their recently introduced "Art Project".

This involves arranging with the Outreach Departments of Cambridge Museums to provide and introduce artefacts to patients during dialysis sessions. To illustrate this they showed examples of soapstone whale and scrimshaw carvings provided by the Scott Polar Institute.

The purpose of the project was to relieve the tediousness of dialysis treatment by providing interest and stimulation to patients while they dialyse.

After a question and answer session the Chair thanked the speakers remarking that the project lends itself to many other interpretations for the benefit of patients.

### The New Dialysis Unit

The second speaker was Dr Nick Pritchard who spoke about the move and early days of the new Dialysis Unit.

It had not been easy to introduce such radical change. But early problems with the premises, staff changes, clinical issues and patient satisfaction were now largely resolved and the new unit was functioning well. It was hoped that the promised Doctor attendance would be fulfilled shortly.

There were questions from the meeting about provision of tea and additional mattresses for patients which Dr Pritchard said he would discuss with the team. Adding that he would also consider, with Gerrie Millar, the question of volunteers. He admitted that Transport was still a problem but with the expiration of the present contract he was hoping for some beneficial change.



Art objects from Scott Polar Institute: top – Inuit Whale Carving, lower – Whaler's Scrimshaw Carving

## Chairman's Report

Peter began by extending thanks from the AKPA committee for the excellent attendance.

He continued, "I can hardly believe that this is my third Chairman's report and my fourth year on dialysis. I know this is a mere moment in comparison to many of you but I am beginning to feel like part of the furniture. A requirement of our rules is that all the committee members must resign at an AGM. The purpose of this is that we should make way for all the many people who are queuing up to take our places! So I will ask all the committee to stand up to be identified. Brian Wood, Nicky Moncrieff, Angela Green, Janet Man, Ralph Slattery, Scott Devereux, Richard Jarvis, Sarah Rook, Andrew Collins, Mike Ruggieri, John Smitherman, secretary Hannah Alexander (who has just had her first baby). Some are co-opted most are Director/Trustees of AKPA.

The whole committee work as a team so my sincere thanks to them all for their unstinting involvement."

He then thanked the speakers, "Gerrie and Gill for their presentation and the leading work they are doing with the Art Project and Dr Nick Pritchard and through him all the staff of the unit for the tremendous job they have done in

getting the new unit up and running. It isn't easy to make such radical changes."

"I have also received a report from Clair Joyce, the Renal Social Care Practitioner who is unable to be with us this evening. Claire's job was funded by BKPA but now funding has been taken over by the NHS.

AKPA have been funding extra hours for counsellor work at the satellite units, something we are very keen to see continued. A case has been put to Addenbrooke's for funding so we must wait and see the outcome."

"AKPA's accounts show a substantial loss for the last financial year. This was by design, of course. We have been left large amounts in legacies, and our aim is to use these funds for the benefit of patients rather than to sit on them. We will need more good projects to continue this level of expenditure.

And talking of good projects, we now have the early results of the exercise project. This was started by Alan Craig who is with us this evening. Sushant Jeurkar, Superintendent Physiotherapist, who has managed the project was unable to come this evening to tell you about it but he has given me a report which indicates the success of this project. The activity index shows some 22 patients moved from 14 minutes in Zero gear on the cycles to 23 minutes in gear eight within a 12 month period. The physiotherapist team (and patients) are to be congratulated on these results.

And finally, we look forward to the next year so we can continue to promote the relief of persons suffering from renal disease and to educate the public in the needs of renal patients by encouraging public awareness and understanding of renal diseases, treatments and research."

**Peter Constable (Chairman AKPA)**

# AGM Financial Report

## AKPA Financial Report for Year ending 31st March 2016

The Association had another good year, with income totalling £39,269, enabling us to continue supporting patients at Addenbrooke's Dialysis Centre, satellite units and transplant wards.

Our fundraisers were successful with Christmas Raffle, bric-a-brac stalls, collecting tins, supermarket collections, 200 Club and Christmas card sales, plus many fundraising events organised by patients and their families. The total raised through all these activities was £16,373. Thank you to all those involved.

### Income:

Donations from websites and regular contributions provided a useful source of income totalling £11,276. Thank you all the people who support us in this way. Donations in memory and from legacies totalled £7,977. We are very grateful to members and their families who remember us at a sad time for them.

Interest earned by our reserve funds in deposit accounts totalled £3,623.

### Expenditure:

Our total expenditure in this financial year was £71,107. The excess of £31,838 expenditure over income involved funding the Dialysis Exercise project. This sum was taken from our reserves as planned and outlined in last year's report.

Our regular support for patients included welfare and holiday awards to sick and needy patients totalling

£11,928. These awards are approved by two Trustees following recommendations by the Renal Social Worker.

To assist patients' recovery following transplantation and in conjunction with ALTA, we funded relaxation therapy. Further help included funding Christmas buffets and decorations in the Dialysis Centre and satellite units over the Christmas period. The total spent on this was £3,179

Other help included funding Medical alert bracelets for patients with dialysis fistulas: a reprint of our Skin Care leaflet for transplant patients, and a microwave, ice maker and water boiler for the new Dialysis Centre.

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*“In order to make the Renal Counsellor service available to patients in the satellite units we funded extra working hours.”*

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To inform and educate, we sponsored patients to attend the annual NKF conference, helped publicise organ transplantation by supporting participants in the Transplant Games, and funded nursing staff to attend a conference. And in order to make the Renal Counsellor service available to patients in the satellite units we funded extra working hours at a cost of £9,070. And to support kidney research we funded tissue processing and reagents for use in a transplant research project.

We funded a six month pilot study for the Dialysis Exercise Research project. This is a major project that has been planned for several years. It included funding a physiotherapist to encourage general exercise for patients plus two exercise bikes. The total cost of this was £33,130 taken from our reserves as mentioned above.

### Administration Costs:

Despite the ever-increasing burden of financial regulation, insurance and form filling, our administration costs remain very low. At £2,404 this represents a very small proportion of our total annual spending.

### Future Developments:

Results from the six month Dialysis Exercise pilot study have shown improvements in dialysis results and the general health of patients involved, and AKPA funding will continue for the agreed period. Similar projects have had funding taken over by other funding bodies after proving successful and we are in discussion with Dr Pritchard regarding possible transfer of funding.

We expect to fund any further essential patient comforts for this new unit that are not supplied by the leasing company or the NHS.

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.

**Brian Wood (Treasurer AKPA)**

## Dialysis Exercise Update

As reported at our AGM, recent results from this project indicate its great success, with marked improvements in patient fitness and activity levels. In September four new patients were assessed and sixteen ongoing.

Sushant Jeurkar, Lead Physiotherapist, reports that his team are working with the Leicester Hospital team to

publish an article showing clear evidence for the benefits of Intradialytic exercise.

AKPA, Staff and patients are very keen to continue the project and make exercise facilities a permanent option. However, future funding for the project is still unclear, and it is possible that funding and staff

recruitment issues may necessitate a break in the service. All involved are exploring alternate ways to provide this service in future.





## 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 AKPA.
- To submit letters, articles and photos for publication in *Newsflash*

[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.

[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.

## 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 Parslow* – 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 Gilbert* – Contact on 01553 613861.

### ■ West Suffolk Hospital – Bury St Edmunds

*Sara Ennew* – 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

E-mail: [colin@gant5366.freeserve.co.uk](mailto:colin@gant5366.freeserve.co.uk) Telephone: 01553 828600

**Hinchingsbrooke** – Geoff and Cilla Gidley

E-mail: [geoff@geoffgidley.co.uk](mailto:geoff@geoffgidley.co.uk)

**West Suffolk Hospital, Bury St Edmunds** – John Smitherman

E-mail: [j.smitherman110@tiscali.co.uk](mailto:j.smitherman110@tiscali.co.uk)

## AKPA Committee Members 2016

**Andrew Collins**

*Assistant Treasurer*

**Richard Jarvis**

*Website*

**Hannah Alexander**

*Minutes & Membership Secretary*

**Peter Constable**

*Chairman*

**Janet Man**

*Fundraising*

**Ralph Slattery**

*NKF Rep.*

**Scott Devereux**

**Mike Ruggieri**

*Collecting Tins*

**Brian Wood**

*Treasurer & Newsflash Editor*

**Angela Green**

*Staff Representative*

*Coordinator*

**Nicky Moncrieff**

*Staff Representative*

**Martin Harmor**

*Fundraising*

**Sarah Rook**

*Raffle Organiser*



October 2016