

Addenbrooke's Kidney Patients Association

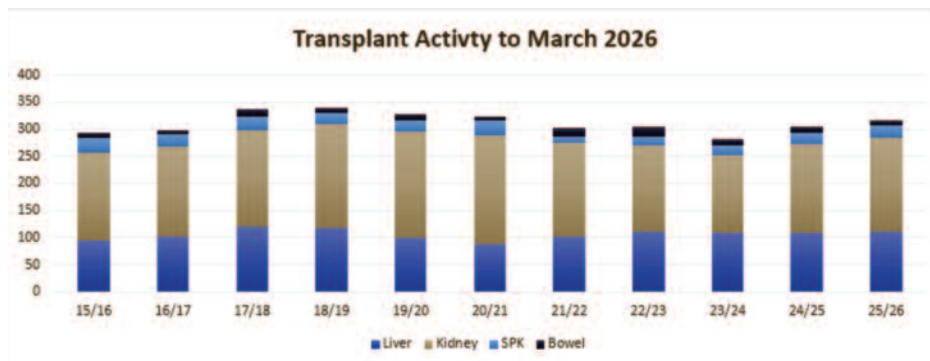
NEWSFLASH

Issue 1 2026 No. 78

Your local association — Run by patients for the benefit of patients. Serving patients in Cambridge, Kings Lynn, Hinchingsbrooke and West Suffolk Hospitals

Transplants – The Good News

The last year (2025–2026) has seen an increase in the number of organ transplant carried out at Addenbrooke's Hospital. The chart below shows annual figure for all transplants. The majority of which are kidney transplants.



Recent figures show the increase has continued with 27 kidney transplants performed between 1st April and 8th May.

Kidney	27	Pancreas/SPK	2
Liver.....	18	Multi visceral.....	0
Liver & kidney.....	0	Bowel	0

Addenbrooke's is one of 15 hospitals selected by NHS Blood and Transplant as pilot centres to preserve and assess donated organs, so that more can be transplanted. It is hoped this scheme will eventually enable up to 750 extra transplants a year – a 19 per cent increase on current activity.

Cambridge Professor of Transplant Surgery Professor Mike Nicholson, and Department of Surgery colleague Professor Sarah Hosgood, a Research Professor, have led with kidney perfusion.

Prof. Nicholson said: “Our selection as an ARC pilot centre reflects the hard work and dedication of all colleagues. Of course, we should never forget that the real heroes here are the donors themselves, and their families.”

Help needed, see page 7.

www.akpa.org.uk

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Dates for 2026

Friday, October 30th – 6.30pm
AGM (Also via ZOOM)

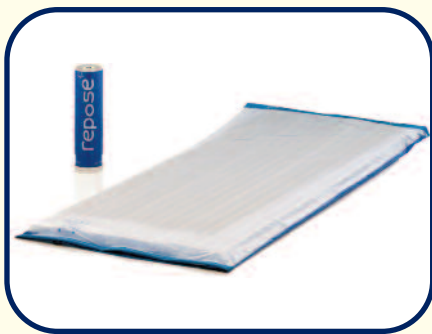
Saturday, December 12th – 3.00pm
Christmas Carol Service
Gt St Mary's Church, Cambridge CB2 3PQ

Where the Money Goes

AKPA is run by unpaid volunteers so more of our income can be used to support kidney patients in Addenbrooke's renal wards, clinics and dialysis units.

Equipment

During the year AKPA purchased much needed **pressure relief overlays** for Cambridge Dialysis Centre at a cost of **£3,120**. These overlays are vital for the comfort of patients spending long periods dialysing. CDC were unable to get them funded by the NHS or ACT.



Pressure Relief Overlay – twenty purchased for CDC

Welfare support

There is continuing demand for our welfare support to sick and needy patients and we paid **£9,412** in welfare grants over the last six months.

New Wheelchair for West Suffolk Dialysis Patient

Nurses at West Suffolk Dialysis Unit were concerned that an elderly patient, who is a resident of a care home was having problems funding a replacement for her old and badly worn wheelchair.

The AKPA committee were approached for possible help with the purchase and agreed to purchase a lightweight folding self propelled model at a cost of £169.



Transplant Games

We continued our support for the Addenbrooke's Transplant Game Team by helping to fund their travel and accommodation expenses at the recent Transplant Games at a cost of **£2,000**.

Communication

We continued funding phones for Counsellors and Specialist Nurses at a cost of **£195** per month. These phones have proved invaluable for contacting vulnerable patients.

Christmas Cheer for Dialysis Patients

In order to bring some seasonal cheer to those who have to dialyse over the Christmas period AKPA organises presents and treats. Last Christmas we provided fleece blankets for patients to use while dialysing, plus some edible goodies. Thanks to Adella Charlton, Laura Tilbrook and Julie Walker who organised and distributed them to all the units.

New Benches for Cambridge Dialysis Centre

AKPA have bought two new benches for the front entrance of CDC so that patients can have a comfortable seat while waiting for transport.

The benches, made of sustainable recycled plastic and bolted to the ground, are to replace the previous wooden ones that had become worn and dangerous.

They are also to celebrate the 50th anniversary of AKPA supporting kidney patients.

We have to thank Adella Charlton for researching and arranging delivery of the benches.

We hope they will provide comfortable seating for those having to wait or just enjoying a rest outside.





Great St Mary's

THE UNIVERSITY CHURCH CAMBRIDGE

Senate House Hill, Cambridge CB2 3PQ



Addenbrooke's Kidney Patients Association

Christmas Carol Service

**Saturday 12th December 2026
at 3.00pm**

Great St Mary's Church, Cambridge

Traditional Carols and Christmas Music

**All welcome – Free admission –
Donations gratefully received**



**ADDENBROOKE'S
KIDNEY PATIENTS
ASSOCIATION**

Local Rotary Clubs Support AKPA

AKPA Trustees, Laura Tillbrook and Julie Walker have recently given talks at local Rotary Clubs. In March they gave a talk jointly with Kidney Research UK to the Baldock Rotary where they explained that Chronic kidney disease is more common than many people realise. Their presentations resulted in kind donations to both charities. And in May they gave a talk to the South Cambridge Rotary Club at their meeting in Madingley Hall, Cambridge.

They reported: "At Madingley Hall, we presented a short PowerPoint presentation, explaining how AKPA has supported, and continues to support, Kidney Patients under the care of Addenbrooke's Hospital for 50 years.

We spoke about what we do, such as purchasing essential medical equipment not funded by the NHS;

giving welfare grants after liaising with Renal Social Workers; offering peer support and funding patients to attend the Transplant Games.

We also explained that by giving talks such as these, we are raising awareness of Kidney disease in the local community. We talked about working with national kidney charities, such as Kidney Research UK and the National Kidney Federation (NKF) and how they, along with other national kidney charities are lobbying parliament. Together they are pushing Kidney disease up the health agenda, highlighting the need for a national strategy that gives equal importance to kidney disease alongside diseases such as Cancer and Heart issues.

We explained our own Kidney journeys, our time on dialysis, the highs and lows



Julie and Laura with John Hammond Secretary of Baldock Rotary

of transplant and how important it is to have support of family, friends, and charities such as AKPA.

We felt the talk was very well received and it prompted lots of questions and positive discussion. On both occasions the clubs have made us extremely welcome including meals before our presentations.

Rotary Clubs are very supportive of charities like the AKPA as their values and objectives are aligned with ours. It was a pleasure to be given the opportunity to spread the word about the AKPA and we are hoping to give more talks to other groups in the future."

Laura Tillbrook (Vice Chair & Trustee)
Julie Walker (Trustee)



Suzi Steps Down From Committee

Following many years of devoted service, AKPA Vice Chair Suzi Turton stepped down from the committee earlier this year, in order to continue her teaching work.

Suzi joined the committee in 2015 as CDC Patient Rep. Giving a voice to patients was her main concern, and to this end she produced a unit newsletter highlighting patient issues such as transport, mattresses and access to doctors.

She took on the role of Vice Chair in 2020 while continuing with organising

Patient Rep. meetings. She also completed an amazing, sponsored, month long exercise bike ride to raise £2,581 for AKPA.

Suzi will be best known to members and supporters for her annual AKPA Carol Services in Great St Mary's Church. She began organising these in 2020; producing a series of memorable and joyful events featuring children's choirs, seasonal poetry and festive music, all to packed congregations of patients, staff and their families.



Suzi Turton

Our best wishes to Suzi and our thanks for all her contributions to AKPA.

Annie Johnson – Obituary

We are sad to report the death earlier this year of Annie Johnson. Annie was an early transplant patient and a long time supporter of AKPA.

In 1976 Annie suffered sudden kidney failure, almost dying. Hospital diagnosis advised the best option would be transplantation. And so Annie became a patient of Professor Calne's transplant team at Addenbrooke's. Those were early days of transplantation and her husband Michael said, "We were so fortunate to be part of their world, an extraordinary mixture of skill, hard work and total dedication." Also, it was to be one of the first living donor transplants. Annie had eight siblings all of whom

volunteered – her brother, a perfect match, was chosen.

After the operation, Michael said, "Annie led the life of a person who had never been ill. Indeed, very few transplant recipients have gone on to have children, and even less have had three."

As well as a busy life in farming and horse breeding, Annie volunteered one day a week for meals on wheels and as a patient carer in Addenbrooke's. Later, when they moved to Alswick Hall near Buntingford she created a beautiful garden, which she opened for charity, on several occasions raising substantial amounts for AKPA.



Annie with old friends at her Open Garden in 2013. On her left, Renal Sister Mary Nugent, on her right Renal Secretary Audrey Campbell and standing behind, Renal Research Worker Gabsey Braun

Our condolences to all her family and our thanks for the many donations in her memory to AKPA.

Home Dialysis Patients Enjoy Coffee Morning

Home Therapies staff have started "Kidney Bean Cafés" in order to give patients who dialyse in isolation at home the opportunity to meet their peers plus the wider care team in a relaxed social setting.

The wider care team includes:

- Consultants,
- Dieticians and
- Social Care & Welfare.

Also representatives from patient groups such as AKPA and NKF, to make patients aware of additional support available.

The first meeting in May was attended by 25 patients (including partners and family) plus 12 members of

Staff (including AKPA and NKF). All enjoyed the chance to meet and provided good positive feedback on what they would like from future meetings. It also provided an opportunity for feedback about the Service.

It is hoped to hold these events twice a year, moving around the area to make them more accessible to patients further from Cambridge.

AKPA are pleased to support Kidney Bean Cafés with hire of venue plus tableware and nibbles.

Also thanks to ASDA for the kind donation of food and drink.



Don't forget to visit the AKPA Website: www.akpa.org.uk For latest information and news.

Fundraising for AKPA

Thanks to all those who give regular donations through standing orders and to members of our *200 Club*. Regular income, however small is very important to us.

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

Staff and patients at the satellite units have organised Christmas raffles for AKPA. If you are planning one this year we would be happy to help and advise.

AKPA ADDENBROOKE'S KIDNEY PATIENTS ASSOCIATION

St Neots Singers Summer Concert



AKPA are the chosen charity of the St Neots Singers, and a share of the money raised at their Summer Concert held in July at St. Mary's Church St Neots (above) will be donated to AKPA. Julie Walker attended as AKPA representative and confirmed it was a great success.

Our thanks to The St. Neots Singers for their support.

Oddfellows Support AKPA



AKPA Chairman Paul Smyth was invited to attend a meeting of the Fen Oddfellows in Littleport where he was presented with a donation of £1,100. A huge thank you to Fen Oddfellows.

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. Please visit www.justgiving.com/akpa

JustGiving™

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

Visit: www.akpa.org.uk/easyfundraising
for more information.

200 Club – Winners

MAY 2025

1st prize £64 • Helen Ingram
2nd prize £38 • Jon Chapman
3rd prize £25 • S Mealing

JULY 2025

1st prize £64 • J Walker
2nd prize £38 • M Moore
3rd prize £25 • P Tattershall

Draws take place every two months at Committee meetings.

Carol Service – Help Needed

Help will be needed to set up and run the AKPA Carol Service on 12th December. Also, to serve drinks and nibbles afterwards. If you would like to help or support us in any way, please contact: Adella Charlton: adellacharlton@gmail.com

Kidney Care UK (KCUK)

For advice, support and much more:

[https://](https://kidneycareuk.org/get-support/)

[kidneycareuk.org/
get-support/](https://kidneycareuk.org/get-support/)

Contact Telephone:

01420 541424

Office Hours:

Monday–Friday

9.00am–5.00pm



NKF Helpline

Please note: new number is
FREEPHONE

Tel. 0800 169 09 36

E-mail:

helpline@kidney.org.uk

Website:

www.kidney.org.uk

We Need Committee Members and Volunteers

AKPA is run by volunteers.

All of our income is from fundraising and donations.

We would be very grateful for any help and support.

We rely on people giving their time, and people being prepared to donate, fundraise and remember us in their Will.

If you think you could help please contact:

Paul Smyth,

email: paul5.smyth@gmail.com

OR

Brian Wood,

email: brianwood389@gmail.com

UK Kidney Charities – Who's Who



The National Kidney Federation (NKF)

(<https://www.kidney.org.uk/>)

is the national kidney charity run by kidney patients. It is made up of individual Kidney Patients Associations (KPAs), currently fifty one of them – AKPA is a founder member.

The NKF was founded when KPAs realised they needed a national organisation to fight their cause. It has two main roles: campaigning for improvements to renal provision, treatment and patient support services. It also has a huge amount of information available on all aspects of kidney disease, plus a Helpline and Peer Support service.



Kidney Care UK

(<https://www.kidneycareuk.org/>)

It is a leading kidney patient support charity, providing practical, financial and emotional support for kidney patients and their families, as well as campaigning to improve care services across the UK.

They also provide grants to kidney patients unable to fund holidays or short breaks. Plus practical support with telephone counselling and Advocacy Officers to help with issues around treatment, transport and benefit concerns.



Kidney Research UK (KRUK)

(<https://kidneyresearchuk.org/>) are the largest charity dedicated to kidney research in the UK.



The Renal Association

(<https://renal.org/>) is the leading professional body for the UK renal community. They have over 1,200 doctors, scientists and multi-professional team members.



British Renal Society

(<https://britishrenal.org/>) was formed to promote dialogue between the many specialist groups involved in the care of kidney patients.



The Kidney Patient Involvement Network

(**KPIN**) (<https://kpin.org.uk/>) is a network of renal organisations, charities and individuals who work collaboratively to improve standards.



The PKD Charity

(<https://pkdcharity.org.uk/>) was established by patients, professionals and members of families affected by polycystic kidney disease (PKD).



Kidney Cancer UK

(<https://www.kcuk.org.uk/>) Supporting patients with Kidney Cancer.

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.

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.
Zoe Garnish – 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.

Our website address is:
www.akpa.org.uk

You can email us at:
info@akpa.org.uk
fundraising@akpa.org.uk
webmaster@akpa.org.uk

Postal Address:
AKPA, PO Box 608,
Cambridge CB1 0GJ.

How Do You Get Newsflash?

By email, by post, or pick up from Renal unit?

If you are not receiving *Newsflash* and wish to receive a copy by email or post please let us know.

Send your email and/or postal address to:

brianwood389@at gmail.com
48 Montague Road, Cambridge CB4 1BX

AKPA Committee Members & Staff Representatives

Andrew Collins
Deputy Treasurer

Adella Charlton
Committee Secretary

Martin Harnor
Fundraising

Mike Ruggieri
Fundraising

Tarsem Paul
Fundraising

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Beadle Estate
Cambridge CB5 8PD

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Renal Patient Counsellor
Dialysis Unit E

Beadle Estate
Cambridge CB5 8PD

Aimee Robinson
Renal Welfare Officer

Laura Tilbrook
Vice Chair

Paul Smyth
Chairman

Julie Walker
NKF Representative

Brian Wood
Treasurer & Newsflash Editor



August 2026

AKPA Patient Representatives

Local contacts to distribute information about AKPA and to inform the committee of any satellite unit issues.

- Kings Lynn – David E Tuck
- Cambridge Dialysis Centre – Kacey Zinkambani

Patient Representatives Needed

We are hoping to find Patient representatives for Hinchingsbrooke and West Suffolk Units.

If you are interested please contact:
Paul Smyth email: paul5.smyth@gmail.com

Committee meetings are held by Zoom.

Designed and Typeset by Natalie White Typesetting & Artwork