

SUPPORT



SPRING 2015

Please support

**ORGAN
DONOR
AWARENESS
WEEK 2015**

**28th March
– 4th April**



IRISH KIDNEY ASSOCIATION

DONOR HOUSE, BLOCK 43A, PARKWEST, DUBLIN 12. TEL: 1890-543639 • WWW.IKA.IE

FOR ORGAN DONOR CARDS FREE TEXT DONOR TO 50050

Editorial...



76% of our funding comes from public contributions and our biggest annual campaign is Organ Donor Awareness Week. It combines both promotion of organ donation to the public together with selling our merchandise. There is no hiding the fact that the IKA unfortunately is eating into its financial reserves over the last number of years in order to sustain our services. We would hope that more of you will make contact with your local branch Secretaries to offer an hour or two of your time to man the fundraising and organ donor promotions during the week- March 28th - April 4th.

Following the successful 2014 Organ Donor Awareness ambassadorial role of Mary Kennedy, she has kindly accepted the continuation of her honorary championship of Organ Donor Awareness for 2015. Her empathy with people is outstanding and all I have met have only good memories of meeting her.

The latter part of 2014 brought disappointing news that the Director of the Kidney and Pancreas Transplantation in Beaumont Hospital, Mr. David Hickey, had resigned from his post. This news was very difficult to digest. David has been the face and voice of transplantation in Beaumont for so long and his premature departure is a shock to many patients.



The strain imposed on the remaining four kidney transplant surgeons, who have agreed a rota to ensure complete on call cover for 24/7/365 kidney transplantation is a short term solution. However, seven is the required number of surgeons and the three vacant posts, two existing and one extra, have as yet, not been filled. The HSE is scouting the world to fill these posts.

The 2014 organ donation statistics were released early in January. They were the second poorest in 20 years. In 2010 we had the low point of 58 deceased donors and 63 was the 2014 figure. Four of the 63 were cardiac death donors leaving 59 brain death donors, almost as poor as 2010 when cardiac death donors were not considered. The statistics are examined in

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Mary Kennedy, once again Ambassador for the IKA's Organ Donor Awareness Week campaign.

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greater detail in this magazine.

We also have the renal census data from the National Renal Office which shows that at the end of 2014, 74 more adults are on dialysis than a year earlier, reflecting the poorer kidney transplantation figures. The significant good news for 2014 was that a record 19 children received their transplant and now only 16 children are being treated by dialysis, a drop of 11 from 27 a year earlier – more data included inside.

2014 saw the rapid development of the new HSE office under the stewardship of Professor Jim Egan. The office is now called the Organ Donation Transplant Office (ODTI) previously (NODTO). This name you will now see on all new organ donor cards. By the middle of 2015 the Organ Procurement Service will migrate to this office from Beaumont Hospital. The recruitment and training of the new role of Organ Donor Co-ordinators has taken place and they have had a period of shadowing the Beaumont service. Each of the six hospital groups are also getting organ donor 'champions' who will be working full-time in each group. Extra intensive care posts are also at the recruitment stage. All these changes are a direct result of the EU Directive on Quality and Safety in Organ Donation and the resulting Irish regulations were put in place in 2012.

In summary in 2015 we are in the middle of a big transition in organ procurement.

The three new 'Beacon' Gambro haemodialysis centres at Sandyford and Tallaght in Dublin and Drogheda, Co Meath are now treating patients. The Baxter Beacon facility in Sandyford is now closed and all the patients moved to either the new Beacon Gambro Tallaght or the new Beacon Gambro Sandyford. The extra dialysis facility in Beacon Gambro Drogheda is receiving patients from Beaumont and Northern Cross as well as its wider catchment area as high up the country as Dundalk.



CORK UNIVERSITY HOSPITAL ON WORLD KIDNEY DAY

We only saw enthusiasm from Cork promoting World Kidney Day on Thursday, March 12th. The day, which exists to promote the benefits of early detection and prevention of kidney disease, is primarily for the medical profession.

The Flesh and Blood Awareness Campaign launch by the Catholic and Protestant bishops is a new initiative that I think should have received more press exposure than it did (story inside).

I would like if as many of you as possible would complete the enclosed survey and return it to Head Office. You can copy the survey if other members of your family wish to fill it in. You can also complete the survey online at...www.ika.ie

It remains for me to thank so many of you for your renewed enthusiasm for selling our merchandise during the upcoming awareness week. May the weather be kind to you.

MARK MURPHY

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CLAIRE'S *Gift of Life*

Claire Dolan (21), a NUIG student, received a kidney transplant last May 2014. Here she tells her story...

Top: Claire after her transplant operation in Beaumont Hospital.

Right: Claire (centre) with Westmeath Senior Ladies Footballers Claire Killian and Stacy Holloway.

Below: Eddie Flood, Westmeath IKA branch, with Moate Ladies FC.

In September 2012 I fell ill in my first week in college with pains in the abdominal area. Thinking it could be my appendix my mother brought me to hospital as she had a feeling something was not right. After being seen by a doctor and having bloods taken a lot of my bloods were all over the place, with my creatinine sky high, up in the 800's. After being in hospital for a few days I was then told I had complete kidney failure!

When I was initially told I did not know what was going to happen to me and what the outcome was with this condition. After everything was explained to me I was very scared, especially being an 18 year old who was never a day sick in my life.

Days passed by and I was put on medication, drips



and all sorts. I had been told and explained the options of dialysis and I had to make a decision soon. In the end I choose PD dialysis as I could live my everyday life to a certain extent.

I was on dialysis for a year and a half and started another college course in

NUI Galway in 2013. It was great that I could attend college while on my machine and it made me feel like I was normal. I could still play sports as I was a avid GAA player and continued playing every week, including matches, while on dialysis. I had great



support from all my family and friends and this helped me immensely along the way.

In May 2014, a call came through that honestly changed my life. Now 20, to receive a gift of life so soon and so young was overwhelming. I did not think that I would receive my transplant so soon and at a such perfect time. I was told to get up to Beaumont Hospital as soon as I could to meet with the doctors and get me ready for the transplant. The doctors and nurses were outstanding in the hospital and helped me with anything I needed. After talking with the doctors and them clearly explaining the operation, I was soon brought to theatre to begin the process.

After about 2 and a half hours in theatre and a few hours in recovery I woke up and felt so different. I felt like I could breath much



clearer and just overall felt like a different person. After 10 days in hospital I got to go home and rest for a few days. Eight months on and I have had no problems.

My life has completely changed and I can now freely live my life. I have been able to celebrate my

21st birthday, hold my new baby niece, have been able to go on a holiday and I am now back exercising in the gym to. Just this month I have returned to playing football with Moate Ladies Football team. The tablets I am on are only a small price to pay for the new lease of

Claire is organising a golf fundraiser in aid of the IKA at her parents golf club Mount Temple in Moate on May 2nd

life I have received and my transplant has given me a new life to live!

My story's positive ending could not have become what it is now if it was not for my organ donor. My selfless donor has really changed and blessed my life and given me what I have today. Before my illness I had never discussed organ donation with anyone but my attitude has totally changed now with many of my family and friends carrying an organ donor card. I would like to deeply and sincerely thank my donor and their family for what they have given me. Words cannot describe how thankful I feel and there is not a day that goes by that I do not think about them.

Organ donation is so important and can save so many lives of people who are currently going through what I have gone through. It truly is the 'gift of life' and is forever priceless.

Vhi
Women's
Mini Marathon
Monday 1st June 2015

Are you taking part in this year's
VHI Women's Mini Marathon?

Please consider getting sponsored
to participate on behalf of the
IRISH KIDNEY ASSOCIATION

CONTACT DEBORAH@IKA.IE
FOR CARDS, T-SHIRTS, ETC.

ENTER ONLINE AT
www.vhiwomensminimarathon.ie

Closing date for entries Friday 17th April, 2015

ORGAN DONATION AND TRANSPLANTATION

		2014	1 year change %	2013	2012	2011	2010	2009	6 year Total	6 year average
Deceased Donors		63	-27	86	78	93	58	90	468	78
Transplantation from Deceased Donors	Kidneys	112	-24	147	131	165	98	154	807	135
	Liver	44	-20	55	50	61	38	64	312	52
	Heart	18	+64	11	10	6	3	11	59	9.8
	Lungs	31	-3	32	14	8	4	5	94	15.7
	Pancreas	6	-45	11	1	8	8	9	43	7.2
SUB-TOTAL		211	-18	256	206	248	151	243	1315	219.2
Living kidney donors & transplants		40	+5	38	32	27	23	18	178	29.7
All organ transplants TOTAL		251	-15	294	238	275	174	261	1493	248.8
Living & deceased donor kidney Tx		152	-18	185	163	192	121	172	985	164.2

Organ Donation and Transplantation 2014

Following 2013's record year for organ transplantation it was always going to be a difficult task as we never seem to follow a good year with an equal or better year as the graph below clearly demonstrates. However, the Mater Hospital, despite the poor organ donation rate, surpassed itself with a record year for transplantation at 49...31 lung and 18 heart transplants from 59 brain-stem death donors.

This is worth comparing to 4 years earlier. 2010 saw 7 transplants in the

By
MARK MURPHY

Mater (4 lung and 3 heart) from 58 brain death donors. This is an extraordinary turn around and a much more effective use of available organ donors.

31 lung transplants in 2014 represents over 50% of transplantation from available deceased donors (59). I know of nowhere in the world that has achieved such a rate of lung transplantation.

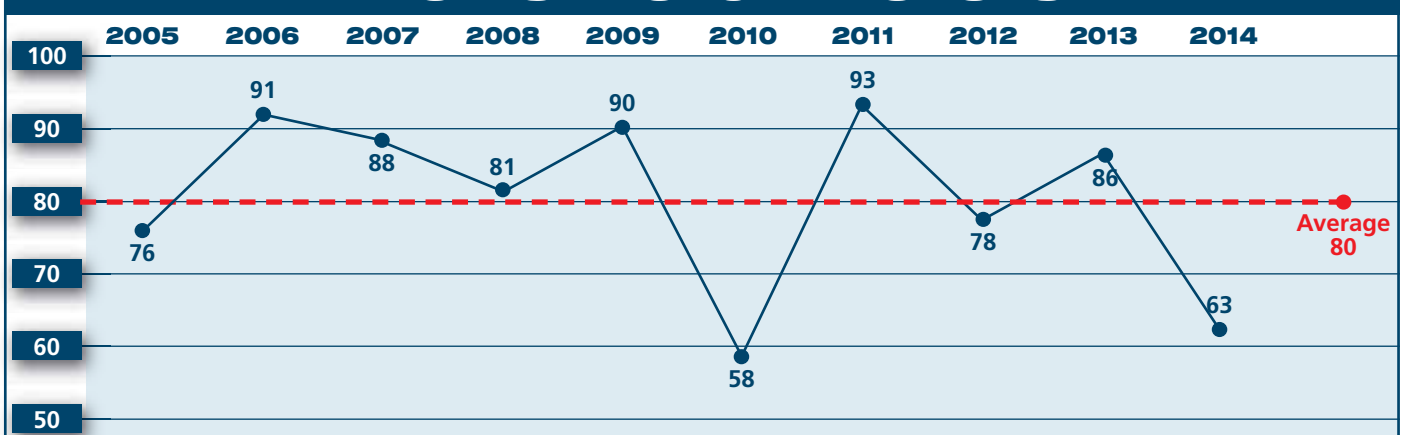
18 heart transplants does not reach the record of 1990 when there were 20 transplants.

2015 sees the 30th anniversary of heart transplantation in the Mater Hospital and the 10th anniversary of lung transplantation.

Beaumont Hospital conducted 158 transplant operations, of which 112 were kidney transplants from deceased donors, 6 included a pancreas and a record 40 were from living kidney donors.

In the 8 years of the Living Kidney

DECEASED ORGAN DONORS



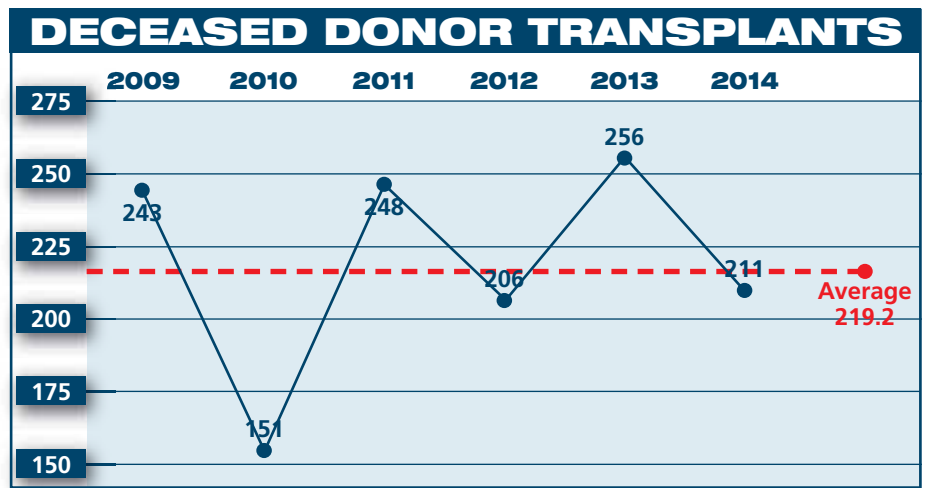
Donor Transplant Programme a total of 195 transplants have occurred.

Nowadays about a quarter of the kidney transplants are from living donors. We do not have statistics on Irish patients travelling to the UK, specifically to Coventry, for living paired exchange and highly sensitised living donor transplants.

Equally we don't see the data on other Irish patient transplants, particularly paediatric lung, heart and liver transplants, conducted in the UK on behalf of, and paid for, by the HSE.

There were 44 liver transplants conducted in St. Vincent's Hospital. The liver is the only organ that travels both ways between Ireland and the UK for super urgent patients.

Donation is the one area where the public's willingness to take part is essential. Blood donation is nowadays taken for granted (it shouldn't be), organ donation needs to be seen as a



normal 'act' to do, if you die in the circumstances allowing it to be considered. The new ODTI staff are tasked with making this normality happen within the health service. We recognise the selfless act of organ donation that these statistics reflect, and apologise, in the same breath, to

the grieving donor families whose gift of life made the statistics possible.

The IKA has always taken on the task of organ donor awareness with the public and we look forward to partnering with the ODTI to further expand organ donation thus leading to more organ transplantation.

NOTICE OF THE IKA

AGGM

The Annual General Meeting of the Irish Kidney Association Limited will be held in the **LOUIS FITZGERALD HOTEL, NAAS ROAD, DUBLIN 22** on **Saturday July 4th, 2015 at 2.00pm**

Members can propose Motions and Resolutions for the AGM, which must also be seconded by another member. These SIGNED Motions and Resolutions must arrive, by post, at Head Office, by **JUNE 4TH**.

By **JUNE 12TH**, Donor House will send, by post, Notice of the AGM, including the Agenda, Accounts, Motions, Resolutions and Proxy Voting Forms to all Branch Officers. These will also be sent electronically to members who have given us their email address and will be available to all members from the IKA website.

All SIGNED Proxy Voting Forms must arrive, by post, to Head Office by noon on **JUNE 26TH**.

The agenda for the Patient Conference, prior to the AGM, will be available in the next *SUPPORT* magazine.

If you need further information you can contact your local branch or Head Office and the Memorandum and Articles of Association are available on www.ika.ie

flesh and blood

Campaign



Mark Murphy, CE Irish Kidney Association; Stephen Cousins, Irish Blood Transfusion Service; the Most Revd Eamon Martin, Roman Catholic Archbishop of Armagh; Colin White, IKA; the Most Revd Dr Richard Clarke, Church of Ireland Archbishop of Armagh; Paul McElkerney, Northern Ireland Blood Transfusion Service; Colin Clare, IKA and The very Revd Victor Stacey, Dean of St. Patrick's Cathedral, Dublin.

Below: Colin Clare, Matt Hollidge and The Very Revd Victor Stacey

Photos by: Lynn Glanville/Church of Ireland

This month saw the dual launch of the **fleshandblood** campaign in St. Patrick's Cathedral in Armagh and St. Patrick's Cathedral in Dublin. This unique initiative aims to encourage Church congregations and parishes to see blood and organ donation as a part of their giving. It also seeks to equip people as advocates for blood and organ donation, enabling them to raise awareness of the need for donors with their families, friends and local communities, potentially helping to save many lives each year.



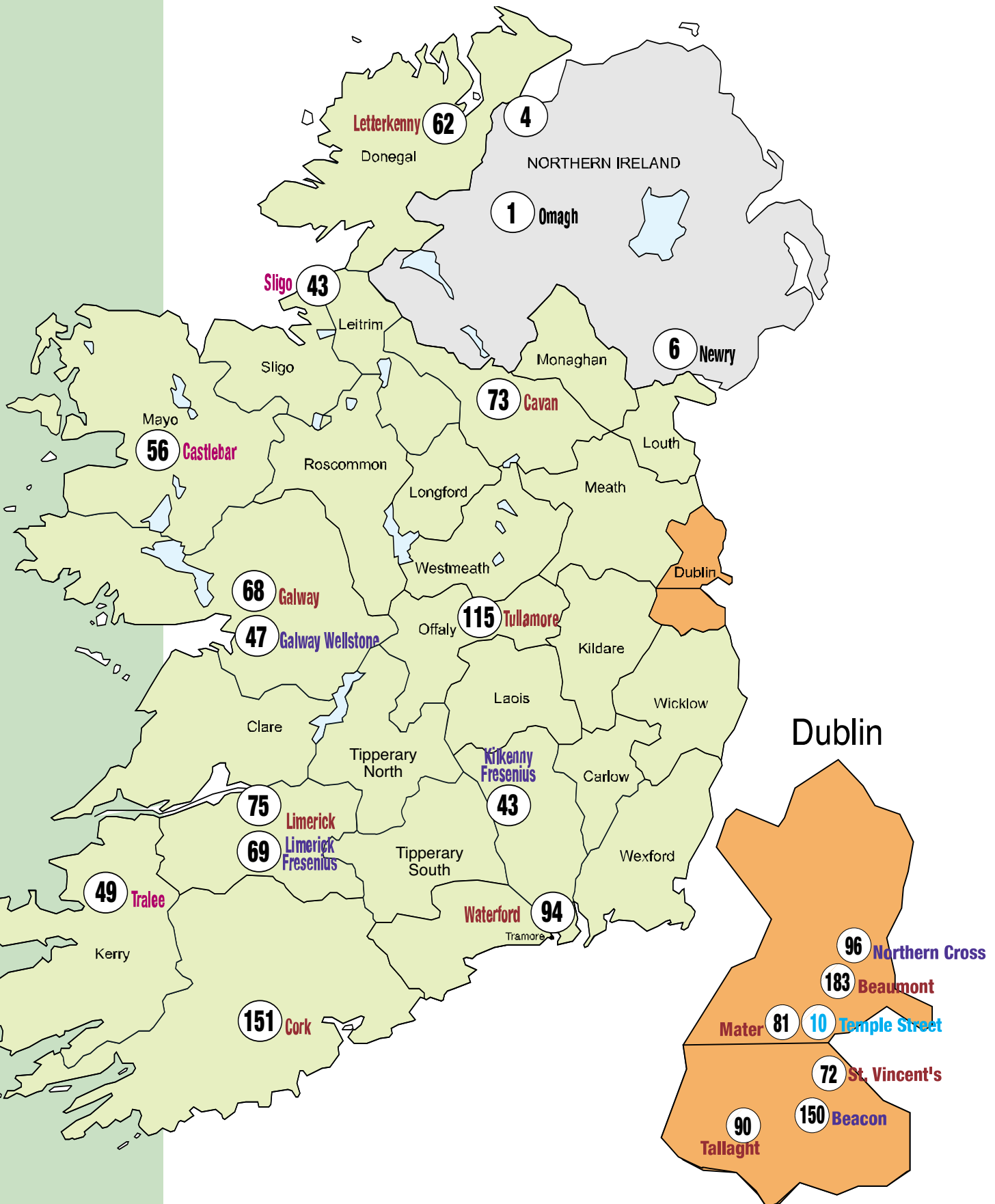
At the Dublin launch, contributions from Stephen Cousins (Irish Blood Transfusion Service) and Colin White (Irish Kidney Association) alongside the inspirational story of Colin Clare, (IKA Dublin South Branch Chairman), recipient of two kidney transplants and a donor family member, focused on the purpose of the campaign – the difference that blood and organ donation can make in the lives of others.

Archbishop Eamon Martin (Catholic Church) and Archbishop Richard Clarke (Church of Ireland), were both

existing advocates for donation. The two events this month followed the Christmas Day message broadcast on RTÉ, from the Archbishops who, as part of their commitment to raising the awareness of donation, dedicated their annual joint message to meeting blood donors and people whose lives have been transformed by organ donation.

Archbishop Richard said, "The Church is an organism that is characterised by its giving nature; its people are characterised by being giving people. So, when there is need

MAP OF HAEMODIALYSIS UNITS USED BY PATIENTS FROM THE REPUBLIC OF IRELAND AND DIALYSIS PATIENT NUMBERS AS OF 31/12/14



CHRONIC DIALYSIS & TRANSPLANT PATIENTS - 31/12/14

Dialysis Facility ADULTS	HAEMO	HOME DIALYSIS		TOTAL DIALYSIS PATIENTS	TRANSPLANT AT CLINIC	TOTAL ESKD PATIENTS
	HD	HHD	PD			
Beaumont	183	23	42	248	769	1017
Mater	81		15	96	100	196
St. Vincent's	72		10	82	104	186
AMNCH Tallaght	90	4	46	140	294	434
Beacon	150			150		150
Northern Cross	96			96		96
Cavan	73			73	20	93
Tullamore	115			115	44	159
Waterford	94	5	10	109	157	266
Kilkenny	43			43		43
Cork	151	12	39	202	275	477
Tralee	49			49	59	108
Limerick	75		22	97	120	217
Dock Road	69			69		69
Galway	68	4	18	90	129	219
Castlebar	56			56	53	109
Wellstone	47			47		47
Letterkenny	62			62	62	124
Sligo	43			43	25	68
Omagh	1			1		1
Newry	6			6		6
Derry	4			4		4
ADULT TOTALS	1628	48	202	1878	2211	4089
CHILDREN						
Temple Street	10		2	12	64	76
Crumlin			4	4	3	7
OVERALL TOTALS	1638	48	208	1894	2278	4172

The National Renal Office (NRO) have published the census of renal patients in the HSE as of December 31st, 2014. This is a large task for the NRO, which now has a computer network supplying the data in real time. The network is almost completed and has been the brainchild of Dr. Liam Plant.

For the first time the amount of kidney patients in Ireland has crossed the 900 per million of population (pmp) figure and stands at 905pmp, still below the EU average but having almost 55% of all patients transplanted is well above the EU averages.

IRISH ESKD PATIENTS - 31st DECEMBER 2014

	Patients	%	PMP (PER MILLION OF POPULATION)
Transplanted	2278	54.6	494
Haemodialysis	1638	39.3	356
Peritoneal Dialysis	208	5.0	45
Home Haemodialysis	48	1.1	10
Total ESKD Patients:	4172	100	905

Population 4,609,600

ESKD TREATMENT BY UNIT TYPE - 31/12/14

	HD	%	PD	Home HD	Transplanted	ESKD
HSE Hospital Renal Unit (11)	1064	(65)	202	48	2074	3388
HSE Hospital Satellite Unit (3)	148	(9)			137	285
Commercial Satellite Unit (5)	405	(24.7)				405
Northern Ireland NHS (3)	11	(0.7)				11
HSE Paediatric Renal Unit (2)	10	(0.6)	6		67	83
TOTALS	1638	(100)	208	48	2278	4172

FIVE-YEAR COMPARISONS

TREATMENT	2014	2009	% CHANGE	PATIENTS
HAEMODIALYSIS	1638	1475	+10%	+163
PERITONEAL DIALYSIS	208	202	+3%	+6
HOME HAEMO	48	2	N/A	+46
TRANSPLANT	2278	1845	+23.5%	+433
ESKD TOTAL	4172	3524	+18.4%	+648

The Census results reveal that there are 18.4% or 648 extra patients being treated in the five year period. The vast majority are accommodated by kidney transplantation. There are now 2,278 people with failed kidneys being treated by transplantation, up 433 in the five years, or 67% of the growth in patient numbers.

Peritoneal dialysis patients remain just above the 200 mark. Home haemodialysis patients at 48 are the equivalent now of one small dialysis unit. The 10% change in patients on centre haemodialysis has grown in the last year particularly, and totals 163 new patients.

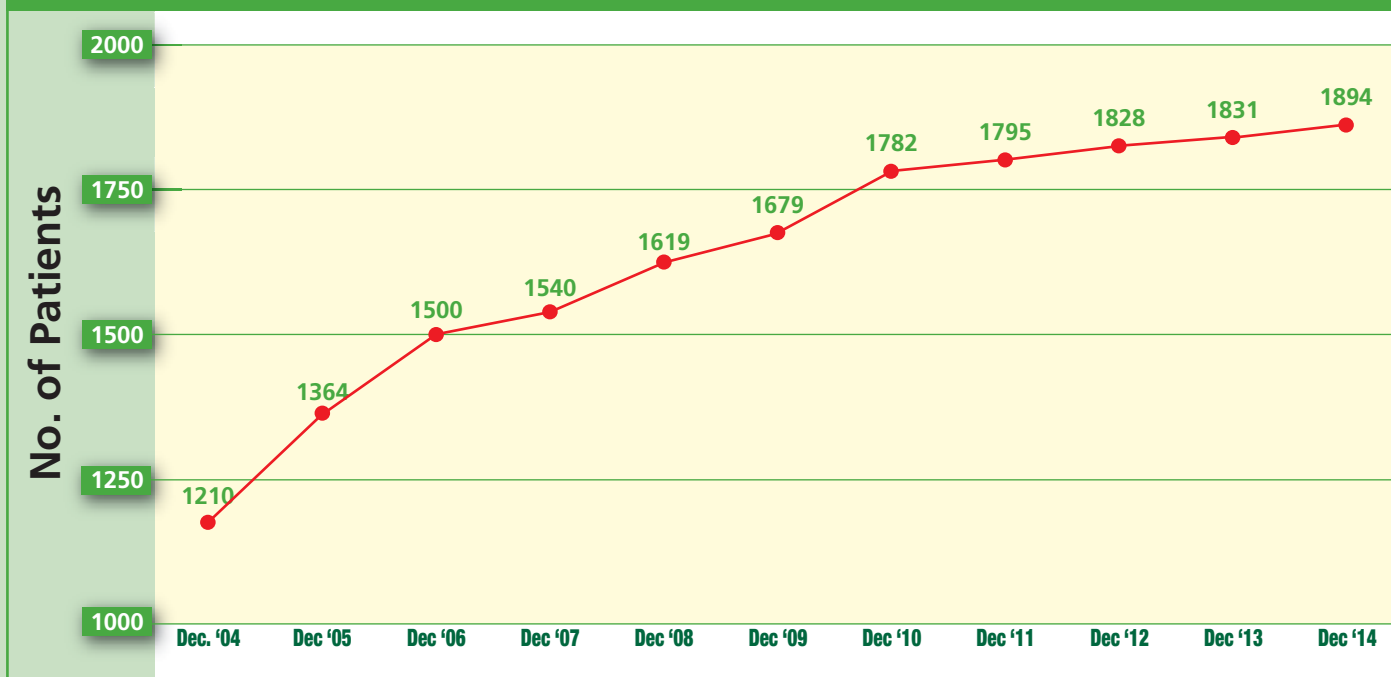
ADULT HAEMODIALYSIS BY UNIT TYPE

	2014	2009	CHANGE
HSE Hospital Renal Unit (11)	1064	1050	+14
HSE Hospital Satellite Unit (3)	148	131	+17
Commercial Satellite Unit (5)	405	278	+127
Northern Ireland (2)	11	11	N/A
Home Haemodialysis	48	2	+46
TOTAL	1628	1472	+156

The next table excludes paediatric patients but it clearly shows that most of the growth in haemodialysis treatments have been absorbed by the commercial dialysis units and home haemodialysis patients.

Overall these tables reflect the necessity for kidney transplantation to continuously grow, to diminish the need for extra haemodialysis facilities. There have been 195 living donor kidney transplants in the last 8 years and you can easily argue that without them we would now have two extra haemodialysis centres full of patients.

NO. OF PATIENTS ON DIALYSIS 2004 TO 2014



Social Media & Communication

We continue to see a healthy growth in the number of fans and followers we have on Facebook and Twitter respectively. This growing community is allowing for our key messages to reach an ever increasing audience with our Facebook page consistently reaching over 50,000 people per week.

From time to time individual posts seem to catch the imagination of people on Facebook. We recently posted a simple image encouraging people to 'Support Organ Donation' and it reached over 250,000 people because so many thought it an important enough message to share with their friends.



In the past few months I have been putting time into building our Instagram account. It is a great tool for sharing our images and finding inspiring images, posted by others, that we can share. It is very much a platform we are using to promote our various 'calls to action' whether it is encouraging people to think about organ donation or consider donating €2 to the IKA using our texting service.

In terms of supporting our own community, our Facebook page and the



pages run by individual Branches are proving very useful resources. For example, people are using our page to engage directly with Donor House with questions as diverse as when is Organ Donor Awareness Week, to how does one claim against tax paid for costs incurred when doing home dialysis.

With Organ Donor Awareness Week around the corner we put a call out on our Facebook page for stories that could potentially be used in the print and electronic media to raise organ donor awareness. We have had a very positive response with many people willing to share their personal stories in the hope that they can inspire others. The page is also a great platform to ask for volunteers to assist in events such as Organ Donor Awareness Week or our Run for a Life.

It was "World Kidney Day" on March 12th and we were able to use our

Facebook page and Twitter account to generate a lot of social media traffic to get people thinking about kidneys and how important they are. The simple act of 'liking' or 'sharing' a post is a show of support for our community and the increased awareness of issues, around living with kidney failure, will surely inspire more people to make a commitment to organ donation.

I am looking forward to rolling out a strong social media campaign during Organ Donor Awareness Week. With the help of our growing online community we will be able to convey our key messages to a lot of

people. Our hashtag for the week will be #ODAW2015.

Do look out for it and please use it in any posts you make about the week on your own Facebook page or Twitter account.

It is encouraging to see so many of our Branches active and doing well on Facebook. Some have even extended their presence to twitter which is great to see! As always, I am available to help any Branch set up a Facebook account. I strongly suggest and encourage all Branches to join the social media community as it a great way of communicating and you will find that you can reach people of all ages.

If you have any enquiries please contact me:

JAMES REYNOLDS

in Donor House, via email: james@ika.ie

or through our official Facebook page,

www.facebook.com/irishkidneyassociation

OUR

EMOTIONS

THE WAVES WITHIN

It will be no secret to any of you reading this article that we all have emotions. Little thought has to be given to the fact that we can recognise that over the course of our lives we experience waves of emotion at many different levels of intensity. Our emotions are a part of us, alive in us, flow through us just as blood flows through our veins. We know that our emotions affect our behaviour and can leave us feeling good, bad, indifferent and every shade in between. They can make us feel elated, excited and happy or they can make us feel sad, angry and despondent. Our emotions are powerful energies within, influencing a large part of what we feel and do.

WHAT IS AN EMOTION?

An emotion is a reaction to something that is or has happened to us. What happens is that our affect, that is our mood, is altered. For football aficionados a simple example is watching our favourite team play. We may feel elated if they

win, disappointed if they lose. In either scenario our mood is altered. In all areas of life this can happen numerous times a day. Our emotional reaction will vary depending on how we interpret what is happening.

When stuck in a traffic jam we feel frustration but the intensity of that frustration will depend on the circumstances. If for example we have an important appointment and it is essential we be there in time, our sense of frustration will be more intense than for example if we were not in any hurry.

We all know that the intensity of the emotion we feel when meeting an old friend is different for that of meeting someone for the first time. The intensity of how we feel is directly related to how we interpret the significance of the event

A simple example of this is to see how the emotional intensity is different in two people who experience the same thing, an obvious example; two teams playing each other but the two people



BY MIKE KELLY

watching display different emotions depending on whether their or the other team win. One will leave with a big smile on their face, feeling elated while the other will have a different facial expression, one of sadness and disappointment.

WHAT HAPPENS TO US WHEN OUR EMOTIONS ARE ACTIVATED?

To help understand our emotions, let's try it though an exercise. Think of an event or a situation you found yourself in to which you had a strong emotional reaction. It may be the news that someone you love has died or is diagnosed with a serious illness. Or perhaps you find that you have the winning Lotto numbers. Whether the event or situation is good or bad, this 'finding out', this 'getting the news' to activate our emotions has got to impinge on us, in other words, it has to be a subjective experience. This is step one.

The second step is how we interpret the event or situation. Our interpretation is conditioned by both our knowledge and experience. If we have experienced something similar in the past then this will colour how we interpret the present event.

What follows is a physiological reaction, that is, we respond physically to our interpretation. We might for example begin to shiver or our heart rate may increase or our blood pressure may go up.

The third step is that our behaviour changes. We may go silent, be unable to speak or may begin to cry. If we experience the event



or situation as a threat we immediately employ coping mechanisms. We may 'run away' or tense ourselves to fight our corner. Now we are behaving emotionally, our emotions are in full flight.

Equally if the experience is perceived as good, we may smile, laugh, become more vocal, walk with a spring in our step. Therefore we can say that the intensity of the feelings we have will depend very much on the event or situation itself and our interpretation of it. The greater the impact the more intense the feeling.

All of this, of course, is familiar to us. We recognise it happens to us all the time but with different degrees of intensity depending on how we view it. Our emotions are part of us; they allow us to love and also to hate, to act with compassion or to ignore the pain of the other. At times we will feel them with an intensity that can be frightening, or with a power that can move us to great things. At other times they can seem calm.

Whatever way our emotional self finds expression, the emotions are part and parcel of what make us human.

Mike can be contacted
at
Donor House
on Lo-call
1890-543639
or on
01-6205306
or by e-mail:
mike@ika.ie

The Irish Kidney Association provides a free and confidential counselling service for those on treatment, their families and carers, either through their counsellor, based at Donor House, or through a nationally registered, locally-based counsellor network.

If, as a person on treatment, family member or carer, you feel it would be beneficial for you to speak to a counsellor or if you would like a referral to a counsellor in your local area please contact Mike at Donor House.

SCHOOLS AND ORGAN DONOR AWARENESS

We continue to receive invitations from schools to talk about the importance of organ donation and transplantation. I would like to acknowledge the contacts that a number of people have made with their local schools on our behalf to set up some of these talks.

The talks are generally aimed at Transition Year students and the topic is broad enough, and interesting enough, to easily hold the attention of the students, and teachers, for 80 minutes. An appropriate mix of factual and statistical detail mixed with personal experiences can be very effective as long as one bears in mind that everyone's journey with organ failure can be different so any talk should not be purely rooted in personal experiences.

For those who are considering taking on a school talk themselves in their local area, talk with your local Branch and/or contact me in Donor House for some pointers. There is a very good schools pack that was developed by students from Eureka Secondary School in Kells, Co. Meath, following their win in the Young Social Innovators competition with their project, *'Bring Organ Donation into Education'*. The pack includes a very professional DVD and an information pack and is a very good starting point for a talk in a school. It is available to download from our website (www.ika.ie/education/pack).

Going into a school to give a talk is a great way to start a relationship with your local school. One never knows what opportunities it can open.

A number of schools have engaged in fundraising activities for us in recent times. Skerries Community College in Co. Dublin included us in their efforts towards the end of last year and we very much appreciate their support and the support of others.

Please contact Colin White (National projects Manager) in Donor House for more details.



Holidays 2015

Spring has arrived and the good news is the holiday season is upon us once again. The Tramore holiday season is soon to commence.



DEBORAH CERVI
Holiday Co-Ordinator

This year the four holiday apartments will be available from May to October. The apartments will accommodate two haemodialysis patients per week, with Waterford Regional Hospital providing dialysis treatment.

The Tralee house will be available from May to October. This year Kerry General Hospital cannot offer haemodialysis treatment.

The house will only be used to accommodate transplant, CAPD & APD patients.

The application forms have been sent out to CAPD units, haemodialysis units, social workers, and Branch Secretaries. The form is also on the opposite page but should you have any queries please contact me on 01-6205306.

There is a huge demand for holidays every year that far exceeds the supply so could I please ask you to complete the application form and return it to Donor House as soon as possible.

HOLIDAYS ABROAD

All newcomers to haemodialysis, wishing for a foreign holiday with dialysis treatment should, as their first port of call, discuss the prospect with their doctors and nurses and following this contact me in head office.

I have a wide experience of locating dialysis treatment across the globe. In 2014 I organised haemodialysis for over 160 patients from as far afield as South Africa, Dubai, USA and most European countries.

DO NOT book any holiday until you are sure that we will be able to access haemodialysis in your chosen location.

Peritoneal dialysis patients should realise that it can take up to three months lead-time in some locations to organise their fluids for their holiday destination. Baxter's has a list of the notice of the lead-times they require.

Any patients, who would like advice or assistance in organising holiday dialysis abroad, can contact me at Donor House on 01-6205306.

DEBORAH



2015 HOLIDAY ACCOMMODATION for Kidney Patients and their Families

The Association has two self-catering accommodation locations in Ireland...Tramore, Co. Waterford and Tralee, Co. Kerry, for haemodialysis (HD), peritoneal dialysis (PD) and kidney transplant patients (TX). We operate both locations on a one-week holiday basis from May to October.

In Tramore we have 4 apartments:

Apartment 1 and 2 - Double bedroom, twin bedroom and sofa bed in living room - maximum 6 people.

Apartment 3 and 4 - Twin bedroom and sofa bed in living room - maximum 4 people.

In Tralee we have one **2 storey detached 4 bedroom house** for 1 patient and family - maximum 8 people.

Haemodialysis treatments in both locations are entirely dependent on the local hospitals capacity to offer treatments. Currently Waterford can treat 2 haemodialysis patients per week and Tralee cannot offer haemodialysis treatments at present.

More detailed information on each location will be forwarded to the attending holiday patient when dates are offered to them. A holiday allowance of €150 is awarded to each patient on holiday.

TRAMORE - APARTMENTS					
MAY	JUNE	JULY	AUG	SEPT	OCT
Saturday	Saturday	Saturday	Saturday	Saturday	Saturday
2	6	4	1	5	3
9	13	11	8	12	10
16	20	18	15	19	17
23	27	25	22	26	24
30			29		31

TRALEE – HOUSE					
MAY	JUNE	JULY	AUG	SEPT	OCT
Sunday	Sunday	Sunday	Sunday	Sunday	Sunday
3	7	5	2	6	4
10	14	12	9	13	11
17	21	19	16	20	18
24	28	26	23	27	25
31			30		

Please circle the Saturday start date of your 2 preference dates for Tramore or circle the Sunday start date of your 2 preference dates for Tralee.

Name of patient: _____

Address: _____

Currently treated by the box

HD	PD	TX
----	----	----

If you or your accompanying people have any special needs (visually impaired, wheelchair, commode, etc.) please bring them to our attention.

Telephone: _____

Treating Hospital or Clinic: _____

Please give the names, age and relationship to patient of accompanying people.

NAME	AGE	RELATIONSHIP

All completed forms to be returned to:
Deborah Cervi, Irish Kidney Association, Donor House, Block 43a, Park West, Dublin 12.

RENAL SUPPORT CENTRE



Beaumont Hospital

2014 ACTIVITY REPORT

The Renal Support Centre in Beaumont continues to be the IKA's jewel in the crown. 2014 saw the commissioning of our 13th ensuite bedroom.

In 2014 we had an overall occupancy level of 52% down from 60% on the previous year but with 13 rooms we have extra capacity.

Occupancy	%	Nights
2014	52	2605
2013	60	2644
2012	57	2309
2011	62	2482
2010	71	2601
2009	51	1886
2008	60	2212

310 different bookings were made in 2014, almost 27% were for 1 night only. 28% were for 2-4 nights, 31% stayed 5-4 nights, 14% stayed from 2 weeks to 2 months and 1% or 3 families had rooms for longer periods.

83	stayed for 1 night of the year
33	stayed for 2 nights of the year
30	stayed for 3 nights of the year
24	stayed for 4 nights of the year
58	stayed for 5-9 nights of the year
52	stayed for 10-19 nights of the year
24	stayed for 20-49 nights of the year
4	stayed for 50-99 nights of the year
2	stayed for 100+ nights of the year



There were 14 nights in 2014 that we were full and 88 nights where we had 10 or more rooms occupied.

The amount of room changes that occur has gone up significantly. What this indicates is that more of you are staying in the Centre for shorter periods. That's fine and the practice of families holding onto a room (maybe unnecessarily) has diminished.

In total 2605 rooms were occupied across the whole year. It is a credit to the IKA that we provide this free service to the renal patients and it is a statistics that should make people want to help out during Organ Donor Awareness Week so we can maintain this free service.



2014 JANUARY – DECEMBER - 13 ROOMS

	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec	Average
OCCUPANCY	64%	65%	31%	47%	60%	75%	66%	59%	42%	29%	51%	39%	52%



Lauren's story...

Lauren McCullough (13) from Dunleer, Co. Louth underwent a life altering event in February 2015 when she received a kidney transplant. Lauren's life was turned upside down when she was diagnosed with kidney failure in September 2013. She had just commenced her first week at secondary school at Scoil Ui Mhuiri, Dunleer when the shock diagnosis came.

She commenced dialysis treatment two months later which she underwent three times a week at Temple Street Hospital.



When Lauren was a patient at Temple Street she was photographed with rugby legend Brian O'Driscoll and teammates Cian Healy and Jack McGrath when they visited the hospital with their RBS 6 Nations trophy and when she was waiting for a transplant she also featured in the Temple Street Hospital video tribute to Brian O'Driscoll entitled 'For the Love of BOD' (1 minute 34 seconds into the clip), which was played at the Aviva Stadium on his last ever home game wearing the Irish jersey,

Years before Lauren, the oldest

of three children, was born, her parents Gerry and Kerry had discussed organ donation with friends and family and carried organ donor cards.

Kerry said: "Our gratitude to the family of Lauren's organ donor is profound and we will remember them every day. It is thanks to their selfless generosity, under very difficult circumstances, that Lauren and our family can now look forward to a bright future. This wonderful legacy affects not just Lauren but all of her family, friends and the close knit community of Dunleer."

Top: Lauren with her mother Kerry and Cian Healy, Brian O'Driscoll and Jack McGrath and the RBS 6 Nations Trophy.

Above right: Lauren is pictured at Temple Street with band Kodaline.

Left: Lauren, on her Confirmation day in May 2013, with parents Gerry and Kerry and brother Conor (7) and Megan (10).

The UNESCO Chair



in inclusive Physical Education Sport, Fitness and Recreation

In 2013 the IT, Tralee became the first third level institution in the world to receive a UNESCO Chair in Inclusive Physical Education, Sport, Fitness and Recreation.

UNESCO, the United Nations Educational, Scientific and Cultural Organisation, is a specialised agency of the United Nations system. The main objective of UNESCO is to contribute to peace and security in the world by promoting collaboration among nations through education, science, culture

*Sean Marshall (Kerry Branch Member),
President of Ireland, Michael D. Higgins
and Colin White, National Projects
Manager, IKA*





ONLINE FUNDRAISING



With an ever-increasing amount of time being spent 'online,' people have seen that it offers a very practical way of asking family and friends to support fundraising activities. With many of us having family and friends living overseas, an online fundraising page allows them to show their support for activities going on 'back home.'

To improve the online fundraising experience for our supporters, the IKA has registered with www.JustGiving.com, a well-established online fundraising platform. This means that people can now set up, and personalise, an online fundraising page around their activity and the sponsorship committed by family and friends goes directly into an IKA account. The individual can track all monies paid thus making follow up (thank you, etc.) very straightforward.

If you would like to set up an online Fundraising page, you can find our JustGiving link on the right hand menu on the IKA website (www.ika.ie). Click on it, follow the instructions and you are up and running.

If you have any questions, please contact our Projects Manager, Colin White at Donor House.

and communication in order to further universal respect for justice and the rule of law and for the human rights and fundamental freedoms which are affirmed for the peoples of the world, without distinction of race, sex, language or religion.

This UNESCO Chair is committed to transform the lives of people with disabilities, their families and communities through enabling their inclusion in physical education (PE), sport, fitness and recreation by education, advocacy and collaboration between higher-education institutions, federations, development organisations, service providers, users and industry.

The official launch of the Chair was held on Tuesday February 24th and the Irish Kidney Association was invited to attend because of our work in promoting sports opportunities for people affected by organ failure. Our National Projects Manager, Colin White, and Sean Marshall, a member of our Kerry Branch and our sports team (Transplant Team Ireland) represented the Association on the day. Sean is also a student at IT Tralee.

Transplant Team Ireland member, John McAleer, was

also invited by the organisers to be part of a panel discussion on the value of sport in overall health and well-being. They were very interested in John's story and were keen to have him as part of their panel. At 76 years old, John was the oldest competitor at last year's European Transplant & Dialysis Sports Championships. During the discussion it was evident that rugby legend, Keith Wood, was very taken with John's story and his positive attitude. John received a kidney transplant at the age of 75.

On the day, we joined a number of other organisations in a showcase which gave us the opportunity to put up a display about our sports programme. President of Ireland, Michael D. Higgins, was the guest of honour and it was great to have him come and view our display.

The ethos of inclusivity in sport that was at the core of everything throughout the day is one that we try to follow in our own sports programme. We will be keeping in contact with the people in IT Tralee and will be looking out for opportunities to work together to promote our common goals.

Thank you very much to the Kerry Branch for their warm hospitality during my trip to Tralee – Colin

WAITING FOR 'THE CALL'



Pat with his wife Helen

By
PAT O'SULLIVAN
Operations Control
Manager South
Irish Rail

My kidney disease journey began for me on the holiday island of Lanzarote in 2002. I went to the hospital because I wasn't feeling well. I was retaining fluid and was very bloated. I assumed I had a bug as I had not been feeling very well before I left. I spent the next ten days of my holiday in hospital. After the initial tests the medical team advised me that I had a problem with my kidneys. This frightened me at the time because my mother had passed away from kidney failure at the age of 34. I was now 37.

The next ten years were spent in and out of hospital and on various types of medication to keep my

kidneys going. Mornings were a nightmare! Every morning I would wake up to nausea...my children never 'pulled a sickie' from school as they saw how sick I was each morning before I went to work. Every second year I would be put on a high dosage of steroids which I did not enjoy as their side effects caused me to be cranky, irritable, and my appetite was huge for the duration of the prescription. All this time I knew I was only delaying the inevitable, going on dialysis and hopefully going on the transplant pool.

In 2012, just before going on my summer holidays (pattern forming here), I went to visit my nephrologist as I was not feeling very well. Most mornings I was violently sick before coming to work as the toxins in my body had to find some way to escape as they were not being discharged naturally. My nephrologist asked me if I really wanted to go on this holiday. I could feel the inevitable coming and knew this was probably going to be my last chance for an overseas holiday again for a long time. I convinced him that I was ok to travel.

On the Thursday before I flew out he rang me again asking if I was sure I wanted to travel. My latest blood work was just back and it

did not look good. He agreed to let me go but advised I would be going on the transplant pool on my return. That was July 2012. My trip was to America, almost 24 hours of travel to get where I was going, and it was the worst experience of my life. I was regretting not taking my nephrologist's advice.

On my return I underwent the tests to go on the transplant pool. There were echographs, cardiographs, chest x-rays and many other things to go through. There was also a trip to Beaumont Hospital to meet the transplant team. I was accepted onto the pool in December 2012.

This was it, every phone call from now on could be it, you never know the day nor the hour, and my colleagues, who work in Operations Control and on the TXT alert system at Irish Rail, can vouch for how frequently our phones go off!

Shortly after that I started on dialysis. There are two types of dialysis; Peritoneal dialysis and haemodialysis and there are different ways of approaching each type. As much as possible the choice of treatment is based around the person's lifestyle and medical needs.

Peritoneal dialysis comes in two formats; manual exchanges four times a day -

morning, lunchtime, evening and again before you go to bed - with each exchange taking about 45 minutes. I started on this one, but could not keep it up. It was like having a new baby in the house. The alternative is an automated process that involves hooking yourself up to a machine for nine hours every night while you are in bed and the machine does the exchanges automatically for you. I am undergoing this now but it will have to be reviewed shortly as it is not as effective as it once was for me.

My next option will be haemodialysis in my house. This can be a lot more restrictive than peritoneal dialysis in terms of diet and fluid intake and the treatment regime is normally 3-4 hours a session with at least three sessions per week but it can be more effective.

Waiting for 'the call' takes up every waking minute of your day. Every time your phone rings you hope it's going to be the

one. Every time you get a text message you hope that this is the first indication to say you're next. You must always be planning. Simple trips like going to Thomond Park to watch a match need a backup plan - suppose the phone rings while I am there, how do I get my bag to Dublin? Do I go back to Mallow, pick up my wife,

EVERY TIME YOU GET A TEXT MESSAGE YOU HOPE THAT THIS IS THE FIRST INDICATION TO SAY YOU'RE NEXT

pick up my clothes or do I just take off and get her to bring everything up after me? Sitting in Mass, phone on silent, constantly checking it, what will people think if I get up half way through and walk out. Sitting in meetings, the same problem!

Going away for a few days break is the hardest

part. You don't want to go anywhere that's too far away from Beaumont. All kidney transplants for the 26 counties are carried out in Beaumont Hospital in Dublin. We can only go away for four days at a time anyway as the dialysis equipment takes up so much room in the car we can't fit anymore in.

Travelling abroad is out of the question as you must take yourself off the transplant pool in order to travel overseas.

I would encourage everybody to carry an organ donor card. Carrying the card is only the start of the process. You must advise your family of your wishes because it is they who will

be asked to donate your organs.

You might consider becoming a living donor. You might know somebody who requires a kidney transplant and people can survive perfectly well with one kidney. The person may be slow in asking and it would be a lot easier for you to offer. Some patients waiting for a transplant do not want to go down this road for various reasons. I am one of those so my wait continues.

When I went on the list first I was told that the average waiting time was 18 months. I set a goal for myself to compete in the World Transplant Games this year (2015) in August. I have to set a new goal now as you must be transplanted twelve months to compete.

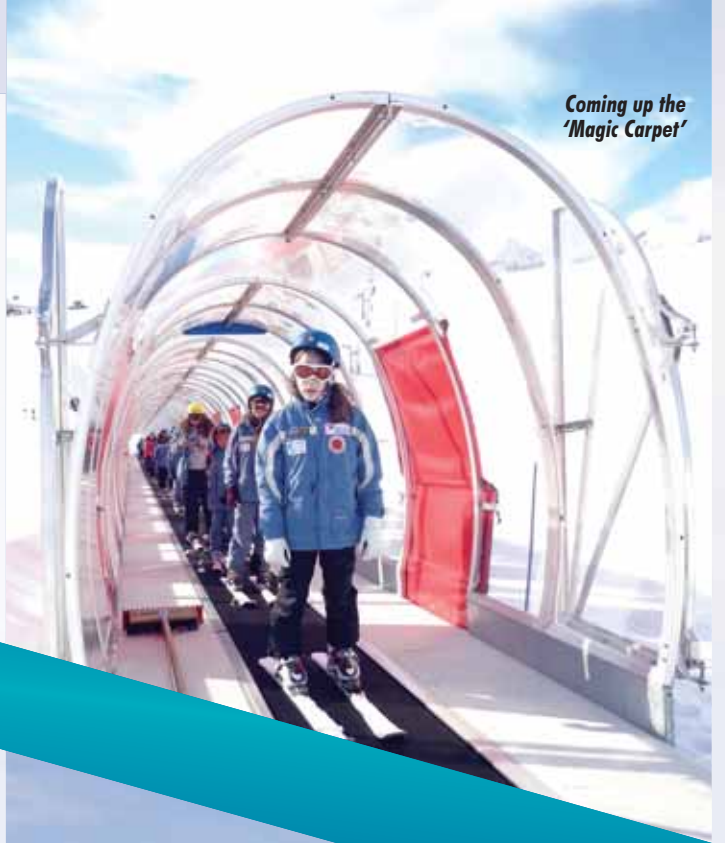
Five lives can be saved every time a family makes the selfless decision to donate their loved one's organs. Please remember...*'Don't Take your Organs to Heaven, Heaven knows we need them here'*.



**DON'T TAKE YOUR ORGANS TO HEAVEN,
HEAVEN KNOWS WE NEED THEM HERE**



Ben Long



Coming up the 'Magic Carpet'



Megan McKenny



Releasing pigeons at the Closing ceremony

Founded in 2002, TACKERS brings together children, who have had transplants, from around the world to participate in annual camps where they have the opportunity to meet peers who have shared many of the same experiences. The Camp is held in Anzère, Switzerland, a beautiful ski resort in the Alps.

Camp founder, and liver transplant recipient, Liz Schick, is the inspiration, and driving force, behind the Camp. "Facing death gives you a terrific sense of freedom," says Liz. "From that point on, you make the most of every moment and that feeling has not gone away".

"Looking back over the past years, I can truly say you never know what life holds – funnily enough I have no regrets about having been ill, it has taught me so much. I'm a great believer of turning a minus into a plus. Life is for living. Don't be scared. Get out there and make a difference".

This year's TACKERS Camp ran from January 18th to 25th and once again children came from around the globe to enjoy a week of new experiences and new friends. For quite a number of the children this was their first time to spend an extended period of time away from their parents so the week was quite a challenge even before they put on their skis for the first time!

TACKERS

Daily and evening activities are organised by the experienced Viamonde Counsellors. The week is supported by a team of volunteer nurses who provide 24/7 care and supervise all meds and there is also a team of general volunteers who support all the activities throughout the week.

This year was the first time to have 'youth volunteers' working in conjunction with the regular team of volunteers and it was fabulous that our own Robbie Lyons, who previously attended TACKERS as a Camper, was invited back to take on one of these roles. I was also fortunate to once again be one of the regular team of volunteers.

There were three children from Ireland at this year's Camp. Oisín, Megan and Ben took on the challenge of the week and it was great to see them give everything a go. For three people who had never skied / snowboarded before arriving in Switzerland, they picked up a huge amount during the week and showed off their skills on the last day. Their short sketch in the TACKERS Show was very well received as they covered a number of well-known Irish stereotypes!

I want to acknowledge the parents of the children who went to TACKERS. They took a brave step in supporting their children in their TACKERS adventure. It was a big step into the unknown for all and I hope that everyone gained from the experience. I would also like to acknowledge the on-going support of Astellas Pharma here in Ireland as they have financially supported the participation of the Irish in TACKERS for a number of years now.



Colin White, Ben Long, Oisín O'Gorman, Megan McKenny and Robbie Lyons



Walking tall at TACKERS



Oisín O'Gorman



Planning for TACKERS 2016 is already under way. If your child has a sense of adventure and might be interested in being part of the Irish contingent travelling to Switzerland next year, contact Colin White for more details.



Springtime treats

Why not celebrate the arrival of Spring with these tasty seasonal recipes for all the family?

ROAST LAMB WITH GARLIC AND COUNTRY HERBS

Ingredients

1 leg of lamb (2.5kg) trimmed
1 onion (240g) roughly chopped
125ml (¼ pt) water

Topping

2 large cloves of garlic (6g) peeled
2 dessertspoon root ginger (5g) chopped
Grated rind of a small lemon
2 tbsp fresh parsley (8g) chopped
2 tbsp fresh mint (30g) chopped
1 tbsp fresh rosemary (2g) chopped
1-2 tbsp olive oil

Serves 12.

One Portion (200g meat)
= 8 protein exchanges

Check your diet sheet to see what your **daily allowance** is.

To Cook

Preset oven Gas Mark 4, 180°C (350°F).

Put the garlic, ginger, lemon rind, parsley, mint and rosemary in a food processor. Switch on for a minute or two until everything is finely chopped. Switch on again and add the oil slowly until you have a bright green mixture. Set the mixture aside.

Place the joint in a roasting pan with the onion and water, cook, allowing 20-25 minutes per ½ kg (1lb). Thirty

minutes before the end of cooking time remove from the oven, spread the herby mixture over the joint. Return to the oven and finish cooking. Keep an eye on the water level. Top it up if necessary.

When the lamb is cooked remove from the pan and keep warm. Discard the onion and remove excess fat. Add a dash of wine to the pan juices. Boil up and reduce to a nice syrup. This will take 2-3 minutes. Season and serve with the sliced lamb.



By OONAGH SMITH, Renal Dietitian, Beaumont Hospital

If you are in need of a sugar boost to keep up with all your chocolate eating friends you can try this very simple tray bake.

15's

Ingredients

- 15 large marshmallows
- 15 digestive biscuits, crushed
- 15 glacé cherries, halved
- 150ml condensed sweetened milk
- 75g desiccated coconut

Method

Cut the marshmallows in halves using scissors, and place in a large bowl. Toss with the digestive biscuits and candied cherries. Gradually stir in the sweetened condensed milk until the mixture becomes a soft, moist dough. It should not be too dry, so you may need to add a bit more milk.

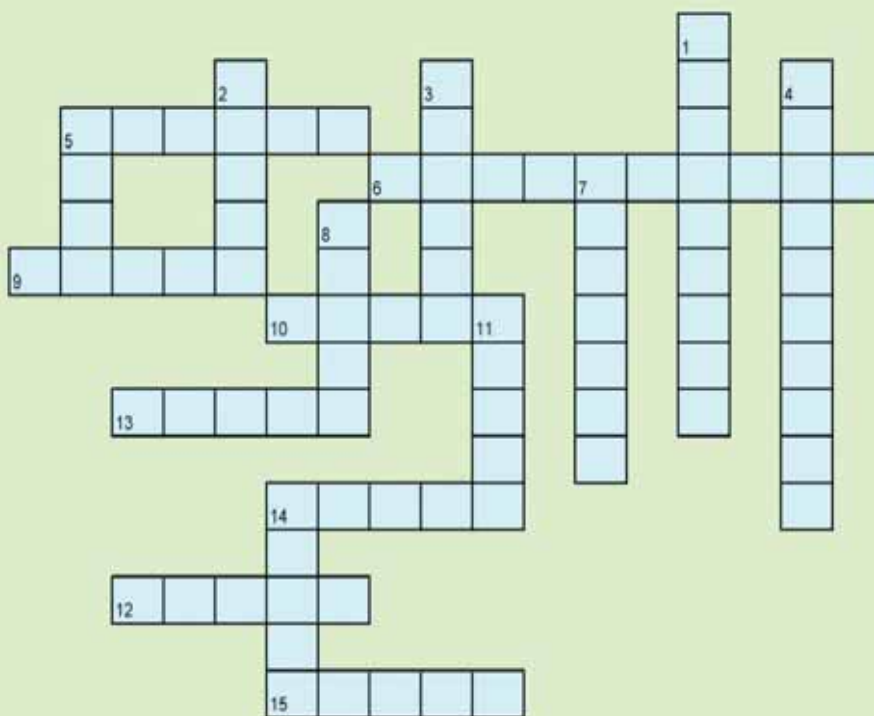
Spread a generous layer of coconut out on a clean surface, and place the dough on top of it. Use your hands to form the dough into a long thick sausage, making sure it is well coated with coconut. Wrap in a double layer of cling film, and refrigerate for 2 to 3 hours.

Unwrap the long piece of dough, and cut into slices to serve.

Serves: 20

This is a high fat and high sugar treat, so it may not be for you if you are watching your weight or diabetic.

Despite the springtime showers many people on dialysis have to limit the amount of fluid they drink each day. Complete the following crossword puzzle and find a few simple tricks to help quench your thirst while sticking to your fluid allowance.



ACROSS

- 5 Keep boiled EWSTES in the fridge.
- 6 Try to take ONDEATMICI with mealtime liquids.
- 9 SHUBR your teeth often.
- 10 Fill a container with the recommended amount of TRAWE each morning and use this for the day.
- 12 When taking other fluid pour out an UQALE amount of water from the pre-measured container.
- 13 Avoid ATLSY foods.
- 14 When on holidays stay cool by staying in the EDAHS.
- 15 Use a OMELN slice to freshen your mouth.

DOWN

- 1 Rinse your mouth with chilled WOTAMHSUH.
- 2 Keep track of how much you HIGWE between dialysis sessions.
- 3 EFZERE small pieces of fruit from your daily fruit allowance such as grapes.
- 4 If you are diabetic keep your GLUDBSOOAR under control to reduce thirst.
- 5 Use OSRU sweets to moisten your mouth.
- 7 GIWHCEN gum can help to reduce thirst.
- 8 Keep a fluid YRIDA.
- 11 ESNIR out your mouth with cold water.
- 14 Use ALMSL cups and glasses.



SPORTS ROUND-UP

We have monthly sports sessions in the ALSAA Sports Complex (www.alsaa.ie) which is next to Dublin airport. The sessions are open to people on dialysis and transplant recipients and

REGULAR SPORTS SESSIONS

APRIL Sun 12	ALSAA Sports Complex (Badminton, Squash, Bowling)
MAY Sun 10	ALSAA Sports Complex (Badminton, Tennis, Bowling)
JUNE Sun 14	ALSAA Sports Complex (Badminton, Athletics, Petanque, Ten Pin Bowling)
JULY Sun 14	ALSAA Sports Complex (World Transplant Games Team kit day)

all abilities are welcome. We offer a variety of sports, a light-

hearted approach and an opportunity to meet up with like-minded people.

FORTHCOMING EVENTS:

5 NATIONS TRANSPLANT GOLF TOURNAMENT

JUNE 20TH - 21ST

The 5 Nations Transplant Golf Tournament brings together golfers from Ireland, England, Scotland, Wales and Northern Ireland. This year will see the event being hosted in Newcastle, England – they will be using the same golf course as will be used for the British Transplant Games a few weeks later.

If you have a registered golf handicap and you are interested in being part of the Irish team you can expect a most enjoyable weekend. The tournament has been going for a number of years now and Ireland normally has a sizeable team with handicaps ranging from single digits to the maximum of 25.

There is normally a warm up / friendly competition on the first day with the 5 Nations competition on the second day. There are also parallel events running for golfers who are not transplant recipients so family and friends are more than welcome to attend the weekend and get stuck in.

We are expecting the final details of the event to be made available soon. If you would like to find out more please get in contact with Colin at Donor House



SPORTS ROUND-UP



BRITISH TRANSPLANT GAMES



This year's British Transplant Games will take place in Gateshead from **Thursday July 30th to Sunday August 2nd** inclusive. We have been invited to enter an Adult and a Children's team and, this year, is the first time that we will be able to enter all events.

The Games are a true celebration of the gift of life that is organ donation. With 700+ competitors and 1000+ supporters expected it will be a wonderful showcase of how organ donation and transplantation can transform lives and it will surely inspire the general public to THINK about organ donation, TALK about organ donation and make a COMMITMENT to organ donation.

The British Games experience is an extremely uplifting one. Activities across the 4 days are well organised and the mood is both celebratory and friendly. With strong programmes for both children and adults there are many opportunities to meet others who are on a similar health journey to you.

Whether your sport is athletics, swimming or badminton, fishing, snooker or lawn bowls (or many more besides), there is something there for you. Competition is in age categories and you can choose up to 5 events across the 4 days.

I highly recommend the British Transplant Games as a first time transplant sports experience or equally, if you are a more seasoned competitor you will also have a great experience. Having participated in the Team Managers' site meeting in Gateshead/Newcastle earlier in the

year the venues are looking good. An opportunity to compete on the famous Gateshead track is not to be missed.

The university accommodation looks great - with en-suite rooms and shared kitchen facilities it will be an ideal base for our Adult and Children's teams.

If you would like to find out more please contact Colin at Donor House...*details on following page*



SPORTS ROUND-UP



This year's World Transplant Games will be held in Mar Del Plata, Argentina from **August 23rd – 30th**. It will be the first time for the Games to be held in South America.

The schedule of events has been published and in addition to all the regular sports such as athletics, cycling, racquet sports, golf and many more, there will be a new sport, Tejo which is a traditional sport played in South America.

As I write this, we are expecting the Games website to 'go live' and registration to open any day so more detailed information will be available soon.

WORLD TRANSPLANT GAMES

Our team is likely to travel out on August 20th and return to Ireland on September 1st.

We will not have a definite fundraising target for athletes until the organisers confirm the registration price (covering accommodation, meals and transport in Mar Del Plata). However, the likely total (including flights, team kit, insurance, etc. as well as registration) will be around €2500 per person. If you are interested in being a part of the Irish team you are permitted to raise funds in the name of Transplant Team Ireland/IKA.

Please note: public fundraising for participation in this year's World Transplant Games is not permitted from March 21st to April 10th inclusive so that we do not clash with activities planned around Organ Donor Awareness Week. You should also note that ALL public fundraising activities towards your participation in the World Transplant Games must be cleared with your local Branch of the IKA **BEFORE** you go public with your plans.

If you are interested in finding out more, please get in contact.

COLIN WHITE, NATIONAL PROJECTS MANAGER

Donor House, Block 43A, Park West, Dublin 12.

Tel. 01-6205306 (Donor House) | Mobile: 087 684 3644

E-mail: colin@ika.ie

TAX RELIEF ON HEALTH EXPENSES INCURRED BY KIDNEY PATIENTS

In the last SUPPORT magazine (Winter 2014) I tried to encourage as many of you as possible to complete a Form Med 1, health expenses claim for relief.

Hopefully all eligible tax payers did so.

We now have the 2014 relief allowances so you can now make your claim for 2014 expenses. They are almost the same as previous years with the exception of electricity which has gone up by €96. You should use the examples provided in the previous *SUPPORT*, which is online on our website...www.ika.ie, if you cannot find it.

Form MED 1 Health Expenses - Claim for Relief
 You can claim for Health Expenses via the Internet using PAYE Anytime.
 For further information please visit www.revenue.ie

Name and Address

Return Address - If the address of your Revenue office is not shown below, please check any correspondence you have received from Revenue to locate the address to which you should submit this form, or visit www.revenue.ie and enter your PPS number into Revenue's contact locator.

PPS Number

Notes
 Please read the notes on Pages 2 & 4 before completing this form.

Individuals for whom you wish to claim
 Please complete in all cases the names of the persons on whose behalf you paid or incurred health expenses

Declaration
 I declare that:
 • all particulars stated on this form, including income received from all sources, are complete, true and correct
 • I have paid all expenses claimed and I hold receipts for all expenses which are available for inspection
 • in respect of expenses claimed on this form, all refunds received to date from any source are shown and I agree to notify the Revenue Commissioners of any such refunds received in the future
 • to the best of my knowledge no part of these expenses will be voluntarily reimbursed to me.

Home dialysis patients (where the patient uses a dialysis machine at home).

Relief may be allowed in respect of expenditure up to the following amounts:-

Reliefs allowed

	2011	2012	2013	2014
Electricity	€1,910	€1,935	€2006	€2100
Laundry & protective clothing	€1,985	€1,960	€1935	€1930
Telephone	€310	€305	€305	€305
Travelling	€0.27 per mile or €0.17 per km	€0.27 per mile or €0.17 per km	€0.27 per mile or €0.17 per km	€0.27 per mile or €0.17 per km

Chronic Ambulatory Peritoneal Dialysis (CAPD) patients (where the patient has treatment at home without the use of a dialysis machine)

Relief may be allowed in respect of expenditure incurred up to the following amounts:-

Reliefs allowed

	2011	2012	2013	2014
Electricity	€1,508	€1,530	€1585	€1660
Telephone	€310	€305	€305	€305
Travelling	€0.27 per mile or €0.17 per km	€0.27 per mile or €0.17 per km	€0.27 per mile or €0.17 per km	€0.27 per mile or €0.17 per km



SLIGO

By **GERALDINE JENKINS**

f Find us on FACEBOOK – SLIGO IKA Branch



Marie Fowley, Joe Queenan, Cathaoirleach and Michael McHugh



Michael McHugh and Marie Fowley pictured with Sligo Co Council members

Welcome to the Spring edition of *SUPPORT*. First and foremost, I wish to extend my apologies to three of our loyal volunteers, Mary Mahon, Mark Feeny and Bridie Kerins. I omitted to send in their photographs for the winter edition of *SUPPORT*. I wish to acknowledge them for their loyal support over the past few years in assisting me with the bag packing events in Dunnes Stores, Cranmore Road.

I would like to say a very big 'thank you' to Pat and Helena Healy who raised €1040.20 from the sales of the IKA Christmas cards. Many thanks also to the management in Supervalu in Manorhamilton for allowing the cards to be sold on their premises.

Our branch Christmas dinner took place on Sunday December 7th in The Sligo Park Hotel and a great time was had by all!

The next few months are going to be very busy here in the branch.



For the first time in the history of the Sligo branch, we had a float entered in the St Patrick's day parade. The suggestion came from Stephen Mullen (Committee member) during one of our monthly meetings. Stephen is the owner of Sligo Haulage & Distribution, and his company is based in Tubbercurry, Co Sligo. Not only did Stephen come up with the parade idea, he also very generously provided one of his company trailers for the float. The Committee members involved in the float were Liz



Mary Mahon, Mark Feeny and Bridie Kerins



THE SLIGO BRANCH ANNUAL GENERAL MEETING

will take place on **TUESDAY, 7TH APRIL**
 in the **SLIGO PARK HOTEL** at **7.00PM.**
New members will be made most welcome.



Launch of the 2015 Mattie Carden 10K/5K event in The Ocean Sands Hotel, Ennissrone.

Gilligan, Ita Leydon, Marie Fowley, Stephen Mullen and Michael McHugh. Photos of our float will be in the next issue of *SUPPORT*.

Our committee extend our condolences to the family of Vincent Banks who passed away in January. Vincent was a transplant patient and a branch member.

The 4th Mattie Carden 10K/5K was, once again, a great success. The weather conditions were quite rough with a continuous high wind blowing. Despite this, everyone battled on and made it to the finish line.

The soup and sandwiches, provided once again by Mark Devaney and staff in The Ocean Sands Hotel, were so welcome after the event. There were numerous spot prizes for the raffle and a big 'thank you' to all who sponsored the prizes.

Sligo IKA Branch would like to convey our thanks to the Carden family for their continued support.



Aine McHugh (Chairman's daughter) wins a weekend away prize for her parents

As you are well aware by now, our Chairman, Michael McHugh and Committee member Marie Fowley give regular talks on the importance of organ donation in schools and colleges. They were recently invited to the offices of Sligo Co Council to talk to the council members. They were warmly received by all in attendance and donor cards were available to anyone who wished to take one.

The next big and very exciting project on our branch agenda will be the creation of a Garden of Reflection. Helen Sproule, Committee member and transplant patient, suggested at our January meeting, asking Sligo Co Council for a small plot of land in order to create a garden, where organ donor families, and organ donor recipients and their families, could go to visit, sit and reflect. Michael McHugh (branch Chairman) approached Councillor Thomas Healy who, in turn, sought and was granted permission from Michael Conway (Co Council engineer).

The garden, with seating area, will



be located in Doorly Park, one of Sligo's most scenic areas which overlooks the lovely Lough Gill. The work on the garden will commence in April, with a completion date sometime in August. Our sincere thanks go to Sligo Co Council.

Organ Donor Awareness Week runs from Saturday, March 28th to Saturday, April 4th. Tommie Gorman, who is the Northern news editor for RTE, will launch this year's event for our branch.

Our town and county collection day will be Saturday, March 28th.

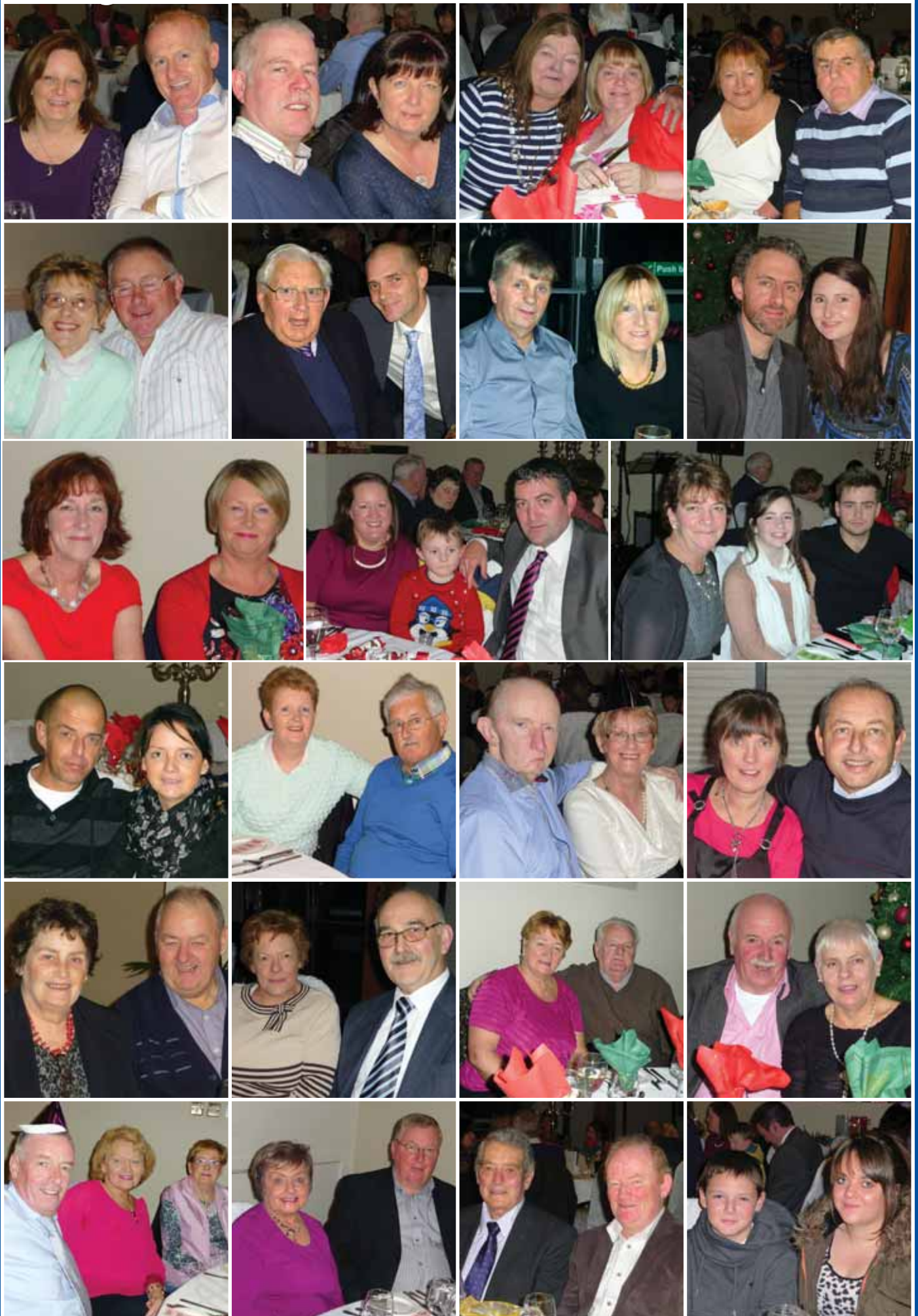
We will have our annual IKA benefit night on Saturday April 11th. Once again, the venue will be the Tudor Room in the Blue Lagoon pub Riverside. This year DJ Kevin Flannery (Record Room, Sligo) will provide the entertainment. Tickets are only €5. Food will be provided, and there will also be a raffle for some lovely spot prizes.

A great night is guaranteed, so please come along and support the event.



Members of the Carden family, Sligo IKA members and Mark Devaney (Ocean Sands Hotel)

Sligo Annual Christmas Party





BENEFIT NIGHT



in aid of the
IRISH KIDNEY ASSOCIATION

Live Music from **DJ KEVIN FLANNERY**

in **THE BLUE LAGOON, Riverside, Sligo**
on **Saturday April 11th - 9.00pm — LATE**

**Guaranteed a
great night!**

TICKETS ONLY €5.00
(AVAILABLE ON THE NIGHT)

**Spot prizes
on the night**

SLIGO CONTD.

The VHI Women's Mini Marathon takes place, in Dublin, on Monday 1st June. Ballygawley woman Ena Feeney will be organising the event, and we are delighted that Ena has, for the second consecutive year, chosen to do the marathon in aid of the IKA. I would like to take this opportunity to thank Ena in advance, for her kindness in choosing us as her nominated charity. My memories from last year's event is one of a great day of fun and craic from start to finish.

I also want to acknowledge John Francis Fowley who was our bus driver last year. John Francis is very kindly again donating his services, free of charge, for this year's event. Details and photos will be in the next edition of *SUPPORT*.



TIPPERARY

By **DORIS CANTWELL**

Thanks to Minor Alliance Golf who raised €1600 for the Irish Kidney Association. They have been doing this now for many years and we greatly value their continued support of our branch.

On February 27th a very enjoyable entertainment event was held in Loughmore Community Hall, when the members of the local drama group put on three one-act plays. They raised €1500, which they kindly donated to the IKA.

We would like to thank them very much and also express our thanks to their Chairperson Conor Eviston and also to Liam Cleary who manages the lighting for their productions.

Congratulations to Matthew Holland on his recent kidney



Kay and Liam Martin, Liam Cleary and Doris Cantwell at the Loughmore drama evening.

transplant...we wish him good health in the future.

Organ Donor Awareness Week is coming up soon and plans are

being made for various fundraising locations. 'Thank you' to all who give their time to promote organ donor awareness.

DONEGAL

By **SIOBHAN BATES**



Left: Yvonne Doohan-Gallagher with her late husband James and Siobhán Bates



Hello to you all from Donegal Branch. Our branch meetings resumed in early February and thank you for your continued support.

As you are all aware Organ Donor Awareness Week is fast approaching and, like all branches, we continue to need help and support to keep our heads above water. We are looking for as many volunteers as possible, especially if you have an Aldi store near you as they have kindly given us Saturday April 4th in Dungloe, Ballybofey, Letterkenny and Donegal Town.

Churchgate collections are taking place on April 18th and 19th. This year we are appealing for you to please try and cover your area if at all possible. We have been relying on the same people each year and some of those people are no longer able to continue. If you require merchandise please get in touch with any of the

Committee.

Our fundraising continues and a massive 'thank you' to Michael Kavanagh, Gorthahork who, with the help of Martha and Ethna Gallagher, raised €1,000 by hosting card games every week in his local hall. Michael continues to receive dialysis at Letterkenny General Hospital and is a good friend of the branch.

Seamus Corcoran and Michael O'Donnell ran an indoor tournament for the branch at Glenties Comprehensive School involving members from Naomh Conaill and Na Rossa Clubs. We are truly thankful. Seamus is a son of Bridget Corcoran, transplant recipient.

On Christmas Eve I met with Yvonne Doohan-Gallagher and her lovely husband James for a presentation of €300, money raised at their recent wedding where they requested donations in lieu of

wedding favours. The IKA is dear to them as Yvonne's father had been a dialysis patient and member of the Donegal branch. Sadly, three days after our meeting, I heard the devastating news that James lost his life in a tragic car accident. Our heartfelt condolences go to Yvonne and their little daughter Lilymae and to all relatives and friends.

Our AGM will take place in April. We are inviting all members to attend and particularly all those interested in becoming an officer. All positions are open and it is a two-year position. Our Committee feel they have well and truly fulfilled their positions and look forward to assisting the new Committee in whatever way they can.

Greetings to all doctors, nurses and carers in our hospitals and renal units and A&E departments as trying times are bestowed upon them with our current health system.

Best wishes to everybody in hospital, we wish you all a speedy recovery. Our condolences to all those who have lost a loved one, may they rest in peace.

We look forward to seeing you all over the next month or so.

Slán agus beannacht.



George Bates and Seamus Corcoran.



Siobhán Bates and Sharon Gallagher make a presentation to Ralph Thomson (left), outgoing Treasurer, Donegal IKA branch and to Kieran Murray for his success at the European Transplant and Dialysis Games.



DUBLIN SOUTH

By COLIN CLARE

Hello to all our members in Dublin South.

Organ Donor Awareness Week will be upon us very shortly (Saturday March 28th to Saturday April 4th).

We would appreciate your help during this time. If you could spare a couple of hours, as a volunteer at one of our locations in Dublin South, please contact me at 087-9193807.

Our AGM will be held on Thursday April 9th in Cheeverstown House, Templeogue at 8pm. All members are welcome. This is an opportunity for you to become more involved in the

branch and bring new ideas to raise awareness to the general public on the importance of organ donation.

If you are planning a holiday this year and require dialysis treatment please contact our holiday co-ordinator Deborah Cervi in Head Office on 01-6205306 or email: deborah@ika.ie

Congratulations to Lavina Flynn who received her kidney transplant in the past few months - we wish her and all other transplant recipients well for the future.

We, the Dublin South branch,



would like to wish all our branches, around the country, the very best of luck over the course of Organ Donor Awareness Week.

Wear Christmas to Work!

Anne Shaw, a friend and work colleague of Leonie Hannon (dialysis patient) organised a surprise fundraiser... 'Wear Christmas to Work', in the South Dublin County Council Roads Department, in aid of the IKA.

€200 was raised and presented to Leonie. Everyone looked fab in their Christmas jumpers, earrings etc.

The event was held on Thursday December 11th and certainly got everyone in the festive mood.

Coincidentally transplantation has also touched Anne's family as her dad received a heart transplant.



LIMERICK

Mary O'Gorman who sold €650.00 of Christmas cards presenting a cheque to the Limerick Branch Treasurer Des Cusack



WEXFORD

By MARIA DONLON

CHRISTMAS SWIM

A group of swimmers braved the elements at Ballinsker beach and raised €320 for the branch.

DATES FOR YOUR DIARY

There is a bag pack in Dunnes, Wexford on June 27th, 28th and 29th. December dates will be announced later. We would appreciate any help on the above dates.

The Service of Remembrance and Thanksgiving will take place on 3rd October in Corpus Christi Church, Dublin.

SYMPATHIES

Condolences to the families of Mary Ellis, Duncormick and to our Chairman Liam Buttle on the death of his sister, Mary O'Hanlon.

May they rest in peace.



OFFALY

By **JEROME BURKE**

The Offaly branch of the IKA got together on Sunday, December 14th for their Annual Mass of Remembrance and Thanksgiving and Christmas Dinner. A total of 210 attended at the Court Hotel, Tullamore, to celebrate this annual event. The gathering comprised of branch members, patients of the Renal Dialysis Unit based at the Midland Regional Hospital, Tullamore, along with their families and friends. It was wonderful to see so many staff members of the Dialysis Unit, led by Noreen Galvin, Renal Nurse Manager. The many patients present were delighted to have the staff join them for this special occasion.



Fr. Joe Gallagher, PP, Tullamore celebrated the Mass for the second year. He gave us a heartfelt few words on "support of one another" and wished continued success to the work of the Branch. He finished by wishing all present a very happy Christmas.

Thomas Kennedy, Portarlington, provided the music for the Mass. He added to the Liturgy in an enormous way and we are indebted to him for his yearly commitment to this celebration.

Our Candle of Remembrance was lit by Kay Dunne, Portarlington and Ann McDermott, Bracknagh, in memory of our loved ones, especially



all organ donors and their families. Cllr. Sinead Dooley, Cathairleach, Offaly County Council, was guest of honour at the event, and read the readings. A number of patients, family members and friends of the branch read the Prayers of the Faithful

A very special guest (none other than Santa Clause) made a surprise visit, regardless of his busy timetable, to wish all a happy Christmas and give a little present to our 'little' guests. Many thanks to Dermot Glynn and Kay Dunne for being Santa's helpers.

The entertainment for the afternoon's dancing was performed by *Black Lace*. Our thanks to Joe Kennedy and Pat who entertained us for the afternoon.

The day finally came to an end with the Chairman of the Branch, Jerome Burke, thanking all who came, all who participated in the moving Liturgy, especially Fr. Joe Gallagher PP, *Black Lace*, the Staff and Management of the Court Hotel, all who gave spot prizes, our Secretary and Treasurer, Geraldine Leahy and Mary Young and to our special guest Santa Claus. He wished all a safe journey home and a happy and healthy Christmas and New Year.

Our monthly meetings began again in February. The Chairman welcomed all members after the Christmas break.

He outlined the following events for the first six months of 2015.

- Offaly AGM -16th April
- Fundraising Events i.e., Cycle Race and Parachute Jump.
- Offaly Press Launch for Organ Donor Awareness Week.
- Points of collection across Offaly Re. Donor Week.

The Chairman then initiated a discussion on the roles and commitment of the following...Board Member, Branch Chairman, Secretary and Treasurer, bearing in mind that those members taking on these

roles at this year's AGM were doing so for a two-year period. He was emphatic that the responsibilities were not to be taken lightly.

A total of 15 members attended the meeting and he thanked them

OFFALY CONTD.



for their dedication to monthly meetings.

The following members who are ill at this time were sent 'get well' wishes...Eamonn O'Meara; Brendan O'Toole and Liam Swaine.

Good wishes were also extended to all the Offaly patients attending dialysis at Tullamore Midland Regional Hospital.

A word of appreciation, to the continued dedication of the members of the medical team, nurses and staff of the unit in Tullamore was also extended.

Sympathy was expressed to Kay Dunne on the recent death of her aunt Esther Joyce, Carlow and her brother, Michael Wall, Luton, England and also to Liam Buttle, Board Member, Wexford, on the recent death of his sister, Margaret.

Congratulations were extended to Patricia Coughlan, Clareen, Birr, on her wonderful fundraising Coffee Morning for the Offaly IKA branch, which raised €1,685. Well done Patricia and family, neighbours, friends and IKA members who attended the event.

Paddy Buckley, Ballyboy raised €221 from his 60th birthday celebrations. A belated 60th birthday good wishes from the Offaly IKA branch.

The Chairman, on behalf of the branch, thanked all the members, volunteers, family and friends who participated in the Churchgate collection in Kilcormac, Kinnity, Durrow, Daingean, Cadamstown, Longford parish (Offaly), Roscomroe, Mucklagh, Killina, The Island, Clara, Edenderry, Clareen, Rhode, Croghan and Birr. A sincere 'thank you' from Offaly IKA branch.

CLARE

By MICHAEL MESCALL



Paudie Neylon, Carmel McCormack, Ruth Callinan and Tom Prendiville

We appeal to our members, their families and friends to help promote the organ donor card during Organ Donor Awareness Week. Please call Peggy on 087-9392148 or Michael on 087-2933963.

The West Clare Kidney Support Group (WCKSG) walk/run will take place on Sunday May 3rd from Kilrush to Cooraclare over a distance of 10K. The walk is now in its 17th year. It originated in 1999 as a sponsored run from Ennis to Kilrush at the instigation of the late Flan Carmody, Chapel Drive, Kilrush and the current Chairman Tom Prendiville, Cappa, Kilrush. The event became a walk/run the following year with the route commencing in Kilrush and finishing in Cooraclare and has remained so.

The group has direct links to the Clare branch of the IKA through Carmel McCormack and Vincent O'Halloran who, over time, have served on both committees.

From small beginnings the

sponsored walk has now evolved into a major community event. The cumulative monies raised over the years are in excess of €300,000 and noteworthy in this regard is the increase in monies in recent years despite the recession.

These funds have been used on many wonderful IKA projects in Limerick and Beaumont Hospitals and other locations to the benefit of both Clare and countrywide patients. The increase is without doubt due to the eight member hard-working committee headed by Chairman, Tom Prendiville, Secretary, Bernie Tubridy, joint Treasurers Ann Tubridy and Carmel McCormack. Ruth Callinan, Vincent O'Halloran, Geraldine Grace and Paudie Nealon.

We are appealing to you all, once again, to support this wonderful group of volunteers who give so



generously of their time, year after year, to organise this event in aid of the IKA.

As the walk takes place on the May Bank Holiday weekend we invite you to Clare to participate. The walk/run will commence in the square Kilrush on the Wild Atlantic Way and finish in Cooraclare.

Sponsor cards are available from the Chairman, Tom Prendiville at 087-7694141.

A great evening's entertainment of music, dancing and food is assured in Tubridy's Bar, Cooraclare .

The Clare branch wish to extend their sympathy to the relatives and friends of the late Tom Fleming, former chair of the Kerry branch and the driving force in raising funds for the holiday home in Tralee. Ar dheis Dé go raibh a anam dilis.



Tina Fitzgibbons and her grandson Paul Tierney at the Clare branch social



Ann O'Halloran, Mirian O'Brien, Chairperson, IKA Clare branch, Nancy Riordan and Peggy Eustace, Treasurer



Patsy Riordan, Vincent O'Halloran and John Mason enjoy a cuppa following a recent branch meeting

DUBLIN NORTH

By **PATRICIA MACKENZIE**

COLIN CLARE

Last October our visiting speaker was Colin Clare, Chairman of the Dublin South branch. Colin received a living donor transplant, and has a fascinating story to tell of his experiences. We are very grateful to Colin for taking time out of his busy schedule to speak to us.

MAURA'S BIRTHDAY CELEBRATION

On October 27th, Colin Mackenzie and I and Tony and Julie Hughes were invited to the 90th birthday celebration of Maura Rogan, mother of Dublin North member Olive Halpin. The event took place in the Strand Bar, Rush, Co. Dublin.

This lovely lady very kindly requested that instead of presents those attending would make a donation to the IKA Dublin North branch.

As a result of this gesture we received a very generous donation. Our thanks to Maura for her kindness and thoughtfulness. We wish her good health and every good wish for the future.

STATE STREET

At the end of November Patricia and Colin Mackenzie gave a talk to the staff of State Street Financial Services, Sir John Rogerson's Quay, Dublin, about the work of the IKA.

Colin spoke about the Association and Patricia spoke from the patient's point of view. The organising committee also ran a cake sale and sold our Christmas Cards and the

company also made a generous donation.

The talk was monitored and relayed throughout the building and shown live to all State Street branches in Ireland.

ANN BURKE

Our thanks, once again, goes to our talented fundraiser Ann Burke who, together with another charity 'Hand on Heart' (who give assistance to people with disabilities), staged a charity event in Ashbourne on Sunday November 30th. Red Hurley and the 'Sisters of Sound' provided the entertainment.

As a result of this joint venture the IKA received a generous donation.

Our thanks to Ann for her invaluable support.

CHRISTMAS PARTY

Our Annual Christmas party was held, once again, in the Skylon Hotel, Drumcondra on Tuesday December 2nd. This time we decided to offer a 3 course meal to those attending.

This proved to be a great success with our members and cost no more than snacks provided in previous years. We included a Kris Kindle and raffle so no one went home empty handed.

A very enjoyable evening was had by all.

MIKE KELLY

On January 26th our visiting speaker Mike Kelly, IKA Renal Counsellor, gave us a very interesting



illustrated talk on the role of the carer. This has been a much neglected topic, but has been referred to in the media recently.

Mike emphasised the importance of carers and their welfare as this is very relevant to the patients they are supporting. We hope that many more branches and wider afield will benefit from this talk, as we did.

STOCKTAKING

Our thanks to the members who volunteered to come and do stocktaking with Colin and myself in the Renal Centre, Beaumont in preparation for Organ Donor Awareness Week.

Thank you to Jim Byrne, Harry Ward, Fiona Lavin and Brian Carney who came on February 3rd to make a lengthy job much easier, and also to Jim and Harry who returned on February 10th to complete the job.

ORGAN DONOR AWARENESS WEEK

We wish all who take part in Organ Donor Awareness Week every success and hope that the sun shines on all of us and a very happy Easter to all.

CAVAN/MONAGHAN

By **KARL CRONIN**

If you would like to get involved in supporting the IKA during Organ Donor Awareness Week please get in contact with Branch Chairman Eamon Malone on 049-4331039. There are a number of ways to get involved. Volunteers are needed in both Cavan and Monaghan to sell our emblems, keyrings, brooches, etc. in your locality. You could distribute donor cards to your local pharmacies and public areas or you could circulate posters promoting organ donation.

Many hands make light work!



*Service of Remembrance
& Thanksgiving*

will take place in

Corpus Christi Church, Dublin

on

Saturday 3rd October

WATERFORD

By **SUSAN COWMAN**

CHRISTMAS JUMPER NIGHT

in aid of the
**Irish Kidney Association
Waterford Branch
at The Forge Inn, Portlaoise**



Promise, Proprietor of Suir Valeting, Waterside, made a donation to the Waterford branch. Pictured are Ray Halligan, Chairman and Vera Frisby Secretary of Waterford branch of the IKA.

A nice idea, donate your bottle of loose coins to the IKA.



1. Bridget Phelan and Peggy Sullivan.
2. Niamh Rooney, Eileen Long and Lorna Walsh.
3. Paul Power, Stephanie Maguire and Derek Delaney.
4. Santa Clause meet's Peggy Brophy.
5. Paddy Cummins, Margaret Kelly and Ellie Walsh.
6. The boys having fun at the Christmas Jumper night.
7. Portlaoise ladies having the craic at the Christmas Jumper night.
8. Tina Davies, Gabriel Nolan, Catriona Maguire, Michelle Kelly Murphy, Stephanie Maguire and Helen Coad.
9. DJ Foran and John Walsh.
10. Eileen Long and Elizabeth Nugent.
11. Michelle and Frank Kenneally with Emily Comerford.

Photos by **JOE CASHIN**



LEITRIM

By HELENA O'NEILL

Hello and welcome to all our members in the Leitrim branch. We hope everyone is keeping well and enjoying the longer Spring evenings and thank you to all who managed to attend our meetings during the Winter months.

CHRISTMAS DINNER

It was good to see so many members, young and not so young, at our Christmas Dinner in the Bush Hotel last December.

A big 'thank you' to those who donated spot prizes. For the after dinner raffle three major prizes were donated by Kieran's Pharmacy, Dugdales Wholesalers and Cox's Pharmacy. Their generosity is greatly appreciated.

BIRTHDAY FUNDRAISING EVENT

Annetha Loughran and her husband John turned 50 in 2014. Her birthday is October 29th and John's is

September 6th. As they are so close together they decided to have a joint celebration and rather than receive presents asked people to just make a donation to the Irish Kidney Association and Cavan Dialysis Unit where Annetha was on dialysis for the past six years.

They live in Drumsna so decided to hold the party in Duignan's Pub on Saturday, October 25th. They invited 150 family and friends from all over Ireland. It was a wonderful night and people are still talking about it in Drumsna. It has been described as the 'party to end all parties'.

They were astounded when they counted the contents of the box and found they had collected €1200 on the night, which was divided equally between Cavan DU and the IKA. Both donations were very gratefully received.

We are pleased to share the good news that three weeks after that



celebration Annetha had a kidney transplant six years to the day from being diagnosed with acute renal failure.

ORGAN DONOR AWARENESS

A gentle reminder that volunteers are always needed during Organ Donor Awareness Week. Collections will be held at different venues across the county and if anyone can spare an hour it would be of great benefit to us. For details of dates and venues please contact Cathriona: 087-9768637 or Kathleen 087-6108136.

CORK By GERARD CRONIN

The official launch of Organ Donor Awareness Week in Cork will be performed by Alan Coleman, Mayor of Cork County and brother of the late Mary Dowling, in the Rochestown Park Hotel on Wednesday March 25th at 6.30pm.

The Branch AGM will take place on Tuesday, April 7th at 8pm, also in the Rochestown Park Hotel. All members are invited to attend.

Daniel Casey and Ballineen Foróige recently held a fundraising event and raised €1200 for the branch.

The Batt family also held a 'fun' raising event, which these photos show...and raised €1,201.30. Well done and thank you to all concerned.

Finally, we are pleased to announce the new IKA televisions in the renal ward in CUH are now up and working.



Tony McNamara, CEO, CUH and Teddy O'Neill at the CUH promotion of World Kidney Day



Jack Kavanagh before hair cut



Jack after hair cut



Paul Lyons before head shave



Paul after head shave

Leitrim Annual Christmas Party





IRISH KIDNEY ASSOCIATION MEMBERSHIP APPLICATION FORM



BLOCK CAPITAL LETTERS PLEASE:

Mr. Mrs. Ms. FIRST NAME: _____ INITIAL: _____

SURNAME: _____

ADDRESS: _____

PHONE: _____ MOBILE NO: _____

EMAIL:

ARE YOU A KIDNEY PATIENT:

If yes, please indicate your current patient status. Please update our records when/if status changes.

IF YES

- PRE DIALYSIS
- HAEMODIALYSIS
- APD
- CAPD
- TRANSPLANT

IF NO

- RELATIVE OF PATIENT
- FRIEND OF PATIENT
- GENERAL INTEREST

HOSPITAL OR DIALYSIS CLINIC YOU ARE ATTENDING: _____

YOU MUST BE 18 YEARS OF AGE, OR OLDER, TO BECOME A MEMBER OF THE ASSOCIATION

AS A MEMBER YOU WILL AUTOMATICALLY RECEIVE OUR 'SUPPORT' MAGAZINE UNLESS THERE IS ALREADY ANOTHER ASSOCIATION MEMBER AT YOUR ADDRESS RECEIVING IT?

CAN WE CORRESPOND WITH YOU BY EMAIL (if you have an email address), IN PARTICULAR NOTICES RE: ANNUAL GENERAL MEETING OF THE ASSOCIATION AND ANNUAL DIRECTOR'S REPORT, ETC.

- YES
- NO

WOULD YOU LIKE CORRESPONDENCE FROM THE LOCAL BRANCH WITHIN YOUR AREA?

- YES
- NO

WOULD YOU LIKE CORRESPONDENCE FROM THE SPORTS SECTION OF THE IKA?

- YES
- NO

TO BECOME A VOTING MEMBER OF THE ASSOCIATION YOU MUST SUBSCRIBE TO THE MEMORANDUM & ARTICLES (Rules & Regulations) OF THE ASSOCIATION (copy available on request) OR ON THE IKA WEBSITE - www.ika.ie

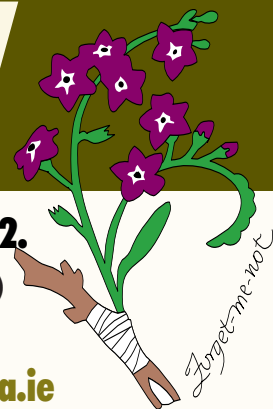
I SUBSCRIBE TO (sign up to and accept) THE MEMORANDUM & ARTICLES OF THE IRISH KIDNEY ASSOCIATION LIMITED.

SIGNATURE: _____ DATE: _____

Please return the completed, signed form to the
Irish Kidney Association (Freepost), Donor House, Block 43A, Park West, Dublin 12.
There is no subscription charge.



IKA DIRECTORY



IRISH KIDNEY ASSOCIATION, DONOR HOUSE, BLOCK 43A, PARKWEST, DUBLIN 12.

TELEPHONE: 01-6205306. Lo-CALL: 1890-KIDNEY (1890-543639)

E: info@ika.ie • W: www.ika.ie

RENAL SUPPORT CENTRE, BEAUMONT HOSPITAL, DUBLIN 9. T: 01-8373952 E: renalcentre@ika.ie

LOCAL BRANCH SECRETARIES

CARLOW Tom Phelan, 37 Beechwood Park, Carlow, Co. Carlow Phone: 087-2673605.	DUBLIN EAST + WICKLOW Catherine Foley, Boosterstown House, Boosterstown Ave., Co. Dublin Phone: 086-3840194.	KILDARE Liam Lally, 2 Maddenstown, Curragh Camp, Co. Kildare. Phone: 087-2249876.	LONGFORD Elaine Heslin, Augharickard, Shroid, Longford, Co. Longford. Phone: 087-9444515.	SLIGO Geraldine Jenkins, 96 Doorly Park, Sligo, Co. Sligo. Phone: 086-0873552.
CAVAN/MONAGHAN Karl Cronin, 13 Lansdowne Manor, Swellan Lower, Co Cavan Phone: 086-8513173.	DUBLIN NORTH Patricia Mackenzie, 49 Martello Court, Portmarnock, Co. Dublin. Phone: 01-8462320.	KILKENNY Seamus Carrigan, Burnchurch Viper, Kells, Co. Kilkenny. Phone: 085-7683179	LOUTH/MEATH Patrick Traynor, 40 Doire Beag, Collon, Co. Louth Phone: 089-4348086.	TIPPERARY Orla Hogan Ryan, 17 Hawthorns, Nenagh Co. Tipperary. Phone: 087-2806068.
CLARE Michael Mescall, Lissenair, Kilmihil, Co Clare. Phone 087 2933963.	DUBLIN SOUTH Peter Pardoe, 57 Monastery Drive, Clondalkin, Dublin 22. Phone: 087-2424350.	LAOIS Angela Lyons, Cloverfield, The Swan, Co. Laois. Phone: 087-7633438.	MAYO Bernadette Munnelly Lr Connolly Street Ballina, Co. Mayo. Phone: 086-4006358	WATERFORD Susan Cowman, 61 Meadowbrook, Tramore, Co. Waterford. Phone: 087-8546367
CORK Gerard Cronin Iona, 27 Nun's Walk, Pouladuff Road, Cork. Phone: 086-2755754.	GALWAY Eoin Madden, Carnakelly North, Athenry Co. Galway. Phone: 086-6794008.	LEITRIM Cathriona Charles, Gortfadda, Mohill, Co. Leitrim. Phone: 087-9768637	OFFALY Geraldine Leahy, Coolacree, Cadamstown, Birr, Co. Offaly. Phone: 086-1700896.	WESTMEATH Claire Bardon, 14 Millmount, Mullingar, Co. Westmeath. Phone: 087-7677480.
DONEGAL Sharon Gallagher, Pillar Park, Buncrana, Co. Donegal. Phone 086-3459112.	KERRY Teresa Looney, Inch, Kilcummin, Killarney, Co. Kerry. Phone: 087-2059205.	LIMERICK Mary Downes, 6 The Gardens, New Rd., Pennywell Co. Limerick Phone: 087-9612-133	ROSCOMMON Maura Quigley, Creevy, Roscommon, Co. Roscommon. Phone: 086-8969670.	WEXFORD Dora Kent, Newtown, Ramsgrange, Co. Wexford. Phone: 086-3745788.



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