

March 2017

Contact details:

If you would like to contact me I am based in the renal department at St George's hospital.

Telephone:

0208 725 1919

Email:

marielouise.turner@

stgeorges.nhs.uk



Check out the Kidney Research London Bridges Walk on the next page. If you would be interested in taking part and raising awareness and funds for Kidney research please get in touch.

In the meantime check out Hannah's just giving page below, she is running the half marathon for kidney research this month!



**Hannah is running the North London Half Marathon for Kidney Research UK this month**

I am running the North London Half Marathon for Kidney Research UK in March, to help fund the amazing work they do for Kidney Disease!

For obvious reasons this charity has a personal significance for me, but I've seen first hand how their amazing work makes a difference to so many people. They support patients not just from diagnosis to transplant, but long after - when their support is still as needed as ever. They also pioneer vital research into Kidney Disease ('the silent killer') that saves lives.

I knew one woman who saw my young age and took it upon herself to support me throughout dialysis - she was a real rock and made a scary time much less scary. She herself was only in her mid-40's and had been on dialysis for almost 20 years, as she had a rare excess of antibodies that made transplantation impossible. Her condition and treatment had taken over her life. Recently she became the recipient of a successful transplant after undergoing a revolutionary blood washing procedure that finally made transplantation possible for her. This is just one example of the work that Kidney Research UK does.

Check out my justgiving page: <https://www.justgiving.com/fundraising/Hannah-Styles4>

If you can spare some cash I would be very grateful! Any size of donation is welcome :)

Donating through JustGiving is simple, fast and totally secure. Your details are safe - they'll never sell them on or send unwanted emails. Once you donate, they'll send your money directly to the charity.

## In the news..

**Karen Smith and her husband Darren had a particular reason to be looking forward to Valentine's Day this year...**

*"This Valentine's Day will be incredibly special as my husband is giving me the ultimate gift - one of his kidneys. When I first met him, my mum was very ill with kidney disease and pneumonia. We hadn't been together long but he offered to babysit my two children from a previous relationship while I visited her. She recovered from pneumonia and went on to see us get married ten years ago, (mum always said he was a keeper!)"*



*He is definitely proving that this Valentine's Day; he is giving me another chance at life and having seen how much kidney disease affected my mum I think has made the decision easier for him. I can't thank him enough."*

Darren adds, *"Even though she hides her symptoms from most people, I see how she suffers. What I want more than anything is to see her with more energy again. The transplant has been arranged for Valentine's Day and I can't think of a better date to show my love to her."*

There are almost 5,000 people waiting for a kidney in the UK; more than the total number of people waiting for any other organ combined. This year NHS Blood and Transplant have launched a campaign calling for people to consider donating a kidney to someone in need, be they a stranger, friend or loved one.

Article from the *BKPA website*



**When: Sunday**

**02 July 2017**

**Where: London**

If you would like to take part in London Bridges Walk 2017 get in touch and we can try and get a group together!

Turn London purple! Join kidney patients, their loved ones and other kidney supporters as they wear their Kidney Research UK t-shirts with pride on this amazing walk. Starting and finishing in Potters Fields Park, the walk covers approximately seven miles and takes you over some of London's most famous bridges and past iconic landmarks. You will feel the camaraderie as you see 100's of supporters all wearing their purple t-shirts with pride! We're sure you'll come away with a real sense of achievement and some fantastic memories of the day! This event is suitable for all members of the family (including canine companions!) whether young or old. The route is accessible for prams and wheelchairs too.

Registration fee: £10 adults, children free