

SUPPORT



SPRING 2016



IRISH KIDNEY ASSOCIATION
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Editorial...



The country spoke and now we have a stalemate indeed how stale will it all become? Nobody knows. I can tell you I have already seen situations where it is impossible to get policy decisions made. The Minister for Health, Leo Varadkar has accepted our invitation to launch “Organ Donor Awareness Week 2016” and the active members, in our 25 branches, are preparing for our busiest week of the year 2nd-9th April. All volunteers are welcome. Simply contact the Secretary of your nearest IKA branch.

The year has started well for kidney transplants and 35 were performed by the end of February. The surgical and medical staff in Beaumont have been very busy which is also reflected in the high occupancy levels in our Renal Support Centre.

Our Tramore and Tralee holiday accommodation will not be able to provide for haemodialysis patients this year because the local haemodialysis centres are at capacity. However, for the first time in our history we are organising a group holiday for haemodialysis patients in Portugal in September (see inside the magazine). The more athletic of you may consider a week in Finland at the European Transplant and Dialysis Sports’ Championships. Haemodialysis patients with darts, petanque and tenpin bowling skills, etc., are very welcome (see inside the magazine)

The rights of the haemodialysis patient to holiday treatments within Ireland have never been established. Successive administrations have failed to recognise this need of the patient. It is always pushed down the agenda and not viewed as a priority. The end of 2015 saw 125 extra patients on haemodialysis than the previous year despite 153 kidney transplants in the same period. So, unless the patient voice is heard, under capacity will always be the priority. If it is relevant to you please send us on the completed holiday survey on page 29-30.

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In the same vein self-management of haemodialysis patients' transport is constantly overlooked and remains a bone of contention. The economy is growing again and both these topics, patient holiday treatments and transport remain unresolved. They are cost neutral items that only require 'will' to make the patient journey a little more bearable.



The Association has nominated Mark Daly to the Seanad Administrative Panel Election and we hope he succeeds in retaining his seat. I am making a presumption that the Seanad will be

reconvened or do we go to the polls again, who knows? Mark has clearly shown us just how much a Senator can do for his nominating organisation.

Many thanks are due to Mary Kennedy, our previous Ambassador for Organ Donor Awareness for the last two years. She is a very hard act to follow but Vivienne Traynor, RTE's Courts Reporter has taken up the baton. Vivienne's story is on page 4 of this *SUPPORT*.

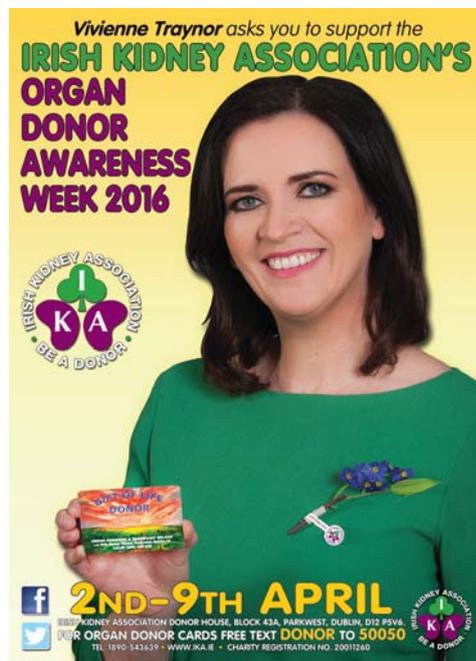
Vivienne attended the Branch Officers' Day on the 20th February in Head Office and met and posed for photographs with branch officers from all over the country. The Officers meeting centred on three

talks: Aileen Counihan on the 'Living Kidney Donor Programme'; Regina Reynolds on the 'New Organ Procurement Service' and Vivienne, herself, on her personal involvement as a 'living' kidney donor.

I was delighted to get the news that Shane Finnegan, from Belfast, received another kidney transplant. I hope all goes well for him this time round. Joe Brolly and Shane have become outstanding advocates for organ donation across the whole country. I am convinced that if Ireland, North and South, joined forces around organ donation many more patients from both jurisdictions would receive transplants. However, we would need a period of stable Governments for such an idea to prosper.

I am acutely conscious that local members of the IKA work tirelessly throughout the year. 74% of the

IKA's funds arise from fundraising, of one kind or another. Organ Donor Awareness Week, is a combination of donor awareness and fundraising. There are so many projects and services we would be delighted to enact, but are restrained by the availability of funds so please do consider lending us a hand during this special week.



Mark Murphy
MARK MURPHY

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Vivienne with her son Oscar

IKA'S NEW AMBASSADOR FOR ORGAN DONOR AWARENESS



Photos courtesy of
Philip O'Neill Photography
Tel: 01-8902332

Vivienne Traynor

Living kidney donor and RTÉ News anchor and courts correspondent Vivienne Traynor has taken up the voluntary role of our ambassador for Organ Donor Awareness Week 2016.

Like the previous ambassador, Mary Kennedy, Vivienne also has a deep personal connection to organ donation.

Vivienne witnessed first-hand the whole process of organ donation and transplantation. Her nephew Martin Traynor (now age 35) underwent two kidney transplants. His first, in 2009, for which she was the living kidney donor and five years later (November 2014) his second transplant was from a deceased donor. This was a very different experience from five years previously when she was a living kidney donor to him.



Following the first transplant which was performed in the UK, Martin became a father to Ted (now 3). Vivienne, the 44 year old mother of four, also completed a Law Degree in 2014. The circle of life continued after Martin's second transplant at Beaumont Hospital and he and his partner Mary have since become parents for the second time with a baby sister Daisy (now 10 months) for Ted.

Vivienne said: "When news came through that a second kidney was available for Martin I was at first elated but this feeling was very quickly replaced by thoughts for the deceased donor and their family. I was really touched that a family, in the midst of all their grief, took the time to

Vivienne with her son Oscar and Martin and Mary and their two children Ted and Daisy.



consider someone else. I cannot find the words to express what that meant to us at that moment, on that day and every day since.

"It is something I think of regularly and I know Martin thinks about it every day. To see Martin come back from surgery in a matter of hours and given a whole new lease of life was one of the greatest things I have witnessed. The kindness of strangers meant so much to us that day."

Vivienne explained that: "I was honoured to be able to donate a kidney to Martin in July 2009 following his three years of dialysis treatment. My sister Gina, Martin's aunt, had also come forward for testing but my kidney was chosen towards the end of the testing process.

"Both Martin and I made a good recovery after the operations and the

successful transplant allowed him to enjoy a normal life for five years away from dialysis and in that time he became a father. However in 2013 signs of Martin's original condition, IgA nephropathy, returned and it started to affect the transplanted kidney. By mid-2014 he was back on dialysis and eventually placed back on the waiting list for another transplant. He was just six weeks on the list when a kidney from a deceased donor became available in November 2014.

"I am delighted to have been invited by the Irish Kidney Association to be the ambassador for Organ Donor Awareness Week and I hope that by sharing the story of donation and transplantation in our family we can help other families to start the conversation about their wishes surrounding deceased organ donation."

"THE KINDNESS OF STRANGERS MEANT SO MUCH TO US THAT DAY"

ORGAN DONATION AND TRANSPLANTATION

		2015	1 year % change	2014	2013	2012	2011	2010	2009	7 year Total	7 year average
Deceased Donors		81	+29	63	86	78	93	58	90	549	78.4
Transplantation from Deceased Donors	Kidneys	120	+7	112	147	131	165	98	154	927	132.4
	Liver	61	+39	44	55	50	61	38	64	373	53.3
	Heart	16	-12	18	11	10	6	3	11	75	10.7
	Lungs	36	+16	31	32	14	8	4	5	130	18.6
	Pancreas	0	-	6	11	1	8	8	9	43	6.1
SUB-TOTAL		233	+10	211	256	206	248	151	243	1548	221.1
Living kidney donors & transplants		33	-17	40	38	32	27	23	18	211	30.1
All organ transplants TOTAL		266	+6	251	294	238	275	174	261	1759	251.3
Living & deceased donor kidney Tx		153	-	152	185	163	192	121	172	1138	162.6

Organ Donation and Transplantation 2015

In 2014, there were 112 deceased kidney transplants from 63 donors. In 2015 with 81 donors there were 120 deceased kidney transplants. For the first time in the "modern Living Donor Kidney Transplant Programme" fewer kidney transplants were performed than the previous year.

For 2015 there were a total of 153 kidney transplants performed which is well short of the 2011 peak of 192 kidney transplants and below

By
MARK MURPHY

average. One could only describe as "very disappointing" the situation of zero pancreas transplantation in 2015. Successive date promises have come and gone. It is not a simple project to develop a new organ transplant programme and St. Vincent's Hospital have had similar, but different, transplant surgeon

recruitment issues to Beaumont Hospital. All want a safe, robust, sustainable Pancreas Transplant Programme to emerge.

Predicting when in 2016 that we will see the restart of pancreas transplantation is something I am not prepared to do.

In Beaumont Hospital the shortage of kidney transplant surgeons is taking its toll but credit is due to the performances of the existing team of surgeons who have managed to

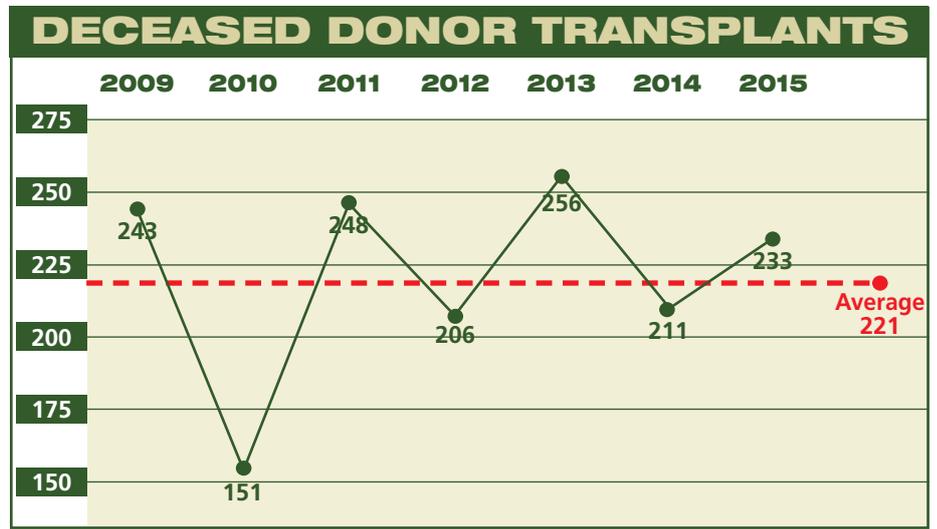
DECEASED ORGAN DONORS



achieve these numbers while so understaffed. I have been assured that every medically suitable donor kidney that came available was indeed transplanted.

Should the HSE now examine the strategy and wisdom of having only one kidney transplanting hospital in the country? A second hospital would alleviate the obvious pressures that exist within Beaumont Hospital. In the interim period the HSE could contract a UK hospital to perform a number of living kidney donor transplants (perhaps Belfast city).

The Mater Hospital broke its own record again with 16 heart and 36 lung transplants, total 52 transplants following the 49 in 2014. In the last 3 years they conducted 99 lung transplants, in the previous 3 years 2010-2012, they performed 26 lung



transplants in total.

St. Vincent's Liver Transplant Programme had a busy year with 61 transplants, up 17 on their 2014 numbers.

The new pancreas and kidney

transplant programme in St. Vincent's is developing steadily and I was delighted to learn of the appointment of Senior Transplant Co-ordinator, Aoife Coffey to the new programme.

NOTICE OF THE IKA



AGM

The Annual General Meeting of the Irish Kidney Association Limited will be held on **Saturday September 10th, 2016** at **2.00pm**

This is an advance notice that we have decided to have our AGM in September and NOT in July. The AGM will be preceded by an Extraordinary General Meeting (EGM), half an hour beforehand, because we are required to change the legal name of the Association. At the EGM there will be a proposal to change our name 'The Irish Kidney Association Limited' to 'The Irish Kidney Association CLG' (CLG stands for Company Limited by Guarantee). This is a requirement of the 2015 Companies Act.

The official notice of both AGM and the EGM will be in the next issue of SUPPORT



THE THREE AMIGOS

WINNING TRANSPLANT TICKET

Sharing the last remaining ticket at a local sports club draw last summer proved to be the catalyst for a change in fortune for three friends whose luck had finally come in. The great fortune that the €75 win bestowed on them, when they came together for a kidney patients meeting, far exceeded its monetary value.

In the three months that followed each of the three Cork men who were undergoing dialysis treatment had their lives transformed when they were called for kidney transplants. The three men, all very good friends through the Irish Kidney Association, are Hugh Nolan from Doneraile, Pat O'Sullivan from Mallow and John Hurley from Kildorrery.

Speaking about his successful transplant following three years of dialysis treatment, Pat O'Sullivan, said, "It really was a lucky ticket for the three of us and we have been so fortunate since with each of us receiving a kidney transplant within a short space of time. It has brought us closer together and we call each other the 'three amigos' now.

"We had each been struggling with our kidney failure. John Hurley and I were doing our haemodialysis at home while Hugh was going to Cork University Hospital for his. Now thanks to the 'gift of life' we received from our donors our lives have been transformed and we are all enjoying good health."

Pat explained, "Our luck started on the first Tuesday in June last year when the Cork branch of the IKA were having their monthly meeting in the GAA complex in Mallow. When the meeting was over we adjourned for some tea and biscuits.

The local club was running its weekly lotto draw and asked if we would like to buy a book of tickets. We did and when everybody's name was filled in there was one ticket left. A decision was made to put the names of the three people sitting at the table who were waiting for a transplant on this ticket. They were myself, Hugh Nolan and John Hurley.

When we arrived home later that evening we received a call from the club to say the ticket with the three names on it had been drawn out and asking if one of us would spin

the wheel the following week. We did and we won €75!

"Our luck didn't end there though.

That took place in June, Hugh got called for his kidney transplant in July, I was called in August and John got the call for his transplant in September. It really was a lucky ticket!"

"I was staying in a hotel in Sligo with my wife Helen in the first week in August when I was awoken at 5am to the sound of my phone ringing. The voice at the other end of the phone was a transplant co-ordinator from Beaumont Hospital who said "Pat, I have good news for you. The wait was over."

Helen and I immediately contacted our children, said a prayer for the donor family and then made our way to Beaumont Hospital in Dublin.

All kinds of thoughts were going through my mind and I thought that even though I am most likely going to get a new 'gift of life' there is a family somewhere else in the country preparing at this time to say goodbye to a loved one who has taken the selfless decision to donate their organs in the hope they will save

someone else.

"My donor kidney took a while to settle but I feel great now and I'm enjoying life. I got on a plane in December, for the first time in years, to take a short break away for the weekend and I was like a child waiting for Christmas. It was wonderful to get away as I was no longer tied to my dialysis machine or a restrictive diet.

"I have recently returned to work as Regional Manager for Irish Rail South.

"My two friends Hugh and John are also doing very well now. Hugh is a mature student and hopes to resume his study in Eco Horticulture this summer.

John's wife Mary and their two children are happy to have him back to good health as he eases his way back into working on his farm.

"The three of us meet on a regular basis and it's great to have the two of them to bounce things off. It's like our own little support group.

"We each are grateful to our donors for giving us a second chance at life and they are always in our thoughts."

Pictured opposite page:
*Pat O Sullivan, Hugh Nolan,
and John Hurley*

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**IT REALLY WAS A
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Renal Support Centre BEAUMONT HOSPITAL

Many thanks to **Colin Mackenzie**, of the Dublin North branch and National Director of the IKA, for this wonderful pencil drawing of the Renal Support Centre. Colin presented it to me as a framed picture.

It now has pride of place in the Reception area in Donor House.

I knew Colin had musical talents but little did I know of his other artistic skills.



Colin Clare

Colin's wife Patricia, is one of our Managers in the Renal Support Centre. Patricia, Tony Ryan and Colin Clare are always on hand to help the residents and day callers using the facilities at the Centre.

We are saying goodbye to Colin Clare who is taking up full-time employment elsewhere. We wish him well in his new endeavours and know that he will be a strong advocate in the Dublin South branch as always.

The Centre has been extremely busy since Christmas and quite often completely full. We hate having to refuse people accommodation, but it is understandable when you consider 35 transplants were conducted in the first two months of the year.

MARK MURPHY

MAP OF HAEMODIALYSIS UNITS USED BY PATIENTS FROM THE REPUBLIC OF IRELAND AND DIALYSIS PATIENT NUMBERS AS OF 31/12/15



CHRONIC DIALYSIS & TRANSPLANT PATIENTS - 31/12/15

Dialysis Facility ADULTS	HAEMO	HOME DIALYSIS		TOTAL DIALYSIS PATIENTS	TRANSPLANT AT CLINIC	TOTAL ESKD PATIENTS
	HD	HHD	PD			
Beaumont	161	26	40	227	737	964
Mater	80		11	91	97	188
FMC Northern Cross	81			81		81
Beacon Drogheda	71			71		71
Cavan	71			71	15	86
St. Vincent's	81		8	89	122	211
Beacon Sandyford	78			78		78
AMNCH Tallaght	95	5	49	149	296	445
Beacon Tallaght	80			80		80
Tullamore	120			120	55	175
Cork	156	13	36	205	288	493
Waterford	108	5	9	122	162	284
FMC Kilkenny	49			49		49
Tralee	49			49	55	104
Limerick	84		18	102	113	215
FMC Limerick	86			86		86
Galway	58	6	15	79	154	233
Wellstone Galway	62			62		62
Castlebar	58			58	56	114
Letterkenny	70			70	70	140
Sligo	47			47	27	74
Newry	8			8		8
Derry	4			4		4
ADULT TOTALS	1757	55	186	1998	2247	4245
CHILDREN						
Temple Street	6		3	9	64	73
Crumlin			8	8	3	11
OVERALL TOTALS	1763	55	197	2015	2314	4329

The headline figure from the National Renal Office (NRO) census of renal patients for December 2015 is the unexpected jump of dialysis patients by 121 to 2,015. In 12 years the amount of dialysis patients has doubled, from 1,000 in 2003, to now over 2,000. Ireland's population grew 16.5% in the same period. Of course the doubling of the dialysis numbers would have happened much faster were it not for kidney transplantation. In the same 12 year period there were 1,618 deceased donor kidney transplants and 234 living donor transplants, totalling 1,852 kidney transplants.

In total, the amount of people in Ireland with End Stage Kidney Disease (ESKD) rose by 157 to 4,329, almost one per thousand of the population. We are still one of about 10 countries with over 50% more people with kidney transplants, at about 53.5% of ESKD, and 46.5% on dialysis.

IRISH ESKD PATIENTS - 31st DECEMBER 2015

	Patients	%	PMP (PER MILLION OF POPULATION)
Transplanted	2314	53.5	499
Haemodialysis	1763	40.7	380
Peritoneal Dialysis	197	4.6	43
Home Haemodialysis	55	1.2	12
Total ESKD Patients:	4329	100	934

Population 4,635,400

ESKD TREATMENT BY UNIT TYPE - 31/12/15

	HD	%	PD	Home HD	Transplanted	ESKD
HSE Hospital Renal Unit (11)	1084	61.5	186	55	2109	3434
HSE Hospital Satellite Unit (3)	154	8.7			138	292
Commercial Satellite Unit (7)	507	28.8				507
Northern Ireland NHS (3)	12	0.7				12
HSE Paediatric Renal Unit (2)	6	0.3	11		67	84
TOTALS	1763	100	197	55	2314	4329

continued
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ONE-YEAR COMPARISONS

TREATMENT	2015	2014	% CHANGE	PATIENTS
HAEMODIALYSIS	1763	1638	+7.6%	+125
PERITONEAL DIALYSIS	197	208	-5.3%	-11
HOME HAEMO	55	48	+14.6	+7
TRANSPLANT	2314	2278	+1.6%	+36
ESKD TOTAL	4329	4172	+3.8%	+157

It is expected that as Ireland's population ages – and currently we have one of the youngest populations in Europe – the amount of people with ESKD will continue to grow.

In the five years between 2009 and 2014, haemodialysis numbers grew by 163 patients. In the last year alone, the numbers grew by 125 patients. This has put pressure on most of the country's haemodialysis units and goes a long way to explaining how the dialysis units in Tralee and Waterford are unable to provide holiday treatments for Summer 2016.

6 YEAR COMPARISON ADULT HAEMODIALYSIS BY UNIT TYPE			
	2015	2009	6 YEAR CHANGE NO.
HSE Hospital Renal Unit (11)	1084	1050	+34
HSE Hospital Satellite Unit (3)	154	131	+23
Commercial Satellite Unit (5)	507	278	+229
Northern Ireland (2)	12	11	+1
Home Haemodialysis	55	2	+53
TOTAL	1812	1472	+340

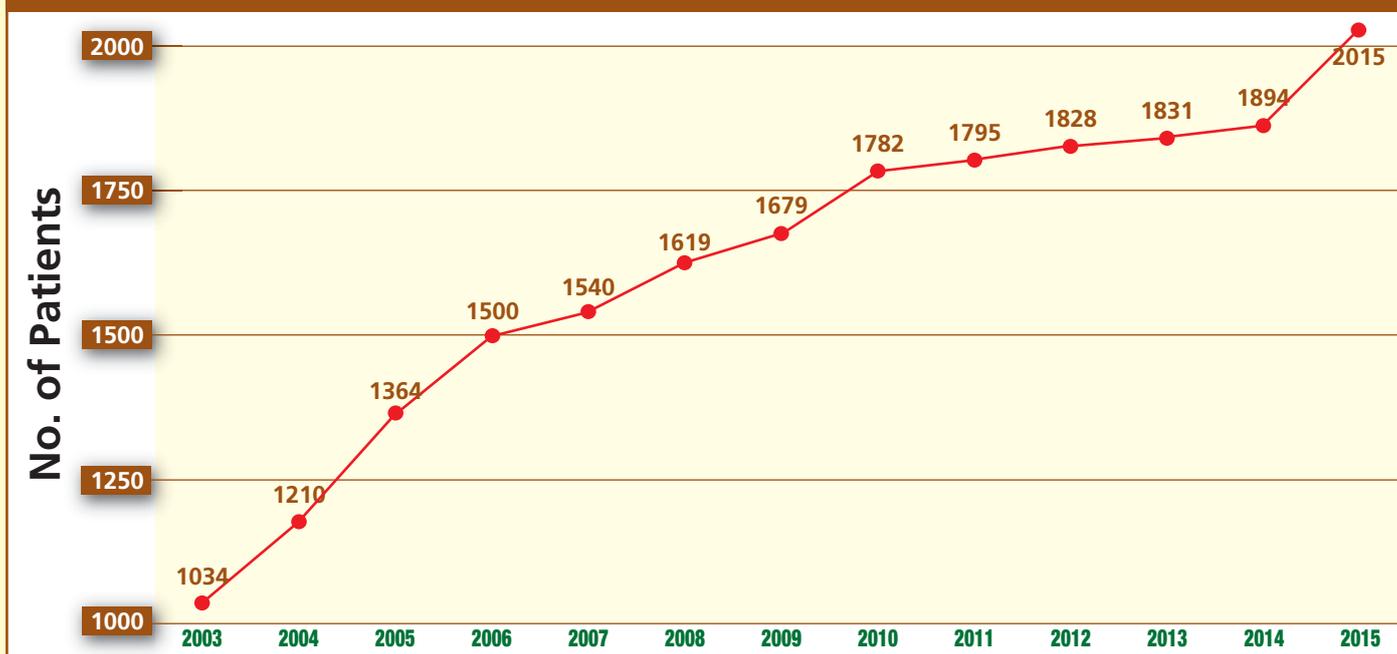
I am aware of a number of projects in the pipeline to increase haemodialysis capacity in the country. Wexford is on-stream, and Tullamore, Tralee, Limerick, and Beaumont are all planning replacements or extensions to their facilities.

It is surprising at this stage that Tullamore, with 120 patients, has not provided for peritoneal dialysis options for the local patients. Only 9.3% of dialysis patients, nationally, are using peritoneal dialysis. North of Galway, centres in Castlebar, Sligo, Cavan and Letterkenny do not offer the option of peritoneal dialysis to patients, managed locally.

507 haemodialysis patients, close to 30% of all haemodialysis patients, are now being treated in commercial satellite facilities.

Many thanks to Dr. Liam Plant of the NRO for supplying the data from the census.

NO. OF PATIENTS ON DIALYSIS DECEMBER 2003 TO 2015



Irish engineer wins major prize for kidney dialysis design



Vincent Garvey



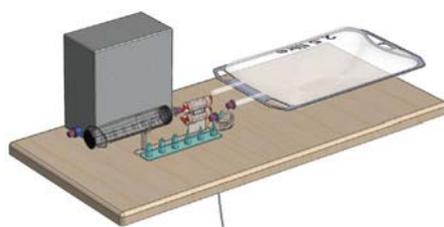
Low-cost machine has the potential to save millions of lives in the developing world



The entire device can fit inside a small suitcase



Vincent's winning design, comprised of a water purifier, care station and solar panel



A close-up of the care station.

An Irish engineer has won a major international prize after designing a low-cost kidney dialysis machine.

Smaller than a suitcase and geared for use in the developing world, the machine has the potential to save millions of lives in countries where conventional kidney treatments are either too expensive or difficult to access.

The engineer, Vincent Garvey, is originally from Donaghpatrick, Co. Meath, but has spent the past 15 years in China, where he runs engineering consultancy firm MD Devices.

The goal of the Affordable Dialysis Prize 2016 was to design a portable dialysis machine costing about €900 for use in places where there was no assured electricity supply or clean water.

Conventional dialysis machines typically cost between €18,000 and €27,000.

Vincent took up the challenge with a design that could be used anywhere, with solar power used to produce the sterile water needed to help clear the body of life-threatening toxins.

He scooped the prize, worth €91,000, after a unanimous decision by the international panel of judges.

His win was announced on Thursday 10th March, which was 'World Kidney Day'.

Vincent said it was "incredible" to win the prize.

There are millions of people worldwide who don't have access to dialysis "and currently suffer pretty awful deaths," he said.

"Vincent has been inventing things his whole life," said his sister Maria, who lives in Dublin.

"The family is very proud and delighted for him."

Vincent had just retired from full-time work and was visiting family in Australia when he heard about the dialysis prize.

"I worked on the design last year in Australia. It was much more fun than trying to be a retiree," he said.

"It looked like it would make a huge contribution if it worked."

He is now developing the system to bring the design into use.

PROTOTYPES

A Melbourne company is making and testing prototypes and he is looking for a firm to manufacture the machine.

It may be possible to test the system on animals within 12 months and on humans in about three years, he said.

A study published by *The Lancet* found more than nine million people needed access to dialysis for terminal kidney failure worldwide, but only 2.6 million received this life-saving treatment.

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Photos ©Vincent Garvey & The George Institute

TACKERS

By COLIN WHITE

TACKERS is an annual ski and activity Camp that brings together children from around the world. Each one of them has their own story but they are unified by the fact that they are all transplant recipients. The Camp is based in Anzère, Switzerland and has been running since 2002.

It is the brainchild of Liz Schick who lives in Anzère. She is a liver transplant recipient originally from the UK and she goes above and beyond every year to ensure that the children have a memorable and life-changing experience.

This year's Camp took place from January 23rd-30th and we had two children (Ciaran and Paul) travel from Ireland to join 40 others to celebrate the 'Gift of Life', to learn from each other and to make the collective statement that organ donation for transplantation works! A big 'thank you' to Astellas Pharma in Ireland for sponsoring our involvement in the Camp again.



Paul O'Sullivan and Ciaran Curley



Chris Thomas and Liz Schick

It takes great courage from the children to travel away from home for a week, without their family, to participate in a busy Camp with 40 other children whom they have never met. It is also a wonderful 'leap of faith' on the part of the parents to support their children in taking on this adventure. It is always a pleasure to watch the children develop across the week as they learn new skills on the slopes and find friendships amongst others who are 'travelling the same road' as they are.

Ciaran and Paul proved themselves to be very much up for the experience in Switzerland as they



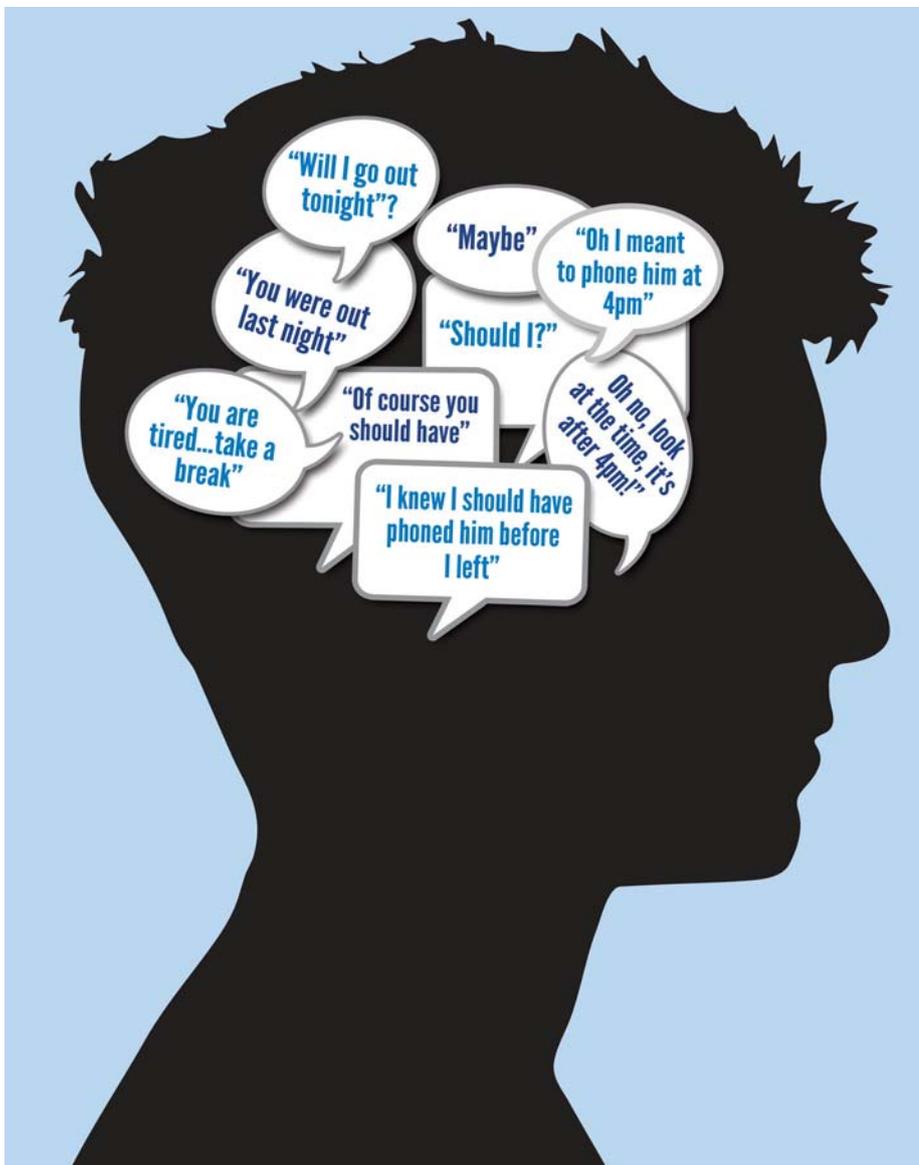
embraced the opportunity with both hands. Whether it was strapping on a snowboard for the first time, singing during the karaoke or just generally 'having the craic' they jumped in with both feet!

On one afternoon all of the children were gathered for an open discussion on life post-transplant. Chris Thomas, President of the World Transplant Games Federation, was visiting the Camp and he assisted Liz in running the session. It was very interesting to hear from the children about their experiences in school since their transplant. It was also great for the children to hear about the World Transplant Games, the British Transplant Games and other national events so that they could see that they are part of a wider community that will always be there for them as they grow up.

Activities such as TACKERS and attending transplant /dialysis sports events take a lot of organising and planning. I want to acknowledge Lisa Edwards and all the team in St. Michael's C Ward in Temple Street Children's hospital for all their work to get a fledgling sports programme for our under 18's off the ground. Their support is ensuring that the children, and their families, are getting to engage with the wider transplant community in a very positive way.



THAT INFERNAL INNER DIALOGUE THAT NEVER SEEMS TO SHUT UP!



**Mike can be contacted at Donor House on
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or by e-mail: mike@ika.ie**

Let me let you into a little secret. Well, actually it is not a secret at all. The bit that is secret is that we don't recognise it although it is there in each one of us. What am I talking about? It is that almost constant chatter that goes on in our head. As you read this you will probably become immediately aware of it. It's talking to you now, isn't it!? It goes on and on. Sometimes it may go like this; "Oh, I meant to phone him at 4pm. Oh no, look at the time, it's after four. I knew I should have phoned before I left. Of course you should have. You know what he is like. He is not going to like it that you did not phone when you were supposed to"...and on it goes. Or it might go like; "will I go out tonight. You were out last night...you are tired, take a break. Maybe. Anyway I am likely to run into that person who never shuts up. Must remember to avoid them if I meet them again..."

These conversations are common, happen with regularity and sometimes can be quite intense. We can spend endless time wondering which of the voices is 'me'. We get caught up in the content, the dialogue and the tone, thereby losing our ability to stand back and think; what is this all about? If we can stand back and look at the conversation in our head we quickly realise that much of the chatter is neither relevant nor meaningful.

WHY DOES THIS HAPPEN?

Our ultimate reason for doing this is to exercise some sense of control over something which we doubt we have control over. This chatter is often heightened when we have an emotional reaction to something that is happening. For example, a conversation might go like this; "There he is again. Swans in as if there was nothing wrong. Gets on to the machine and gets his book out. I hate this dialysis. I hate the way he behaves as if there is nothing wrong....Someday you will tell him what it's like. Yes I will..."

We can exercise control over our mind but – and this is pretty obvious – we enjoy little control over what happens in the world outside us. It's a bit like sitting in the evening



Eileen Peters and Jenny McIlroy

AGE IS NOT A BARRIER

Proving that age is not a barrier, Eileen Peters (65), a grandmother and retired psychiatric nurse from Cahir, Co Tipperary, donated a kidney to her niece Jenny McIlroy (33), an occupational therapist from Middlesex, on 11th November 2015. The living donor kidney transplant operations took place at the Royal Free Hospital in London. Eileen, who is married to retired publican Pat Peters, said: "I could see that Jenny's health was declining when a previous kidney donation from my sister Bernie, Jenny's mother, which took place in 2007, began to fail after seven good years. Jenny had suffered kidney failure as a child and had her first of four transplants from a deceased donor when she was just ten years old and she also underwent another just over a year later which lasted 13 years and allowed her to live a normal childhood."

"I feel privileged to have been a suitable living donor and to see Jenny's health restored so that she could resume a normal life. I have undergone two hip operations but apart from that I haven't had any other health issues. I would like to share my story so that people understand that once you are healthy you should not let your age be a deterrent, if you would like

to help someone you care about, who has kidney failure. Our whole family are now looking forward to attending Jenny's wedding this May.

The day promises to be an emotional event for all of us. I and my daughter are flying over to London during 'Organ Donor Awareness Week' for an 'alternative' hen party – an afternoon tea party – to celebrate her impending nuptials. We'll be wearing our Irish Kidney Association 'Forget-Me-Not' flowers to remember Jenny's first two deceased donors. Bernie and myself will also proudly wear our beautiful sculptured 'gift of life' pins which were sent to us by the NHS, in recognition of us being living donors."

Speaking from Middlesex, Jenny who works as an occupational therapist for Social Services in the Community said: "Eileen has been magnificent throughout the whole process and thanks to her I feel well again. Her kidney donation came just in time as I had come close to returning to dialysis treatment.

As a child it was extremely difficult for me to comprehend the generosity of my two deceased organ donors. It was more difficult to accept that a



Jenny, Eileen and Bernie McIlroy

time of great excitement for me and my family was because someone else had died. I always felt that I owed my donor to work hard and I was determined to do well. I felt I had to prove that it was worth their heartache and that I deserved their gift to me.

I am so grateful to Eileen and my mum for putting themselves through unnecessary surgery for me. It is an

amazing and selfless thing to do. My mum's donor kidney, which I received in 2007, allowed me to continue in my work which I really enjoy as well as the opportunity to meet the love of my life, Ian, and buy a house with him. Eileen's 'gift of life' to me has made it possible for us to proceed with our plans for our marriage in May – *the best wedding present ever!*"

Vhi
Women's Mini Marathon
BANK HOLIDAY MONDAY
6TH JUNE 2016

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 ALISON@IKA.IE FOR CARDS, T-SHIRTS, ETC.

ENTER ONLINE AT **www.vhiwomensminimarathon.ie**

Closing date for entries Friday 29th April, 2016
 or when maximum number of entries is reached

SPORTS ROUND-UP



THE EUROPEAN TRANSPLANT & DIALYSIS SPORTS CHAMPIONSHIPS



Whis year's Championships will take place in the outskirts of Helsinki in Vantaa, Finland from **July 10th – 17th**. It will be the 9th time for the Championships to take place since their inception in Athens in 2000.



This year the Championships will be running alongside the European Heart & Lung Transplant Championships. We will share an Opening Ceremony and after that competitions will take place in parallel.



The week will provide a wonderful opportunity to be part of a very positive life experience. It will be an opportunity to meet people on dialysis and transplant recipients from across Europe, to learn from others and to speak with a collective voice.

Harry Ward, our team captain memorably wrote of his first involvement in transplant/dialysis sports;



"I came home feeling for the first time that my life was not over, it had just changed"

There is a website for the Championships, www.vantaa2016.fi/en, where you will find plenty of information and there is also the opportunity to register online. I will be managing our

team's involvement in the Championships right from registration through to participation and the return. If you have any questions about costs, fundraising, choice of sports, availability of dialysis, please make sure that you contact me in Donor House.

Colin White
National Projects Manager

5 NATIONS TRANSPLANT GOLF TOURNAMENT

This is an annual event that brings together golfers from England, Scotland, Wales, Northern Ireland and Ireland to compete for the 5 Nations golf title and to showcase the success of organ donation for transplantation.

EVENT DETAILS:

WHEN: 3 - 4 June 2016

WHERE: Lough Erne Resort, Enniskillen, Northern Ireland

ACCOMMODATION: A mixture of 2 & 3 bedroom luxury bungalows at the resort

HOW MUCH WILL IT COST? 2 rounds of golf and 2 nights B&B

Transplant recipient: £200

Non transplant recipient: £250

Non golfers: £70 per night for B&B

There will be a fun competition/warm-up on the Friday and the 5 Nations Tournament will be on the Saturday and is a competition between transplant recipients. There will be a parallel event for non-transplant recipients (family/friends, etc). If you have a valid golf handicap and are interested in finding out more please contact **Colin White** in Donor House.

We have already started recruiting and we have a mix of old and new players already honing their skills in preparation...





AUGUST 28TH – 31ST

This year's British Transplant Games will be held in Liverpool from **August 28th – 31st** inclusive. It will be an enormous gathering of transplant recipients, their family and friends, as well as donor families, all taking part in a festival of sports.

The broad purpose of the Games is twofold – to provide an incentive for transplant recipients to engage in regular sports and to provide a platform to showcase the importance and success of organ donation for transplantation.

The Games are an annual event and they move around the UK – they were in Newcastle last year and will be in Scotland next year. They have a well thought out approach which means that we can expect good organisation and a great atmosphere. Whether it is marching in the opening parade, taking part in your chosen sport(s) or cheering on a team mate, you are in for a memorable experience.

The sports on offer range from athletics and swimming to lawn bowls, golf, fishing and many more. Competition is based on age categories and we are recruiting for our Adults' and Childrens' teams.

In attending the Games you are not just attending a sport event, you are taking part in a life affirming experience.

Contact Colin White in Donor House for more information.



PUBLIC AWARENESS TALKS

James Reynolds and I recently spoke at a school in Tallaght and the students were asked by their teacher to write a report about the talk and what they took from it. The teacher kindly agreed to send us some of the reports and they made for fascinating reading.

One comment that was typical, 'I felt enlightened and like I knew more about how kidney problems affect people and how important organ donation is. I can pass this knowledge on to others and generate awareness about the importance of organ donation.'

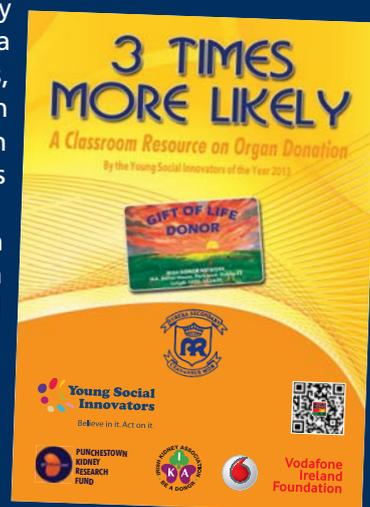
Such is the impact that public talks can have. A number of our Branches are actively engaged in speaking at schools in their areas and we also try to facilitate requests from community groups, colleges and places of work. It is an opportunity to let people know about the services of the IKA as well as opening their eyes to organ donation and the importance of discussing your wishes with family.

Invitations for such talks are not always forthcoming. If you have a child in secondary school, or you are in college or you are involved in a community why not suggest that that IKA could arrange a speaker to come and share their story and the key information about organ donor awareness?

There is a very useful education pack, including a very informative video, on our website (www.ika.ie/education-pack). It was developed by students from Eureka Secondary Schools in Kells, Co. Meath as a follow on from their project that won the Young Social Innovators overall prize in 2013.

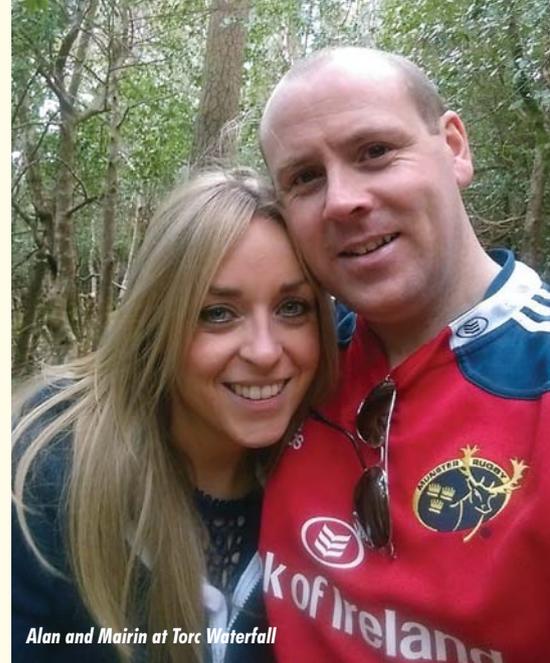
If you think that you can generate an invitation for a talk please contact me and we will do our best to take up the invitation. Equally, if you would like a box of organ donor cards to put in your place of work / community, let me know.

Together we can make a very big difference!



COLIN WHITE
NATIONAL PROJECTS MANAGER

“ For now I just get on day to day... session to session ”



Alan and Mairin at Torc Waterfall



Alan and Mairin with Alan's niece Shauna on her Holy Communion Day

My name is Alan Gleeson from Listowel, Co. Kerry (currently living in Swords, Co. Dublin) and I'm 34 yrs old. I am currently a haemodialysis patient in St. Martins, Room 2 (Beaumont Hospital) since October 2014.

In 1998 I received a kidney transplant in Beaumont Hospital from

a deceased donor...unfortunately this kidney failed in September 2014.

I have been living and dealing with kidney problems since I was about 11 years old. However I've remained determined to live as normal a life as possible. Receiving the kidney, when I was 16, changed my life. I grew strong and was able to play sports...I couldn't before that. I took up martial arts and played football and soccer. It was a new lease of life!!

I then decided my career path lay with An Garda Síochána. I applied for it with many expecting me not to be accepted but I was successful and this September sees me 10 years in the job!!

Unfortunately when I became sick in 2014 it changed everything. I was unable to carry out my normal duties and life ground to a halt. It was a very tough period trying to come to terms with it all. I wasn't on dialysis first time round so it was all a shock to deal with this time. I had lines put in and dialysis began. Eventually I was let home and now 3 times a week at

3.10am I attend Beaumont Hospital for dialysis.

I'm back at work now though on a light duties basis. It's not easy attending for dialysis, getting up at 2.50am three days a week and going to work trying to do as many of my 60 hour working week as possible while dealing with fatigue, nausea and that famed renal diet!! But I try to remain positive and hopeful of a donor in the future.

I get by with the support and understanding of my family, friends and my girlfriend Mairin from Tipperary (a deputy school principal in Glasnevin, Dublin) who is an absolute rock of strength for me.

I am eager to help people flung into this situation and want to show that though life can be completely turned on its head there is hope. There is a great structure in place in Beaumont and my doctor and his team are fantastic.

Although I may be sick a few times a week or have no energy I feel it important to remain strong and positive – it really does make a difference to your health!

I was so lucky in 1998 to receive a kidney and I remember the difference it made to me. People should embrace and be excited at the thought of receiving one.

For now I just get on day to day...session to session...and though I shed a tear every now and again I just hope that I'm just as lucky this time round.

CROAGH PATRICK

Some of our intrepid climbers



Climb

SATURDAY JUNE 11th 2016

In 2012 we organised for people to meet up in Westport to take on the bucket-list challenge that is climbing Croagh Patrick. Planning was very straightforward – meet up in the centre of Westport on a Saturday morning and car-pool out to the base of Croagh Patrick, take on the climb and then meet up later to compare experiences over a drink. We had over 40 people take part, many of whom had never met before but were inspired by the challenge. It was a great weekend and some people even used the opportunity to raise funds for the IKA.

In 2014 we decided to repeat the weekend and using the same formula we again had 40+ participants, the majority of whom had not been involved in 2012. It was the first event we had our bright yellow IKA t-shirts and they were great as our people could literally be seen from miles away!

It is 2016 so it seems only proper to carry on the tradition and plan a climb of Croagh Patrick again! We are looking at Saturday June 11th as our date. The plan is to meet up in the lobby of the Castlecourt hotel at 11am that morning. We will do introductions, hand out t-shirts and make our way out to begin the climb. As with the two previous weekends, everyone will be responsible for their own accommodation, meals and transport.

The top section of Croagh Patrick is quite an arduous climb and if you are thinking of joining the weekend please make sure that you seek medical advice in advance. Also, the weather can be very changeable during the climb so you should make sure you bring a back pack with appropriate extra layers as well as water and snacks to keep you going. We will not be providing first aid cover on the day but I will be a point of contact on the day with my mobile (087-6843644).

If you are interested in joining our 'expedition' please drop me an email (colin@ika.ie) or give me a call in Donor House (01-6205306) so that I know to look out for you on June 11th.

The weekend is intended to be a social outing but if you want to use the opportunity to fundraise for the IKA I would be happy to facilitate your efforts with sponsorship cards and an online fundraising facility too.

COLIN WHITE
NATIONAL PROJECTS MANAGER





SOCIAL MEDIA & COMMUNICATION

The Irish Kidney Association has been active on social media for just under 7 years and recently we passed 16,000 fans on our Facebook page! We are regularly reaching 100,000+ people a week with our various posts and articles.

The Facebook page for our sports team, Transplant Team Ireland has just passed 2,500 fans. It is clear that more and more people in Ireland, and abroad, are taking a keen interest in the work of the Association and also the importance of sharing positive messages about organ donor awareness.

Coming up to Organ Donor Week we have been using our Facebook page to ask people to step forward and volunteer to help out at Branch level. It has been great to see the response – together we can make a real difference!

We have also used our social media platforms to ask for people to share their stories with us for possible use in the print and electronic media. We have had a great response with many inspiring stories being shared.

World Kidney Day was March 10th and we were able to use our

social media accounts to generate a lot of online traffic to get people thinking about their kidneys and the important role they play as well as thinking about organ donation and the difference it can make.

It is great to see our Branches develop their presence on Facebook as it allows them to extend their reach within their local communities and beyond.

I'd like to take this moment to congratulate our Cork Branch on their page recently hitting 1000 fans!

Keeping the page relevant with a mix of local and other news whilst ensuring it is updated regularly is the key to their success.

It is pleasing to see some of our newer Branch pages following this model and their online presence is growing.

As always, we are looking to roll out a strong social media campaign for Organ Donor Awareness Week. With the help of YOU, our online community, we will be able to transmit our key messages to a wide audience.

Our hashtag for the week on Facebook/ twitter will be #Odaw2016.

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

JIGSAW FOR SALE



The last front cover of **SUPPORT** was typical of a photograph that people use to make difficult jigsaws. So I have secured a limited supply of a 500 piece Ravensberger jigsaw of the picture. It is going to prove to be a rather difficult puzzle and you would need to be a jigsaw enthusiast to take on the challenge.

It comes in a cardboard box and would make a nice present.

They are €35 each (which includes postage & packing) or €30 if collected from Head Office.

TO ORDER
Phone 01-6205306
 or
email: ruth@ika.ie

Double celebration for **PHELIM**



Phelim and his wife Tracy

When goalkeeper Phelim O'Neill, of the victorious Roscommon football team, underwent his kidney transplant on his 22nd birthday 20 years ago, he could not have known that his 'gift of life' would bring him and his future wife together. When making his regular visits to Cooney's Pharmacy, in Athlone, to collect his transplant anti-rejection drugs he struck up a relationship with pharmacy technician Tracy O'Neill. Just over two years ago she became his wife.

Phelim said: "January 2016 marked a double celebration for me – I celebrated my 42nd birthday as well as my life-changing kidney transplant, which I received on my 22nd birthday twenty years ago. I was so delighted on this milestone, thinking back on all that I got to do in those twenty years, thanks to a very generous donor.

"Back in October 2015, I was part of the Clann Na nGael senior football panel that won the Roscommon Senior County Championship and on Saturday, 20th February, I picked up my medal at our annual awards night. It was a very proud night for myself, my wife Tracey and my family.

"My kidney transplant surgeon was David Hickey, who like our team manager Paul Curran, is also a former Dublin footballer and All Star. This is just a small part of my story over the last amazing 20 years."



Phelim (back row, right) with the winning Roscommon team

Mother celebrates 21st anniversary of TRANSPLANT and BABY JOY



Last year Lorraine Hayes (31), a self-employed beautician from Ratoath, Co. Meath, who received a kidney transplant when she was nine years old, realised her lifelong dream of becoming a mother when she gave birth to baby James eight months ago.

To mark the 20th anniversary of her kidney transplant in January last year, Lorraine organised a fundraiser Ball which raised €18,000 with the proceeds being shared between the Irish Kidney Association and the Transplant Unit at Beaumont Hospital.

Lorraine was just 9 years old when she was diagnosed with kidney failure. She feels fortunate to have only been receiving nightly home dialysis (for 12 hours at a time) for just seven months before being called for a life-saving transplant.

Lorraine said: "I always worried that I might not be able to have a baby as I had been on transplant medication for most of my life. I also was concerned that if I did become pregnant that my transplant might be put in jeopardy. My renal consultants Dr. Magee and Prof. Conlon, at Beaumont Hospital, offered fantastic support and care from the time I told them I was planning to get pregnant. They changed my medication and worked closely with my obstetrician Dr Sharon Cooley at the Rotunda Maternity Hospital.

"I will be forever grateful to my deceased kidney donor who gave me the 'gift of life' in my childhood which allowed me to live a normal life and enjoy the profound experience of becoming a mother.

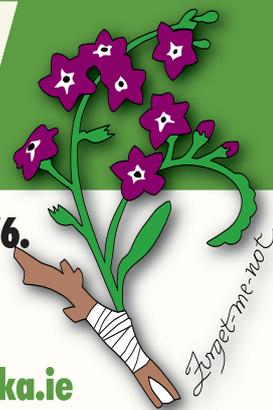
For my partner Alan and I, James is our 'ray of light' and we thank my donor for making this possible.



ORGAN DONOR AWARENESS WEEK 2nd-9th APRIL 2016



IKA DIRECTORY



IRISH KIDNEY ASSOCIATION, DONOR HOUSE, BLOCK 43A, PARKWEST, D12 P5V6.

T: 01-6205306. Lo-CALL: 1890-543639

EMAIL: info@ika.ie • www.ika.ie

RENAL SUPPORT CENTRE, BEAUMONT HOSPITAL, D09 Y5R3 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 Bernie Dwyer, 40 Granville Road, Cabinteely, Co. Dublin Phone: 086-1673467.	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 Richard Conlon, Drumnaveil North, Station Road, Cootehill, Co. Cavan Phone: 087-6478851.	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 Mary Traynor, 9 Blackhill Crescent, Donnacarneay Co. Meath 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 Maureen Bourke, St. Anthony's, Carrowcushlaun, Ballina, Co. Mayo. Phone: 087-6604133.	WATERFORD Patricia Meade, 1 Brook Road, Knockboy, Co. Waterford. Phone: 087-9647231
CORK Helen O'Sullivan, 25 Aldworth Heights, St. Joseph's Road, Mallow, Co. 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 Maureen Allen, St. Mary's Road, Edenderry, Co. Offaly. Phone: 086-1982024.	WESTMEATH Cathy Smyth, 31 Churchhills Road, Coosan, Athlone, Co. Westmeath. Phone: 086-8049487.
DONEGAL Sharon Gallagher, Pillar Park, Buncrana, Co. Donegal. Phone 086-3459112.	KERRY Theresa 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, New Ross, Co. Wexford. Phone: 086-3745788.



IRISH KIDNEY ASSOCIATION MEMBERSHIP APPLICATION FORM



BLOCK CAPITAL LETTERS PLEASE:

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

SURNAME: _____

ADDRESS: _____

POSTCODE: TEL: _____ MOBILE: _____

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, D12, P5V6.
There is no subscription charge.



HOLIDAY DIALYSIS SURVEY 2016

This survey is designed for people currently on haemodialysis. Its purpose is to gather data from people who have received dialysis whilst travelling (holiday and/or business), and to also learn from those who have not travelled whilst on dialysis – to gain an understanding of their willingness to travel and what obstacles, if any, (other than financial), might discourage them from travelling. Some of the survey questions are in a format that allows comparisons with surveys conducted by other patient organisations in Europe. Pull out from the magazine, complete it and return it to our Freepost address **OR** you can complete the survey online on the IKA website if you prefer...www.ika.ie/holiday-dialysis-survey-2016

1. Age:

- 18-29 Years 50-59 Years 70 years +
 30-39 Years 60-64 Years
 40-49 Years 65-69 Years

2. Gender:

- Male Female

3. Nationality:

- Irish EU non-EU

4. Haemodialysis Centre:

- | | |
|---|---|
| <input type="checkbox"/> Home Haemodialysis | <input type="checkbox"/> Limerick Regional |
| <input type="checkbox"/> Beacon Drogheda | <input type="checkbox"/> Limerick Fresenius |
| <input type="checkbox"/> Beacon Sandyford | <input type="checkbox"/> Mater |
| <input type="checkbox"/> Beacon Tallaght | <input type="checkbox"/> Northern Cross |
| <input type="checkbox"/> Beaumont Hospital | <input type="checkbox"/> Sligo |
| <input type="checkbox"/> Castlebar | <input type="checkbox"/> St. Vincent's |
| <input type="checkbox"/> Cavan | <input type="checkbox"/> Tallaght Hospital |
| <input type="checkbox"/> Cork | <input type="checkbox"/> Temple Street |
| <input type="checkbox"/> Galway Merlin Park | <input type="checkbox"/> Tralee |
| <input type="checkbox"/> Galway Wellstone | <input type="checkbox"/> Tullamore |
| <input type="checkbox"/> Kilkenny Fresenius | <input type="checkbox"/> Waterford |
| <input type="checkbox"/> Letterkenny | |

Other (please specify)

5. How many years are you on haemodialysis?

- | | | | |
|---|-----------------------------|-----------------------------|------------------------------|
| <input type="checkbox"/> Less than a year | <input type="checkbox"/> 6 | <input type="checkbox"/> 12 | <input type="checkbox"/> 18 |
| <input type="checkbox"/> 1 | <input type="checkbox"/> 7 | <input type="checkbox"/> 13 | <input type="checkbox"/> 19 |
| <input type="checkbox"/> 2 | <input type="checkbox"/> 8 | <input type="checkbox"/> 14 | <input type="checkbox"/> 20 |
| <input type="checkbox"/> 3 | <input type="checkbox"/> 9 | <input type="checkbox"/> 15 | <input type="checkbox"/> 20+ |
| <input type="checkbox"/> 4 | <input type="checkbox"/> 10 | <input type="checkbox"/> 16 | |
| <input type="checkbox"/> 5 | <input type="checkbox"/> 11 | <input type="checkbox"/> 17 | |

6. Before being treated by dialysis were you someone who enjoyed travelling?

- In Ireland – Yes Abroad – Yes
 In Ireland – No Abroad – No

7. Have you ever been dialysed in another dialysis centre for holiday or business purposes?

- In Ireland – Yes Abroad – Yes
 In Ireland – No Abroad – No

8. If YES to either Ireland or Abroad (in Question 7), how often do you travel?

- Once a year Twice a year More often

9. Have you ever stayed in the IKA Holiday facilities in Tramore or Tralee? (You can tick more than one option).

- TRAMORE – Yes TRALEE – Yes No

10. Are you on the kidney transplant waiting list?

- Yes No

11. When would be your ideal time to travel (whether you do or not)?

Please select ONE only.

- Summer Christmas Low Season
 Easter High Season Anytime

12. What are the obstacles to your travel, (besides financial ones) within Ireland or abroad? (You can tick more than one option).

- I do not feel well enough:
 I would be too nervous to go to another dialysis centre
 I have not got fistula access for dialysis
 I have no energy
 I would be a burden to my family
 I do not know how to organise treatment elsewhere
 I have tried in the past and could not secure treatment where and when I wanted to go
 I do not want to travel
 I would be afraid of the language difficulties
 I would be too anxious of missing a call for a kidney transplant
 I wouldn't know how to organise such a holiday

Other (please specify)



HOLIDAY DIALYSIS

SURVEY 2016

CONTINUED

13. If you have previously travelled abroad whilst on dialysis do you always go to the same place?

- Yes No

14. Please rank, in order of preference (1-7), your priorities for choosing one dialysis unit over another?

- Distance from your holiday accommodation
 Trust in the medical / nursing staff
 Transport is provided
 Quality of the dialysis centre
 They offer food
 Trust built up over time
 The equipment, machines, techniques, needles, filters etc.

15. What factors do you think are relevant in a holiday dialysis facility to ensure an excellent stay?

16. Would you consider a haemodialysis holiday abroad for a week with about 20 other patients and their families to a popular destination, all staying in the same hotel or apartments at your own expense and being treated in the same dialysis centre, but the haemodialysis treatment would not cost you anything provided you qualify for, and have, a European Health Insurance Card (vast majority of Irish people qualify)?

- Yes No (if you select No please go directly to Question 21)

17. If yes, what destination would you prefer?

(Please rank in order of preference 1-4)

- France Spain Portugal UK
 Other (please specify)

18. What level of accommodation would you choose?

(Please indicate only ONE choice).

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> Apartment 2 Star | <input type="checkbox"/> Hotel 2 Star |
| <input type="checkbox"/> Apartment 3 Star | <input type="checkbox"/> Hotel 3 Star |
| <input type="checkbox"/> Apartment 4 Star | <input type="checkbox"/> Hotel 4 Star |

19. Would you prefer if a dialysis Nurse travelled as a co-ordinator for your treatment?

- Yes No Not necessary

Any other requirements you would prefer to be considered:

20. What level of cost would you consider for a seaside holiday destination in Spain, Portugal or France to include flights and accommodation on a hotel basis or apartment self catering (please specify) for 7 nights in high season (July, August or September) including transport to and from the airport.

21. The information gathered is confidential and we do not require you to identify yourself. However, if you wish to do so we can then send you the report of the survey responses.

Name: _____

Address: _____

Address 2: _____

City/town: _____

Eircode: _____

Email: _____

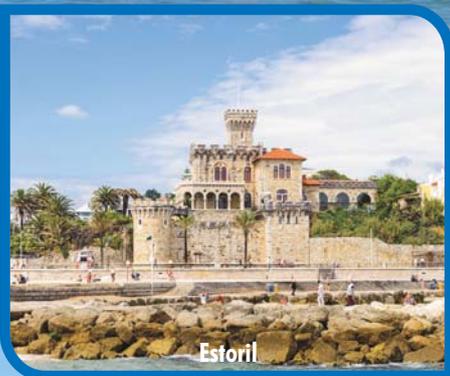
Phone: _____

22. General comments you wish to make

**Please post your completed survey to,
The Irish Kidney Association, FREEPOST,
Donor House, Block 43A, Parkwest, Dublin, D12 P5V6.**

EXTENDED CLOSING DATE FOR SURVEY IS 30TH APRIL, 2016

HAEMODIALYSIS HOLIDAY GROUP



The prospect of a group of haemodialysis patients and their family or friends taking a holiday together in September is being actively negotiated with Virtus Vita, a dialysis holiday specialist tour operator and Diaverum, a large provider of dialysis in Portugal.

Diaverum have a brand new 22 station dialysis centre in Estoril, which has plenty of available dialysis slots that can provide for group holidays and they have nurses that speak English.

We are looking at 3-4 star hotel accommodation on a bed and breakfast basis, within a 5-10 minute drive from the dialysis centre.

The area has plenty of restaurant options as well as great beaches and local attractions, such as the town of Cascais, Sintra, Lisbon and for the adventurer Fatima is a long day trip (150km) away.

September temperatures should be around 24 degrees during the day and only slightly cooler in the evening.

You will have seen the survey on the previous two pages. In part this survey is to establish the interest in this holiday idea. We were hoping to have prices and dates in September before going to press but unfortunately we have not tied down the details.

We already have some interest from those that have completed and returned the survey. You can contact us immediately if you are interested in receiving more information or wish to be considered part of the group. Phone our Holiday Co-Ordinator in Donor House (01-6205306) or email: deborah@ika.ie

Written by members of
**RENAL INTEREST GROUP
OF THE IRISH NUTRITION
& DIETETIC INSTITUTE**



EATING WELL ON YOUR HAEMODIALYSIS DAYS

Research has shown that some people don't eat enough on dialysis days as they can often miss a main meal and have a very long period of time when they are away from home. During your dialysis session your protein requirements increase and you lose protein in the fluid that is removed during the procedure. You need to eat enough protein containing foods to keep your muscles strong, repair tissue and fight infection.

It is recommended that you try to eat foods that contain protein during your dialysis session, such as meat, fish, chicken or eggs. Some patients cannot tolerate eating while on the dialysis machine. Your doctor, nurse or dietitian will advise you regarding this and will arrange for you to have something to eat either before, or after, if you cannot tolerate food during dialysis.

WHAT SHOULD I EAT DURING HAEMODIALYSIS?

During haemodialysis we would encourage you to have a nutritious sandwich to ensure you get enough protein that day. The best options for fillings include;

- Turkey
- Beef
- Chicken
- Chicken and stuffing
- Tuna mayonnaise
- Egg mayonnaise

Avoid processed meats with phosphate additives.

Sandwiches can be made on white, brown or granary bread and can include a small amount of salad.

To add some extra flavour to your sandwich, talk to your dietitian about suitable sauces, for example cranberry sauce and horseradish sauce.

Please remember to bring your phosphate binders with you to dialysis, to take with your sandwich.

Fluid intake should be restricted to one small cup of tea or water per dialysis session to ensure that adequate fluid is removed during your treatment.



IS IT SAFE TO EAT HIGH POTASSIUM SNACKS ON DIALYSIS (eg chocolate or crisps)?

No, it is not safe as the potassium contained in the snack may not be removed from your blood during that particular dialysis session.

If you have any questions or queries, please ask your Dietitian

TAX RELIEF ON HEALTH EXPENSES INCURRED BY KIDNEY PATIENTS

We now have the 2015 tax relief allowances so you can now make your claim for 2015 expenses.

These tax allowances are only paid using the lowest tax band...20%. I am advocating that all these tax reliefs should be replaced, as they only favour those that are actually paying tax.

I believe there should be a monthly

payment to home dialysis patients to help them with their out of pocket expenses and the HSE should be providing a reasonable mileage payment to people managing their own transport to dialysis. I'm not saying I will succeed anytime soon but having a situation where only taxpayers can make claims is totally out of date at this stage.

MARK MURPHY

A person on haemodialysis in a hospital or clinic, who does not avail of a HSE means of transport and who pays tax may make a claim for their travel expenses.

Hospital dialysis patients

(where the patient attends hospital for treatment).

Relief in respect of expenditure incurred travelling to and from hospital (unlimited journeys for all years) may be allowed at the following rates:-

MILEAGE/KILOMETRIC RATES

2012	€0.27 per mile or €01.7 per km
2013	€0.27 per mile or €01.7 per km
2014	€0.27 per mile or €01.7 per km
2015	€0.27 per mile or €01.7 per km

Home dialysis patients (where the patient uses an APD or haemodialysis machine at home).

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

RELIEFS ALLOWED

	2012	2013	2014	2015
Electricity	€1,935	€2006	€2100	€1905
Laundry & protective clothing	€1,960	€1935	€1930	€1925
Telephone	€305	€305	€305	€305
Travelling	€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 APD machine)

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

RELIEFS ALLOWED

	2012	2013	2014	2015
Electricity	€1,530	€1585	€1660	€1505
Telephone	€305	€305	€305	€305
Travelling	€0.27 per mile or €0.17 per km			



CORK

By HELEN O'SULLIVAN

Happy New Year to all our friends, families and members. We do hope that 2016 has started off well for you? To those of you that have received good news, since our last newsletter, congratulations and, to all of you who are still waiting, hang in there it will come.! We would like to thank everybody who sold Christmas cards this year, it is not an easy task but we were encouraged by the number of requests we got from people all over the county. It has been a quiet time for the branch since Christmas, but before the Christmas break we had our now annual fun day in the dialysis ward with music, craic and dance. Music was

provided by Val Cooke, Andy Dunne and Ella Ryan whom you may remember contested last year's Cork Rose of Tralee final on behalf of the Irish Kidney Association. Ella's sister also came along to sing and play guitar. Great fun was had by all with doctors, nurses and patients all joining in.

Requests were taken from the patients on dialysis and the singers willingly honoured all requests. We also held our Christmas hamper raffle and were delighted that some of our winners were on hand to receive their prize from our officers on the day. Officers met with the renal team in CUH to discuss if there was anything

Find us on: **facebook**



Noreen O'Halloran and Gillian Kingston



Santas little Elves prepare Christmas hampers



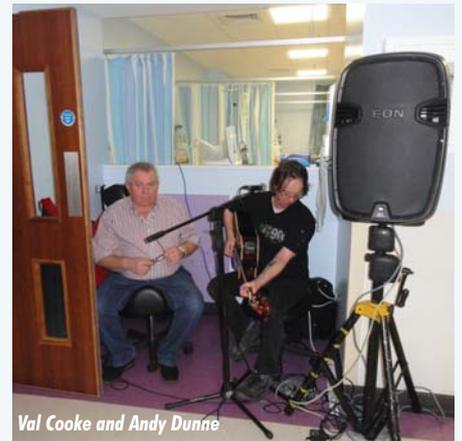
Noreen O'Halloran and Dr. Maria Stack



Margot McCarthy and Gillian Kingston



Enjoying the craic and music



Val Cooke and Andy Dunne



Elizabeth Aherne, Pat O'Sullivan and Mike Kiely



Helen O'Sullivan, Margo McCarthy, Pifor Bargarik, Joanne Lyons and Noreen O'Halloran



CUH Renal Team and IKA members

they felt the Branch could provide or help with. Blood pressure monitors and toiletries were identified as something the branch could provide and Noreen O'Halloran and Margo McCarthy presented the renal team with these.

A shortage of television remotes was recently noted by members that had been admitted to Ward 4C. You may remember that getting the televisions in the first place took quite an effort on the part of our past Chairman Teddy O'Neill. As the non-availability of the remotes was causing grief for both the nursing staff and the patients, it was agreed at a branch meeting to re-stock the ward with new remotes. These have now been supplied so we hope that patients can enjoy watching the televisions without having to constantly request nursing staff to come and change the channel. A happy outcome for all concerned!

The Garda Golf Society held their annual outing in Blarney, and donated the proceeds to the Cork branch. A cheque was presented to the Officers at our first meeting of the year. Dermot Sheedy, Robbie Kenneady, Seamus O'Sullivan, John Ryan from the Gardaí made the presentation. Our thanks to all the members of An Garda Síochaná who contributed to the collection.

We would also like to thank Margaret O'Keeffe, from Mallow, who has been to the fore in organising fundraising events for the IKA for many years. This year being no different, started off with the annual Churchgate collection in Mallow, which raised €2000. Well done to Margaret, Tom and her loyal team of volunteers, who



Garda Golf Society presents cheque to Cork Branch Officers

will again be on hand to help with Organ Donor Awareness Week.

UCC School of Medicine, contacted the branch requesting renal patients to come along to a lecture to speak to the medical students about 'Kidney Disease and Transplantation'. Donal O'Flynn, Margaret O'Leary, John Hurley, Mike Kiely, Pat O'Sullivan and Hugh Nolan all went to UCC on different days to talk to the students. All speakers found it very interesting to tell their own story and to answer questions from the students. We would like to thank Catherine Mills and Dr Pat Henn for inviting us to talk. If anybody feels they have a story to tell or would just like to talk about, and promote organ donation etc, please contact any one of the Officers and let them know if you are interested. We do receive requests throughout the year to give talks in schools or factories and we would welcome any newcomers on board to help us out.

'World Kidney Day' took place on 10th March. Members of the branch, along with staff from the Renal team, were on hand to man a desk in CUH informing people entering and leaving the hospital about kidney disease



and kidney failure. Dr. Liam Plant, Renal Consultant in CUH was present, accompanied by Dr. Maria Stack, Paediatric Nephrologist from Temple Street Children's Hospital. Dr. Stack was on her first visit to CUH to take a tour of the facilities with a view to establishing an outreach clinic in the hospital for paediatric renal patients.

DATES TO REMEMBER

Organ Donor Awareness Week, 2nd-9th April. If you would like to help spread the word on organ donation please contact any one of the Officers who will only be delighted to assist you. It can be something small, like having a coffee morning, standing outside your local supermarket for an hour or asking your family to help and share the burden. Many people get very creative when it comes to spreading the word and organising collections.

IKA Golf Classic Friday 1st July to be held at Mitchelstown Golf Club.



DONEGAL

By SIOBHÁN BATES

Hello to all from Donegal. Spring has finally arrived and I hope this issue of SUPPORT finds you all hale and hearty. At our branch meeting on 21st March we discuss Organ Donor Awareness Week and the collection points and merchandise. We would appreciate any help you can give us at this busy time. You can contact me at 074-9122271.

Our Churchgate collections will take place on Saturday 16th and Sunday 17th April.



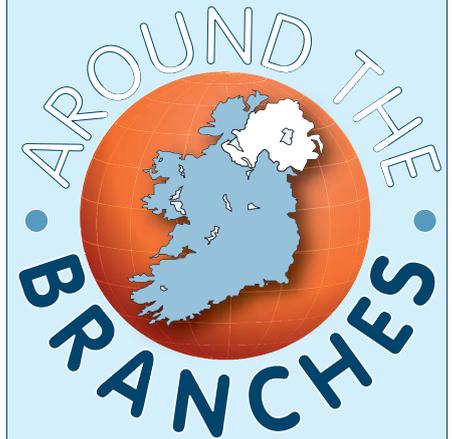
Above: Michael and Mary Whoriskey present the cheque for 3,700 to Siobhan and George Bates.
Below: Kieran cuts the ribbon to open the Christmas Lights display.

Thank you to Michael and Mary Whoriskey from Kerrykeel, Co. Donegal for their fabulous contribution of €3,700 from their Christmas light display at their home. The Donegal Hospice benefited with the same amount. 'Thank you' and well done for your support for the renal patients.

We would like to thank our caretaker Harry Johnson at Radharc na Cille, Carrigart, an independent living facility for older people with disabilities. He kindly donated €100 from a recent pub quiz. A total of €470 was raised on the night and was divided between several charities.

A great night was had by all who were lucky enough to get to the Donegal Interdenominational Community Carol Service held in the Church of Ireland in Donegal town. The night raised the fantastic amount





Betty and Eddie McGinty presenting monies from their 'Learn to Jive in 6 weeks; to Donegal branch Chairperson Siobhán Bates and George Bates.

of €1,300.94. We were nominated by the Irwin family, Main Street, Donegal Town who are great friends of our branch. Thank you from all the renal patients in Donegal.

Thank you so much to Edward and Betty McGinty, Kincairiggy, Manorcunningham, for a fantastic amount raised from their "Learn to Jive in 6 Weeks" a great night was had and a brilliant sum of €1,119.15 was raised.

To our loyal fundraising friends and families that host events all around Donegal for the IKA and Support Centre on the grounds of Beaumont Hospital, we thank you for all your hard work. It is very much appreciated and never goes unnoticed.

Thanks also to all in the Support Centre who look after us when we visit.

Get well to all in hospital and condolences to anyone who has lost a loved one.



Rev. David and Justic Irvin presenting the cheque to Siobhan and George Bates, proceeds from the Community Choir Service.

Congratulations to those who have received the 'gift of life'. Good luck to everyone for Organ

Donor Awareness Week and the Churchgate collections in your area. We hope the weather is good to you.

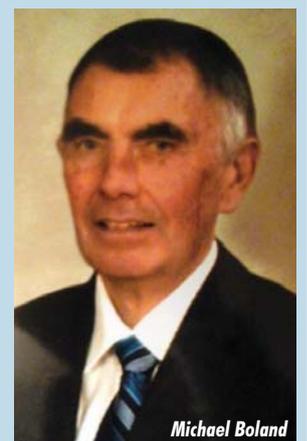
ROSCOMMON

By MAURA QUIGLEY

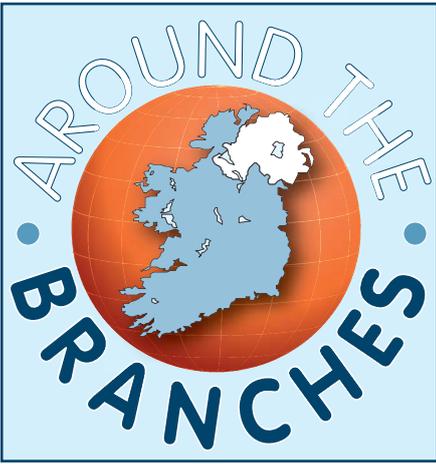
The Roscommon branch will hold its Organ Donor Awareness Week collections on Friday April 8th at various shops and venues throughout the County. The Committee would welcome volunteers to assist with the collection. If you are interested in helping out, please do contact the Secretary at 086-8969670.

AN APPRECIATION – MICHAEL BOLAND RIP

It was with great sadness and deepest regret, that we learnt of the passing of one our dearly and much loved member of our branch, Michael Boland, He was a founder member of the branch and was, for many years, our Treasurer. He was very committed and he could always be relied on to sell 'Forget-Me-Nots' and take up the Churchgate collections. Michael fought his illness with much grace, dignity and fortitude. For the past nine months we prayed for Michael's recovery. He remained upbeat in his very gentlemanly way and attended his local cattle mart a few days before he died. To his beloved wife Patricia and extended family we extend our sincere sympathy. May you rest in peace dear Michael and thank you for all you have done.



Michael Boland



DUBLIN EAST & WICKLOW

By **BERNIE DWYER**

Ann's Resource Centre, beside the Church in Shankill, at 7.45pm. We have tea/coffee etc and welcome anyone who would like to come and have a chat with their fellow patients .

For those of you who are on facebook we now have our own East Dublin Wicklow page where we can post photos, notices and relevant information and local news.

The next big item in our calendar is of course Organ Donor Awareness

Week. We ask any member, who has an hour or two to spare, to PLEASE get in touch with us. Some of our members, who help every year, are not available this year through illness or other commitments so we urgently need help as we have also been kindly given a bag pack in Dunnes Stores, Cornelscourt on 15th April.

Our AGM will take place on 19th April and the 'Dalkey Play' will be held on 9th May this year .

Although it is now well into Spring we wish all our members a very happy New Year and I am sure we all look forward to some fine weather after such a wet and windy winter!

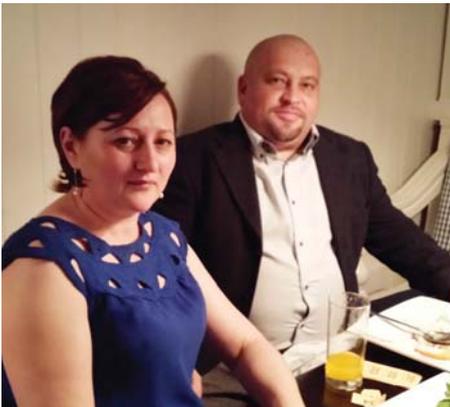
Sadly, three of our members passed away in the last few months, and we extend our sincere condolences to their families.

Our annual Christmas dinner last December was actually lunch in the lovely Ocean Restaurant in Bray where over 45 of our members, families and friends enjoyed a lovely get-together.

We would like to welcome some new members this year and remind everyone that our meetings are held on the first Tuesday of the month in St



DUBLIN EAST & WICKLOW CONTD.



DUBLIN SOUTH

By JAMES REYNOLDS

Hello to our members in Dublin South. Organ Donor Awareness Week will be upon us again very shortly (Saturday April 2nd – Saturday April 9th). As always we would appreciate it if you could offer us an hour or so of your time to volunteer at one of our locations in South Dublin which include Tallaght Hospital, the Square Tallaght, Aldi and SuperValu on various days during the week. If you can help please contact me at 085-213 8309.

Our AGM will be held on April 14th in Cheeverstown House, Templeogue



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DUBLIN SOUTH IKA BRANCH

at 8pm. This is an opportunity for you to become more involved in the branch and bring new ideas to raise awareness to the general public.

We will be hosting a Bingo Night on Friday May 27th in St Enda's Ballyboden GAA, Firhouse Road, Dublin 16. Contact me for more details...we hope to see you there!

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.



DUBLIN BRANCH MEMBERS BUSY STOCKTAKING



Brian Carney, Patricia and Colin Mackenzie and Fiona Lavin at Branch Officers Day

DUBLIN NORTH

By **PATRICIA MACKENZIE**



Left and below right:

Oonagh Deeney, Renal Dietician, Beaumont Hospital speaking to Dublin North members



BEREAVEMENT

Dublin North mourns the passing of two of our valued members, Maureen O'Rourke and Therese McCarthy. Our deepest sympathy goes to their families. May our thoughts and prayers support you at this sad time.

DIETITIANS' VISIT

At our January meeting the guest speaker was Oonagh Deeney, Beaumont Hospital Dietitian who gave us a very informative illustrated talk on the renal diet. Oonagh also answered our questions and spent time, after the meeting, talking with individual patients. We are very grateful to Oonagh and all visiting speakers who take time from a busy schedule to address us.

BETTER HEALTH BETTER LIVING SUCCESSES

Better Health, Better Living is the title of a self-management programme designed to help people learn ways of managing symptoms and everyday living with kidney disease. The programme was designed by Stanford University, California. The weekly sessions are facilitated by two trained supervised leaders: Harry Ward, Dublin North and Peter Pardoe, Dublin South. We have received positive feedback from attendees at this six session course held at Donor House, Park West. If anyone is interested in future courses they should contact Mike Kelly at Donor House.

STOCKTAKING TEAM

Stocktaking is essential if Organ Donor Awareness Week supplies are to be adequate. Our annual Branch stocktaking took place on 26th January in the Support Centre. Every

flower, pin, trolley token, etc. were counted efficiently thanks to the number of members who came and made a big job a much smaller one. Thanks again to our enthusiastic team of stocktakers. A job well done!

RED HURLEY

Once again a 'Red Hurley' concert has added to our funds. The recent show in the White Sands Hotel, Portmarnock, in which Red was joined by Sisters of Sound, raised over €2000 for the IKA. Our thanks yet again go to our resourceful fundraiser Ann Burke and her team. Dublin North was represented by our treasurer Brian Carney.

BRANCH OFFICERS DAY

Branch Officers' Day, in Donor House on 20th February proved to be a very rewarding experience. The day included excellent talks, first by Aileen Counihan, Transplant Co-ordinator, Beaumont Hospital followed by Regina Reynolds, National Organ Procurement Co-ordinator and finally this year's Organ Donor ambassador for 2016, Vivienne Traynor, who spoke of her own experience as a donor. After lunch we had further informative contributions from Mark Murphy, Colin White and Mike Kelly supported by Donor House staff. One of the best ever Branch Officer days.

ORGAN DONOR AWARENESS WEEK

Finally, good luck and best wishes to all collectors and supporters wherever you are gathered. We hope the weather is on your side.



CLARE

By MICHAEL MESCALL

RIGHT:

Members of the West Coast Motor Cycle Club Fintan Tully, Johnny Murphy, John McCann and Donie Shannon who will look after road safety for the Clare branch of the Irish Kidney Association's West Clare Walk along the Wild Atlantic Way on Sunday May 1st in Kilrush.



We appeal to our members, their families and friends to help promote this year's 'Organ Donor Awareness Week'.

The West Clare Kidney Support Group (WCKSG) have organised a walk/run in Kilrush for the last 17 years, to raise funds for the IKA and to benefit both Clare patients and patients countrywide. Since 1999 the group has raised in excess of €300,000. Enormous credit, appreciation and thanks go to committee members, headed up by Chairman Tom Prenderville, for their fundraising efforts, on a purely voluntary and altruistic basis, throughout that period of time.

The walk has now come under the auspices of the Irish Kidney Association with the Clare branch of the Association organising the event in the current year. The walk will take place, as in previous years, on the May bank holiday on Sunday 1st May under the banner 'Clare Branch, IKA West Clare Walk 2016'.

This year's walk will commence at the Square in Kilrush, head out on the N67 - the Wild Atlantic Way - towards Aylevaroo and return to Kilrush via Cappagh on the edge of the broad Atlantic. Splendid scenery with views from afar of the Loop Head peninsula, the Shannon Estuary and Kerry, together with local views of Scatterry Island, Hogg Island and Kilrush Creek Marina are but some of the sights to be observed on the route. Reception, including entertainment and food, will be available in Teach Ceoil Kilrush following the walk.

The event is being organised locally by a Committee, under the stewardship of Vincent O'Halloran who was previously involved, since its inception, with the WCKSG.

Vincent is being ably assisted by the IKA Clare Branch Chairperson/Treasurer Peggy Eustace. We invite you to come to Kilrush on the May bank holiday and participate in the event. Sponsorship cards are

available from Vincent O'Halloran on 086-0854834; Peggy Eustace on 087-9392148; Geraldine Grace on 087-9716814 or any committee member.

The Clare branch wish to extend its sympathies to the relatives of the late Michael King, Tonglee, Kildysart; Eileen McInerney, Caherlean, Doonbeg; Bridie Pyne, Cappagh Kilrush and Mabel Tinney, Donegal.

Congratulations to Nicole Murphy Joyce and her partner Gerry on the recent birth of their baby girl Sophie Sinead.

A Branch Officers' meeting was held at Donor House on Saturday 20th February. A large attendance was present from the various county branches throughout the country including our Chairperson/Treasurer Peggy Eustace. The meeting was very informative with all subject matters on the Agenda covered by the speakers in a very interesting and comprehensive manner.



Maureen & Michael Mescall with Aileen Counihan, Transplant Co-ordinator at Beaumont Hospital



Mary Lynch, Prof Austin Stack and Vincent O'Halloran with Michael Talty and Patsy Riordan in the background

GALWAY

By **ANGELINE COOKE**



LIAM GLYNN R.I.P.

The IKA Chairman, Officers, Board and Members wish to extend their deepest sympathies to the family and friends of our dear friend and deceased member, Liam Glynn RIP.

The Memorial Mass for Liam was held in the church of St. Oliver Plunkett, Renmore, Galway, on Saturday, 27th February, 2016.

At his funeral we were greeted by the strains of 'Welcome To My World' and later his little daughter Grace sang 'I Watch the Sunrise (for you are always close to me)' with word and note perfect innocence, and, at the end, we were all somehow swaying gently, and some were singing along with the evocative and relevant 'Sweet Forget-Me-Not'.

Indeed it was with great sadness that the word of Liam's passing spread after some months of illness and a short stay in the Galway Hospice.

"A gentle man and a gentleman," best describes Liam. He was always warm, friendly, good humoured, witty and caring. He was easy to talk to, a great conversationalist and debater, and bursting with innovative ideas. He had a sense of fun and was considered by all to be a wonderful teacher. But, most of

all, Liam was a devoted husband and dad.

Our very deepest and heartfelt sympathies go to his heartbroken wife Anne, beautiful daughter Grace, sisters Mairead, Triona and Patricia, and to all his extended family.

Some members in the Galway branch first met Liam at the now famous Gormanstown Family Weekend, organised by Liam and the Louth/Meath branch in the early 1990's. The now lovely young adults, who were children at the time, remember Liam with great affection. They recall vividly what a wonderful way he had

with children: fun loving, caring, inclusive, watchful that they were all enjoying themselves. Liam was a great organiser and all had such a wonderful time!

Another vivid recollection of Liam we all have is of when he grew his hair long and wore it in a ponytail. The kids at school immediately christened it 'My Little Pony', a title in which he revelled. It became a nationwide fundraising event, sponsored by the branches, when he decided to cut it off in aid of the IKA!

Liam received his second kidney transplant when he returned to his native Galway in 2002, having been in the chair of the Louth-Meath branch and also on the National Executive Council (now the National Board) for some years. He was warmly welcomed into the Galway branch by the then chairperson, Bernard Cooke who has sadly since passed away. Liam chose, however, to remain in the background. Later he acted as recording secretary for a year, and then was elected as PRO for Organ Donor Awareness Week for several years.

His great contribution to the Galway branch, however, was the establishing of a strong tradition among the 5th year boys of his



school 'The Bish' (St. Joseph's Secondary School), encouraging volunteers to help during Organ Donor Awareness Week. His pupils were excellently organised and at least four pupils would arrive at Galway's distribution centre, every hour, on the hour, with military-like precision. Every year, they were fantastic collectors, well-mannered and enthusiastic, a real credit to Liam and to their school and, no doubt, each and every one of them were fully informed of the benefits of organ donation. Liam showed by example and was an excellent collector himself.

Another valued contribution occurred more recently when he took over the organisation of the annual Churchgate collection at his local Renmore church, and at Renmore Garrison, having previously helped out there. When asked, he simply did it, willingly and efficiently.

As his generosity shone in light so also did it shine in death as Liam donated his body to the advancement of medical science and research. As Fr. Adrian MacNamara elegantly and appropriately spoke in his eulogy said; "Liam continues his work, and is now a 'silent teacher'."

President Michael D Higgins, an old friend of Liam's, was represented at the Mass by his aide de camp, Lieutenant Commander Patricia Butler, whose presence was appreciated by all who attended.

While Liam has now been joyfully reunited with his lovely parents, Lucy and John, his sister Sheila and baby daughter Anna, he will be greatly missed by all of us here who knew and respected him.

Ar dheis Dé go raibh a h-anam dílis.

GALWAY

By EINO MADDEN



Angeline Cooke Founder IKA Galway, Seán Armstrong, Seán Croke, Joshua McNamara, Matthew Mooney, Diarmuid Mulkerrens, Daragh Kerrigan and Principal Ciaran Murphy, Chris Curley Treasurer IKA Galway.

FUNDRAISING

We offer our thanks to the teachers and students of St. Mary's College, who raised the magnificent sum of €3,300 in aid of the IKA Support Centre at Beaumont. They also raised the same amount for Galway Hospice. That involved a huge amount of collecting, selling lines from door to door, in dreadful weather, in the weeks running up to Christmas! Many thanks to everyone involved.

Thanks also to Eileen Quigley Edwards, Stephen Morgan and the patrons of Eddie's Bar in historic Ballymoe, who held a fundraiser on the first weekend of August. €2,000 was raised through a variety of events, including a barbeque, facepainting, and an auction. Ballymoe, on the Roscommon-Galway border, was the birthplace of Eamonn Ceannt, signatory to the Proclamation of Independence. This Easter they will hold a second fundraiser for the IKA. A fantastic raffle will include a football jersey signed by the Roscommon team. They will also use the St. Patrick's Day parade to raise awareness of organ donation. We are very grateful to Eileen for all her hard work.

ORGAN DONOR AWARENESS WEEK

Organ Donor Awareness Week is approaching, and all our

members will have received a circular by now informing them of the local events. May we ask you all to read the circular in full and consider how you can contribute, perhaps by donating an hour to assist on the streets of Galway, on Friday 8th or Saturday 9th April. There will also be fundraising throughout the county that you can help with and with which we need your help!

DATE FOR YOUR DIARY

On Saturday 16th April we will hold an information afternoon for kidney patients of all stages. There will be presentations by Nephrologist Professor Griffin and Mike Kelly, IKA Renal Counsellor. These talks, with question and answer sessions, should be of great interest to all, and especially to pre-dialysis and new dialysis patients. Light refreshments will be served. Admission is free. The venue will be the Menlo Park Hotel on the Headford Road, Galway, just off the roundabout. Our Galway Branch AGM will be held beforehand on the same day.

CHURCHGATE COLLECTIONS

Churchgate collections will be held in Galway East (Ballinasloe and Tuam area) on Saturday 28th and Sunday 29th May.

Also in Galway City and Galway West on Saturday 25th and Sunday 26th June.

LIMERICK

By MADELEINE DONAGHY

Members are actively working on the organ donor awareness campaign for our area this year.

At present the members are busy lobbying the shopping centres, schools, clubs etc. in a bid to spread the word as far as possible. The local media are also being approached again this year and have always been very supportive.

Our thanks also to a Limerick based company, Northern Trust, who intend running a number of activities during Organ Donor Awareness Week in order to raise awareness.

We are hoping that more members will attend the monthly meetings of the branch.

The meetings are held in the Good Shepherd Day Centre, Pennywell Road, Limerick and is easily accessible from St. Johns Square, Parkway Shopping Centre. The meetings are short, informal and friendly with a cup of tea and biscuit available. It is very supportive to meet like minded people and have a chat.

WESTMEATH

By CATHY SMYTH



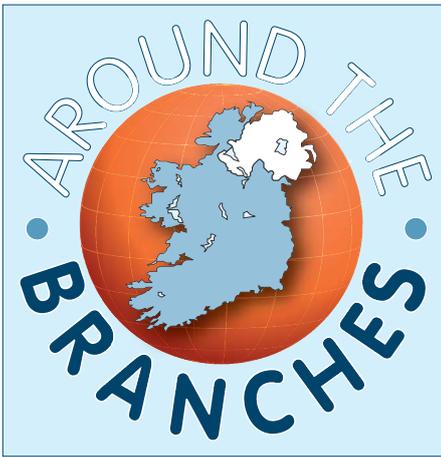
Hello to all from the Westmeath branch.

Our Chairman Eddie Flood and Treasurer Eileen Dunican attended the Branch Officers' day in Donor House in February. This enabled them to meet IKA staff and to obtain updates on organ donation and transplantation, among other things.

We have numerous awareness and fundraising activities arranged for Organ Donor Awareness Week. If you would like to get involved please contact one of our branch officers.

Our AGM will be held on April 19th, venue details will follow.

Finally, we are planning a hill-walking day in Westport on July 23rd so save the date!



Hello to all our members. We have a busy time ahead this April with Organ Donor Awareness Week, closely followed by our annual Churchgate collections taking place, on 9th-10th April, around the county. We will be concentrating our efforts for Organ Donor Awareness Week on 9th April, mainly, with confirmed collections at Aldi in Portlaoise and Mulhall's Supervalu. If any member is available to help out please call Angie as soon as possible. If anybody would like to approach their local Supervalu/Centra etc with a view to promoting the week please feel free and let Angie or Rose know your plans so that we can provide merchandise, etc.

Extra special thanks are extended to Christine and Valerie McAuliffe who got our campaign off to a flying start on Friday 4th March, with a coffee morning held at the Equestrian Centre in Portlaoise. There was a great turnout and a really lovely atmosphere and they managed to raise an impressive €650! Thanks are also extended to Grace and Ronan



Valerie McAuliffe,
Angie Lyons and
Christine McAuliffe

LAOIS

By ANGIE LYONS



Sheehan for the use of their facilities.

If any member would like to organise a similar event for the week your support will be greatly appreciated.

The Laois Branch AGM will take place on Tuesday 19th April – a notice will be mailed to each member in the coming weeks, confirming time and venue. We urge each and every member to make an effort to attend this meeting as plans for the future of our branch will be discussed and member input is vital for this to be a success. In the meantime if any member is in need of patient aid or information, please give Angie a call on 087-7633438.

From Angie, Rose and Angela, we wish all of our members a happy Easter!



Niall McAuliffe

LONGFORD

By ELAINE HESLIN



SOME OF THE FANTASTIC PRIZES FOR OUR RAFFLE COURTESY OF OUR SPONSORS



Catherine Murray, Bernadette Wall (Chairperson, IKA Longford Branch) and Ita Gray (Manager BOI)

ORGAN DONOR AWARENESS WEEK

Longford's Bank of Ireland kindly permitted us to hold an organ donor awareness day recently. Great support was shown on the day itself.

The event was organised by Susan Martin from Bank of Ireland and we thank her and the staff of the bank.

CHRISTMAS LUNCH

Our Christmas lunch was held on Sunday 29th November in the Longford Arms Hotel. There was a good attendance and great sponsorship of prizes for the raffle.

Music was kindly provided by Tommy Flaherty on the day. Tommy wrote the song for the Irish Kidney Association 'The Gift of Life'.

Those who passed away throughout the year were respectfully remembered.





Although we are into Spring we would like to wish a belated happy New Year to all our members, patients and friends. Thank you to everyone who bought and sold our Christmas cards in the Dialysis Unit in Ardkeen Hospital.

We would also like to thank the owners and staff of the Forge Inn, Portlaw, Co. Waterford, who held a very successful 'Christmas Jumper'

WATERFORD

By **SUSAN COWMAN**

night in aid of the IKA, and thank you to all who contributed to the event in any way.

We also acknowledge the Waterford Road Runners who kindly donated a sum of their money collected to us. Many thanks to all involved.

On a sad note, earlier this year, we lost one of our members Phil Harrington RIP. She will be missed from our branch as she was always ready to lend a hand. We send our sincere sympathy to her husband Nicholas and to all her family.

ORGAN DONOR AWARENESS WEEK

Organ Donor Awareness week, possibly our busiest week of the year, takes place from 2nd April to 9th April. We have many local supermarkets booked for collections

during this week and we would be very grateful to you, or your friends and families, if you could help us out during this week as we always need volunteers. If you have a few hours to spare, please do contact Patsy on 087-9647231.

UPCOMING MEETINGS

Our AGM will be held in the same venue on the 19th April. As we always welcome new members and if you would like to join us at our meetings, please contact Patsy on the number above.

NEW SECRETARY

We welcome Patsy Meade, to her new role as Secretary of the branch. We wish her well and have no doubt that she will have no problem fulfilling her role.

NOTES FROM THE WATERFORD HAEMODIALYSIS KIDNEY UNIT

By **LIZZYBITS McCUE, DIALYSIS PATIENT**

There was great excitement recently when, Tom Lea, Co. Tipperary patient, was called to Beaumont, to be tested for a possible new kidney. All his tests were positive and he received a successful kidney transplant. I am told all is going really well for Tom. Best wishes from the patients, nurses and unit staff here in Waterford. We will miss your company Tom.

On 18th January the Wexford IKA sponsored run was held. Nicola Gregg was one of the competitors (her father, Frank Goldsmith) is a patient at our unit. He is a very proud dad who has told us about Nicola's success. One of her sponsors, a person from Carlow, donated €100. That same sponsor came back the following day and gave a huge donation of €1,600 - how wonderful is that? The dialysis patients at the University Hospital's kidney unit would like to say a big 'thank you' to the IKA for their generous gift of high-tech earplugs for the televisions.

We are delighted with these lovely new earplugs. We can now hear and enjoy our programmes in peace!

On March 4th this year, I was 12 years back on a dialysis machine. This will make it a total of 22 years with a 13 year transplant break! I find it difficult at times but I try not to think about it too much as I find this helps me cope better with the stresses and strains of long-term haemodialysis treatment.

The reason I am mentioning this is that without the kindness of Sister Brenda Rowan and the Waterford Healing Arts trust (they have an office upstairs in our University Hospital), life for me would be tedious.

Sr Brenda keeps me on my toes! She encourages me to keep up my writing efforts and to become involved in whatever is going on in our dialysis unit.

At present I'm writing my own autobiography, with the help of Philip Cullen, one of the gifted members of Waterford Healing Arts Trust, along

with a few other people behind the scenes upstairs!

I am very grateful to the Trust for the interesting ideas they have going...Photography, Art, Speech and Drama plus writing projects. This helps me to stay focused and to keep going as I await my fourth kidney transplant!

Thank you to the sponsors of the Trust.

Happy Easter to the doctors, nurses, technicians, care 'bear' assistants, our catering assistant Nora Delahunty, (aka Mrs Doyle) and sweet Rosie, our unit cleaner - I hope you all have a wonderful Easter holiday. Hopefully the weather stays dry! Just remember patients we must watch our fluid and chocolate intake over the Easter.

Thank you to the IKA staff for our magazine, also for printing our Waterford notes, all the kind deeds they do behind the scenes for patients in need. I send my gratitude from a long-term patient!

LEITRIM

By HELENA O'NEILL

Greetings to all our members. We hope everyone is well and managed to avoid the flooding in Carrick-on-Shannon?

We had our annual Christmas Dinner in the Bush Hotel on 6th December. As usual the food and the staff were excellent. There were prizes galore with a raffle sponsored by Keiron's Pharmacy, Cox's Pharmacy, Dugdals Wholesalers and Frank Heslin.

We are very grateful to Kathleen and John McTeigue and their family who organised a cake sale at the Dowra Festival the proceeds of which they donated to the Support Centre in Beaumont Hospital.

A presentation of flowers was made to Kathleen McTeigue (see photo far right), the outgoing branch Chairperson, in recognition of her dedication and fundraising which she continues to do.

The next meeting will be our AGM in the Bush Hotel, Carrick-on-Shannon, at 7.30pm on Tuesday 19th April. We look forward to seeing you there.





ANNUAL MASS OF REMEMBRANCE AND THANKSGIVING AND CHRISTMAS DINNER

The Offaly branch of the IKA got together on Sunday 13th December, 2015 for their Annual Mass of Remembrance and Thanksgiving and Christmas Dinner. A total of 208 attended at the Court Hotel, Tullamore to celebrate this annual event. The gathering comprised of branch members, the 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 Unit, led by Noreen Galvin, Renal Nurse Manager. The

OFFALY

By **JEROME BURKE**

many patients present were delighted to have them join us for this special occasion.

Fr. Joe Gallagher P.P. Tullamore celebrated the Mass for the third 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, from 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, lit every year to remember our loved ones, especially organ donors and their families was lit by Carol Stanley, who had only recently received her kidney transplant. Cllr. Eamonn Dooley, Cathaoirleach, Offaly County Council, was guest of honour at the event, along with the 2015 Offaly Rose of Tralee, Denise Bracken and Steve Cronly, Commercial Manager International Festival. A number of patients, family

members and friends of the branch read the Prayers of the Faithful.

A very special guest made a surprise visit regardless of his busy timetable to wish all a happy Christmas and to give a little present to all our young guests - none other than Santa Claus!

Many thanks to Bernard Doheny of Tullamore Cycling Club.

Black Lace performed the entertainment for the afternoon's dancing. Our thanks to Joe Kennedy and Pat.

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, the Band, Black Lace, the Staff and Management of the Court Hotel, all who gave spot prizes, our Secretary and Treasurer, Maureen Allan and Mary Young and to our special guest Santa Claus. Jerome wished all a safe journey home with a happy and healthy Christmas and New Year greeting, to take them on their way.



MONTHLY MEETING – FEBRUARY

The Chairman welcomed all 16 members back after the Christmas break and outlined the events for the first six months of 2016:

- Offaly Press launch for Organ Donor Awareness Week, 30th March.
- Offaly AGM – 21st April

CHOIR CONCERT

This June the Hart Male Voice Choir from Hampshire, England are performing a Concert for the Offaly Branch along with the Letterkenny Ladies Senior Accordion Band which will be held on June 19th at the Tullamore Court Hotel, Tullamore. The concert will commence at 8pm. The event was formally launched at the meeting and the aim is to sell 752 tickets at a cost of €15, between now and the concert. Support for this event would be appreciated from all branches as well as the people of Offaly and surrounding counties.

TRANSPLANT NEWS

Congratulations to Michael Coughlan, Kinnity, on receiving his kidney transplant, the news of which brought great joy to the Branch.



FUNDRAISING EVENTS

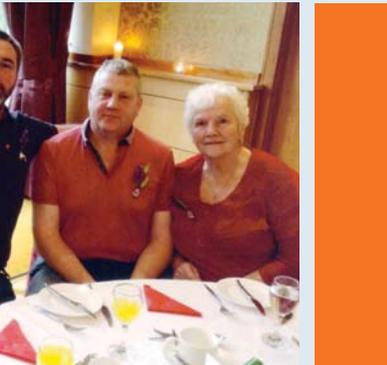
At this year's Christmas Mass and dinner, members of Tullamore Cycling Club presented Jerome Burke with a cheque for €9,500, which were the proceeds of the Annual 'Pedal the Peaks Pat Colgan Memorial Race' which was held in August 2015. Jacinta Condon, Chairperson of the Race Sub-Committee, told how the Club were so impressed by the assistance of Offaly IKA, from as early as May when work began, right up until the final part of the finished process. As a result the Club has committed to the Offaly Branch for

another two years of this sponsorship fundraiser.

CHURCHGATE COLLECTIONS

The Chairman thanked all the members, volunteers, family and friends who participated in the Churchgate collections in Co. Offaly. These included, 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 the Offaly IKA.





Find us on:
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SLIGO IKA BRANCH

Hello everyone and welcome to the spring issue of *SUPPORT*.

Thank you to all who sold the IKA Christmas cards on our behalf.

Our condolences are extended to Pat Healy (a loyal volunteer) on the passing of his mother Mary. Condolences also to Anthony Keighron, our former Treasurer, on the recent passing of his mother Brigid.

I wish to convey our sincere thanks to the Carden family in Enniscrone for their fantastic donation of €8203.33 which they handed over to our Chairman Michael McHugh and vice Chairperson Marie Fowley on January 4th. The donation was the proceeds of the 2015 Mattie Carden Memorial 10k/5k which took place on Saturday March 7th.

The event was held on Saturday March 5th. The weather was very



Members of the Carden family present the Sligo branch IKA with cheque for €8,203.33 (l-r): Marie Fowley, Ray Carden, Michael McHugh, Loretta Carden, Sandra Carden and John Paul Carden.

SLIGO

By **GERALDINE JENKINS**



Mattie Carden launch in the Ocean Sands Hotel, Enniscrone

favourable and congrats to all who took part in the walk/run which is now in its fifth year.

An extra special congratulations to Aine McHugh who is only 7 years old and successfully completed the 5k. Aine is the daughter of our Chairman Michael McHugh and Bernie McHugh (Treasurer).

'Thank you' also to Mark Devaney (proprietor of the Ocean Sands Hotel, Enniscrone) and his staff, for the hospitality shown to all who attended. A million thanks to the numerous sponsors of the event.

We were delighted to be one of the three charities recently nominated in the Tesco Supermarket Blue Token Community Fund. €327.27 was the total donated to our branch from the

fund. Much appreciated and well done to the management and staff in Tesco, Sligo.

Organ Donor Awareness Week runs from 2nd to 9th April. We are absolutely thrilled to announce that Markus (Mark) Feehily (former Westlife member) will launch our branch Organ Donor Awareness Week. As of yet we do not have a date confirmed for the launch due to Mark's hectic schedule.

On Friday 8th and Saturday 9th April (during Organ Donor Awareness Week) we will have a camper van parked in O'Connell Street. Volunteers will be there helping to raise awareness of the importance of organ donation and of course donor cards will be available to the public. Marie Fowley who is also a kidney and pancreas transplant recipient, will be available to answer, to the best of her knowledge, any questions or concerns members of the public may raise. (No pressure Marie!).

DATE FOR YOUR DIARIES:

A fashion show will take place on Thursday April 14th in the Clarion Hotel at 8pm. Tickets are €20 and will be available on the door and also from The Style Emporium Boutique (Grattan Street); Lavins Menswear (Ballymote); Kathleens Fashions (Lyons) and you can also contact Marie Fowley on 086-0826242.

MC on the night will be our very dedicated committee member Ita McMorrow-Leyden. Ita came up with the idea of the fashion show at one of our monthly meetings and the



Left: Sean Fowley, Marie Fowley, Michael McHugh, Aine McHugh, Terry O'Connell and Bernie McHugh.

Below: Some members of the Carden family.

Aine McHugh jumps for joy having completed the 5K!



preparations are now well underway. Marie Fowley is also on board with Ita so I have no doubt that the fashion show will be nothing short of a great success.

There will be lots of great spot prizes on the night so please come along and show your support for the IKA.

Our annual benefit night will be later than usual this year as there is so much happening in April with the fashion show and the Easter celebrations. As all Saturdays in May are fully booked

up with communions and confirmations, in The Blue Lagoon, Riverside (venue), Saturday 11th June is the date now booked for the event.

Seamie McManus (Seamie Mac, Ocean FM DJ) will provide the entertainment. Details will be available on our facebook page, Sligo IKA Branch closer to the time.

Our branch AGM will be held on Tuesday April 19th in The Sligo Park Hotel at 7pm. All our members are invited to attend.



Seamus McGowan, Tesco, Michael McHugh and Geraldine Jenkins



Hello from the Kerry branch.

We are privileged to be one of the nominated charities for this years 180km Ring of Kerry Cycle on 2nd July. Our registrations filled, in record time, and our cyclists have hit the road training for the event and collecting sponsorship on behalf of the IKA.

With over 11,500 cyclists taking part and thousands of people flocking to Killarney for the event it is a huge opportunity to promote organ donor awareness and we will be working towards this goal over the next few months.

ONLINE FUNDRAISING:

All the individuals taking part in the Ring of Kerry Cycle on behalf of the IKA are raising funds for us and together they will raise a significant sum. You can add your support to their collective effort by going online to our JustGiving Ring of Kerry Campaign page; www.tinyurl.com/RoKIKa2016

KERRY

By THERESA LOONEY

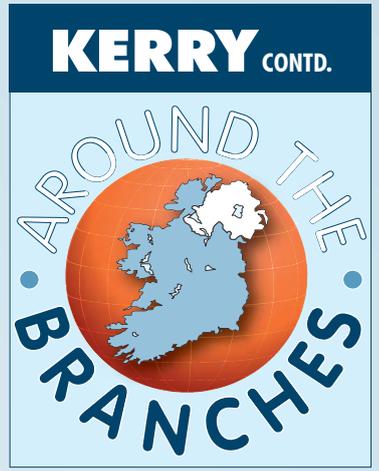
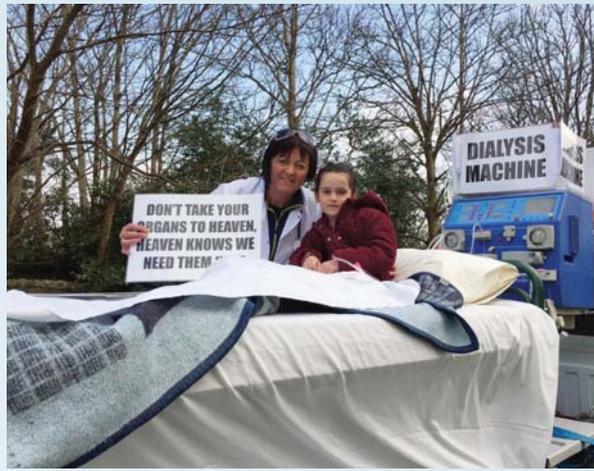


A huge thanks to everyone who helped, and participated in, the St. Patrick's Day parade float. We got huge support and thousands of donor cards were handed out along the route.

Jimmy Dowd and Siobhain Crowley, both dialysis patients, took centre stage on the main float and waved to the crowds as they passed by. Again it was a great opportunity to promote donor awareness. There was a real 'feel good' factor being part of the event.

Congratulations to Mary Johnston on her recent transplant.

Our Summer outing for our dialysis patients is booked for weekend 14th-15th May and this year we will travel



to Dingle. These week-ends are always a huge success and we look forward to spending it in Dingle this year.

Spring cleaning is underway in the Holiday Home in Tralee getting it ready for the coming season. We look forward to welcoming our visitors to Kerry.

Our AGM and launch of Organ Donor Awareness Week will take place on Thursday 31st March in the Holiday Home, Tralee at 7pm.

We look forward to the support of all our members, their families and friends during Organ Donor Awareness Week. Please contact me on 087-2059205 if you can help out in any way.



CAVAN/MONAGHAN

By **RICHARD CONLON**

The Cavan/Monaghan branch this year hope to promote Organ Donor Awareness Week, by concentrating on the distribution of Donor Cards and by having cards available in as many locations as possible. We would hope that our members and friends in Cavan and Monaghan will assist us in distributing cards into as many health centres and surgeries as possible.

Any members who wish to offer assistance during Organ Donor Awareness Week or who need supplies of donor cards should contact Richard Conlon on 087-6478851.

We also encourage more members to attend our meetings, in order to let us know what they think we could do better, to get our message across at a local level.

Pictured right is Susan McKenna, Dialysis Nurse at Cavan General Hospital and Richard Conlon, Secretary, Cavan/Monaghan IKA and in the foyer of the hospital on World Kidney Day.





TIPPERARY

By ORLA HOGAN RYAN

We wish everybody in Tipperary a happy Easter and we hope everybody in the county are in good form.

We are busy organising for Organ Donor Awareness Week and it will be lovely to meet people and to spread the word about organ donation.

The branch officers were at an Branch Officers Day in Dublin on 20th February.

This was a very informative day with

information on organ donation and how the organ donation process has moved from Beaumont to Organ Donation and Transplant Ireland. At our next meeting we will inform our branch members of those changes which will be of interest.

The picture above features IKA Tipperary branch members at the annual golf event, for the IKA, in Nenagh Golf Club.

WEXFORD

The Officers of the branch are very busy preparing for Organ Donor Awareness Week and we are looking for volunteers, from Wexford, to assist us for a few hours during the week. Please contact Dora Kent on 086-3745788.

At the moment Fresenius Healthcare have applied for planning permission and hopefully they are successful and that we will have a dialysis unit in Wexford town before the year end.

Enjoying the Wexford Christmas party were: top right: Eddie Kehoe, Maria Donlon, Liam Buttle, Dora Kent and Mark Murphy, CEO, IKA. Bottom right: Jimmy and Cindy Murphy, Enid Cash and Charlie Murphy



74% of IKA Funding comes from you – the public

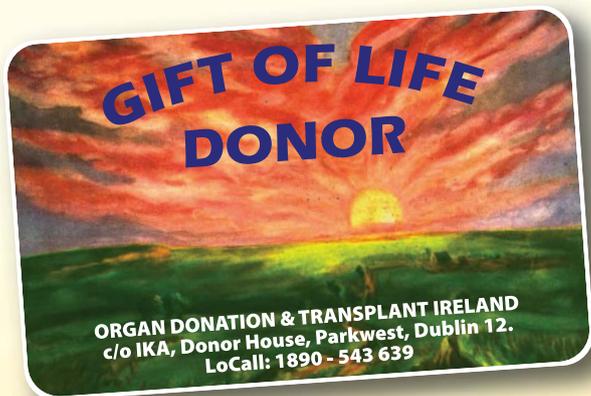
WE RELY ON YOUR GENEROSITY

The **Irish Kidney Association** is a charity of kidney patients and their carer's and is fully compliant with the Voluntary Code of Fundraising practice and no commission is paid to any of our volunteer fundraisers or staff.

We provide all our services FREE to patients, including financial support, counselling, dialysis holiday co-ordination, sports and fitness programmes, advocacy, patient guides, quarterly magazine, accommodation in our 13 bed support centre on the grounds of Beaumont Hospital etc.

We engage with the general public nationally for organ donor awareness campaigns via all modern social media sources, including TV, radio and press.

We employ 13 full and part-time staff to provide these services including the Chief Executive who is paid a salary of €98,000. Our Board Members are all volunteers elected by each of the IKA 25 branches.



26% of our annual income comes from the HSE, Department of Health Lottery Allocation and Employment Subsidies. The remainder is from the generosity of you - the public.

VALERIE BRADY
IKA National Chairman

THE COMPLETE
2014 AUDITED
ACCOUNTS
ARE AVAILABLE
ONLINE AT
www.ika.ie

Our expenditure in 2014 was as follows:

Patient aid and support	€708,192
Donor promotions and education	€682,107
Support Centre (Beaumont)	€164,234
Dialysis Units	€45,916
Equipment and research	€6,391
Administration	€185,673
TOTAL	€1,792,513

Irish Kidney Association, Donor House, Donor House, Block 43A, Park West, D12 P5V6.
Tel: 01-6205306. Lo-Call: 1890-543539. Email: info@ika.ie

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REGISTRATION

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<small>(up to 2 adults and 4 children)</small>	
EVENT T-SHIRT:	€5.00

TO REGISTER LOG ON TO:

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All finishers
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More details will be posted on the IKA's Facebook page and the IKA website: www.ika.ie