

# SUPP



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AUTUMN 2019



## IRISH KIDNEY ASSOCIATION CLG

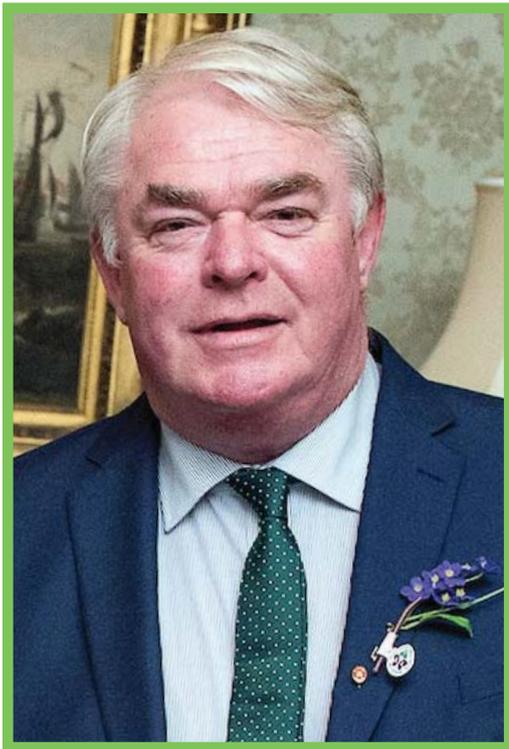
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CHARITY REGISTRATION NUMBER 20011260

# Editorial...



It is ten years since we had our biggest demand for organ donor cards. 15,000 individual requests for a total of 22,000 organ donor cards in just one week. Sadly, the instigator of this surge, Frank Deasy RIP, passed away during surgery. It is now a year since Orla Tinsley's 'Warrior' was aired on RTE – our second biggest request for cards at 7,000. I believe Orla is doing well and, hopefully, enjoying her 'gift of life'.

In this issue you will also note the report from the World Transplant Games in Newcastle, UK. In ten months' time we will be hosting the next European Transplant and Dialysis Sports Championships in Dublin – August 2nd to 9th 2020, in Dublin City University (DCU). If you wish to take part, for the first time, in this event may I encourage you to read further and visit website [www.etsc2020.com](http://www.etsc2020.com) – it is a great opportunity and, by far, the least expensive way you will ever have to experience a week of promoting organ donation, through the medium of sport. Haemodialysis treatments are limited, and it is imperative that you indicate your intentions at the earliest opportunity. We are delighted to announce that Professor George Mellotte has agreed to be the Medical Director of the Championships and we are all looking forward to the challenge of making the 2020 Sports Championships the best ever.

I would like to congratulate Colin Mackenzie of the North Dublin Branch for becoming the Honorary Chairman of the Association (more inside). This follows the very successful Patient Conference and AGM in the Red Cow Hotel on July 6th when John Whelan became National Honorary Secretary and Eddie Flood, from Westmeath, became National Honorary Treasurer. We had two keynote speakers for the Conference, and it was widely reported as the most informative Conference, thanks to the effective communication skills of Dilly Little and George Mellotte.

# Contents...



## FRONT COVER

*Sinead McGowan  
(Galway, via  
Australia),  
Transplant Team  
Ireland, at the  
recent World  
Transplant Games  
in Newcastle, UK*  
Pic by: NCJ Media

– See pages 17–28

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The IKA has invested in a new mobile exhibition stand which had its first outing at the National Ploughing Championships last week (see page 11). The trailer will be available for outdoor events, across the country, and its high visibility was evident at the Ploughing where the glorious 3 sunny days was fully utilised to make organ donor cards available, via the volunteers who manned the stand. I believe it was a pleasure compared to the weather disaster encountered the previous year.

You have received this *SUPPORT* just ahead of our Annual Service of Remembrance and Thanksgiving on Saturday, October 5th at 12 noon in Corpus Christi Church. All are welcome to attend the Service which is an exceptional and important day in the IKA calendar.

News, from Cork, indicates that Cork University Hospital has kindly provided the IKA with a supporting letter, to accompany the planning permission application which has been lodged with the County Council.

The IKA Board has instigated a strategic plan for the Organisation and the consultants 'Crowe' have been appointed to conduct this project. They have prepared a survey and it is hoped that you will complete it with your comments and views. What is required is your honest views and ideas. There is a meeting of branch representatives at Donor House on

October 19th as part of this project.

You may note that my tone is rather cross in the article on European Transplantation data. I apologise to you all in advance of you reading it. We continue to be deeply grateful for the generosity of all organ donors and their families.

**MARK MURPHY**

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# IRISH KIDNEY ASSOCIATION STRATEGY MEMBERS' SURVEY

As you may be aware, the Irish Kidney Association (IKA) has commissioned Crowe to facilitate the development of a strategic plan for the organisation. A key element in this process involves engaging with IKA members, in order to understand your views and expectations regarding membership of the Association.

This questionnaire is designed to gather the feedback of each IKA member and to give all members the opportunity to have an input into the strategic planning process. We very much encourage all members to participate in the process – the more input and feedback we get, the better informed we will be in supporting IKA in its future strategic direction.

**NOTE:** This survey is also available in an easy-to-use online format, which you can access at <https://www.crowesurvey.com/index.php/373718/lang-en>  
The link is available on [www.ika.ie](http://www.ika.ie) – This is a quicker way to provide your input.

The survey should take no more than 10-15 minutes to complete. The double-sided, single sheet questionnaire, accompanying this magazine, should be completed and returned in the envelope provided by **Friday 25th October 2019**.

Please note that each questionnaire response will be treated in utmost **confidence**. Crowe will review all questionnaire responses and will present aggregated findings to the IKA. Your questionnaire responses will not be shared with the IKA. No information which identifies a specific individual will be reported to IKA. As such, the process is entirely confidential in terms of individual responses.

On completion of this assignment for IKA, all of the questionnaire responses will be deleted. None of this material will be shared with any third party. Any personal details supplied will only be used for the purpose of the strategic planning process and will not be shared. At the end of the process, these details will be deleted.

Should you have any queries, regarding the survey's content, accessibility or anything else related to this survey, please contact Vanya Sargent at [vanya.sargent@crowe.ie](mailto:vanya.sargent@crowe.ie) or by phone at **+353 1 448 2200**.

Thank you for your participation in this survey.

## Irish Kidney Association appoints

# Colin Mackenzie

## as National Honorary Chairman



**T**he Irish Kidney Association (IKA) is delighted to announce the appointment of Colin Mackenzie as its new National Honorary Chairman. The outgoing Chairman, John Whelan, completed his two-year term of office and has been elected National Honorary Secretary.

Colin, an accomplished musician and keen artist, is from Portmarnock, Co Dublin. Married to Patricia they have two adult children and four grandchildren.

Colin and Patricia have been active voluntary members of the IKA for two decades. They first became involved in 1999 when Patricia, a musician also, was diagnosed with kidney failure and she progressed to dialysis which she underwent for eight and a half years before undergoing a kidney transplant in 2007. The couple's commitment to the IKA was soon rewarded as Colin was elected Secretary of its North Dublin branch in 2002 and in 2006 Colin was elected branch Chairperson.

In 2014 he was elected to the Board of Directors and became National Honorary Treasurer in 2017. He has represented the IKA at the European Kidney Patient Federation (EKPF) in Brussels, Madrid and Amsterdam.

Colin holds a B.Mus degree from Trinity College Dublin and studied music in UCD and the Royal Irish Academy of Music. He holds diplomas from Trinity College, London and the London College of Music. He also attended the National College of Art in Dublin.

The retired school Assistant Principal ran a music department at

Mount Temple School and can boast members of International rock band U2 among his students, as well as musician Damien Dempsey and Whitbread Book Prize author and poet the late Christopher Nolan who wrote about Colin in his award winning book *'Under the Eye of the Clock'*.

Colin is author of three school textbooks and he prepared students for Junior and Leaving Cert Music examinations and other musical activities including shows which he co-produced with his wife Patricia such as *Mikado*, *Pirates of Penzance*, *Oklahoma*, *South Pacific* and *The Beggar's Opera*.

In welcoming his appointment as Chairman of the Association Colin said, "the IKA has an excellent board of directors representing a variety of backgrounds and we have a highly competent CEO, Mark Murphy, and dedicated support staff at our headquarters Donor House.

"I am honoured to be taking up this post and thank Valerie Brady, the outgoing national honorary Secretary and former chairperson and the outgoing Chairman and current Secretary John Whelan, for their support and dedication over the past two years. I look forward to working with our new Honorary National Treasurer Eddie Flood.

One of the Irish Kidney Association's strengths is that National Officers, Board Directors and all members of its 25 branches nationwide work for the organisation on a voluntary basis. Our objective is simple - to give all kidney patients the best support we can offer by advocating for the best possible treatment and care they can receive. Another important objective is the promotion of organ donation for transplantation. I look forward to working towards these goals for the next two years."



# & EUROPEAN DATA ON... ORGAN DONATION & TRANSPLANTATION

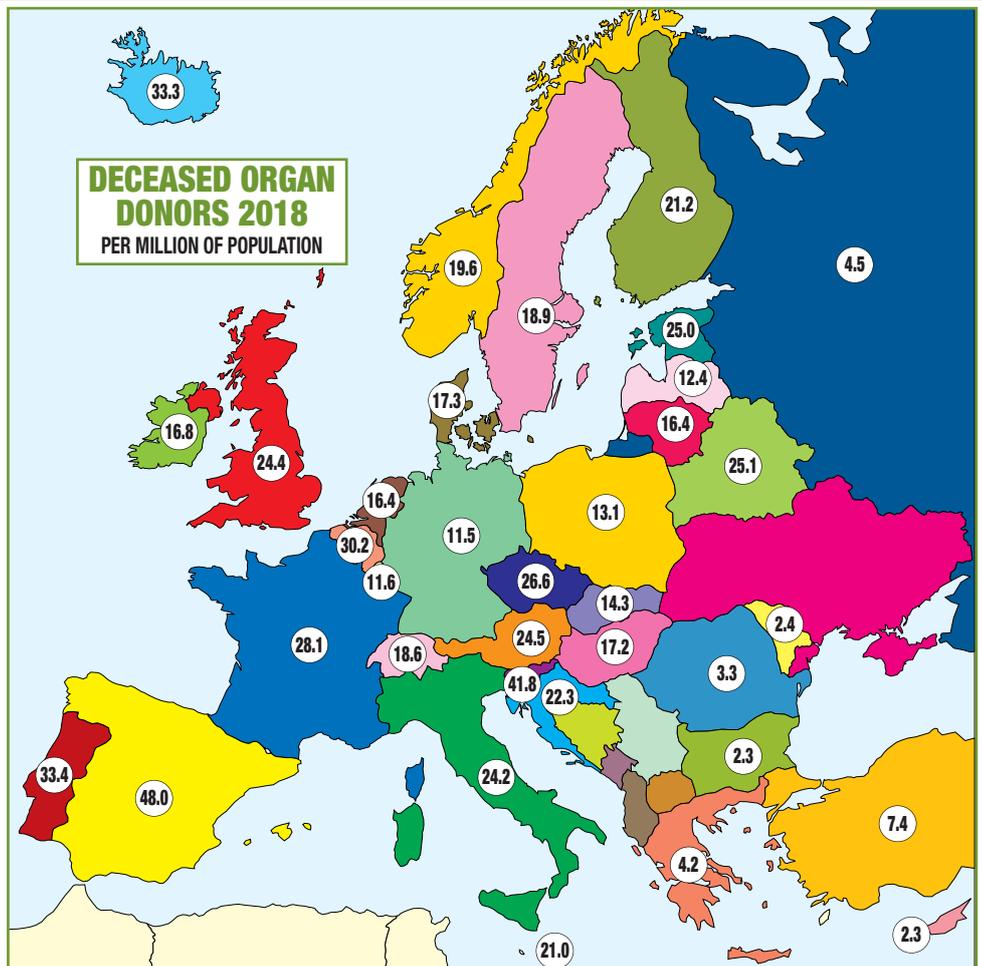
By  
**MARK  
MURPHY**

The annual transplant Newsletter with the 2018 European Organ Donation and Transplant data has recently been published. I replaced the population figures used in the report and used the more accurate assessment of the population provided by Eurostat. Eurostat also provide the annual death rates for each country and I use this data in my interpretation of the newsletter.

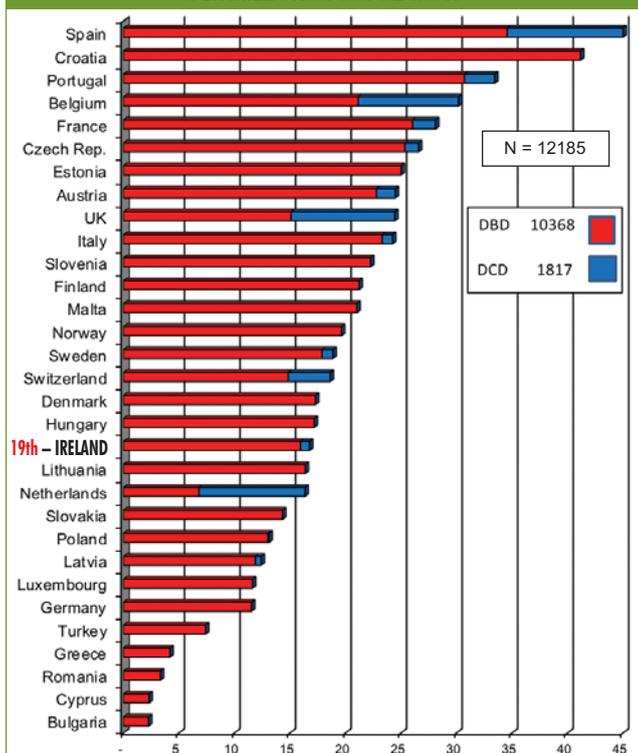
This interpretation includes 31 countries in Europe. The EU 28 plus Norway, Switzerland and Turkey. The full report, data sets and Powerpoint slides are available from the IKA website.

2017 was a record year for organ donation in Ireland. This was not repeated in 2018 and we fell back five places to rank 19th, with a per million of population figure of 16.77 from our 81 actual organ donations.

An actual deceased organ donor is a person from whom at least one organ has been recovered for



## EUROPEAN DECEASED ORGAN DONORS 2018 PER MILLION OF POPULATION



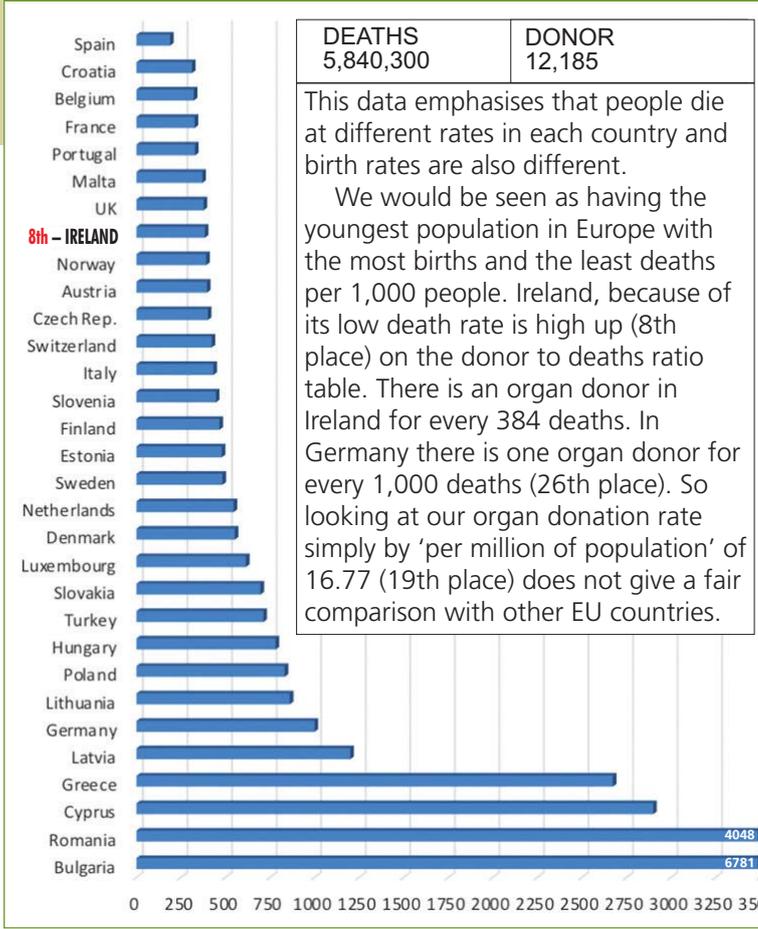
the purpose of transplantation, in contrast to an utilised donor who is an actual donor from whom at least one organ has been transplanted. The number of utilised donors is therefore lower or equal to the number of actual donors.

Organ donor's age is now a significant factor. Organ donation across Europe is growing for two main reasons. The growth in use of cardiac death donors, supplementing brain death donation, and the older age of available donors. 20 of the 81 Irish donors in 2018 were over 60-years-old. This compares to 57% of the Spanish organ donors who were over 60-years-old.

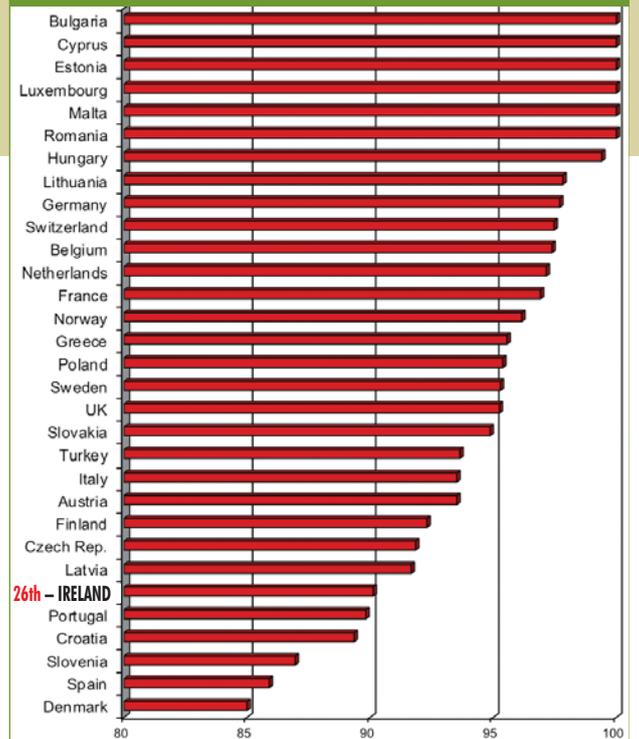
## IRELAND'S RANK IN EUROPE FOR ORGAN DONATION (PMP)



## DONOR TO DEATHS RATIO 2018 PER MILLION OF POPULATION

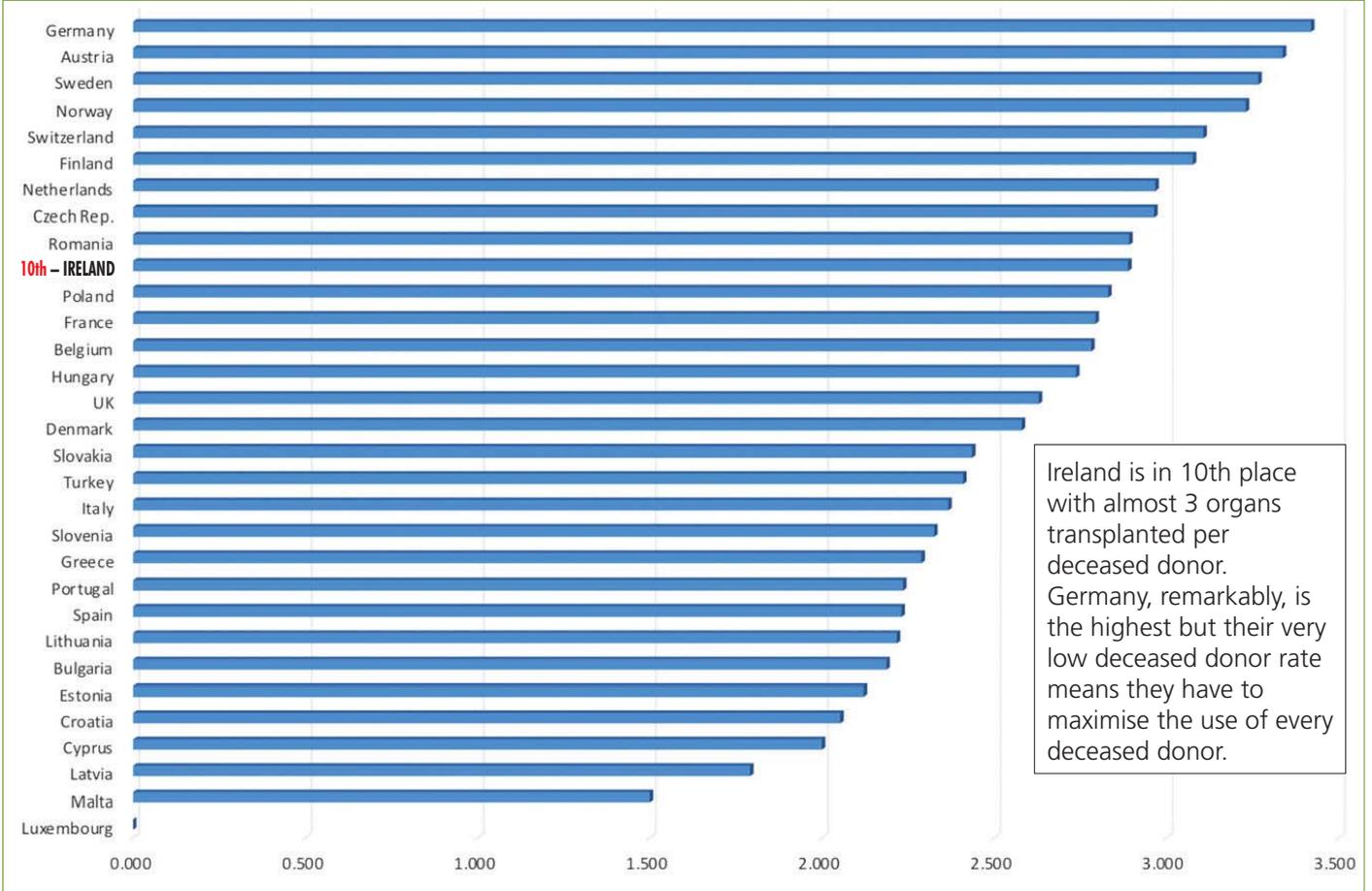


## UTILISED DONORS AS A PERCENTAGE OF ACTUAL DECEASED DONORS



For the first time in the newsletter we have both the actual and utilised organ donor data and you can see that Ireland utilised 90% of its actual donors, a little lower than the EU average but one year's data alone does not portray the general trends which 5 years data will in the future.

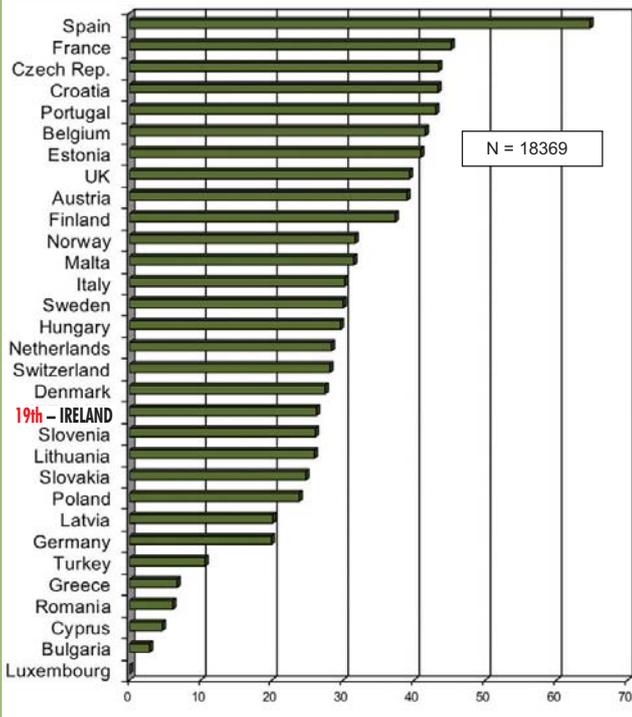
## TRANSPLANTS PER DECEASED DONOR 2018 PER MILLION OF POPULATION



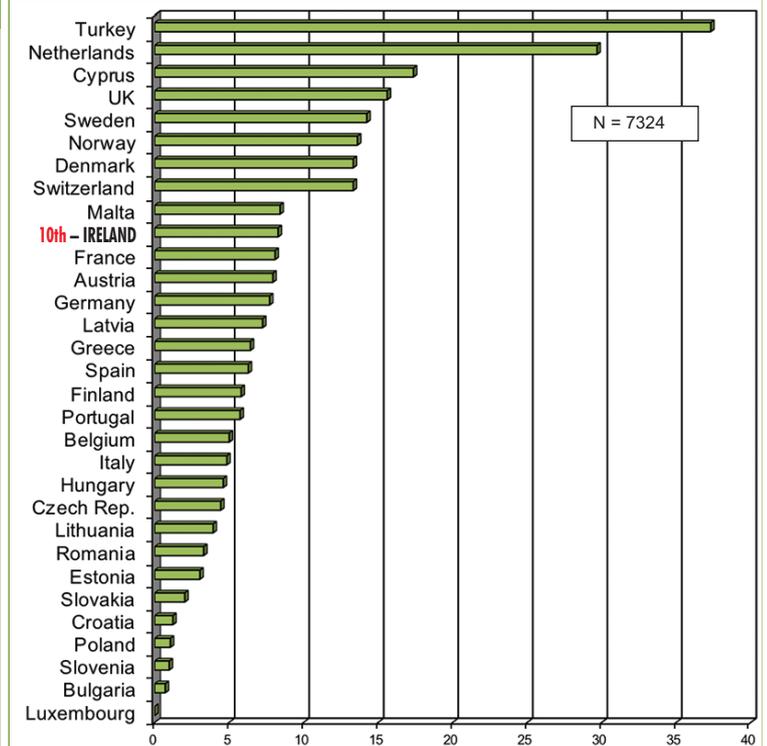


# & EUROPEAN DATA ON... ORGAN DONATION & TRANSPLANTATION

## EUROPEAN KIDNEY TRANSPLANTATION FROM DECEASED DONORS 2018 PER MILLION OF POPULATION



## EUROPEAN KIDNEY TRANSPLANTATION FROM LIVING DONORS 2018 PER MILLION OF POPULATION



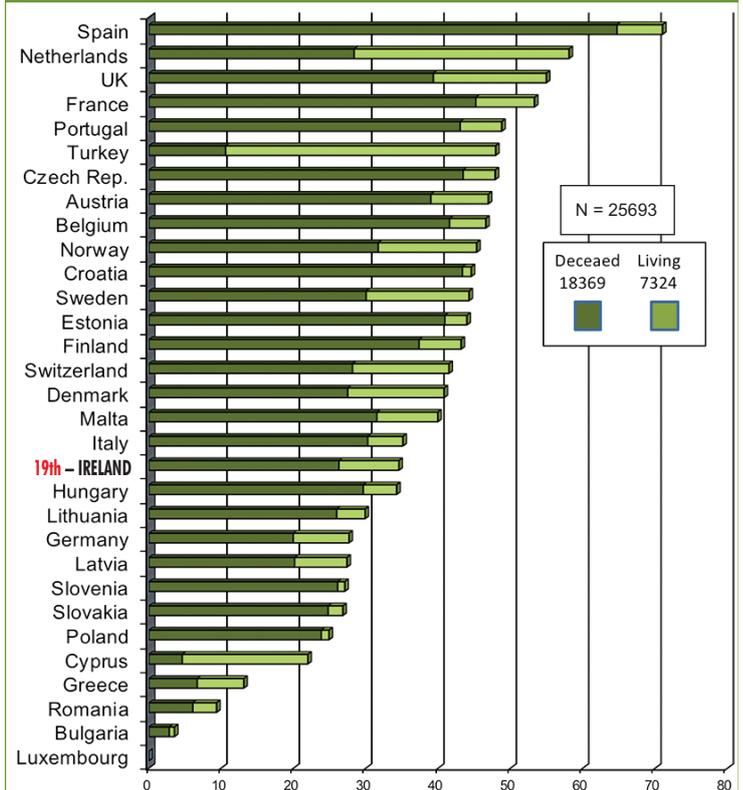
So, where do we stand with organ transplantation? From deceased donors in 2018 we had 127 kidney transplants, down six places to 19th place. We rank much better for living kidney transplantation (10th place), down only one position, despite the drop from 51 living donors in 2017 to 40 in 2018. When you bring the data together, our 167 kidney transplants in 2018 (19th place) is a disappointing result.

It is often the case that we benchmark ourselves against the UK's activity. In kidney transplantation they come in 3rd place overall by using 36% of donors over 60 years of age (Ireland 25%) and 38% of their deceased donors are from cardiac death donation (Ireland 5%). The UK also has almost twice our living kidney transplant rate.

The lessons from the UK are clear to me. We need investment to make the numbers change. Organ Donor Coordinators, Surgeons, Theatres, Nurses, Retrieval Teams, DCD training and the greater use of older and extended criteria donors, will change our declining organ donation and transplantation services. There are plans and reports suggesting all of the above, but no sign of any implementation of anything. Renaming the consent process will not achieve anything in isolation and potentially it could make the situation worse than it already is.

We used to be proud of our international standing for organ donation and transplantation. Now we are just proud of all the people doing their best without the financial supports required to maximise their activities.

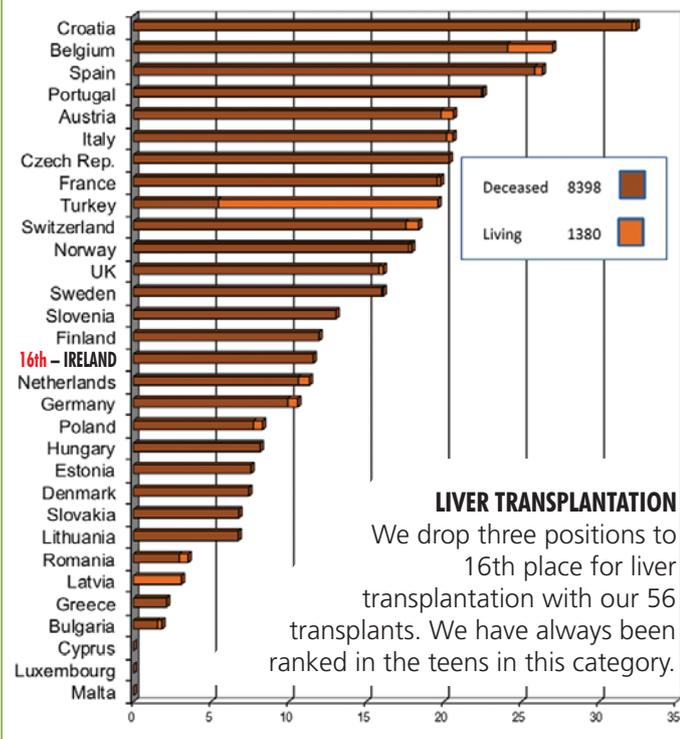
## ALL EUROPEAN KIDNEY TRANSPLANTATION 2018 PER MILLION OF POPULATION



# & EUROPEAN DATA ON... ORGAN DONATION & TRANSPLANTATION

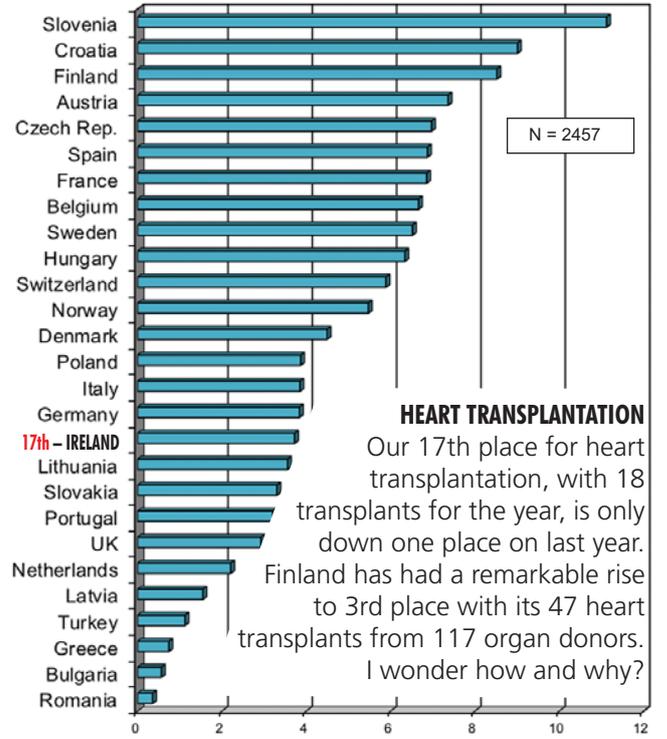


## EUROPEAN LIVER TRANSPLANTATION 2018 PER MILLION OF POPULATION



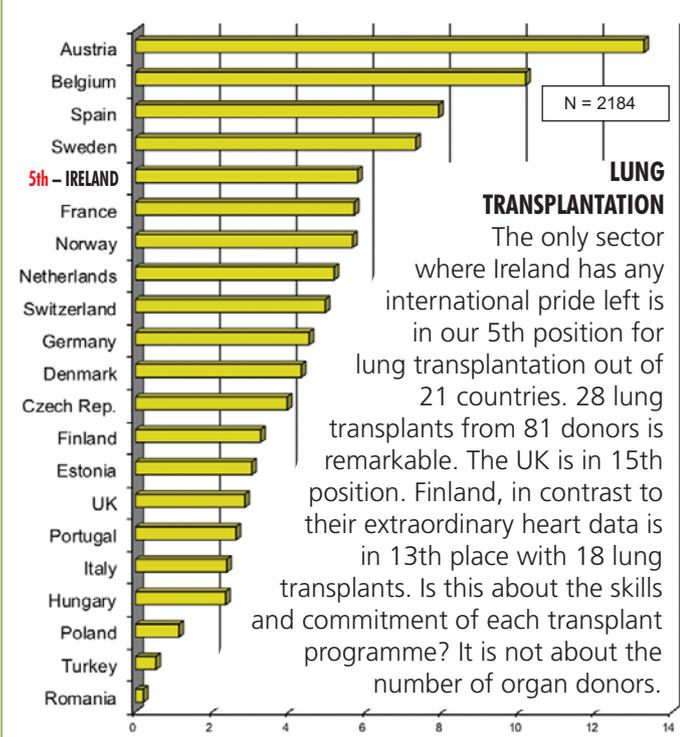
**LIVER TRANSPLANTATION**  
We drop three positions to 16th place for liver transplantation with our 56 transplants. We have always been ranked in the teens in this category.

## EUROPEAN HEART TRANSPLANTATION 2018 PER MILLION OF POPULATION



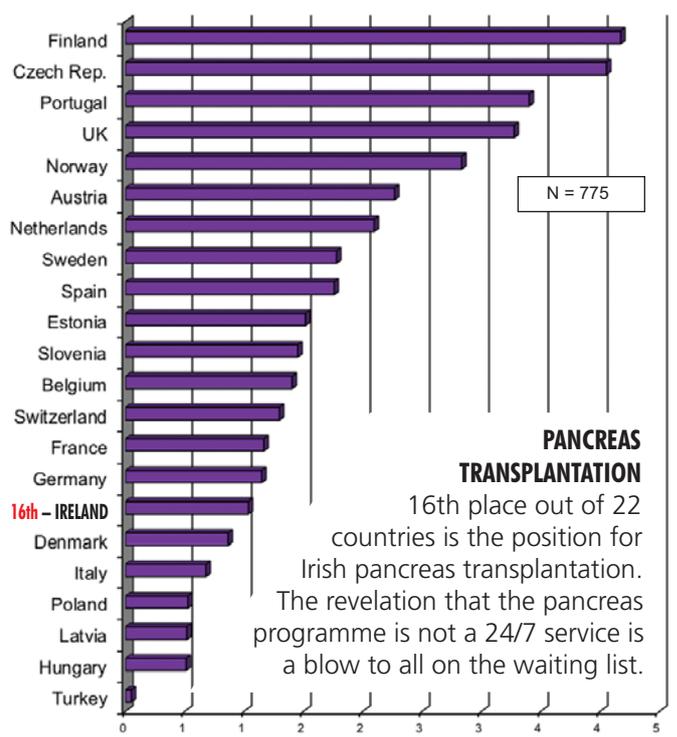
**HEART TRANSPLANTATION**  
Our 17th place for heart transplantation, with 18 transplants for the year, is only down one place on last year. Finland has had a remarkable rise to 3rd place with its 47 heart transplants from 117 organ donors. I wonder how and why?

## EUROPEAN LUNG TRANSPLANTATION 2018 PER MILLION OF POPULATION



**LUNG TRANSPLANTATION**  
The only sector where Ireland has any international pride left is in our 5th position for lung transplantation out of 21 countries. 28 lung transplants from 81 donors is remarkable. The UK is in 15th position. Finland, in contrast to their extraordinary heart data is in 13th place with 18 lung transplants. Is this about the skills and commitment of each transplant programme? It is not about the number of organ donors.

## EUROPEAN PANCREAS TRANSPLANTATION 2018 PER MILLION OF POPULATION



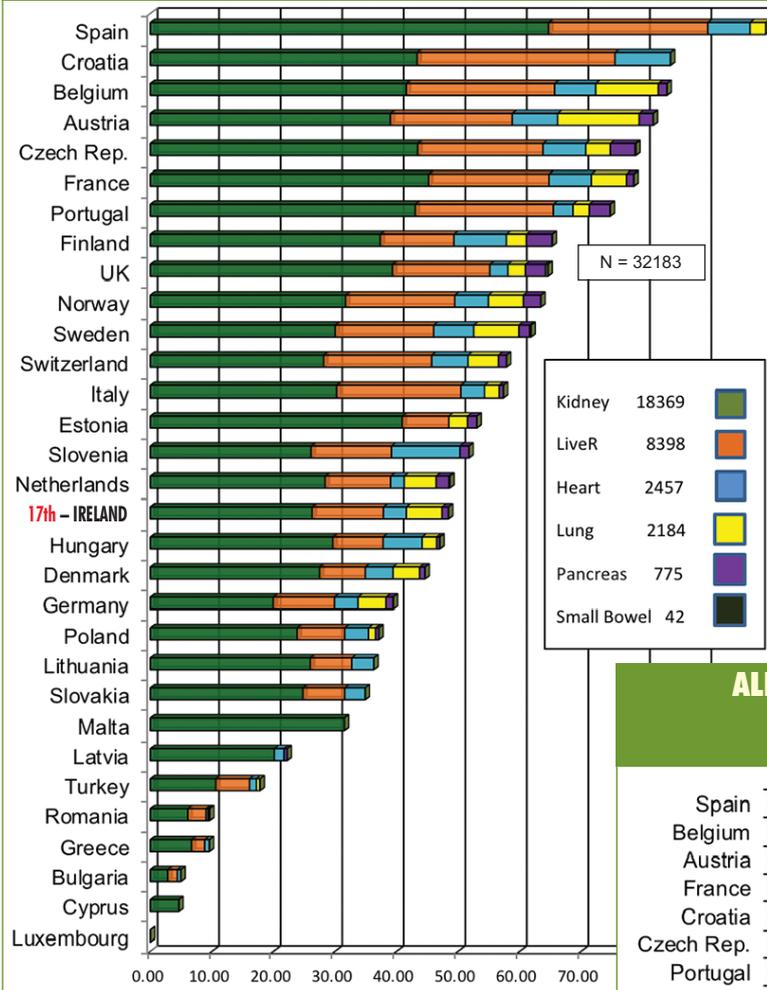
**PANCREAS TRANSPLANTATION**  
16th place out of 22 countries is the position for Irish pancreas transplantation. The revelation that the pancreas programme is not a 24/7 service is a blow to all on the waiting list.



# & EUROPEAN DATA ON... ORGAN DONATION & TRANSPLANTATION

## EUROPEAN DECEASED ORGAN TRANSPLANTATION 2018

PER MILLION OF POPULATION



17th position for all deceased organ transplantation combined and the same ranking 17th when you add in living donation is mediocre at best.

When I started in the Organisation twenty years ago Ireland prided itself on being constantly in the top-10 countries for organ donation across Europe. Every country has invested heavily in improving their organ donation rates but we are being left behind. We were always significantly better than the UK for organ donation and now they have just shown us what serious investment can do and has done.

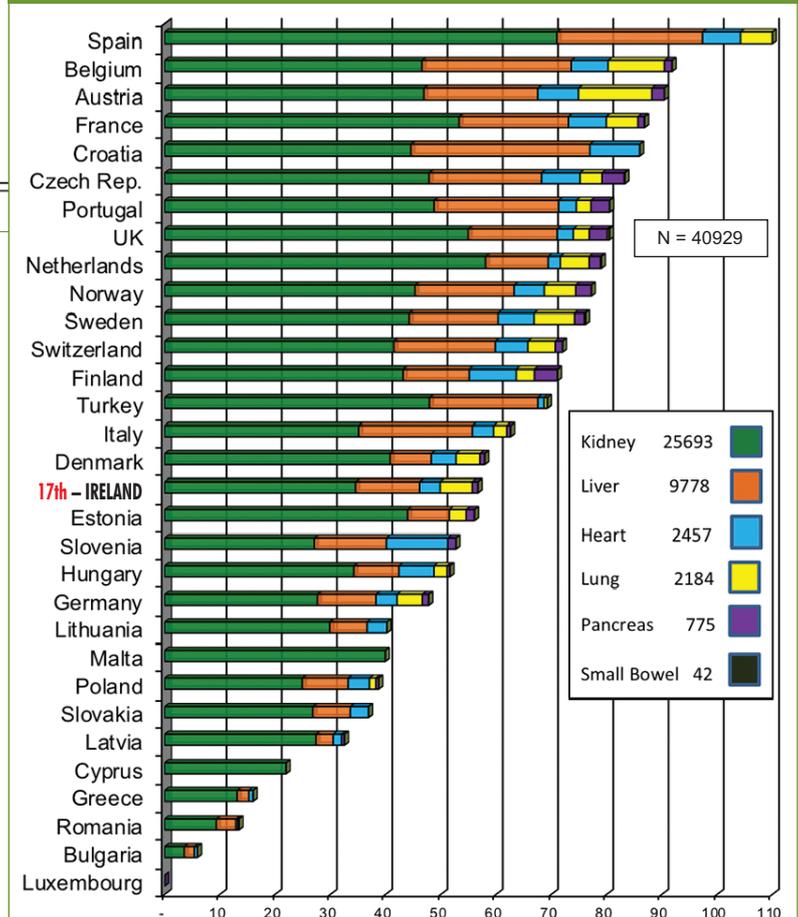
If the Minister for Health's solution is to just legislate for 'presumed consent' we have little to look forward to. Our rankings will worsen and key staff will start to leave the struggling services.

**We are very grateful to the deceased donors and their families, for without them – where would we be?**

**I apologise to all donor families if they are offended by this mere statistical analysis. It is only conducted to stimulate examination of how we could be doing things better, with our limited resources, and, purely, for this reason alone.**

## ALL EUROPEAN DECEASED & LIVING ORGAN TRANSPLANTATION 2018

PER MILLION OF POPULATION





Eddie Flood and Catherine Buttle volunteering at the Ploughing Championships

2019

## NATIONAL PLOUGHING CHAMPIONSHIPS

The IKA attends at the National Ploughing Championships in its annual calendar. It was a difficult decision after the washout of 2018's Championship. However, we decided to invest in a long-term plan and with this in mind we purchased a mobile exhibition trailer. This decision has dramatically reduced the physical burden of attending the event as half an hour, after arrival, we are set up and reading to distribute organ donor cards. No more unpleasant attempts of drying wet tents and marquees back in Donor House. They served us well in the past and, indeed, will do so again during the 2020 Sports Championships.

We, and everyone at the Ploughing, were blessed with three continuous days of lovely sunny weather. The public's spirit was noticeably upbeat and receptive to 'the chat' about organ donation and the organ donor card. Many more people are aware of Code 115 on their drivers' licences, having ticked the box indicating their wish to become an organ donor. No matter how good the weather the ploughing is physically difficult work. The long walks from the car parks, continuous standing at our pitch and the very long days all add up. However, having said that, the interaction with most of the public is

extremely rewarding. The face to face contact is always hard to beat. Hopefully, some time in the future we will be asking the public to put their positive views in the Public Organ Donor Register – at the Ploughing.

IKA branches now have an alternative way to exhibit and promote organ donation outdoors. Four-wheel drive cars with a tow bar and a valid driver's licence is all that is needed to tow the trailer and we look forward to the photos of the trailer, in-situ in your branch locations next year.



# COMMUNICATION



By AOIFE SMITH

My name is Aoife Smith and I am delighted that I was recently appointed the new coordinator of counselling services with the Irish Kidney Association. I hear I have big shoes to fill after Mike Kelly's retirement and although that would be a tall order to achieve, I hope that I bring to you, the patients, your families and your carers the same level of sensitivity, care and compassion he did. I wish him well in his retirement.

I have been a psychotherapist for over ten years. I have worked in hospital environments for over twenty years and feel very comfortable working alongside the medical teams. Over the last few weeks I have been busy visiting hospitals, getting to know different renal teams and services, and speaking with different therapists and branches. I have received many requests from patients and nurses, from all around the country, looking to engage with a therapist to help manage the emotional impact that can come with being a renal patient. This has really shown me the sheer necessity for this support service.

There is no one time when support is needed more than another, whether it's at the point of being diagnosed, during dialysis or after a transplant. No one person needs it more than another, everyone has different needs, different experiences and different reasons for requiring support so if I can help, please pick up the phone or email me and I will be more than happy to do so.

One thing that has stood out for me during these first few weeks is the importance of good communication between the patient and their medical team. I am aware that this topic has been addressed in many ways in previous articles. However, seeing the negative impact that poor communication has on patients' experiences and the positive impact good communication has it's hard not to feel the need to raise it again.

Good communication is essential to build a long-term partnership, a relationship of mutual respect and trust. It results in better understanding and gives clarity around what is happening and why, it can reduce fears and anxieties and can help you feel more in control. But communication is complex and is influenced by many different factors. Therefore, we must become aware of what and how we communicate in order to have needs met.

There are two principle ways we communicate, *verbal*, what we say and *non-verbal*, through our body language (our facial expressions, our eye contact and our posture). There are also different styles of communication, *assertive*, *passive*, *aggressive* and *passive-aggressive* (a

communication style that leads to acting out indirectly to express emotion that the person may find difficult to voice or use to avoid direct conflict). The most effective communication style is *assertive*, where a person can express their own needs, desires, ideas and feelings while also considering the needs of others. It can show an ownership of feelings without blaming the other person and is aiming for both sides to be heard.

Using the 'Take P.A.R.T' strategy from the *Self-Management of Long-Term Health Conditions* book by Kate Lorig and Halsted Holman can be very helpful in assertive communication. This acronym stands for Prepare, Ask, Repeat, Take Action.

**Prepare** – Be prepared for your hospital visit. Have a think about what it is you want to achieve. Take some time to write a list of questions you might have or a list of concerns. Prioritise the top-two or three and discuss them with your medical team at the beginning of your visit. That way, what's most important for you gets addressed.

**Ask** – Your most powerful tool in communication is the 'question', so use it. By asking questions you can fill in missing information and get the answers you need to help with your concerns.

Communication is a two-way process and asking questions also

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

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



reflects your active participation in your own wellbeing.

**Repeat** – Sometimes it can be hard to remember or hear everything that is going on in a busy hospital environment. One way to check that you have really understood what is being said or being asked of you, is to briefly repeat back the key points. This gives both you and your medical team a chance to quickly correct any misunderstandings or miscommunications there may be.

**Take Action** – At the end of each visit, both you and your medical team need to be clear that you both understand what has to be done next. Write down instructions or recommended reading. Follow the advice given and if for some reason you can't, then let the team know. If we don't share information about the barriers to taking action it's difficult to get the help you may need.

The research has identified three factors that universally lead to stress, 'uncertainty, the lack of information and the loss of control'<sup>1</sup>. All three are present in the lives of individuals with chronic illness and good communication can reduce this. Focus on what you can do, be your own advocate in your illness and if you can't, allow a family member or carer to do it for you!

I wrote this article with your needs in mind and will continue to write hoping to help support you throughout your journey, which is why I'd like to 'open up' this support to you. For some people therapy isn't



an option, therefore I would like to invite you to email me at [aoife@ika.ie](mailto:aoife@ika.ie), with topics that might benefit you to read about. Your comments to me will be completely confidential, no names will be used,

and no reference will be made to any person or any specific email. If there is a common theme in the requests, I will base the next article around that topic.

I look forward to hearing from you!

<sup>1</sup> S Levine and H,Ursin , 'What is Stress?' in S.Levine and H.Ursin. eds., *Psychobiology of Stress* (New York: Academic Press) 17.

**Aoife can be contacted at Donor House on 01-6205306 or by email: [aoife@ika.ie](mailto:aoife@ika.ie)**



# 48th EDTNA/ERCA

## INTERNATIONAL CONFERENCE



**T**he EDTNA/ERCA is a multidisciplinary organisation for those working in renal care. The mission of the Association is about “achieving the best level of education, standards and research for all renal care professionals caring and supporting their patients and families around the world.”

Four representatives from the IKA attended the Conference in Prague, Czech Republic on September 14th-17th, 2019. Two Board members Cathriona Charles and Frances Moynihan along with Aoife Smith and myself.

The Conference has a huge variety of topics to choose from and each of us were often in different lecture rooms. It is easier to learn about the

patients’ experience at nurses conferences rather than at doctors’ conferences, less science and more practical subjects.

Mike Kelly is an honorary consultant to the organisation and he chaired a number of sessions. He presented a lecture titled ‘Exploring Renal Nurses Attitudes and Views to a Patient’s Decision to Refuse Dialysis tTreatment’. The Conference is an opportunity to meet representatives from the industry that encounters dialysis. There are a lot of different providers of treatments and equipment.

I only found one lecture given by an Irish-based nurse, Judy Susan Thomas from St Vincent’s University Hospital. The subject was ‘Transplant Education Programme – Patient Experience’. The conclusion that



*Aoife Smith, Mike Kelly*



*Frances Moynihan, Aoife Smith, Cathriona Charles*



# VOLUNTEERS, SPONSORS, ATHLETES, SUPPORTERS



– SAVE THE DATES –

## EUROPEAN TRANSPLANT & DIALYSIS SPORTS CHAMPIONSHIPS

Open to all organ and bone marrow transplant recipients and people on dialysis



## 2nd – 9th August 2020

Registration details (cost, packages available, etc) will be released in November.

Based in Dublin City University for accommodation and using onsite sports facilities as well as the likes of the National Aquatic Centre and the National Athletics Stadium.

### The following sports are proposed

- Archery
- Athletics
- Badminton
- Cycling
- Darts
- Golf
- Petanque
- Squash
- Swimming
- Table Tennis
- Tennis
- Ten Pin Bowling
- Volleyball

### Access to Ireland

- Dublin airport is serviced by 55 airlines with connections to over 100 European airports



Sign up for our Newsletter...

[www.etdsc2020.com](http://www.etdsc2020.com)

Irish Kidney Association, Donor House, Block 43A, Park West, Dublin D12 P5V6  
CHARITY REGISTRATION NUMBER: 20011260



NEWCASTLE, GATESHEAD, UK



2019

# WORLD TRANSPLANT GAMES



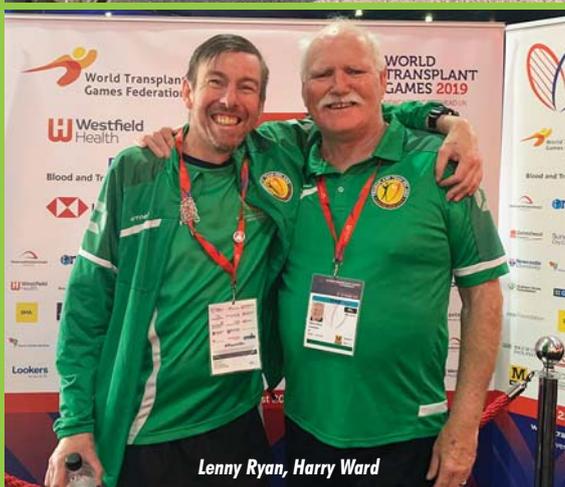
17TH – 23RD AUGUST 2019



*Orla Hogan Ryan, Sinead McGowan, Emma O'Sullivan, Kieran Murray, Colin White, Sheila Grogan, Anna Pokojaska, Trevor Lynch*



*Two French cyclists with John Moran*



*Lenny Ryan, Harry Ward*



*Rachel Eagleton*



*Aodhagan Cullen with his Austrian opponent*

# ...the **WHOLE** is greater than the **SUM** of the parts...



By **COLIN WHITE**  
TEAM MANAGER

**T**his year's World Transplant Games took place in Newcastle & Gateshead in England from August 17th-24th. We have been attending the British Transplant Games annually since 2008 and we had a fantastic time at the British Games when they were held in Newcastle in 2015 so our expectations were high!

Happily, our hosts more than delivered when it came to the sports and iconic venues such as the

Gateshead Athletics Stadium and Close House Golf Course added to the experience.

Our team had several first timers and many experienced campaigners and, as always, competitors and supporters pulled together and showed great team spirit throughout whilst also taking the opportunity to engage with others from the 50+ countries in attendance.

The Games are about personal triumphs, shared experiences and saying 'thank you'. I have always loved the fact that members of the Irish team give of their best every time. It does not matter whether they are a medal favourite or an unknown quantity, the spirit of every team member is always – I will do my best...

To quote Aristotle - *the whole is greater than the sum of the parts* - and our team has proven this year after year. In coming together, each team member draws strength and motivation from the others. I always enjoy watching as our more experienced team members take the time to impart good advice and encouragement to those around them. It is that desire to see everyone succeed, to the best of their abilities, that helps make our team what it is.

You will see many wonderful photos in the pages that follow and they capture some element of what the transplant sport is all about. However, they do not adequately capture the camaraderie, the 'can-do' attitude, the passion for life and the powerful message of the importance and success of organ donation for transplantation – you 'have to be there' to truly experience that.

Next year the opportunity to 'share the experience' will be easier than ever with the European Transplant & Dialysis Sports Championships (August 2nd-9th) coming back to Ireland again, having been last hosted in 2010. The success of 2010 was built around a fantastic collective effort coming from the wider IKA family and beyond. We had a Local Organising Committee that oversaw operations, a small army of volunteers and an Ireland team of competitors and supporters who really embraced the role of being hosts.

Give yourself a goal of being part of our team – it will be a great motivator to keep active over the winter months. Do get in touch with me in Donor House for more details – [colin@ika.ie](mailto:colin@ika.ie)



# AN OVERVIEW OF THE WORLD TRANSPLANT GAMES 2019



Marie O'Connor

**T**ransplant Team Ireland returned home from this year's World Transplant Games in Newcastle and Gateshead with a wonderful haul of 50 medals. The team's final medals tally was 17 gold, 18 silver and 15 bronze which earned them a very respectable 11th place position on the leader board amongst 56 countries, some with larger teams, and the host country GB&NI coming first having 320 participants.

Regardless of individual successes in competition, the spirit of goodwill and passion for the 'gift of life' was palpable. New friendships were forged and old friendships reignited within the team and with people from all over the world, all of them sharing a common bond and showcasing the success of organ donation.

Competing for Transplant Team Ireland were 28 men and 9 women ranging in age from 16 to 81. They have all received transplants including 1 heart, 1 lung, 1 bone marrow, 4 liver and 30 kidney. Team Doctor Ayanfe Obilana who works at Cavan General Hospital looked after the team's care at the Games and the

Team Manager was Colin White.

Bone Marrow transplant recipient **Trevor Lynch** from Limerick, and now living in Buckinghamshire, UK, enjoyed a very successful week at his first World Games taking a bronze in the 1500m race on Thursday and then followed up with a bronze for the 800m on the final day of competition. He said "running with the Irish Transplant Team is such an honour, the team is one big family and I love it."

**John Moran**, a kidney transplant recipient from Glasnevin, Dublin proved to be a powerhouse over the week securing a remarkable 5 medals including 3 gold and 2 silver. John, age 61, this year celebrates the 34th anniversary of the living donor kidney transplant from his brother Frank.

Golden girl **Deirdre Faul**, a liver transplant recipient from Dalkey, Dublin also won five medals at the Games (including defending her squash title for the 7th time) and broke two world records in the pool.

**Youngest Team Ireland member** and newcomer to the World Games was 16-year-old **Jack O'Brien** from Navan, Co Meath who bagged three

medals, a silver in darts, a bronze in the long jump and on the final day of events secured another bronze in the 200m sprint and achieved a personal best with a time of 26.53 seconds.

Having already won gold in golf earlier in the week **Marie O'Connor** from Lahinch in Clare leaped to secure a second medal, a bronze on the final day, in the long jump. She said, "It was very unexpected. I'm so grateful, this medal is for my kidney donor. A huge 'thank you' to everyone. I've really enjoyed meeting everyone and the support has been fantastic. It's great to have a second chance and to meet new and old friends."

The last medal won by the Irish at the Games was a silver by newcomer to the team **Thomas Flannery**, a retired Garda Superintendent and lung transplant recipient from Monaghan. "When I stand back and think about everything I'm delighted as I think of the health journey I have travelled over the last few years."

**Team Manager Colin White** concluded the week saying, "it has been an absolutely fantastic week. The team spirit has been overwhelming. The buzz, comradery,



Simon Perkin, Trevor Lynch, Mario Lefevere



Pat O'Sullivan

friendship, the sense that we are all in this together, every medal is a medal for the team. It is wonderful to see people getting their just rewards, the team has put in a lot of work this year and it really paid off. Wandering around as Team Manager, I hear from other teams and officials that the Irish are always very amiable at the Games whilst also being very competitive. I am so proud to say I am part of the Irish team."

**Team Captain Harry Ward**, a kidney transplant recipient from Baldoyle competed in the pétanque, darts and bowling events during the week. As the Games came to a close Harry said, "it's been a great week, the team spirit has been strong and the wonderful supporters have been willing and able to do whatever was asked of them at a moment's notice.

Each and every athlete gave it their best and was ready to support the next team member that was up for competition. It was great to have all the newcomers to the team this year, and their supporters all joining us for the first time. They all slotted into the team like they had been here for years.

It has been wonderful to have my wife Mary, here with me also. All the events were very well organised and all of the Team's nineteen volunteers and supporters were excellent."

**Graham Wylie**, Chairman of the World Transplant Games 2019 and **Graham Moore**, chairman of Westfield Health and the Donor Family Network were ever present across each venue around Newcastle during the week to present medals to transplant athletes and there were also appearances from golfer Lee Westwood and former Newcastle United premier league footballer Alan Shearer.

The Irish Kidney Association will



**Harry Ward with Paul Harden, Chairman, Transplant Sport UK**

host the **2020 European Transplant & Dialysis Sports Championships in Dublin** next summer (August 2nd-9th 2020) and its primary goal is to highlight the importance and success of organ donation for transplantation. Team Ireland were actively promoting the event to all European athletes this week and many teams spoke of their excitement to attend Dublin 2020.

There was an abundance of messages of support and encouragement for the team including letters from Minister Simon Harris and Minister Shane Ross as well as social media posts from the British Embassy, Cycling Ireland, the Confederation of Golf in Ireland and Swim Ireland while other sports governing bodies sent good wishes also.

A video message was sent by soccer legend Niall Quinn as well as the Abu Dhabi Rose of Tralee Karen Cashman whose sister Edel is a liver transplant recipient. Throughout the week the general public continued to send in goodwill messages to the team on social media.

Heart transplant recipient **Mick O'Shea**, from Mallow, Cork, a

newcomer to the team and also a very welcome addition, said, "It's amazing to see where I am today versus where I was two years ago prior to transplant and that's all down to my donor, donor family and all the support I received from friends and family."

Another retired garda on the team, **Tony Gavigan** from Navan, Co Meath was part of a very strong golf team of twelve golfers who secured an impressive 3 gold, 2 silver and 4 bronze medals for the team in individual and golf pairs events held at Graham Wylie's Close House Golf 'Filly' course. Tony and **Ron Grainger**, from Dublin, won bronze in the golf pairs competition. Tony also won a silver medal and Ron won a bronze for their individual golf scores on another day. Other Irish golfers who were awarded with medals were Garry Campbell (gold), Michael Dwyer (gold), Marie O'Connor (gold), John McAleer (silver) and Eoin Hurley (bronze).

At the World Transplant Games athletes competed in their respective age categories in the following events: Petanque, badminton, cycling, darts, golf, squash, swimming, table tennis, ten pin bowling, tennis, mini-marathon and track and field events.

This year the team has gratefully received support from Swim Ireland, Athletics Ireland and Irish Squash. The ongoing coaching support from Swim Ireland has been particularly welcomed.

Astellas Pharma Ltd. has again provided some sponsorship towards the costs of running the team.

For more information on the World Transplant Games and the Irish athletes visit the team blog [www.transplantteamireland.ie](http://www.transplantteamireland.ie) and Games website [www.worldtransplantgames.org](http://www.worldtransplantgames.org)



**Mike Kiely, John McAleer, Tony Gavigan, Marie O'Connor, Ron Grainger, Pat O'Sullivan, Kieran Murray, Garry Campbell, James Nolan, Mike Dwyer, Eoin Hurley**



# WORLD TRANSPLANT GAMES 2019

**50 MEDALS**

**11th Place**

**17 Gold**

**18 Silver**

**15 Bronze**

## TRANSPLANT TEAM IRELAND – MEDAL TABLE

Name	Event	Medal	Name	Event	Medal
Anna Pokojka	Cycling 30km	Bronze	Michael Dwyer	Golf Singles NET	Gold
	5km Race Team	Silver	Mike Keohane	Darts Team	Gold
Charlie Ryan	Petanque Sgl	Gold		Racewalk 5km	Silver
	Darts Sgl	Gold	Noel Marsden	Backstroke 50m	Bronze
	Darts Team	Gold	Pat O'Sullivan	Long Jump	Silver
Deirdre Faul	Freestyle 400m	Gold	Paul Prendergast	Darts Singles	Silver
	Breaststroke 100m	Gold	Peter Heffernan	Backstroke 100m	Bronze
	Squash	Gold		Backstroke 50m	Bronze
	Breaststroke 50m	Silver	Rachel Eagleton	Tennis Doubles	Gold
	Freestyle 200m	Silver		Tennis Singles	Silver
Eoin Hurley	Golf Singles NET	Bronze	Ron Grainger	Golf Team	Bronze
Garry Campbell	Golf Singles GROSS	Gold		Golf Singles NET	Bronze
Jack O'Brien	Long Jump	Bronze		Track 100m	Bronze
	Track 200m	Bronze	Sheila Gregan	5km Race	Bronze
	Darts Singles	Silver		5km Race Team	Silver
Jerome Lyness	Darts Team	Gold		Tennis Doubles	Gold
	Darts Singles	Silver	Sinead McGowan	5km Race Team	Silver
John Moran	Cycling 30km	Gold		Virtual Triathlon	Silver
	Track 800m	Gold	Thomas Flannery	Shot Putt	Gold
	Cycling Time Trial	Gold		Javelin	Silver
	Track 200m	Silver	Tony Gavigan	Golf Team	Bronze
	Track 1500m	Silver		Golf Singles NET	Silver
John McAleer	Petanque Singles	Silver	Trevor Lynch	Track 800m	Bronze
	Golf Singles GROSS	Silver		Track 1500m	Bronze
Marie O'Connor	Long Jump	Bronze			
	Golf Singles NET	Gold			



Thomas Flannery



Sheila Gregan



Trevor Lynch



Sinead McGowan



## THE FULL IRISH TEAM WAS:

NAME	COUNTY	NAME	COUNTY
Anthony Byrne	Dublin	Tommy Marrett	Louth
Garry Campbell	Wicklow	Noel Marsden	Westmeath
John Connell	Westmeath	John McAleer	Antrim
Aodhagan Cullen	Cavan	Sinead McGowan	Australia (via Galway)
Michael Dwyer	Dublin	John Moran	Dublin
Rachel Eagleton	Meath	Kieran Murray	Donegal
Finian Farrell	Westmeath	James Nolan	Kildare
Deirdre Faul	Dublin	Jack O'Brien	Meath
Thomas Flannery	Monaghan	Marie O'Connor	Clare
Tony Gavigan	Meath	Julie O'Neill (via UK)	Mayo
Ronald Grainger	Dublin	Michael O'Shea	Cork
Sheila Gregan	Tipperary	Emma O'Sullivan	Limerick
Peter Heffernan	Dublin	Patrick O'Sullivan	Cork
Orla Hogan	Tipperary	Anna Pokojaska	Kerry
Eoin Hurley	Waterford	Paul Prendergast	Dublin
Philip Kavanagh	Wicklow	Charlie Ryan	Cork
Michael Keohane	Cork	Lenny Ryan	Dublin
Trevor Lynch (via Dublin)	Limerick	Harry Ward (Captain)	Dublin
Jerome Lyness	Meath		



Jerome Lyness



Mike Keohane



Jack O'Brien



*John Moran, John O'Connell, Sinead McGowan, Michael O'Shea*



*Lenny Ryan with a friend from Germany*



*Paul Prendergast*



*Thomas Flannery*



*Emma O'Sullivan, Orla Hoggan Ryan*



*Bridget and John McAleer with Hero the Mascot*



*Trevor Lynch with a Mexican competitor*



*Harry Ward and Kieran Lynch*



Japanese competitors and supporters



Tommy Marrett with fellow competitors at the ten-pin bowling



At the squash



Sheila Gegan and Rachel Eagleton, Tennis Doubles winners



At the airport prior to departure



Sinead McGowan, Deirdre Faul



Mike Keohane



Michael O'Shea



Sinead McGowan



At the squash



John McAleer, Marie O'Connor



Paul Prendergast, Charlie Ryan, Harry Ward, Emma O'Sullivan, Robyn Black, Lenny Ryan



Anna Pokojcka  
Pic: NCJ Media



Emma, Andrew and James Nolan



John Moran in action!



Sheila Gregan, Rachel Eagleton



Emma O'Sullivan with husband John and son Ewan

# Why host the 2020 EUROPEAN TRANSPLANT & DIALYSIS SPORTS CHAMPIONSHIPS?



The Irish Kidney Association is proud to be bringing the European Transplant & Dialysis Sports Championships from August 2nd-9th, ten years after it successfully hosted the event in Dublin in 2010. The 2020 Championships are expected to attract the largest ever gathering of transplant recipients and dialysis patients in Ireland with over 500 participants, their families and supporters from more than 25 countries. It will be a huge platform to promote organ donation. It also presents a major tourism opportunity to showcase our capital city.

There will be 14 different sports and much of the activity will centre around the Dublin City University campus on Dublin's northside and some events taking place in other parts of the county. The competitors' common bond goes beyond a simple love of sport, every one of them will either have received an organ or bone marrow transplant or they will be receiving dialysis. This makes the Championships a true celebration of the Gift of Life that comes from organ and tissue donation.

The IKA has two primary motives in taking on this exciting project. We are keen to promote positive physical and emotional health amongst people affected by organ failure. Transplant and dialysis sport looks to empower the individuals involved – give those on dialysis a goal to help motivate them to be as healthy as they can be and help those who are transplanted on the road to rehabilitation and recovery.

The coming together of so many people with inspiring stories also gives a wonderful platform for the promotion of organ donation to the general public. Statistics can show the need for, and importance of, organ donation for transplantation while events such as the European Transplant & Dialysis Sports Championships show the very real impact

that it can have.

The Irish Kidney Association hosting of the Championships aims to engage the general public in the all-important organ donation conversation about organ donation. Let family know your wishes in relation to organ donation and make the decision easier for them in the event of your untimely death...Many grieving donor families have said, that helping others was the one bright light in a very dark time. The profound legacy of organ donation is that it saves lives.

As well as looking to have our biggest ever team of competitors, we will be seeking many volunteers to support us in the delivery of this life-changing event.

We are actively encouraging businesses to get involved – sponsor a sport or an activity at the Championships, give sponsorship in-kind, give us a team of your staff to volunteer for a day at one of our venues there will be so many opportunities.

We also want the general community to engage with the event. See for themselves the impact of organ donation – the ripple effect of such generosity goes beyond the recipients as family and friends also get to share in the impact of the 'gift of life'.

If you can open a door with a potential sponsor, give us an introduction to a community group who is keen to engage with the event or help us use the platform of this event to get into schools to talk about organ donation and transplantation, we want to hear from you.

The proposed slogan for the Championships is; **Live Life then Give Life**. It is a simple yet powerful message – live your life to the full and then offer the potential for others to do the same. **Life is a Gift, pass it on...**

Event website: [www.etsc2020.com](http://www.etsc2020.com)  
ETDSF website: [www.etsdf.org](http://www.etsdf.org)  
Email: [colin@ika.ie](mailto:colin@ika.ie)

# LIVE LIFE THEN GIVE LIFE

# THE HOMECOMING



**IRISH KIDNEY ASSOCIATION CLG**  
Donor House, Block 43A,  
Park West, Dublin D12 P5V6  
Tel: 01-6205306  
Email: [info@ika.ie](mailto:info@ika.ie) | Web: [www.ika.ie](http://www.ika.ie)  
CHARITY REGISTRATION NO. 20011260

# SOCIAL MEDIA & COMMUNICATION



By ROBYN BLACK



Home About Blog Contact Us

## Page Under Construction: Check Back Soon

More Info



**F**our weeks ago, I went back to school. Twice a week for the past month, I've caught a bus into the city with my little backpack on and my lunchbox in hand – and in the coming weeks I have an exam and three projects to hand in. Have I suddenly reconsidered my career and decided to retrain? Not exactly...

For those who don't know, for several years our website ([www.ika.ie](http://www.ika.ie)) was managed by a company who very kindly designed it free of charge, and who we then recruited to maintain it for us. Earlier this year they closed up shop, and we

decided the best way to move forward was for me to be trained up so the management and maintenance could be taken in-house.

Whilst I'm not a beginner to website management, I am relatively new to web design, so I enrolled on the WebMaster course at the Irish Academy of Computer Training. The course covers everything from HTML and CSS design, to SEO, Google Adwords and Wordpress.

A lot of what I just described might sound like a foreign language (and technically HTML and CSS are a language of sorts!) but the main thing to take away from this is that there

will be some changes in the coming weeks and months - and that is where you come in.

I've created a short online survey so that you can tell me your opinions on the website – what works, what doesn't, and what we could do better. If you have feedback you want to share, I'd love to hear it. And don't worry – it's completely anonymous so you don't need to worry about telling me that my blog posts are awful and I'll never be a writer...

Thanks in advance for your help, and as always please feel free to get in touch if there's anything I can help you with.

[robyn@ika.ie](mailto:robyn@ika.ie)  
[@IrishKidneyAs \(Twitter\)](https://twitter.com/IrishKidneyAs)  
[@IrishKidneyAssociation \(Facebook\)](https://www.facebook.com/IrishKidneyAssociation)  
[@irishkidneya \(Instagram\)](https://www.instagram.com/irishkidneya)

You can find the survey here:  
[www.surveymonkey.com/r/IKAWebsite](https://www.surveymonkey.com/r/IKAWebsite)  
or by scanning the QR code.



# “It doesn’t taste as good without the **SALT!**”



**Reducing Salt intake is an important part of managing your kidney diet throughout all the stages of kidney disease.**

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By  
**MARY FOGARTY**  
Renal Dietitian  
Mater Misericordiae Hospital

and  
**BERNICE MOORE**  
Renal Dietitian  
Beaumont Hospital

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There are a wide variety of salt products on the market, with some claiming to have additional health benefits for the user. From Atlantic sea salt to pink Himalayan salt to regular table salt, the main mineral in salt that affects your health is sodium. Reducing your intake of sodium is vital in helping control blood pressure, fluid overload, excessive thirst and the progression of kidney disease. Salt substitutes (such as Lo Salt) are not a good alternative in kidney disease as they contain potassium instead of sodium.

Pre-prepared and processed foods contain a lot of salt, so it is best to do as much home cooking as possible as you will be in charge of all the ingredients. A lot of people find the kidney diet a challenge and that it can lack flavour, but it doesn't have to....

There are a variety of herbs and spices which you can add to your meals to make them more interesting and flavoursome. Adding freshly chopped herbs can transform your dishes. Try sprinkling some basil in pasta, coriander in rice, dill on fish or chives on an omelette.

Marinating food such as meat, fish and chicken for a few hours in the fridge before cooking can lock in lots of flavour and is very useful when used with meat, fish or poultry. For a simple marinade try mixing olive oil, fresh garlic, black pepper and some dried herbs. Or make you own dry rub, which can be used before grilling or roasting meat, fish or poultry.

Try our suggested recipes which use different herbs and spices to replace the need for salt as a flavour. We hope you enjoy them!



### CHICKEN CURRY WITH RICE SERVES 2

#### Ingredients:

- 2 tsp sunflower oil
- 200g of chicken, cut into 3cm cubed pieces
- 2 cloves garlic, finely diced
- 1 medium onion, diced
- 1 red pepper cut into 2cm strips
- ½ red chilli, deseeded and finely diced
- ½ teaspoon paprika
- 1 teaspoon ground cumin
- 1 teaspoon garam masala
- 2 tablespoons chopped tomatoes (40g)
- ½ tablespoon cornflour
- 200mls chicken stock (Kallo very low salt stock cubes)
- 60g (½ small tub) of plain yoghurt
- 150g Basmati Rice

#### Method:

Heat the oil in a saucepan over a medium heat. Add the chicken to the pan and fry for 2-3 minutes. Add the garlic, onion, pepper and chilli and stir well. Cook until the vegetables have softened (this should take approximately 5-7 minutes). Stir through the spices until the chicken and vegetables are coated

Next add in the chicken stock, chopped tomatoes and cornflour and bring to the boil. Once boiling, lower to a simmer and cook on a gentle heat uncovered for 20 minutes, stirring occasionally.

Take the pan off the heat and stir the yoghurt through.

Cook the rice according to the packet instructions and serve!

	kcal	Prot (g)	Na (mg)	K (mmol)	P (mmols)
<b>All Ingredients</b>	487	36.7	161.1	23.8	11.4
Fruit					
<b>Veg</b>				<b>8.0</b>	
Potato					
<b>Dairy</b>		<b>1.7</b>			
<b>Meat/Chicken/Fish/eggs</b>		<b>27</b>			
<b>Ingredients – daily allowance</b>				<b>1.7</b>	

#### Per portion this dish provided

- 2 portions of vegetables
- 4 protein exchanges
- If you have a daily allowance of dairy products please note that there is yogurt in this recipe which needs to be taken from your daily allowance.

### CAJUN RUB

- 2 teaspoons Paprika
- 4 teaspoons Oregano
- 1 teaspoon Garlic powder (not garlic salt)
- 1 teaspoon white pepper, 1 teaspoon black pepper,
- 1 teaspoon of cumin.



**Great  
for the  
barbeque!**

### CHICKEN SKEWERS SERVED WITH A TORTILLA WRAP AND SALAD

#### Chicken Skewers Ingredients: (Makes 2 portions)

- 200g chicken, cut into 3cm sized pieces
- 1 tablespoon lemon juice
- 60g (½ small tub) of plain yoghurt
- 2 cloves garlic
- 1 teaspoon paprika
- 1 teaspoon ground cumin

#### For the dressing

- 125g tub natural yoghurt
- 2 teaspoons of mint leaves

#### For the salad

- 8 small leaves (40g) of lettuce
- 2" piece (120g) chopped cucumber
- 50g grated carrot

Plus 2 soft Tortilla wraps (one per person)

#### Other equipment;

Skewers (If using wooden skewers pre-soak the skewers for 1 hour beforehand)

#### Method:

Place the chicken in a large bowl with the lemon juice and stir well. Mix the yoghurt with the paprika and cumin. Add to the chicken and stir, making sure that all the chicken is coated in the marinade. Cover with cling film and leave the fridge for at least 2 hours

Thread the chicken onto skewers and place them under the grill or on the barbeque until cooked through until no longer pink on the inside

Take the chicken off the skewers and divide into 2 tortilla wraps, spoon over the dressing, add the salad ingredients, roll up and enjoy!

	kcal	Prot (g)	Na (mg)	K (mmol)	P (mmols)
<b>All Ingredients</b>	393	39	589	25	17
Fruit					
<b>Veg</b>				<b>5.2</b>	
Potato					
<b>Dairy</b>		<b>5.3</b>			
<b>Meat/Chicken/Fish/eggs</b>		<b>27</b>			
<b>Ingredients – daily allowance</b>				<b>1.57</b>	

#### Per portion this dish provided

- 1 portions of vegetables
- 4 protein exchanges
- 1 dairy exchange

#### Method:

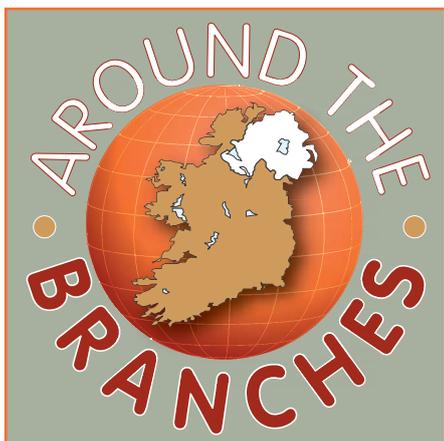
Mix all ingredients together, sprinkle/rub on food before cooking. Store in an air tight container, will provide enough mix for 15 portions of meat, fish or chicken.

	kcal	Prot (g)	Na (mg)	K (mmol)	P (mmols)
<b>All Ingredients</b>	3.4	0.18	0.6	0.5	1.09



Mary Moynihan, accepts a cheque on behalf of the Waterford Branch IKA from HSE staff who took part in 'Steps to Health Community Striders'. A coffee morning was also held in June in the Community Care Office, Cork Road, Waterford.

 Find us on: **facebook®**



Welcome to the autumn edition of *SUPPORT*. We hope you enjoyed the lovely summer.

**RESPIRE CENTRE**

Our branch had a very busy summer. The Holiday Respite Centre opened in May; all our patients with their families enjoyed the lovely weather and their holiday in Tramore.

**CHURCH GATE COLLECTIONS**

Our Church gate collections in Tramore, Fenor and Co. Waterford, during the month of June, were very successful again this year. 'Thank you' to all our volunteers who helped over the different weekends – your time and effort are greatly appreciated and 'thank you' also to all who supported our collection.

**FUNDRAISING**

Lenihan's Bar, Newtown, Kilmacthomas, held an 'Irish Night' with a raffle in July. The proceeds were

**WATERFORD**

By **VERA FRISBY**

distributed between Down Syndrome's, Waterford branch and the IKA's Waterford branch.

'Thank you' to the Committee members, including our branch Chairman, Ray Halligan, who worked very hard selling tickets and collecting 'spot prizes', everyone involved in organising the event, all who gave sponsorship and all our supporters. 'Thank you' to Lenihan's Bar for the food supplied on the night and the excellent entertainment.

We had a fundraising day at SuperValu, Tramore Road, in August. Many thanks to our volunteers and all who supported the collection. Carol McGrath, Cappoquin, organised a walk in the county and raised the sum of €825 for our branch. We would like to thank Carol, and all who took part and everyone who gave sponsorship.

**ANNUAL 10K WALK**

Our Annual 10K Walk took place on Sunday August 25th. This year we walked through Curraghmore Estate, Portlaw and refreshments were served, following the walk, at The Forge Inn. 'Thank you' to Sean, proprietor of The Forge Inn and everyone who supplied cakes and sandwiches – they were enjoyed by all.

A special 'thank you' to all who IKA SUPPORT AUTUMN 2019

took part in the walk, everyone who helped in anyway on the day and all who sponsored the walkers. We would like to say a special 'thank you' to Joe & Moira Cashin for taking the photographs for the local papers and our *SUPPORT* magazine.

**CONGRATULATIONS**

Congratulations to all who received a kidney transplant recently – we wish you a speedy recovery and continued good health.

**CHRISTMAS SOCIAL**

Our Christmas Social will be held at The Tower, Hotel, Waterford, on Sunday, November 3rd from 4.30pm to 9.00pm. We will have a 3 course meal; plenty of entertainment and 'spot prizes' galore. This Social gathering is open to all patients, family members, carers and friends. Please contact Frances 087-2411549.

**BRANCH MEETINGS**

We would love to see more patients, family members and friends at our branch meetings, all are very welcome. Our meetings are held on a Tuesday evening at The Cheshire Homes, St. John's Hill, Waterford. Next meeting is on Tuesday October 22nd at 7.3pm.

Contact Frances on: 087-2411549 if you require more information.

# NEWTOWN FUNDRAISING CHEQUE PRESENTATION



**Vera Frisby, Branch Treasurer, Ray Halligan, Branch Chairperson, Anne Power, Mary Bagge, Martin McNamara, Newtown Fundraising Committee; Moira Cashin, IKA and J.J. Bagge, Newtown Fundraising Committee.**



**Ray Halligan, Branch IKA Chairperson and Siobhan Hassett, Waterford branch Down Syndrome Irl.**



**Mary Rockett, Portlaw and Maggie Lonergan, Waterford**



**Sikie Power, John Deevy, Para Olympian Gold Medalist and Michael Hearne, who was MC for the night, which included cheque presentation, a sing song and hot food.**



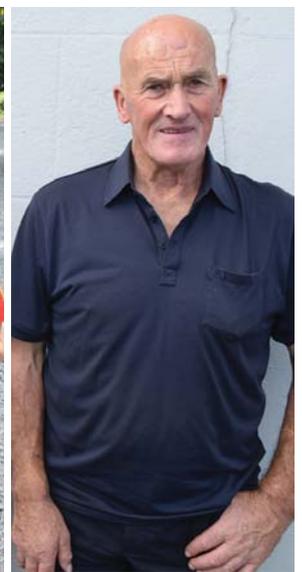
**Declan Ryan, Michael O'Regan and Pat Hennessy, Kilmeadan.**



**Vera Frisby, (26 year Kidney transplant Recipient) Tramore and Moira Cashin, Mooncoin (8 year kidney transplant recipient).**

**PHOTOS BY JOE CASHIN**

# WATERFORD BRANCH ANNUAL 10KM WALK





# TIPPERARY

By ORLA HOGAN RYAN



Sheila Gregan and Orla Hogan Ryan



We hope that everyone had a good summer? Our monthly meetings have started again and we hope to see some new people throughout the year. Everyone is always welcome.



We would like to thank all our volunteers who are organising and helping out at Church gate collections around the county.

Doireann, in Tipperary town, are having a Golf Classic and we wish the event well. There is also a golf outing

in Nenagh in September. We will bring you news of both in the next edition of *SUPPORT*.

The branch congratulates Transplant Team Ireland on their success at the World Transplant Games in Newcastle and especially Sheila Gregan and Orla Hogan, our two team members from Tipperary. Next year the European Transplant & Dialysis Sports Championships will take place in Dublin in August. We hope to see more people, from the county, participating - so start thinking about it – It is a fantastic team to be part of.

# MAYO

By LISA MELLON

The Mayo branch had a successful year in their participation in Organ Donor Awareness Week and the annual Church gate collection. We would like to say a special thanks to all our volunteers who gave their time and energy throughout the year.

Unfortunately, there was a very poor turn out for the AGM meeting so this and committee elections, could not take place. The existing officers will stand for another year:

**Chairperson:** Marie Mellon  
**Secretary/Treasurer:** Maureen Bourke  
**Board Member:** Lisa Mellon.

The committee would like to ask Mayo members (new and old!) to get in touch with the committee with news, fundraising ideas, or interest in attending meetings. We need renewed energy in the branch to keep it alive!

Thanks as always to the staff in the dialysis unit who do a stellar job in providing care for all the patients.

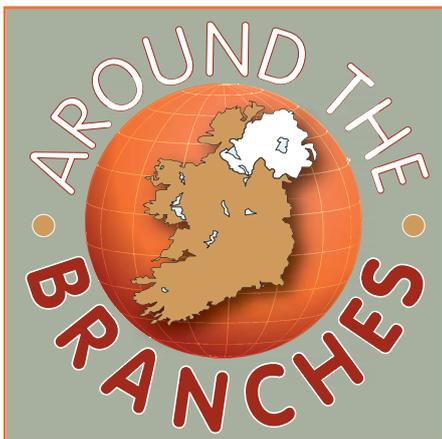
# WEXFORD

By MARIA DONLON

Our annual Mass of Remembrance took place in Clonard Church on Friday July 12th at 8pm. More than 60 people attended on the night, and all enjoyed a cup of tea and a catch-up afterwards in the adjoining hall. A big 'thank you' to Clonard Parish for giving us the use of the Church and hall, Fr Billy Caulfield, who celebrated the Mass for us, and Rathangan Church Choir who added to the occasion with their beautiful singing.

Our Church gate collections are ongoing at the moment throughout the county and we thank all our members and volunteers for helping out.

Our annual Christmas party will be held this year on Saturday November 30th in the Riverbank House Hotel, Wexford.



Find us on:  
**facebook®**

### SLIGO IKA BRANCH

#### 'SHOOT-OUT' NETS €2,600

A 'shoot-out' between several combatants dressed in paramilitary uniforms recently netted €2,600 for our Sligo branch and The Samaritans. But before any readers go ringing the Gardaí about illegal activity, there is no need to be alarmed – it was a fundraising sporting event.

The Viper Airsoft Club, based in Achonry in South Sligo, staged a mock battle which generated €1,300 for each of the two charities.

The event was also in memory of the club's former member Paddy Gethings of Mayo and Wexford who died in April 2018.

Airsoft is a competitive team-shooting sport in which participants shoot opponents with spherical plastic



# SLIGO

By BRIAN McHUGH



*Garden in full bloom. Photo by Conor Doherty*



*The Garden of Reflection is located beside scenic Lough Gill. Photo by Conor Doherty*



*Kidney transplant recipient Tara McHugh relaxes in the garden on the first anniversary of her organ transplant.*

projectiles launched via replica air weapons called airsoft guns.

Viper Airsoft Club thanked the following for their contributions: Airsofteire, Simtac, Bullseye Country Sport, Tank.ie, Special Ops Airsoft and The Friendly Hostiles.

Thanks to the main organisers, including Brian Stewart, Sligo (who had a kidney transplant last year) along with Paul, Darran and Luke.

The Sligo Branch is most grateful for the generous contribution.

#### GARDEN OF REFLECTION

IKA Sligo branch members spent several evenings over the summer upgrading and maintaining their Garden of Reflection at Doorly Park.

Opened in 2016, the garden gives organ donor families, donor recipients and other locals a place they can go to reflect. Situated along the scenic banks of Lough Gill, its main features are a bench seat with two large kidney shaped garden beds on either side. It was designed by Lorely Forrester and Lucy Brennan.



The garden has become more prominent this year as it is close to the new jetty where the Rose of Innisfree Tour boat docks.

### LOUGHAN HOUSE

Members of the Sligo branch will give a talk to inmates and staff in Loughan House prison near Blacklion at a date to be confirmed over the coming weeks. They also plan to address students in IT Sligo. More on these visits in the next issue of Support.

These talks aim to increase awareness of organ donation and emphasise how carrying an organ donor cards can give the 'gift of life'.

The branch would like to hear from other organisations or groups who would like to have IKA members visit them to deliver public talks.

### LOURDES

The Sligo branch sponsored two dialysis patients to go to Lourdes earlier this month. The patients joined the Elphin Diocesan pilgrimage to the world-famous shrine. They flew out direct from Ireland West Airport, Knock on August 30th and returned on September 4th.

### CONDOLENCES

We offer our sympathy to Mary Davey and family on the death of her husband Noel Davey, Kiltycahill, Calry, Co. Sligo. Noel was a kidney recipient and his wife Mary and daughter Charlene are members of the Sligo branch.

Branch committee members attended his funeral mass in Saint Joseph's Church, Ballytivnan on Monday September 16th, RIP.

Also sympathy to Sligo branch member Brian Stewart on the death of his brother Noel, Forthill, Sligo and the 28th Infantry Battalion, Finner Camp, Co. Donegal. Sligo members were among the large congregation of mourners at the funeral in St. Joseph's Church, Ballytivnan on Saturday September 7th, RIP.

# WESTMEATH

By CATHY SMYTH



The participants of the Achill to Westport cycle.



Winner of the IKA Raffle for a bicycle



Our annual cycle from Achill to Westport was once again a great day out. The sun was shining and we had over forty people taking part. A big 'thank you' to Anthony Coyne Cycles who donated a bicycle to our raffle. The bike was won by a young girl from Kerry who was delighted with herself! Also 'thank you' to Graham and John from Daybreak in Bective, Navan who sponsored refreshments for the cyclists. Finally, a shout out to Westport Cycles who supplied our bicycles at a very competitive rate.

Our Treasurer since 2013, Eileen Dunican, has decided to step down. We would like to thank Eileen for all her hard work over the past six years. Sincere condolences to Eileen on the sad passing of her husband, and Westmeath IKA

member, Larry. Ar dheis Dé go raibh a h'anam.

Valerie Galvin will be taking Eileen's place as Treasurer. Welcome Valerie.

Finally, at this year's AGM our Chairman, Eddie Flood, was voted Honorary National Treasurer for the IKA. Many congratulations to Eddie and we wish him the best of luck in his new role.





Greetings to all. We hope that you had a nice Summer and enjoyed some sunshine?

### THANK YOU MIKE

Our good wishes and gratitude go to Mike Kelly who was our IKA counsellor for many years, providing a free and confidential service for patients, carers and families. We wish Mike a long and happy retirement with his family. We welcome Aoife Smith in her new counsellor role for Donor House.

### NATIONAL AGM

The National AGM was held in the Red Cow Hotel on Saturday June 29th, and we are pleased to announce that our Branch Chairman Colin Mackenzie has been elected Honorary National Chairman. Also elected to National Office was John Whelan as National Secretary and Eddie Flood as National Treasurer.

### SAM'S GOOD NEWS

Last June little Sam Kinahan (5) received a donor kidney from his dad, Ivan. Sam's dad has given him a new lease of life because a few weeks later Sam started in St. Laurence's School, Baldoy. Our good wishes and congratulations go to this remarkable family – Ivan, Chloe, Ali and Sam.



Enjoying the facilities of the Renal Support Centre

# DUBLIN NORTH

By PATRICIA MACKENZIE



Ann Burke and Tess Robinson, present Colin and Patricia MacKenzie with a cheque for €11,550, proceeds from the Red Hurley Gala Concert.

### GALA CONCERT

Our Night to Remember concert took place in the Grand Hotel, Malahide on July 25th, in aid of the IKA.

The line-up of artists was exceptional. Each alone could guarantee an audience. We are grateful to Mary Byrne, Tommy Carey, Paddy Cole, Ronan Collins, Finbar Furey, Eugene McCarthy and Band plus Red Hurley who organised this outstanding concert. The house was full and the reaction to the show was tremendous. The amazing total of €11,550 has been raised, and a very special thanks to Red Hurley for his dedicated support of the IKA.

Also to Ann Burke and her sister Tess and supporters who are always there for us.



Finbar Furey



Tommy Carey

### WORLD TRANSPLANT GAMES

Congratulations to the 38 members of our World Transplant Games team who returned from Gateshead with a total of 50 medals – 17 gold, 18 silver and 15 bronze. An amazing result for these talented and dedicated athletes.

### GIFT OF LIFE CHARITY BALL

This major event took place in the



Red Hurley Gala Concert



LADIES DAY OUT

Don't miss this annual fundraiser in the White Sands Hotel, Strand Road, Portmarnock on Thursday, December 5th. Champagne reception, 4 course meal, best dressed lady, fashion show plus Red Hurley and guests.

Phone Ann 087-1352775 or Tess 086-8576190.



**BRANCH MEETINGS**

Our Branch meetings started again on September 23rd in the Renal Support Centre in the grounds of Beaumont Hospital.

Our opening night speaker was new National Chairman, Colin Mackenzie.

On Monday, October 21st we welcome Una Whelan as a speaker and demonstrator. Una supplied and arranged the flowers for our Annual Remembrance Service. The meeting will start at 7.30pm in the Support Centre, Beaumont.

Also on Monday, November 29th, Chloe and Ivan Kinahan will be telling 'Sam's Story'. Again the meeting will start at 7.30pm.

Castleknock Hotel on Friday September 27th at 7pm. It was run by Dublin North member Sarah Dalton and her husband Conor. More details will follow in next SUPPORT.

**SERVICE OF REMEMBRANCE AND THANKSGIVING**

This annual event will take place at 12 noon on Saturday, October 5th in Corpus Christi Church, Home Farm Road. This Service is a very special event for donor families, transplant recipients and families.

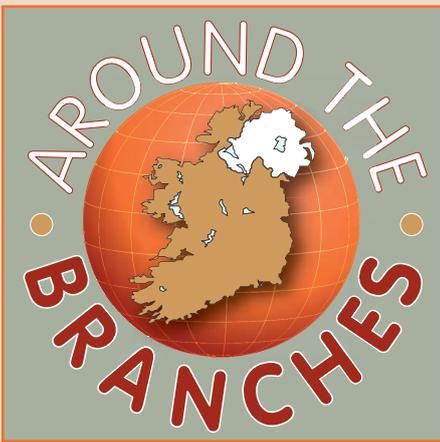
**Ladies Day Out**

DATE:  
**THURSDAY 5th DECEMBER**  
at 1.00 pm

VENUE:  
**WHITE SANDS HOTEL, STRAND ROAD, PORTMARNOCK**

**ENQUIRIES AND BOOKINGS: 087-1352775**

- Champagne Reception
- 4 Course Lunch
- Fashion Show
- CELEBRITY ENTERTAINMENT



I would like to begin by remembering one of the founding members of the Wicklow branch, who sadly passed away on March 18th...the lovely Ann Rountree. Ann was the longest patient survivor on dialysis in the country. She was Secretary of the branch for many years and organised several St Patrick's Day parades and barbeques, promoting organ donation. Ann was also heavily involved in the Wicklow RNLI. She will be sadly missed by her beloved husband Fred and her lovely family and many friends. May she rest in peace.



Even though Organ Donor Awareness Week is well and truly passed we are delighted to thank our faithful and loyal volunteers who were at Aldi stores, Supervalu Bray, Church gate collections, and on the street in Shankill. A huge 'thank you' to Gloria

# DUBLIN EAST & WICKLOW

By BERNIE DWYER



John Whelan receiving a cheque from Katie Charles, Blessington

Proby and her wonderful team in Arklow who were out in very cold weather for the week. We also thank the many pharmacies in Bray who allowed us to display our donor cards and collection boxes. I would particularly like to thank Jacinta in Roundwood Pharmacy who never forgets us and Total Healthcare in Johnstown and Kilmacud for their continued support.

On April 2nd John and Una Whelan and Michael Dwyer were also present in Bray Library, displaying leaflets, donor cards with an audio

presentation on the work of the IKA.

April 6th saw a team of 6 golfers win the 5 Nations Golf Tournament in Livingstone, Scotland. Our branch was represented by Philip Kavanagh, Arklow and Michael Dwyer, Cabinteely. Well done all!

Our AGM took place on Tuesday April 23rd. With an attendance of 13 the results were as follows: John Whelan was elected as Board member and Chairperson, Catherine Foley, Treasurer and Bernie Dwyer, Secretary. We hope we can support our members for the next two years and



Collecting at Tesco Bray



Martin Doody, Carol Daultery, Michael Dwyer



John and Patricia Wogan

ask for your support and any suggestions you may have to improve and enhance our branch.

On May 4th a couple of our branch members attended the Punchestown Kidney Research Fund Charity race at Punchestown races. Thank you James Nolan for your wonderful work for research and organ donation.

Michael Dwyer along with Colin White and Harry Ward attended The Federation of Irish Sport Annual Conference in DCU on May 23rd promoting sport for dialysis and transplanted patients and The European Sports Championships which will take place in Dublin in 2020.

In June we were invited to Blessington by Katie Charles to receive a presentation of €700. John Whelan travelled to Blessington to receive the cheque on behalf of the IKA. Thank you very much for your kind donation.

Tesco Bray allowed us a bag pack on July 13th which was a great success – thanks to our volunteers who came forward during this holiday period.

We were delighted to report our friends in Enniskerry had a lovely day for the annual Horse Show which was a great success for them with some of our members able to volunteer as stewards.

The big event of the Summer was of course the World Transplant Games in Gateshead /Newcastle UK.



Punchestown



Garry Campbell, Greystones (2nd from right)



Michael Dwyer with professional golfer Lee Westwood

The games will be covered in the magazine but we must congratulate our members who attended, Deirdre Faul, Dalkey, Michael Dwyer, Cabinteely, Gary Campbell, Greystones and Philip Kavanagh, Arklow – winning gold and silver in squash, swimming, golf singles and team. A huge congratulations to you all.

Our final meeting, before the recess, was held on June 18th and we hope everyone had a good Summer and look forward to seeing as many as possible at our next meeting in October.

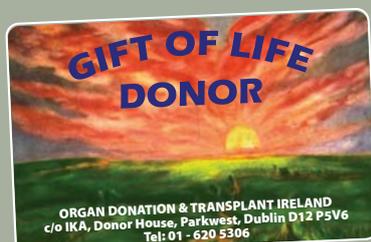


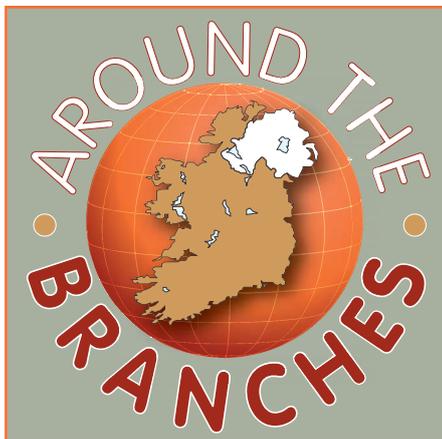
Deirdre Faul

For Donor Cards Freetext

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to **50050**





### BRANCH MEETINGS

Monthly meetings of the Clare branch recommenced in September after the Summer recess. A branch is only as strong and as good as its members therefore we invite you and any other interested people to attend. Branch meetings are usually held on the second or third Tuesday of each month and are a place where you can get involved and contribute to the branch plans and activities. It is a place to meet others and where experiences can be shared over a cuppa.

In an effort to be environmentally conscious, as well as a cost-saving initiative, we intend to issue all further notifications of the branch meetings and other activities, via email or text. If you have not already done so and would like to be included in these notifications, please contact our Secretary, Noretta Clifford on 087-6243367 or Email: [ikaclare@gmail.com](mailto:ikaclare@gmail.com), or Message us on Clare IKA facebook with your



*Maureen Organ, Catriona O'Donoghue, Ann O'Halloran and Mary Abbott enjoy a cuppa and the cake made by Catriona.*

# CLARE

By NORETTA CLIFFORD



*Catriona O'Donoghue and Clare Branch Treasurer Jerry Moran make a presentation to outgoing Clare Branch Asst. Secretary Mary Abbott at the June Branch meeting.*



*Peggy Eustace, Clare Branch Chairman making a presentation to outgoing Clare Branch Secretary Michael Mescall*

name and contact number/email address.

Alternatively, if you wish to continue to receive branch meeting notifications by post, we would be grateful if you could contact us directly and let us know.

Please note that if we do not hear from you or you do not wish to be notified of Clare IKA branch meetings/activities, this does not change your membership rights to all IKA services both locally and nationally.

### IT'S A GIRL!

Clare Branch members wish to congratulate Patrick and Áine Eustace on the birth of their baby girl Méabh. Patrick is a kidney transplant recipient and the son of long-standing Clare Branch Chairperson, Peggy Eustace.

Welcome to the world, little one!

### THANKS

The branch members wish to sincerely thank Michael Mescall and Mary Abbott, who stepped down as Secretary and Asst. Secretary this year, for their enormous contribution to the branch and for their hard work and commitment over the last numbers of years. At our support meeting in June, before the Summer recess, presentations were made and a delicious cake, made by our branch member and kidney transplant recipient Catriona O'Donoghue, was enjoyed by all.

### IKA WEST CLARE WALK

The scenic IKA West Clare walk took place on the beautiful sunny day of Sunday, May 5th. Thanks to the organising committee who dedicate their time and efforts each year to ensure a safe and enjoyable event. A big 'thank you' to everyone who took part, sponsored or donated so generously to the Clare branch.

### METALLICA ON TOUR

Legendary rock band, Metallica, made the most of their stay in Ireland after they shook Slane Castle on Saturday, June 8th this year.

The American heavy metal band took in some tourist spots across the country including Clare's very own Cliffs of Moher.

Hungry after all that walking, the



James Vaughan, Daniel Alves, Gary Davis (kidney transplant recipient), Cathal Malone, Cian Cagney with James Hetfield, lead singer of Metallica, American heavy metal band.



Keating Construction partnered with the IKA to promote Organ Donor Awareness Week. All new inductees to the company were offered the chance to sign up and be a potential lifesaver for someone in need. They expect to hold around 600 inductions to their sites over the coming year so this represents a fantastic opportunity to make a real and tangible difference. Pictured above are Gordon O'Regan CEO, Keating Construction with Charlie Reynolds Safety Officer Keating Construction, missing from the photo is Ian Lynch, Safety Manager.



won bronze in the long jump, adding another string to her bow. Having previously won a plethora of medals and accolades in golf and other sports down through the years in national and international competitions, Marie is hugely grateful for the opportunity to represent Ireland. She is most thankful to her donor family and says "without their kindness and generosity, this would not be possible, I would not be here."

We wish her continued good health and further success at future games. Perhaps we should all consider following in her footsteps at the next opportunity which is right on our doorstep! The European Transplant and Dialysis Sports championships take place in Dublin next year, from August 2nd-9th. Find out more on [www.etsc2020.com](http://www.etsc2020.com)



Vaughan's Restaurant in Liscannor, Co. Clare.

band caught locals by surprise when they popped in for dinner in Vaughan's Anchor Inn in Liscannor. Kidney transplant recipient and Clare branch member Gary Davis is a chef there and indeed a huge fan of the band. He was delighted to have the opportunity to meet his idol, lead singer James Hetfield, who popped into the kitchen to say hello!

This was the first time the band had been in Ireland in the past ten years but it is not the first time a famous face was spotted inside the Inn according to Lisa, owner of Vaughan's.

What an unforgettable experience for Gary and all in Vaughan's Anchor Inn!

### CHURCH GATE COLLECTIONS

We would like to take the opportunity to thank all our volunteers who give so generously of their time in making the Church gate collection around County Clare possible throughout the year, often despite inclement weather!! Contributions are on par with previous years and, therefore, we would also like to thank the general public for their generous contributions.

### WORLD TRANSPLANT GAMES

In this year's World Transplant Games, held in Newcastle, England in August, Marie O'Connor, Moymore, Lahinch, along with 37 other athletes took part and did us all proud. Marie received her first transplant kidney in 1996 and her second kidney transplant two years later.

Huge congratulations to Marie, the only female golfer representing her county and country at the games. She brought home gold in the golf. Seven out of the 12 golf competitors brought home medals this year – a great achievement indeed. Marie also



Patsy and Nancy Riordan chat with Martin Abbott.



Val Eustace and Gerry Moran catch-up following the June meeting.



# DONEGAL

By SIOBHÁN BATES

Hello to everyone – it has not been a great Summer, weather wise, here in Donegal but the Branch Committee continued to be busy, in fact we were hectic! Hoping all is calm now and we get our Autumn branch meeting organised soon.

## FUNDRAISING

The Hutchinson family, Gleneely, organised a Dance and Draw, in Buncrana in June to celebrate Dale's first anniversary of his transplant. All the hard work certainly paid off as Dale and Lisa presented the Donegal branch with a cheque for €13,315 to go towards the upgrading of the Renal Support Centre in Beaumont. 'Thank you' to all involved.

Keeping it in the family Adam Hutchinson presented a cheque for €170 to George Bates, Donegal PRO, on behalf of his school. Every Friday the children of Donagh National school, Carndonagh, Co. Donegal, bring in loose change and donate to a charity of choice at the end of the year. Adam spent some time with his family at the Renal Support Centre last year when his granny Audrey donated her kidney to Adam's dad Dale. He was very happy when the school



Siobhán Bates with some of the children

decided to choose the IKA, this year, as the beneficiary of the Loose Change Friday Club. We would like to thank the school and all the children and parents for their donations.

We held our Summer outing in the Allingham Arms Hotel, Bundoran, on Sunday, September 15th and we had an amazing time. It certainly was worth all the organising, to see everyone reunite and catch-up. The Branch appreciates those who reply or send their regrets as it makes the planning easier.

Well done to Kieran Murray, our Branch Treasurer and Board Member, who participated in the World Transplant Games in Newcastle and, of course, to all the athletes who took part.

May we, as a Branch, take this opportunity to wish our hero and Donegal's longest transplant recipient Hugo Boyce (Mr. Clonmany himself), a very happy birthday. Hugo celebrated

his 70th birthday. Hope you and Lucy have a fabulous time on the cruise.

A memorial match was held in Dunlewy, in honour of the late Michael Roarty. Monies are still coming in so we will have more in the next issue of *SUPPORT*.

Anyone reading this *SUPPORT* who is not a member of the Branch, please fill out the membership form at the back of the magazine. Also, anyone staying at the Renal Support Centre in Beaumont and who would like to join the membership of the IKA - a membership form will be supplied

with the key to your room. And/or you can message or contact your local branch for any information regarding local branch activities.

Congratulations to those recently transplanted, and 'get well' to all in hospital. We would like to thank all our medical teams and nurses who continue to look after us all.

Condolences to those who have lost someone since our last Branch meeting. We are sorry for your sad loss and sympathise with you.

The Renal Support Centre – our 'Donegal haven' was very busy over the Summer. I met many patients and it was great to see you all.

Progress is continuing within the Centre. The water and heating systems are being upgraded. Thanks to Tony, Patricia and Frank, for all the hard work.

Enjoy the Autumn folks and we hope the weather will be kind to us. Slán go foil.



Lisa and Dae Hutchinson, Gleneely, Co. Donegal presenting George Bates, Donegal branch PRO with the cheque for €13,315.



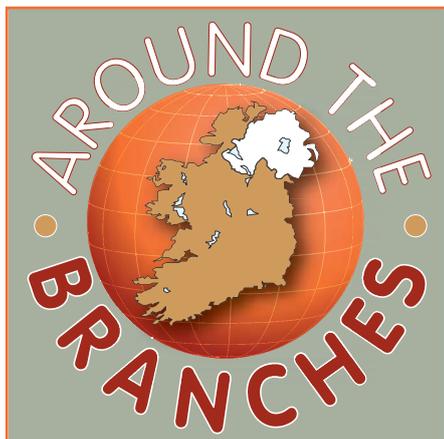
Adam Hutchinson with George Bates.



Teresa Marie Keeney, Ardara, is holding a 20 year celebration dance to celebrate her liver transplant

# DONEGAL BRANCH – SUMMER OUTING





### PATIENT SUPPORT INFORMATION DAY

The Kildare branch held a 'Patient Support Information Day' in Newbridge Town Hall on March 24th. The purpose of the day was to provide free access to information from experts in a relaxed setting. It also provided a great chance to get together and chat with others who were going through the same issues.

There were information stands and an array of presentations from speakers including nephrologists, dietitians, dermatologists, podiatrists, home dialysis, transplant games and dialysis championships, renal counselling, citizens' information service, local and renal pharmacy, psychologists, diabetes screening and blood pressure screening. The event was officially opened by Fiona O'Loughlin TD.

Dr. Wall (Nephrologist, Tallaght) gave a talk entitled 'Knowing Your Numbers'. When it comes to blood results knowing what they should be and understanding them will help you to live a healthier life.

Dietitian Jean Murphy (Mater Hospital) talked about the importance of eating a healthy diet, not only for the dialysis patient but also the whole family. She also spoke about knowing what is present in the foods we eat and working out which are high in salt, potassium and phosphorus. She suggested that home cooked foods



# KILDARE

By MICHELLE HORAN



are a much better option as you have prepared them yourself.

Laura Lynch (Transplant Co-ordinator, Beaumont Hospital) spoke on the topic of managing the transplant list.

Dr Anne Marie Tobin (Dermatologist, Tallaght) spoke about keeping safe in the sun. She highly recommended putting on factor 50+ sun cream, wearing a hat and staying in the shade as much as possible is the best way for renal patients to prevent getting skin cancer.

Christine Kiernan (Podiatrist, Tallaght) spoke about the risks and management of footcare in dialysis and transplant patients.

The Home Dialysis team were there explaining to us how haemodialysis and peritoneal dialysis works. They also had a display showing the workings of peritoneal dialysis. They gave us the pros and cons of dialysis in the home as opposed to going to a hospital for haemodialysis.

Transplant Team Ireland provided great information on how to get involved in both the World Transplant Games and the European Transplant & Dialysis Sports Championships. They had pictures of all the medals won at the British Games in Birmingham 2018.

Mike Kelly (retired IKA Counsellor) spoke on the topic of 'Understanding the Psychology of Illness'.

Ashley and Paula, from Moorefield Pharmacy in Newbridge, provided free blood pressure testing.

There were

refreshments of teas, coffees and delicious treats, all home baked and dialysis friendly.

The Kildare branch would like to convey our gratitude to all the speakers and thank them all for their very informative presentations. We received a great deal of positive feedback from the attendees and speakers alike and they are looking forward to attending another information day early in the new year.

### ATHY COUNTY SHOW

The Branch had a stand at the Annual County Show in Athy, Co. Kildare on June 16th.

People from far and wide visit this show and it was a great day out for all the family. Luckily the rain stayed away and the sun even came out for a while. We even had our own County Councillor Brian Dooley helping us on the stand to hand out donor cards and sweets, which the children and adults alike enjoyed.

We walked around distributing hundreds of donor cards to interested people and we were delighted to hear that many of them already held a donor card or had it marked on their driving licence. There were also a lot of information leaflets handed out and people were very interested in the process of dialysis and transplantation.

In all it was a great day.







The Louth/Meath branch set out on a day trip to Galway to visit the 'Circle of Life' garden in Salthill. Having collected branch members in Navan and Ardee our first stop was in Mullingar Park Hotel for tea/coffee and scones. Then it was off to the Kilbeggan Distillery for a guided tour of Ireland's oldest working distillery. After the tour we sampled the produce – definitely ten out of ten for taste!

Next stop was the Galway Bay Hotel in Salthill for a spot of lunch where we rambled into the amazing 'Circle of Life' garden nearby and what an experience it was! Each stone with the county name on it brought a sense of belonging to each one of us – it was emotional and calming at the same time. Here many photos were taken and many stories exchanged – a theme that ran through much of the day's outing.

Next we set off into Galway to visit the Cathedral – again another wonderful experience of tranquility and beauty.



*Larry McGivney and Celine Tuite enjoying the Kilbeggan Distillery experience.*

# LOUTH/MEATH

By ANN MCGIVNEY



*Louth/Meath branch members on their day trip to 'Circle of Life' gardens in Salthill, Galway.*



*Some of the Louth/Meath branch members enjoying their day trip to Galway.*

We finished our day with a quick visit to the shops – well you can't go to Galway and not have a little peep! I would like to take this opportunity to say a big 'thank you' to our bus driver.

The family of the late Richard Harte (father of Celine Tuite, our branch Secretary) donated €590 to the IKA in lieu of flowers at his funeral. Richard died in May and was a great supporter of the IKA.



*Ivan Tuite and Christy McLoughlan at the Kilbeggan Distillery*

Deirdre Lyness was so patient and kind to all of us. Deirdre is married to Jerome Lyness who won gold and silver in the World Transplant Games. Well done Jerome, you did us proud along with all the participants from not only Louth and Meath but from all over the country.



**Jerome Lyness**

Jerome Lyness was first diagnosed with kidney failure in 2014. He started haemodialysis in Cavan Hospital for the next 10 months under the watchful eye of Marie Sheridan (matron). He then was under Dr Mark Denton in Beaumont Hospital. That is when he started peritoneal dialysis which gave him some freedom. We went on holidays to Spain and Lourdes. Jerome was on peritoneal dialysis for 20 months. And then, one night out of the blue, he got the call to say there was a kidney for him and he's never looked back. Not a day goes by when he doesn't think of his donor and their family.

Jerome got in touch with Transplant Ireland Team Manager Colin White and starting going to the meetings at ALSAA Sport Centre in Dublin. He met up with team member and Captain Harry Ward and was made very welcome and he blended well with the group. Then came World Transplant Games in Newcastle, UK – we had a ball. Jerome, despite losing over half of his eyesight, won a gold medal with teammates Charlie Ryan and Mick Keohane. He also won a silver medal in the individual darts. We made friends for life and are now looking forward to Dublin 2020 for the European Transplant and Dialysis Sports Championships.

– Deirdre Lyness

# LOUTH/MEATH

By ANN MCGIVNEY



**Garry Campbell and Jerome Lyness**

Terry McMullen passed away on May 1st. Terry's journey began in 1977 in Scotland when he went on dialysis due to acute renal kidney failure. He was on dialysis for two years when he received his first kidney transplant which lasted for 18 years. Terry then went back on dialysis in 1996 for two years, this time it was in Beaumont under Dr. Donoghue. Then, in December 1998, Terry received his second transplant under the watchful guidance of Mr David Hickey.

After Dr Donoghue retired Dr Denton took over the role and became a great friend to Terry over the years to come.

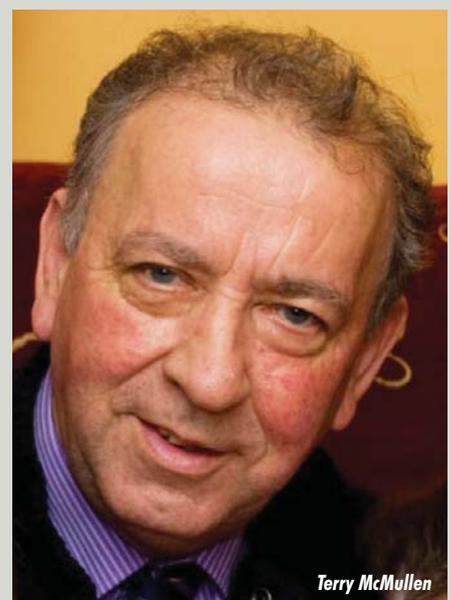
It was shortly after his second transplant that Terry and his wife Marian became involved in the Louth/Meath branch, firstly fundraising for the Renal Support Unit in Beaumont Hospital.

Terry was also a keen singer and songwriter playing at numerous events both within and outside the branch, bringing so much joy to so many people.

Terry's talents knew no bounds. In 2005 at the World Transplant Games in Canada, he and his team mate Hugo Boyce won gold for the pairs lawn bowls and Terry won a bronze medal in the singles bowls.

Marian said it was an adventure of a life time.

Every year both Terry and Marian worked effortlessly with the branch



**Terry McMullen**

members, family and friends for Organ Donor Awareness Week in the Navan area raising awareness through our donor cards and sale of merchandise, key rings forget-me-knot flowers etc. However, over the past few years Terry experienced ill health but, through all of the tests diagnosis and treatments, no matter what was thrown at him Terry's kidney never failed – a testimony to the wonderful 'gift of life' that donating organs can make to so many people who are living with chronic illness every day.

Terry you truly were a wonderful friend to all who had the privilege and pleasure to know you. May you rest in peace.



**CAMP WALK**

On Saturday, June 15th, we headed to Camp for the Annual Walk for the IKA, organised by Jimmy Dwyer, his family and friends. A great day was had by all with a scenic walk, followed by a BBQ and music in the Junction Bar, Camp. A huge 'thank you' to Jimmy and all who helped to make the day such a huge success. There were many helpers behind the scenes, planning routes, registration, cooking the BBQ and especially everyone that took part in the walk, which added to the amazing day we had. Looking forward to next year's walk already!!

**CONDOLENCES**

On behalf of all our branch members we wish to extend our deepest condolences to the families of the late Nicole McGaley and Jackie Healy. May they rest in peace.

We also extend our sympathy to families and friends who lost loved ones during the year, our thoughts and prayers are with you.



**KERRY**

BY NICHOLA CLIFFORD



**WORLD TRANSPLANT GAMES**

In August Transplant Team Ireland headed to Newcastle, England. They achieved massive success being ranked 11th position, and bringing home 44 medals. A contribution to this final tally came from our very own Anna Pokojaska who competed in the Cycling 30k and 5k mini-marathon. We are extremely proud of her and everyone that competed. The European Transplant and Dialysis Sports Championships will take place in Dublin in 2020.



Tomás O'Dowd

**NEW ADVENTURE**

This was a very big year for two of our special little patients. Tomás O'Dowd (5) started his first day of school. He is currently on dialysis and has completed the pre-transplant work up. Cíalan Walsh also started pre-school this year and loving it so far. Wishing them both all the best in school.



Cíalan Walsh

### SUPPORT MEETINGS

Our monthly support meetings are now being moved around the county to try and reach as many people as possible. Our hope is that patients come and share their experiences with others. We also encourage patients to bring family members and carers with them to these support sessions as

Month	Area	Venue	Eircode
January	Dingle	Benners Hotel	V92 FTK2
February	Killarney	Killarney Avenue Hotel	V93 YW9D
March	Cahersiveen	Ring of Kerry Hotel	V23 AK85
April	Tralee	Ashe Hotel	V92 W56F
May	Dingle	Benners Hotel	V92 FTK2
June	Killarney	Killarney Avenue Hotel	V93 YW9D
July	Cahersiveen	Ring of Kerry Hotel	V23 AK85
August	Tralee	Ashe Hotel	V92 W56F
September	Dingle	Benners Hotel	V92 FTK2
October	Killarney	Killarney Avenue Hotel	V93 YW9D
November	Cahersiveen	Ring of Kerry Hotel	V23 AK85
December	Tralee	Ashe Hotel	V92 W56F

chronic illness affects the whole family.

Dates for these meetings and any other events we are organising will always be posted on our Facebook page. If you would like to be contacted directly about these meetings please let us know and we will contact you every month.

To ensure you are kept informed ring or text Colm on 086-1999169.

### CHRISTMAS SOCIAL

Our Christmas social will take place at the Killarney Oakes Hotel on December 8th and we look forward to seeing all members and their families there for the festivities.



# KILKENNY

By ANNE O'GRADY

Hello to all the patients, their families and members of the IKA Kilkenny Branch.

### ORGAN DONOR AWARENESS WEEK

Once again 'thank you' to all who collected at ALDI in Kilkenny City and County in April. We are very grateful to all who helped us out during this week.

### BRANCH AGM

The AGM was held on April 25th. The election of the new officers took place on the night and the following were deemed elected:

- Chairperson: Johnny Lacey
- Secretary: Anne O'Grady
- Asst. Secretary: Bridie Lennon
- Treasurer: Therese Hanrahan

We would like to sincerely thank Betty Brennan who stepped down as Chairperson and Arlene Carrigan who stepped down as Secretary for their hard work and commitment to the Kilkenny branch over the last number of years. We are fortunate to have Seamus Carrigan as our Board Member. If you would like to receive

notification about branch meetings please contact the IKA to ensure you are registered to receive branch mail. We would love to see more patients, family members and friends at our branch meetings, all are very welcome.

### SUMMER CELEBRATIONS

On Sunday, June 2nd we had our annual Summer lunch for patients,

carers and members in The Newpark Hotel, Kilkenny. It was lovely to see everybody. We fondly remembered deceased members who are no longer with us.

### FUNDRAISING

Eric Holland, Kilkenny and his friends organised a very successful and fun Mystery Motorcycle tour on September 8th from Kilkenny Castle.





**PROJECT BIKE FOR SALE**

Gerry Rooney, Branch member is selling a Honda Deauville 650CC 02 KK with all biking gear and helmet. All proceeds will go to the Kilkenny Branch. Contact Gerry at 087-6629695. No reasonable offer refused.

Bikers stopped for refreshments enroute. Thanks to the generosity of the bikers who raised €1,610 and to Mary Fogarty who provided refreshments on the day.

**CHURCH GATE COLLECTION**

The annual Church gate collection took place in Kilkenny City and County at Masses on Saturday September 21st and Sunday 22nd September. 'Thank you' to all who donated so generously and to those who collected.

Finally, we are always truly grateful to everyone who has contributed to the Kilkenny Branch by way of fundraising or donations. Your support is very much appreciated.

Please contact:

**Johnny Lacey**  
085-1328255;

**Anne O'Grady**  
087-9232190

**Bridie Lennon**  
085-7051076

or

**Therese Hanrahan**  
087-7796428

if you would like to help our Branch in anyway.

*"We'll be our own lifesavers.  
We'll get the flu vaccine."*



**The flu vaccine is a lifesaver for older people and those with long-term health conditions.**

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**HE** Seirbhís Stáinte  
Níos Fearr  
& Forbairt Building a  
Better Health  
Service



### FUNDRAISING

We have had many people around the Cork area fundraising for the new renal support house that has been purchased near the CUH. Over the summer we were given many generous donations from so many different events.

In August we met Mary Condon and her husband David and they gave us a very generous donation of €2660, proceeds from a coffee morning they hosted. David is a renal patient in CUH.

## CORK

By SALLY NAGLE



Mary and David Condon present Sally Nagle with the cheque for €2660.

We also had the pleasure of meeting Val and Julie Webin, along with Julie's aunt Rosaline O'Sullivan. They donated €550, proceeds from a car boot sale held in Wilton. Val is a transplant recipient and Rosaline was Val's donor. A truly inspiring family.

A big 'thank you' to Laya Healthcare for their very generous donation. We had a lovely couple of hours in Little Island. Three charities



Val and Julie Webin, Sheena McDonagh and Rosaline O'Sullivan at the presentation of the cheque for €550

were nominated as the recipients of their recent 'Funday Fundraiser'. The IKA Support Centre, Cork, Pieta House and The Rainbow Club for children with autism. It was an honour to share the proceeds with two other very deserving charities.

### BETTER HEALTH, BETTER LIVING

A Better Health, Better Living course is currently being run. This course, which is organised and tutored by patient peers is proving to be a huge success with patients, carers and friends all benefitting hugely from the skills being learnt. If anyone would like to find out more about what the course entails, and about future course dates, they can email our branch secretary at [secretarycork.ika@gmail.com](mailto:secretarycork.ika@gmail.com) or call/text 086-2755754.

### UCC VOLUNTEER FAIR

On Wednesday September 18th the Cork branch attended the annual University College Cork Volunteering



Laya Healthcare Funday Fundraiser



Laya Healthcare Funday Fundraiser presentation

# CORK

## CONTD...

Fair. We met some very engaging and enthusiastic students who were keen to find out more about the IKA and donor awareness. It was also very interesting to chat to international students about organ donor awareness and transplantation in other countries and cultures.



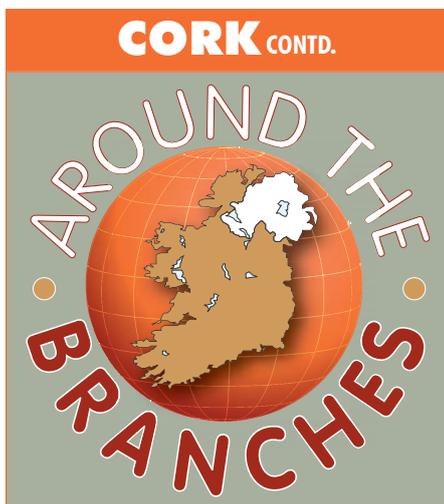
## CORK EVENING ECHO WOMEN'S MINI MARATHON

The Cork Evening Echo Women's Mini-Marathon took place on Sunday, September 22nd. Despite a very mixed forecast the weather decided to be nice to us and we had a lovely sunny day in the end.

Over 30 participants from all over Cork city and county donned the IKA jerseys and walked the beautiful Cork marina and Blackrock roads in aid of the new Support House in Wilton.

This annual event is a great fun way to raise donor awareness, do some fundraising and also to raise the profile of our charity in the local community.





**GOLF CLASSIC**

We held our Annual Golf Classic again this year in Mitchelstown Golf Club on June 14th. This annual fundraiser has now become a very important fundraiser for the branch and this year's proceeding will go towards the refurbishment of the new Support Centre in Cork.

We were very lucky with the day again this year as the weather forecast had predicted a terrible day but most of our golfers escaped the day dry.

Thanks to our volunteers on the day, Margaret Leahy, Mary Hurley, John Hurley, Patrick O'Sullivan, Kieran Hurley, Michael O'Shea, Ray Scanlon, Hugh Nolan, Mike and Mary Kiely the day ran smoothly. We had over 40 teams and the winners were a local team...Willie O'Connor, who ironically enough was only able to play on the day because one of our own members was to cover for him at work. Luckily for our member, he was in Beaumont that day. Second on the day were members of Transplant Team Ireland who had travelled down, on the day to play...Tony Gavigan, Ron Grainger and Michael Dwyer.



*Mick O'Shea wins the first round at petanque*

Next year's event will again be held in June in Mitchelstown Golf Club. We are always looking for sponsors and for volunteers.

**WORLD TRANSPLANT GAMES**

The bi-annual World Transplant Games were held in Newcastle, England in August. The Games are open to all transplant patients and it doesn't matter your skill level or your fitness – there is a sport there for you.

This year we had five team members from Cork...Michael O'Shea (heart), road cycling, track and field; Charlie Ryan (liver), darts, tenpin bowling; Mike Keohane (liver), darts, track and field; Michael Kiely (kidney), golf; and Pat O'Sullivan (kidney), golf and track and field. In total 6 medals came home to the rebel county.

We would like to see more members competing in the Games and if you would like any information about competing please contact Colin White at colin@ika.ie or come to any one of our support meetings and anybody there will be able to fill



*Pat O'Sullivan receives his silver medal*

you in.

Next year's European Games are to be held in Dublin and patients on dialysis are also able to compete. The Games are a great way to promote organ donation and the benefits of exercise post-transplant. Transplant Team Ireland you can find them through the website or on Facebook is a wonderful team to be a part of – the camaraderie and family atmosphere makes you feel at home straight off from the start.

**UPCOMING EVENT**

Monthly meetings are the first Tuesday of every month in the SMA Hall, Wilton at 8pm (No meetings in January, June, July and August).

Lip sync in Farnhill House Hotel, Clonakilty at 8pm on Friday November 8th (ticketed event).

Annual Mass of Remembrance, Sunday November 10th at 3pm in CUH followed by refreshments.

Christmas lunch on Sunday November 24th at 1pm in Vienna Woods Hotel (ticketed event).



*Mike Kiely, Close House Golf Club, Newcastle, UK*



*Jerome Lyness, Charlie Ryan and Mike Keohane win at the Darts*

# CORK ANNUAL GOLF CLASSIC – MITCHELSTOWN GOLF CLUB



Mark Murphy, Denis Hyland, Mike Kiely



Longest Drive – Mens winner



Mark Murphy, Mick Dwyer, Ron Grainer, Mike Kiely



Longest Drive – Ladies winner



The winning team



Michael Magner and his sisters



Colman Scanlon, Ber Finn, Ray Scanlon



# IRISH KIDNEY ASSOCIATION CLG

(Company Limited By Guarantee)

## MEMBERSHIP APPLICATION FORM



**BLOCK CAPITAL LETTERS PLEASE:**

Mr.  Mrs.  Ms.  FIRST NAME: \_\_\_\_\_

SURNAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

POSTCODE:        TEL: \_\_\_\_\_ MOBILE: \_\_\_\_\_

EMAIL:

We record this information in line with the Constitution of the IKA. You must be 18 years of age to become a member of the Association.

Please indicate if any of the following apply to you:

PRE DIALYSIS, HAEMODIALYSIS, APD, CAPD or TRANSPLANTED  YES  NO  
 Do not wish to disclose

Do you wish to receive our quarterly 'SUPPORT' magazine by  YES  NO  
*Please tick 'No' if your household is already receiving it* Post?  
 Or Email?  YES  NO

Can we correspond with you for notices of Annual General Meeting of the Association and Annual Director's Report by  YES  NO  
 Email?

Would you like to receive information on activities from your local IKA branch which entails us giving them the data from this form?  YES  NO

Would you like to receive information on the IKA Transplant & Dialysis Sports and Fitness which is based in Head Office?  YES  NO

By signing this form you agree to become a member of the Association and you subscribe to the Constitution of the Association (copy available on request or on the IKA website – [www.ika.ie](http://www.ika.ie))

I subscribe to (sign up and accept) the Constitution of the Irish Kidney Association CLG (Company Limited by Guarantee).

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_



# IKA DIRECTORY



Irish Kidney Association CLG, Donor House, Block 43a, Parkwest, Dublin D12 P5V6

Tel: 01-6205306 | Email: [info@ika.ie](mailto:info@ika.ie) | [www.ika.ie](http://www.ika.ie)

Renal Support Centre, Beaumont Hospital, Dublin D09 Y5R3

Tel: 01-8373952 | Email: [renalcentre@ika.ie](mailto:renalcentre@ika.ie)

## LOCAL BRANCH SECRETARIES

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### DUBLIN EAST + WICKLOW

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### KILDARE

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**085-2501718**

### LONGFORD

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### MAYO

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Carrowcushlaun,  
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### WATERFORD

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Ballinamult  
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Bearna,  
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**Phone:**  
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Co. Leitrim.  
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### LIMERICK

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**087-1948679**

### ROSCOMMON

Maura Quigley  
Creevy,  
Roscommon,  
Co. Roscommon.  
**Phone:**  
**086-8969670**

### WEXFORD

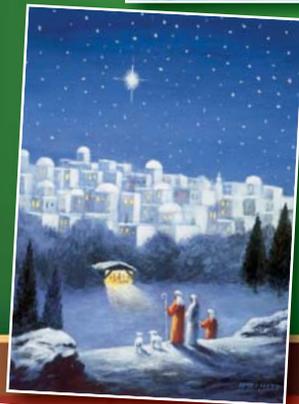
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**086-3745788**

# 10 Christmas Cards AND ENVELOPES



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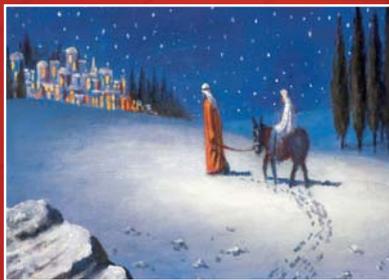
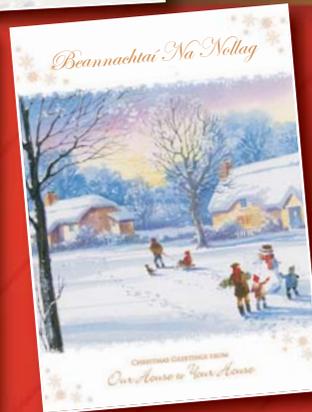
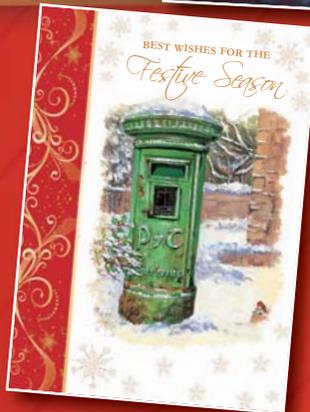


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The entire proceeds from the sale of these charity cards go to support the IKA's work for the dialysis and transplanted patients in Ireland.