

SUPP RT



SUMMER 2019



IRISH KIDNEY ASSOCIATION CLG

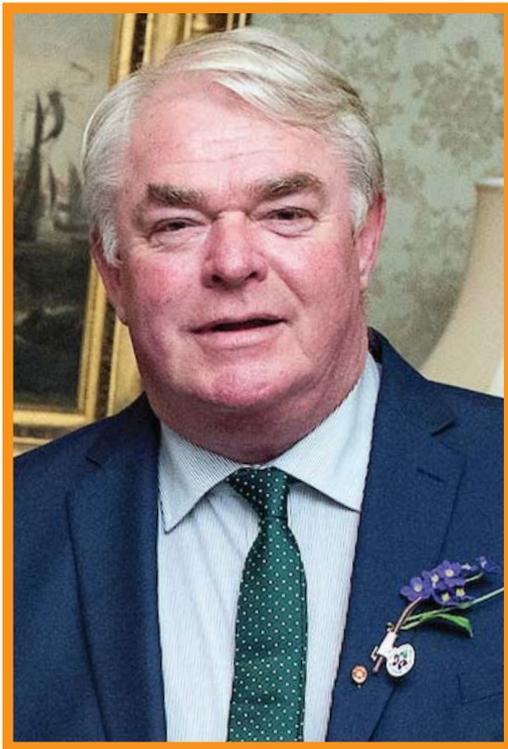
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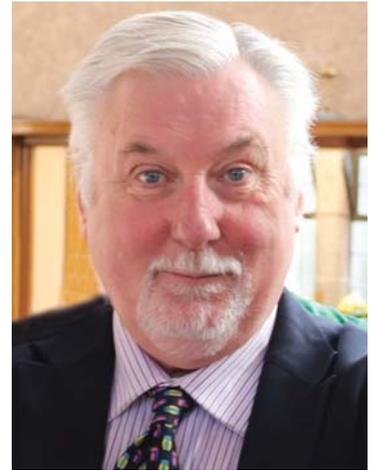
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Editorial...



The Government has eventually published the Human Tissue Bill 2018. To say the Bill is a disappointment would, in my view, be an understatement. I will go into greater detail within this magazine.

Mike Kelly, our Renal Counsellor, has retired from his role in the IKA. If you never met Mike you will certainly have come across his articles in each *SUPPORT* magazine. He has given many talks to patients in the branches of the Association as well as nurses from all over Europe in their annual conferences. We wish Mike a long and enjoyable retirement. His successor's appointment is at an advanced stage and I should be in a position to introduce the new Renal Counsellor in the Autumn edition of *SUPPORT*.



Mike Kelly

I am pleased to report that we have purchased a second house in Cork, one situated beside our previous purchase. Plans have been shown to the HSE in Cork University Hospital and we are grateful for their cooperation. The timing of our project coincides with big changes to the planning offices in Cork. This is a major IKA project and I sense an air of frustration with what appears to be a lack of progress. However, I can assure you that we are steering ahead as fast as the system will permit.

The Tramore Holiday Dialysis Project is unfortunately stuck in the HSE's decision-making progress. Extra haemodialysis facilities are needed across the country but, in particular, Waterford has seen the highest growth in patients, which should enable us to gift our facility in Tramore to the HSE. However, we have been asked to be patient with the lack of progress which, I must confess, we are struggling greatly to understand.

It is early days in our negotiations with Merlin Park Hospital to develop a Renal Support Centre. A major setback is the refusal, for planning permission for a major hospice development in the park. Hopefully, over the summer months, we can develop this idea further and convince the powers that be about the benefit of

Contents...



FRONT COVER

Transplant Team Ireland's day out at Punchestown for the Kidney Research Fund's annual race.

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such a project.

The Renal Support Centre in Beaumont has had many improvements and when a property is your own it is far easier to get on with it, in comparison to seeking partnerships with others. The exterior of the building is currently being repainted.

We are receiving glowing reports about our new Holiday House in Killarney. The Kerry Branch has, once again, excelled and we are grateful to them, and the Ring of Kerry Cycle Committee, for their vision in funding this extra renal holiday facility. Indeed, I hope to get to Killarney shortly to view the work in person.



Dilly Little

The Patient Conference on the Saturday morning of the AGM, June 29th has two very important speakers: Dilly Little who is well-known to many of you as she heads up the Kidney Transplant Programme which she is endeavouring to expand and George Mellotte, who is now in charge of the National Renal Office. He will direct the future expansion of the haemodialysis and home therapies across the country.



Prof. George Mellott

The two speakers are the most influential people in developing kidney services and we are most grateful that they have agreed to give time, on their precious days off, to speak to you.

These are busy times indeed in the IKA with lots of ideas in circulation. The organisation is soon to commence a strategic review and all of you will be asked for your input in this process.

The IKA branches have held their elections and re-elections and a number of new officers have new volunteers to relieve many that have more than done their bit. We wish them all well and we are available in Head Office to assist with the work and advise, as required.

We wish all the participants and supporters travelling to Newcastle Gateshead in the UK for the 2019 World Transplant Games every success. The event will make us quite busy for the Summer, promoting organ donation through the medium of sport.

We do hope you get a chance of a holiday or break away this summer.

MARK MURPHY

2020
Organ Donor Awareness Week
March 28th - April 4th

- 20 FORMER FOOTBALLERS LIFE IS TRANSFORMED**
- 22 TAX RELIEF 2019**
- 23 EUROPEAN TRANSPLANT & DIALYSIS SPORTS CHAMPIONSHIPS 2020**
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NOTICE OF THE IKA



AGM

and PATIENT CONFERENCE

The **Annual General Meeting** of the Irish Kidney Association Limited will be held in the **RED COW MORAN HOTEL, Naas Road, Dublin 22** on **Saturday 29th June, 2019** at **2.00pm**.

PATIENT CONFERENCE

11.00am **Miss Dilly Little**, Surgical Director of the National Kidney Transplant Programme.

12.00 noon **Professor George Mellotte**, National Clinical Lead of the National Renal Office.

1.00pm

LUNCH

AGM AGENDA

2.00pm Annual General Meeting (IKA Members only)

1. Minutes of last Annual General Meeting – National Honorary Secretary.
2. Approval and adoption of the Annual Accounts for the year ended 31st December 2018 – National Honorary Treasurer. Accounts available to view and print from the website www.ika.ie
3. Appointment of Auditors and authorisation of the Directors to fix the Auditor's remuneration.
4. National Honorary Chairman's Report.
5. Chief Executive's Report.
6. Election of National Officers of the Irish Kidney Association.
 - a. **National Honorary Chairman**
Colin Mackenzie, Dublin North, has accepted the nomination and he is unopposed.
 - b. **National Honorary Secretary**
Eddie Flood, Westmeath.
Mike Kiely, Cork.
John Whelan, Dublin East + Wicklow.
 - c. **National Honorary Treasurer**
Eddie Flood, Westmeath.
Mike Kiely, Cork.
John Whelan, Dublin East + Wicklow.

Each of these board members has accepted the nominations for the posts and two votes of the membership are required to elect a Secretary and Treasurer. The successful candidate in the election for National Honorary Secretary will withdraw from the election for National Honorary Treasurer.

Note: All renal patient members have one vote. All ordinary members of at least 3 years standing have one vote. All votes must be cast at the AGM. All members, eligible to vote who are not attending the AGM have the opportunity to proxy their vote to another member who is attending the AGM. A proxy form is enclosed or printable from the website www.ika.ie

7. Any other Business.

Human Tissue Bill

GENERAL SCHEME OF THE HUMAN TISSUE (TRANSPLANTATION, POST-MORTEM, ANATOMICAL EXAMINATION, AND PUBLIC DISPLAY) BILL 2018

A Bill to

- (1) Regulate the removal, retention, storage use and disposal of human tissue from deceased persons.
- (2) Provide general conditions for the removal, donation and use of organs and tissue from deceased and living persons for the purposes of transplantation; and
- (3) Provide for an opt-out system of consent for organ donation and for an associated register.

The Minister for Health, Simon Harris has published the long-awaited Bill. For those of you who wish to read the Bill go to the link

<http://ika.ie/2019/06/human-tissue-bill-2018/>



Minister for Health, Simon Harris

The document is 105 pages long. For printing purposes you might decide to only print from pages 4 – 48. Part 2 of the Bill is headed transplantation and each section is called a “Head”. The interest is in Heads 7 – 24.

The Bill part 2 title of transplantation in itself is misleading as it is dominated by organ donation, and very little about transplantation itself. I can understand why this document avoids making regulations about transplantation as it is an ever-evolving surgery which follows best international practices and to await changes in Ireland in the laws on transplantation would be too frustrating by far. However, it would be valuable for everyone to be clear when tourists, asylum seekers, immigrants and non-nationals become eligible for transplant listing.

How can we ensure that non-nationals or people from a different gene pool, who become Irish citizens, get a fair chance of a transplanted organ? How can we ensure a person’s right to a second opinion or the appealing of a decision that they are not suitable for a transplant when each organ in Ireland is only transplanted in one centre. There are cases in other European countries where a transplant centre will not list you and another will.

There is a rule in Ireland that deceased organ donation cannot be directed by the donating family to an individual (page 4 – 48). However, the UK has a panel of adjudicators who will override this situation and permit, in rare cases, the deceased donation – going to a family member already on a transplant pool. Why can’t we deal with this now? It might only occur once in a couple of years.

The biggest missed opportunity with this Bill is the insistence that only an ‘opt-out’ registry will be created. There are close to 1 million adults in this country who have code 115 on their driver’s licence. The Department of Health do not want to know and refuse to recognise the clear evidence available from the UK audits and reports on organ donation. If the potential donor is on the UK registry saying ‘yes’ to organ donation the family is far more likely to consent to organ donation ‘fact’!

The positive side of the organ donor registry could start with the million people who say ‘yes’ to organ donation.

I would welcome your comments on the Bill and the views I am expressing.

Please read the Bill pages 4 – 48 before you challenge my views or agree with them!

I have included an example of the Bill in the following pages about altruistic donation. This will give you an idea of the flavour of the Bill and some of the issues we have with it.

Sharing is caring: An Irish doctor's decision to donate



Dr. Dominick Natin

Dr Dominick Natin, an occupational medicine consultant in Dublin, speaks to **Catherine Reilly** about his decision to donate his kidney to a person unknown to him.

In late 2018, Dr Dominick Natin, a consultant in occupational medicine in Dublin, travelled to Belfast to donate a kidney to a recipient unknown to him.

Dr Natin participated in non-directed altruistic living kidney donation, a process not allowed in this State due to the absence of legislation (however directed altruistic kidney donation, which involves donors who are relatives or close friends, is undertaken).

It was an issue again highlighted by the Irish Kidney Association (IKA) during the Organ Donor Awareness Week.



I woke up that evening feeling absolutely fine... I was told the good news, that the recipient had got the kidney, it was working well and the medical teams were very happy.



resulted in lost donation opportunities in this jurisdiction. It is a particular irony that Dr Natin works at the Mater Misericordiae University Hospital, which is home to the national heart and

lung transplant programme, and he lives near Beaumont Hospital, where the national kidney transplant programme is based.

Consultant Nephrologist at Beaumont Hospital Dr Colm Magee said each year, several people express an interest in non-directed altruistic donation and they are referred to UK centres.

Dr Magee said it was difficult to predict how many extra transplants a year would take place when legal provisions came to play – possibly another three-to-five and more if the donors agreed to some form of kidney sharing, as is now common practice in the UK. A Department of Health spokesperson said the area requires “a robust legislative framework” and the General Scheme of the Human Tissue Bill will be presented to Government “shortly”.

The UK's equivalent law dates to 2004. Speaking to *MI*, Dr Natin explained that “from an early age” he wanted to help others. “I was very fortunate that when I was growing up, I had a lovely GP. No matter how unwell anybody in my family were, they always seemed to feel better after seeing him. So I said, ‘well, that looks like a nice job’.” As well as entering medicine, Dr Natin became a regular donor of blood and platelets, and he joined the Irish Unrelated Bone Marrow Registry.

After reading an article by Dr Magee, which highlighted the need for more kidney donations, Dr Natin thought about how he could assist. He wrote to Dr Magee including details of his blood group and HLA typing (which was undertaken when he joined the bone marrow registry). However, he was advised that a donation could not proceed at Beaumont in the absence of the

Right:

Altruistic organ donors...Johnny Paradise, Limerick, Dr. Dominic Natin, Dublin, and Kate Brady, Blessington with Claire Byrne, and Prof. Colm Magee after the Claire Byrne Live TV Show, following Catherine Reilly's article in the Medical Independent. Johnny underwent his donation in Belfast City Hospital and Kate at the Royal Free Hospital in London.

Below:

Mark Murphy and Dr. Dominic Natin with Miriam O'Callaghan after the live interview on the Today with Sean O'Rourke Show following Catherine's article.



long-awaited legal provisions. The national kidney transplant

programme has close ties with UK hospitals and patients from the Republic have participated in paired kidney exchange in the UK. It was suggested to Dr Natin he could consider donating at one of these centres. He decided he would like to donate in Belfast City Hospital, where it transpired there was a well-matched person on the waiting list.

Dr Natin said he did not feel trepidation about entering this process, which he ascribes to his background in occupational medicine, with its strong focus on risk assessment.

He spoke to family beforehand and later prepared letters for them and the medical team in the unlikely event that something went drastically wrong.

"I read widely about it. I drew my own conclusion that in the right hands – people with a lot of experience – it is a relatively very safe operation. It turned out I was in excellent hands. Dr Magee referred me to Dr Aisling Courtney, a consultant nephrologist in Belfast; she was absolutely fantastic, and my surgeon was Mr Tim Brown, who is an excellent surgeon." The renal unit in Belfast was "top class", he added. The assessment was very thorough, according to Dr Natin. He travelled to Belfast on a Tuesday night, stayed at a guesthouse, and began the process early the following morning. "I was finished about 4.30pm on the Thursday and came back down." The process included a legal assessor to "establish that I was of sound mind to give my kidney away. Overall, it was a very pleasant experience and very efficient".

Subsequently, on a day late last year, he worked until 6pm and got the train to Belfast. He stayed overnight in hospital and the operation took place the following day. "I woke up that evening feeling absolutely fine...I was told the good news, that the recipient had got the kidney, it was working well and the medical teams were very happy."

Less than 24 hours after the operation, Dr Natin was informed he was fit for discharge. However, he stayed an extra day, as his wife preferred that he err on the side of caution. While not the usual practice, he was told the recipient wished to meet him before he left the hospital. This person was "very lovely and gracious" and has since written to him describing how their life has "changed completely".

"Then I stayed in Belfast for a few days to make sure I wasn't having any post-operative complications."

It is advised that donors take at least four-to-12 weeks' leave, and Dr Natin returned to work within four weeks of the procedure.

Dr Natin, who works across three hospitals, had to arrange locum cover, which was difficult. In addition, while he had access to vouched expenses under the NHS system, he preferred not to avail of this. He was delighted to have helped the organ recipient in Belfast, although would have donated at Beaumont had this been possible. "It would have been next door to my family and friends, and they could have visited me. Unfortunately, the Government doesn't allow it."

MI asked Dr Natin about the reactions of colleagues. "My immediate nursing and administrative colleagues were very supportive. Some medical colleagues thought I was absolutely mad to do it," owing to either the time-out required or the level of perceived risk. And then there were other medical colleagues who "just had a complete indifference." He feels this might be suggestive of why Ireland's deceased and living donation rates are average.

"There are certainly a lot of people, including colleagues, who need to be educated about the fact it is a relatively safe operation," he added.

People interested in donating should consider having an assessment, he said. "Because you might not only be able to directly save a life, but indirectly save many lives through the kidney donation chain." It is a privilege to be able to donate, he emphasised.

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ALTRUISTIC DONATION

Page 32 and 33 of the Human Tissue Bill 2018.

I am including this section of the Bill to give you samples of our concerns listed in the Editorial Notes below.

The Claire Byrne Live programme was on Monday 29th April and the Minister published the new Bill the following Thursday, 2nd May.

Head 16

Conditions on donation of organs by non-direct altruistic donors

- (1) An organ or part of an organ of a non-direct altruistic donor may be removed for the purposes of transplantation if the following requirements are met:
 - a. consent has been given, in accordance with Head 9, by the adult;
 - b. there is no evidence of duress or coercion in relation to the donation;**
 - c. the transplantation is solely for the therapeutic benefit of the recipient;
 - d. there is no alternative therapeutic intervention of comparable effectiveness;**
 - e. the donation has the potential to be life-saving for the recipient;** and
 - f. the donor has not and will not receive any monetary compensation or other non-financial inducements for donating their organ.
- (2) The principle of non-payment shall not prevent non-direct altruistic donors from receiving compensation, provided it is strictly limited to making good the expenses and loss of income related to the donation in accordance with S.I. 325 of 2012.
- (3) The donation must be approved by the independent panel established under Head 15.
- (4) An application to the independent panel for approval under subhead (3) shall be made in the form required by the independent panel, by the transplant centre which is proposing to remove the organ.
- (5) On receipt of an application under subhead (5), the independent panel shall arrange for a suitably qualified person to prepare a report to it on the matters referred to in paragraphs to (f) of sub head (1). A copy of the report shall be kept on the donor's medical records and in the transplant centre.
- (6) The independent panel may approve an application under subhead (5) where it is satisfied that:
 - a. there is no evidence that the motivation for the donation is monetary compensation or other non-financial inducements for donating their organ;**
 - b. the donation has the potential to be life-saving for a recipient;**
 - c. there is no alternative therapeutic intervention of comparable effectiveness;** and
 - d. any other conditions which may be specified in regulations made under this Act by the Minister are satisfied.
- (7) In considering an application under subhead (5), the independent panel shall have regard to the report from the person referred to under subhead (5).
- (8) The independent panel shall not appoint a person under subhead (5) unless it is satisfied that the person has no connection with:
 - a. the donor;
 - b. the recipient of the organ; or
 - c. the transplantation centre; which could be considered by a reasonable person to be of a kind that might raise doubts about the ability of that person to act impartially.
- (9) The transplant centre shall offer access to independent advice on the consequences and risks which may be associated with the removal of the organ to the non-direct altruistic donor. The advice will be provided by an appropriately qualified and experienced healthcare professional who is not involved in either the removal or transplantation of the organ.
- (10) The non-direct altruistic donor may freely withdraw consent at any time up to the time of removal of the organ.
- (11) The non-direct altruistic donor cannot direct that the organ must be donated to a person of a particular race, religion, sex or sexual orientation.



Dr. Dominic Natin, Prof. Colm Magee, Mark Murphy, Prof. Jim Egan and John Whelan, IKA National Chairman during the Claire Byrne Live show.

Editorial Note:

- (1) **b. There is little chance of duress or coercion in these altruistic donations as the donor has no idea who will receive the organ and the same applies in 6 (a);**
- (1) **e and (6) b. These requirements about lifesaving are throughout the Bill. A kidney transplant might not be lifesaving rather it is life changing and life prolonging.**
- (1) **d and (6) c. There is an alternative therapeutic intervention – dialysis – and sometimes it might be of comparable effectiveness – who is to say, especially in these cases of altruistic donation when the independent panel are not at liberty to know who will be chosen as the recipient of the altruistic donation – or might the panel insist that they know?**

So, in conclusion, I would say Head 16 – has not been properly thought out in the Bill.

– Mark Murphy

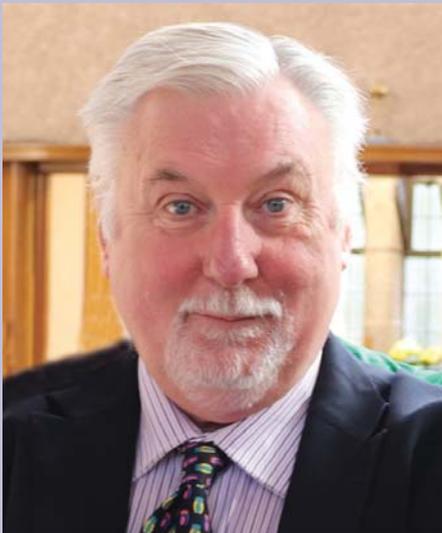
IKA BRANCH OFFICIALS 2019

Branch	Chairperson	Secretary	Treasurer	Board Member
Carlow	Patricia May	Susan Tobin		Patricia May
Cavan/Monaghan			Karl Cronin	
Clare	Peggy Eustace	Noretta Clifford	Gerard Moran	
Cork	Sally Nagle	Sheena McDonagh	Mary Hurley	Michael Kiely
Donegal	Siobhan Bates	Patricia Callaghan	Kieran Murray	Kieran Murray
Dublin East/Wicklow	John Whelan	Bernie Dwyer	Catherine Foley	John Whelan
Dublin North	Colin Mackenzie	Patricia Mackenzie	Brian Carney	Colin Mackenzie
Dublin South	John Semple	Lenny Ryan	Alexander Ager	Liz O'Sullivan
Galway	Eoin Madden	Peadar Ohlci	Chris Curley	Eoin Madden
Kerry	Con Brosnan	Theresa Looney	Elsie Moore	Elsie Moore
Kildare	Philip Meagher		Margaret Flanagan	
Kilkenny	John Lacey	Ann O'Grady	Theresa Hanrahan	Seamus Carrigan
Laois	Daniel Shiel	Sarine Browne	Hazel Case	Angela Kirwan
Leitrim	Annetha Kieran	Caitriona Charles	Frank Heslin	Caitriona Charles
Limerick	Sandra Earls	Shaun Faloon	Finola O'Brien	Pat O'Brien
Longford	Bernadette Wall	Elaine Heslin	Peter Connolly	Deirdre Heslin
Louth/Meath	Ann McGivney	Celine Tuite	Margaret Hanratty	Valerie Brady
Mayo	Marie Mellon	Maureen Bourke	Maureen Bourke	Lisa Mellon
Offaly	Jerome Burke	Leona Mahon	Mary Young	Dermot Glynn
Roscommon	Vincent Finan	Maura Quigley	John Cormican	Monica Finn
Sligo	Sean Fowley	Geraldine McHugh	David Bereen	Marie Fowley
Tipperary	Anne Hackett	Orla Hogan Ryan	Doris Cantwell	Joan Gavan
Waterford	Raymond Halligan	Frances Moynihan	Vera Frisby	Frances Moynihan
Westmeath	Eddie Flood	Cathy Smyth	Eileen Dunican	Eddie Flood
Wexford	Liam Buttle	Dora Kent	Marie Kehoe	Liam Buttle

2019 ANNUAL SERVICE OF REMEMBRANCE & THANKSGIVING



There is a time...



By MIKE KELLY

There is a time for everything; a time to be happy and a time to be sad, a time to stay and a time to leave. Now is my time to leave, to say good-bye and to move on to another stage in my life's journey. Alan Alda uses the image of a doorway to describe this transition which he describes as 'the end of something and the beginning of something else' (p.16). That's what it feels like as I bid farewell to my work with the Irish Kidney Association. Of course, stepping through any doorway is not without its risks, uncertainties and fears but my hope is that it will lead to something new and exciting, enriching and challenging.

To say 'thank you' seems rather tame yet that is what I wish to say with all the sincerity and depth of meaning those two words have. So many people, in a myriad of different ways, have supported me and contributed to the development of the counselling service over the years I have held the position as Coordinator. To each one I offer my thanks.

'God created night, man created darkness'

– Spike Milligan

As human beings we are a bit of a mystery. We have the capacity to know and learn about ourselves, but it seems that the more we know the more unknowable we are! Yet there are circumstances in life when a constellation of events come together

that make us feel uncertain or lost. It is at this point that, with courage, we turn to others for support.

Many people came to see me for counselling but could only do so because they had reached a point where they felt, in order to help themselves, they needed support. I thank all those who were willing to face their vulnerability and fear and risk accepting the support and help of another. I hope our time together enabled them to see themselves in a holistic way, to rediscover the enriching person they are that led to a deeper understanding of self. If I may quote Alan Alda again. He sums it up very well when he writes; *'be brave enough to live life creatively... The creative is the place no one else has been. You can't get there by bus, only by hard work and risk and by not quite knowing what you've done, but what you discover will be wonderful. What you'll discover will be yourself'* (p.21/22).

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 Donor House.

'Mystery creates wonder and wonder is the basis of man's desire to understand'

– Neil Armstrong

When I began to walk the road of my working life, there was little emphasis on continuous education. Many jobs were often 'for life'. That has changed considerably and there is now an emphasis on continuous education throughout one's personal and working life.

BRANCHES

In my role I have put a lot of emphasis on education, particularly in relation to the impact a diagnosis of a chronic condition has on the person psychologically and emotionally. In this I was greatly aided by the IKA branch network. I received and accepted many invitations to speak at branch events. This gave me the opportunity to speak about how vital it is not to lose sight of how emotionally people can be affected when diagnosed with a chronic condition.

In addition, and perhaps more importantly, it gave me the opportunity to meet many branch members, who are, after all, the backbone of the Association. Without their efforts, the service I provided would not be possible.

What was also evident was the care and dedication of branch members to the wellbeing of their members. The welcome I received was always warm and hospitable. The presentations I gave provoked a lot of reflection, comments and questions. I thank those branches who welcomed me and, in some cases, invited me back several times to make a presentation to their members.

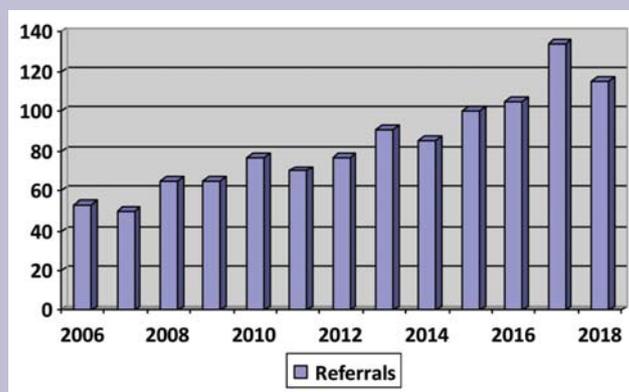
NURSES AND ALLIED HEALTH PROFESSIONALS

Those who interact most with people on treatment and their families are the medical staff; doctors, nurses and allied health professionals. Perhaps because I previously worked in a hospital setting, I understood the importance of helping medical staff deepen their awareness of the psychological and emotional impact that accompanied a diagnosis of, and treatment for a chronic condition. Teaching sessions and nurses' study days offered me the platform to present some of the many emotional issues that are activated by a diagnosis of a chronic condition. This also offered the opportunity to promote the work of the IKA and the counselling service. This resulted in a growing number of referrals from nurses and allied health professionals over the years. Their acknowledgement of the need for psychological support reflected their commitment and dedication to their patients and families.

'Someone is sitting in the shade today because someone planted a tree a long time ago'

– Warren Buffett

In many respects the counselling service resembled an orchestra rather than a 'one-man band'. Donor House in Dublin was my base. Yet the service received referrals from renal units, branches and individuals from all over the country. To facilitate these referrals the IKA contracted counsellors to see these patients/family members. I am grateful to all those counsellors who accepted referrals and without whose support the counselling service could not have been as successful as it is.



As you can see the service has grown over the years. This would be impossible without the cooperation and support of many people, from branch members, to health professionals, to counsellors. I always considered what I do as a team effort, even though the team was spread right across the country! When the team works together, each one acknowledging their particular area of expertise, then the result is an accessible, available and robust service for those who request it.

My thanks to all who supported me in so many ways over the past decade or so. I am grateful for your encouragement, engagement and invaluable support.

SELF-MANAGEMENT PROGRAMME

The IKA has organised a number of successful self-management programmes in various branches. The programme runs one morning a week for six weeks, each session lasting two hours. The programme is facilitated by IKA members trained to deliver the programme. Feedback from those who have participated in the programme is positive, commenting that they found it of help in their day to day living with their illness.

If there is any other branch or a cluster of branches that are interested in running a programme, please contact Donor House, 01-6205306.

Quotes taken from:
Alda, A (2007)
*Things I Overheard
When Talking To Myself.*



Runforalife.ie



Kevin Prendergast, Artane



By COLIN WHITE
Photos: ARTHUR CARRON



Saturday May 25th saw the 11th edition of our 'Run for a Life'; the weather was kind, the numbers were up and there was a fabulous atmosphere in Corkagh Park. As with every successful event, it took a team to deliver the experience on the day and we are fortunate to have the on-going support of a number of external partners as well as staff and volunteers from the Irish Kidney Association.

We started the event two hours later (at 2pm) than previous years so set-up started at 10am. A number of volunteers from the South Dublin County Council Volunteer Corps, under the very capable leadership of Bernard Murphy, were on hand to turn the blank canvas that is the Park into a venue that worked in terms of registration, etc. and also set the scene for a great day out. Their level of team work and the 'can do' attitude meant that we were all set-up and ready to go in double quick time.

South Dublin County Council are very good for allowing us to use the Park as our venue year after year and Ray Greally, and his team in the Park Rangers, are always helpful when scoping out the course and on the day.

With almost 500 people registered for the day it was one of our biggest years which was fantastic to see – we had to send out for more water when we saw the numbers growing! Swan Catering were on hand to serve their famous 'soup and a sandwich' to all finishers and with Keogh's once again providing a great range of crisps free of charge, the scene was set for many people to stay on well after they finished the event to enjoy the weather and the atmosphere.

The big takeaway for me from the day was the people and the stories. Everyone had their own motivation for being there but there was a great sense of community at the same time. It was an opportunity for old friends to catch up and new friendships to be made.

Physical activity is a good thing and an opportunity to do it with others is even better as it makes it more fun. It was great to see a number of groups arriving



together – it was evident that they were all great motivators for each other. If you are not already active, think about joining a walking group, a Couch to 5k group, your local Park Run, or encourage family/friends to come together across the summer for a walk or some other physical pursuit.

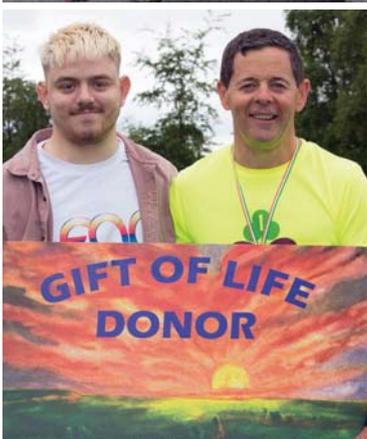
Thank you to all who took part in the 'Run for a Life', you are the people who put the 'Fun' in the 'Fun Run' on the day and you are the people who are giving the platform to get a very positive message about organ donation out to the wider public!





Runforalife.ie







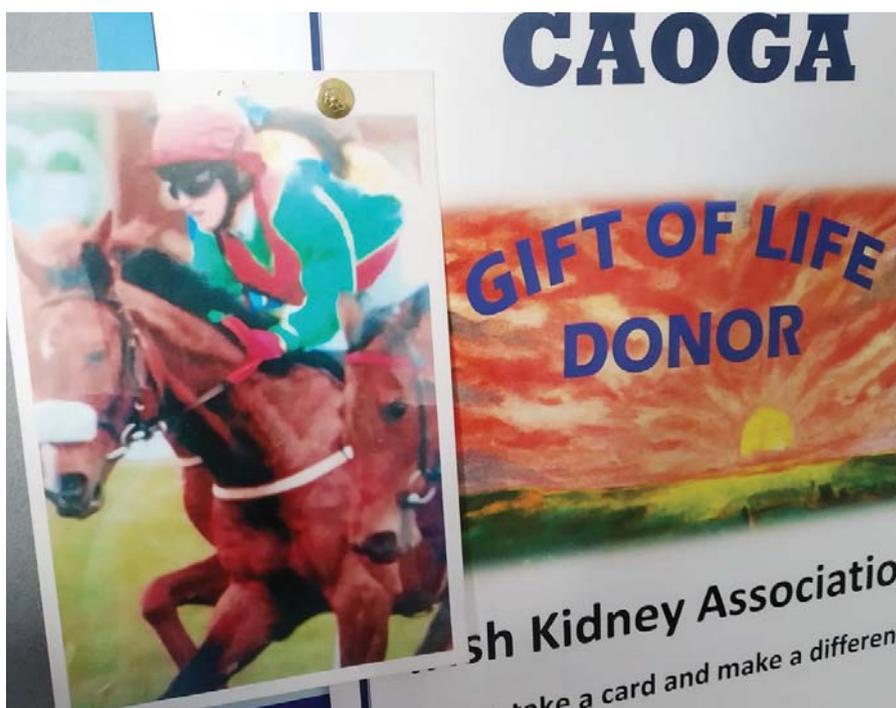
Comdt. Ciara Murray, Captain Andrew Fry from the Air Corps and Lieutenant Colm Fox from the Naval Service with the deceased donor Pat Cassidy's wife Yvonne, her son Cian and daughter Jessica.

CAOGA DEFENCE FORCES STEP OUT WITH DONOR FAMILY

To demonstrate solidarity in support of organ donation, representatives of CAOGA in the Defence Forces – Army, Naval Service and Air Corps – stepped out, along with the family of a deceased member of the Defence Forces, in support of Organ Donor Awareness Week (30th March – 6th April). The event was held at McKee Barracks, Dublin on Monday 1st April.

Sergeant Pat Cassidy passed away at the age of 47, five years ago, following a heart attack. He received a full military funeral in recognition of his bravery in life and death. He was a blood donor and also held an organ donor card. His wife Yvonne and their children honoured his wishes and three lives were saved with a donation of his lungs, liver and kidneys.

CAOGA supports its members in the Defence Forces in the event of the untimely passing of a key family member.



Comdt. Ciara Murray as a jockey who took part in the 2008 Punchestown Charity Race.



A 'tweet' by the Defence Forces Chief of Staff.

At the ceremony Yvonne explained, "It's a very special day for myself and my family to be asked to help highlight Organ Donor Awareness

Week alongside members of the Defence Forces and CAOGA. Pat would have been proud. We both came from military families and I grew up in the army married quarters here at McKee Barracks as my father was a Company Sergeant, while Pat, was the son of an army Corporal at Custume Barracks in Athlone. We got married here and this place holds so many special memories.

My son Cian and daughter Jessica looked forward to coming back here today. My other daughter Rachel regretted not being able to attend. It is lovely to meet Comdt. Ciara Murray today, who served with Pat when they worked together at the Chief of Staff's office at Infirmary Road".

"Pat was seemingly very fit and healthy before he passed away at just 47 years of age. He ran 8km a day, didn't smoke and drank in moderation although he did have high blood pressure. Following his heart attack, he had stents inserted but he took a bad turn which is thought to have been caused by an aneurysm, which left him on life support for three days before we said goodbye to him.

We hadn't slept for days and the decision to donate his organs was a hard one to make but was made easier knowing that we were honouring his wishes. He had been a blood donor all his life and we had had the conversation about his wishes to be an organ donor. My children and I are proud of Pat. At our darkest moments we take solace in knowing that he helped others through organ donation."

Representing CAOGA Comdt. Ciara Murray said, "We are delighted to be here today in recognition of a former colleague and a gentleman, Pat, and all the other deceased organ donors who have saved lives through transplantation. Also to be able to support the Irish Kidney Association (IKA) in highlighting Organ Donor Awareness Week.

Special thanks to my fellow Defence Forces colleagues Captain Andrew Fry, from the Air Corps, and Lieutenant Colm Fox, from the Naval Service. The Air Corps transports organ donor patients as one of its many roles. We are here to demonstrate the collective solidarity amongst Defence Forces' personnel in support of organ donation."

Mark Murphy, Chief Executive of the IKA, said, "Our gratitude to CAOGA and the Cassidy family for this hugely significant and motivational initiative by involving Defence Forces members to highlight the vital importance of organ donation. It is thanks to the selflessness of deceased organ donors that there are 4000 people in Ireland who are enjoying extended life. We hope this initiative will motivate the public to discuss organ donation and let their family know their wishes as well as keeping the reminders present with signed organ donor cards and ticking the box for organ donation on their driving licence."



Top: The late sergeant Pat Cassidy and above Pat with his wife Yvonne on their wedding day at McKee Barracks.



PUNCHESTOWN CHARITY RACE 2019

Yet another landmark year for the annual Punchestown Kidney Research Fund (PKRF) Charity Race as it celebrated its 30th outing this year!

Hats off to James Nolan (kidney recipient) and all at the PKRF for their continued commitment to making a difference. The list of projects that the Fund has supported over the years is an impressive one including the new

Renal Unit in Temple Street Children's University Hospital, research under the guidance of the Irish Nephrology Society, art therapy programmes in Tallaght and Waterford dialysis units and many more.

As always, the core message of the day, in Punchestown, was the promotion of organ donation and the all-important family discussion on the topic. Every year, donor cards are made

available all around the Punchestown venue for the 5 days of the festival which has a huge footfall.

The Race is so much more than what happens on the day. There is a huge amount of planning on the part of James and the PKRF and there is a huge commitment on the part of the jockeys in terms of getting ready to ride (they are all amateur) and raising funds.

The culmination of all this work is wonderful to behold in the parade ring. In advance of the race the nerves are evident as the jockeys parade around on their horses with family, friends, owners and trainers all watching on expectantly. After the race there is the relief that everyone has gotten around safely and the elation of what for many is a real bucket list item – to ride in a race at the Punchestown Festival.

James, his wife Emma and their son, Andrew-James, were on hand to present every rider with a trophy as a reminder of a great day and in appreciation of their support of a great cause. Also in attendance were members of Transplant Team Ireland who were there to support the event and to be ambassadors for what can be achieved when people say YES to organ donation.

The event was massively over-subscribed with only 25 jockeys allowed in the race and it is a testament to all involved that it is still so popular 30 years on.



James Nolan, Colin White





Irene and David Beirne with baby Ailbhe

TRANSPLANT TRANSFORMS DAVID'S LIFE

When former Roscommon Club hurler David Beirne and his Galway school teacher bride, Irene Nestor, wed in July 2017 they decided to postpone taking a honeymoon abroad as they waited in hope for David to be called for a transplant. A year later a kidney transplant, from a deceased donor, allowed them to climb aboard a plane for their postponed honeymoon carrying some additional cargo, as Irene was pregnant with their 'miracle baby' which they welcomed into the world just seven days before the beginning of Organ Donor Awareness Week 2019.

Baby Ailbhe Beirne was born on March 23rd, 2019 weighing in at 7lbs 4ozs. The family can now look forward to a bright future as David has regained full health. Another significant happy turn of events is that David has joined Transplant Team Ireland and will represent Ireland at the European Transplant & Dialysis Sports Championships to be held in Dublin in August 2020. These Championships will include close to 500 participants from all over Europe.

In May 2018 David, from Knockcroghery, underwent his life-changing kidney transplant. Prior to that he had been leaving his house just after 5am three mornings a week to travel to Galway for haemodialysis treatment which he had been undergoing since January 2016. As David did not wish to be suspended from the transplant waiting list by travelling abroad, he and his wife Irene, from Tuam, deferred their plans for a honeymoon abroad. On the first anniversary of their wedding they got to take their trip as David was called for his transplant two months earlier.

David said, "When people ask me about how the transplant has changed my life I explain that I never asked for a new life, I only ever wanted my old life back. I thought the best day of my life, after my wedding day, was when my transplant came along making it possible for myself and Irene to plan ahead and not live our lives around relentless dialysis treatment. But when our baby Ailbhe arrived, that was by far the best day of our

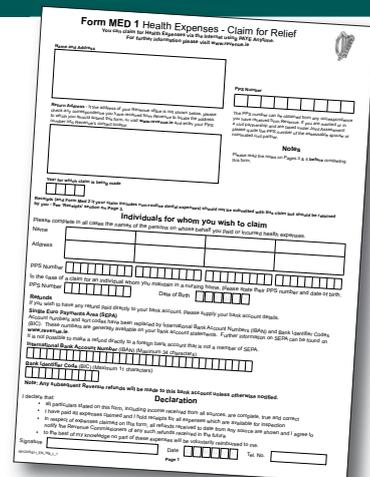
TAX RELIEF ON HEALTH EXPENSES INCURRED BY KIDNEY PATIENTS

All patients that pay tax are encouraged to complete a Revenue form Med 1 health expenses claim for relief which will relieve the financial burden somewhat at the standard rate of tax. The form can be downloaded from the revenue website, or we can do that for you if you would prefer.

If you are paying €134 per month for your medications for the whole year of 2018 you will be able to claim €1,608.00 on your Med 1 form at 20% standard rate you will be due a €321.60 tax refund. You can also make a claim for the previous 3 years.

If, as an individual patient you are not working and do not pay tax, but your spouse is working and paying tax they can make the Med 1 claim for a refund on their taxes.

MARK MURPHY



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

Hospital dialysis patients

(where the patient attends hospital for treatment).

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

MILEAGE/KILOMETRIC RATES

2015	€0.27 per mile or €0.17 per km
2016	€0.27 per mile or €0.17 per km
2017	€0.29 per mile or €0.18 per km
2018	€0.29 per mile or €0.18 per km

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

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

RELIEFS ALLOWED

	2015	2016	2017	2018
Electricity	€1905	€1835	€1790	€1,900
Laundry & protective clothing	€1925	€1925	€1935	€1945
Telephone	€305	€305	€305	€310
Travelling	€0.27 per mile or €0.17 per km	€0.27 per mile or €0.17 per km	€0.29 per mile or €0.18 per km	€0.29 per mile or €0.18 per km

Chronic Ambulatory Peritoneal Dialysis (CAPD) patients

(where the patient has treatment at home without the use of a APD machine)

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

RELIEFS ALLOWED

	2015	2016	2017	2018
Electricity	€1505	€1505	€1415	€1505
Telephone	€305	€305	€305	€310
Travelling	€0.27 per mile or €0.17 per km	€0.27 per mile or €0.17 per km	€0.27 per mile or €0.17 per km	€0.29 per mile or €0.18 per km



ETDSC 2020



After 10 years, the European Transplant & Dialysis Sports Championships are coming back to Dublin! From August 9th-16th next year we will be hosting 600 plus participants representing 25plus countries and delivering an Opening Ceremony, fourteen different sports and a Gala Dinner.

There is a growing realisation amongst the medical fraternity internationally that regular physical activity has a role to play in the overall health of people who are pre- and post-transplant and events such as the European Championships offer an opportunity for individuals to set themselves realisable goals for where they are on their health journey at that time.

In bringing the Championships to Dublin we are bringing the opportunity for unprecedented numbers of people on dialysis and transplant recipients in Ireland to engage with their European peers, enjoy the camaraderie, challenge themselves and bring a very positive

focus into their lives.

The Championships will be open to all those who are over 18 years of age and, in case you think that you are too old, there is a 60-69 years age category and a 70 years plus age category too. With sports ranging from skill-based sports such as ten-pin bowling, darts, golf and French boules to the more physical sports such as athletics, swimming and cycling, and many more in between, there will be something for everyone.

The Championships will also give us a platform to promote organ donor awareness to the public. The media interest that it will generate will help initiate family discussions about organ donation across the country.

The delivery of such an event does not just happen. There will be a lot of work required, a lot of volunteers and a lot of financial and in-kind support. The preparation and delivery of the Championships offer us great opportunities for engaging with civic society and industry.

We will be looking for teams of volunteers to help out at each of the sports venues, we will be looking for contacts to help deliver the Opening Ceremony and Gala Dinner and we will be looking for sponsors to engage with us.

Together we will be able to deliver a memorable event AND leave a lasting legacy in terms of an increased public profile of the importance of organ donation and an increased engagement in physical activity.

Our 2020 call to action is therefore not just about recruiting our biggest ever national team, it is also about recruiting a team that will help deliver an impactful event. It may be that you volunteer at a sport, it may be that you help get a sponsorship proposal in front of the right people or it may be that you join Transplant Team Ireland. Whatever, it is, this is your opportunity to engage with a fantastic international event that has the potential to have a significant domestic impact.

Visit www.etsc2020.com or contact colin@ika.ie for more details

Vhi Women's Mini Marathon

The 37th VHI Women's Mini Marathon took place on Sunday 2nd June and was, once again, well attended by our IKA runners/walkers. Deborah, in Head Office, sent out many sponsorship cards and t-shirts - many thanks to all participants who ran or walked for the IKA.

Many people made use of the IKA Harcourt Hotel facilities for changing beforehand and showering after the event as well as for the protection of their belongings. Well done to everyone!

Congratulations to Jenny Ring who ran the 10km to celebrate 10 years since her transplant and raised well over €4,000 for the IKA in the process! You can her story in the link below...

<https://www.justgiving.com/fundraising/jenny-ring>



Jenny Ring



Theresa Farrell and Linda McQuaid



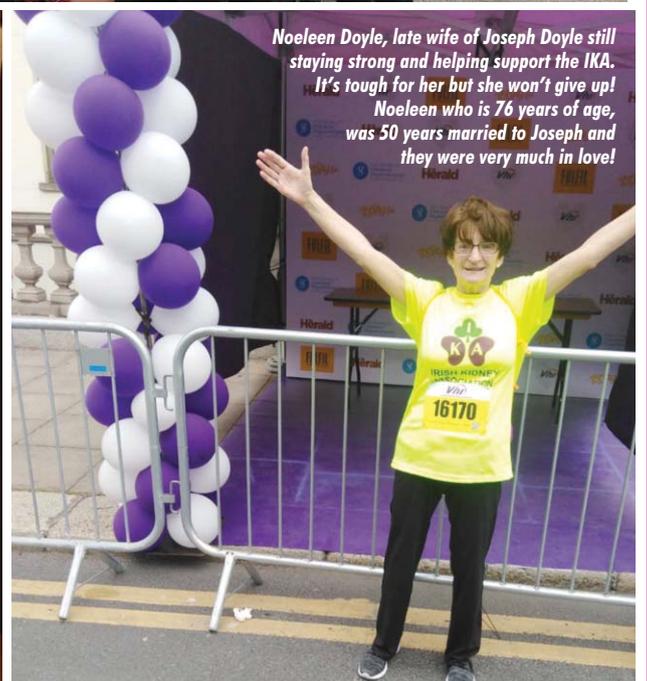
Caitriona Graham



Ballinasloe ladies



Katie Byrne, Karolina Chomyszyn, Helen Whelan, Sharon Benn



Noeleen Doyle, late wife of Joseph Doyle still staying strong and helping support the IKA. It's tough for her but she won't give up! Noeleen who is 76 years of age, was 50 years married to Joseph and they were very much in love!



Dáithí Ó Sé, Maura Derrane, Elaine Murphy, Mark Kavanagh and Consultant Nephrologist Liam Plant

Keeping the best side out!



Mother of two Elaine Murphy, who lives in Freshford, Kilkenny posted a compelling message on her business' Facebook page about how her fiancé Mark Kavanagh's kidney failure diagnosis almost three years ago turned their world upside down. Since then Mark continues with his dialysis treatment for nine hours every night while he remains on the transplant waiting list.



Within months of Elaine establishing her business 'Bridal/Occasion Hair by Elaine' which followed soon after the birth of the couple's daughter Heidi, Mark received his shock kidney diagnosis. Mark's sudden health decline led to him having to reluctantly give up his physically demanding work as well as hurling and the gym.

The couple joined Consultant Nephrologist Liam Plant on RTE Today Show during Organ Donor Awareness Week to share their story and help raise awareness about the plight of people with organ failure and how it impacts on their families. Mark and Elaine will marry in July 2020 professing their love for one another 'in sickness and in health' and watched on by daughters Lily (9) and Heidi (3).



When talking about transplant and dialysis sports in relation to options open to children, TACKERS stands out as one of the highlights that has to be mentioned.

TACKERS has so many layers to it that mean that it delivers on many different levels. It is a week long adventure camp in the beautiful setting of Anzère, Switzerland in the Swiss Alps. All the children who attend are transplant recipients and they come from all over the world. This year there were 25 campers and 3 of them were from Ireland.

On the surface, TACKERS is an opportunity for the children to work on their skiing or snowboarding skills with ability levels ranging from absolute beginners to very accomplished and to do lots of other fun activities that may have seemed an impossible dream when they were ill.

If we dig a little deeper, TACKERS is an opportunity for the children to

meet their peers and realise that they are not alone. There are others travelling a similar journey who will understand the uncertainties and the myriad of issues that come with being a transplant recipient under the age of 18. The Camp provides a safe environment where the emphasis is fun but the opportunity is there to learn and contextualise one's own life experiences.

The Camp is about helping the children to develop their own understanding and independence in relation to their health. With a dedicated team of transplant nurses on duty 24/7 and a completely new setting there is a real opportunity for the children to engage in their health care and the fact that all the Campers are transplant recipients means that there can be a real openness about

things with their peers.

The Camp is also about self-confidence – an opportunity for the children to challenge themselves and step outside their comfort zones. It takes much courage to step away from family and friends and to take on a completely new environment for an entire week. One generally finds that by the end of the week the children are walking a little taller and feeling more self-assured. The Camp offers the 'can-do' environment that allows them to achieve at their level.

If we viewed the Camp as being purely an experience for the children we would be missing an important layer of what it has to offer. Being the parent of a child with a chronic illness is not easy – it is filled with uncertainty. The Camp offers an opportunity to loosen the apron strings a little

TACKERS 2019



knowing that there is a team of dedicated medical professionals providing a safety net around your child as they take on some independence.

Over the years I have seen children come home with stories of all the new things they did while they were away and the trip has been a building block towards other new experiences on their life journey. I always love it when we walk out into arrivals in Dublin airport and the hug for mum, dad, sibling is just a little longer than usual and then there are so many things to share – if they can keep awake on the journey home after what is a hectic, happy, exciting and fun filled week in the Alps.

This year, the Punchestown Kidney Research Fund sponsored the flights and registration costs for the three children from Ireland and, as always, Liz Schick (the Camp founder) and her team of loyal volunteers, put in huge work to deliver one of my favourite TACKERS trips. #LifeisaGift



Launch of ORGAN DONOR AWARENESS WEEK



Una Whelan pins a 'Forget-Me-Not' flower on Minister for Health Simon Harris, John Whelan



Edel Cashman, Ray D'Arcy

On Tuesday, March 26th the national launch of the 2019 Organ Donor Awareness Week campaign by Minister for Health, Simon Harris took place. The launch, to the media, began with patient presentations from the rostrum of the Oak Room, Mansion House, Dawson Street, Dublin.

Our new voluntary Ambassador, **Ray D'Arcy** attended the launch and introduced six speakers who shared their health experience.

21-year-old liver transplant recipient **Edel Cashman**, received a liver transplant in October 2018. When she was 9 years old she was diagnosed with Autoimmune Hepatitis, with a slight overlap of Primary Sclerosing Cholangitis (PSC). Edel attended Our Lady's Children's Hospital in Crumlin from then until she was 16, when she was transferred to Dr Orla Crosbie's clinic in Cork

University Hospital and later to the Liver Transplant Unit in St. Vincent's University Hospital.

Edel managed to get through primary and secondary school. Edel got a good Leaving Cert and a place in UCD to study Agricultural Science. She couldn't wait to start college, meet new people, try new things. However, she found first year tough because she was living away from home. She was very tired a lot of the time and got sick a few times and had to take a few weeks off. But she got through it and couldn't wait for the second year in college.

Edel said: "Waiting for the transplant was the hardest time in my life. I tried to continue with college, and I managed to complete second year, but it wasn't fun. It wasn't like college is supposed to be. I had so little energy. I didn't even have the energy to meet up with friends at night for food or the cinema. If I did go on a night out, I definitely wouldn't be able to go to lectures for two or three days.

"The night I got the call was a night I will never forget. Where I was, what I was doing, what I was thinking. I wasn't scared, I was excited! I had thought about it so many times that I couldn't have been more ready for it.

"Thankfully, the operation went really well, and I woke up in ICU with my mam and dad beside me telling me I had a new liver. I spent nearly two weeks in hospital following the operation and those two weeks were hard. I had never really thought about the initial recovery – I always just thought about life when I would be well again.

"I don't know who my donor is, but I am, and forever will be so thankful to her. She has given me the chance to live my life again, the chance to plan – the chance to press play. I will never be able to thank her and her family enough."



Garrett Ffrench

Garrett Ffrench (46), Mulhuddart, underwent two single lung transplants a year apart. When he was in his thirties Garrett was diagnosed with a lung disease called Idiopathic Pulmonary Fibrosis (IPF). Garrett's condition was managed carefully and he underwent regular check-ups at Beaumont Hospital. He had been put on a trial drug at St. Vincent's Hospital. He enjoyed relatively good health with some setbacks until 2011 after his second child Eve was born. Garrett was referred to the lung unit at the Mater Hospital Dublin and was under the care of Prof Jim Egan. Soon afterwards he was put on the transplant waiting list for a single lung transplant.

He received three calls for a transplant and all the time his health was rapidly declining as he progressed to being almost 24 hour oxygen supply dependent. He managed to continue working until 6 months before he underwent his first transplant, which he received in the Summer of 2013 when he was 40. His right lung, although deteriorating was still functioning.

Unfortunately, due to complications, his transplant was not entirely successful but it kept him alive until another donor organ came available a year later.

Determined, Garrett attended a specialist gym at Medix in DCU and exercised even while wearing his oxygen mask.

A year after his first transplant he was called for a second lung transplant and this time for his right lung. The transplant operation was a complete success. Garrett explained



Mick O'Shea

that his life was transformed thanks to his donor organs and is grateful that the first donor lung kept him alive until the second donor lung came along in 2014.

After being contacted anonymously, via the organ donor coordinator by the family of one of his deceased donors, Garrett was grateful for the opportunity to respond to convey how his life was saved and transformed thanks to their generosity.

Mick O'Shea (40) from Mallow in Cork, underwent a heart transplant in August 2017 when he was 38 years old. Now two years later the Consultant Electrical Engineer, who qualified as a personal fitness trainer in March this year, is looking forward to representing Ireland at the World Transplant Games in August this year.

He had received three calls for a heart transplant, after being prepared for theatre but, on the fourth occasion he underwent the life-saving heart

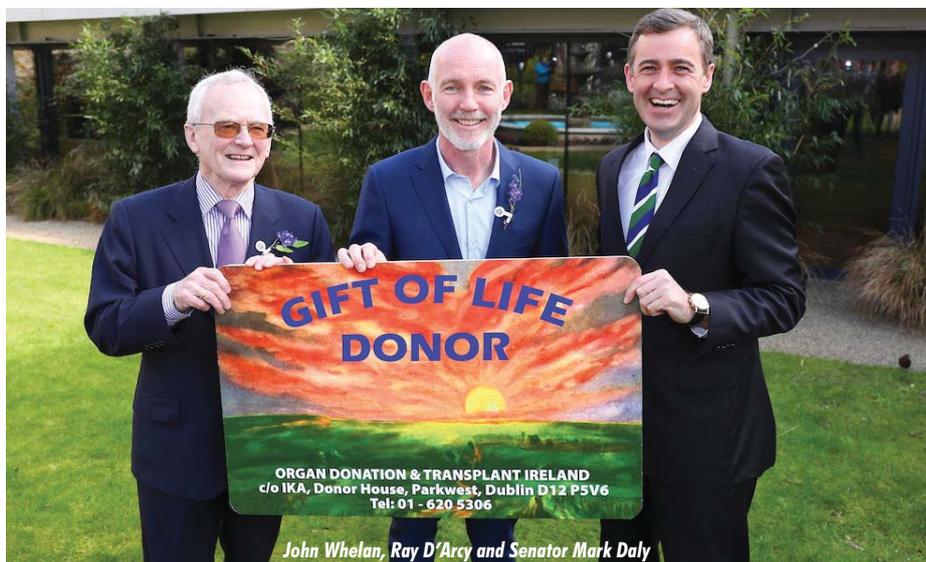
transplant operation.

Mick explained that each day as he waited to be called for a transplant seemed like an eternity. All the time he was wasting away losing weight and it was feared if he lost too much weight, he would be taken off the transplant waiting list.

He thanked the medical and nursing staff at the Mater Hospital for their 'wonderful care'. He also thanked EPS Mallow with whom he worked as an Electrical Engineering Contractor for the understanding and compassion they showed him.

He acknowledged the loving care and support he received from his wife Jennifer. He is "deeply grateful to the family of his heart donor whose decision to donate saved his life."

He said he now wants to honour his donor by seizing life and demonstrating this through looking after himself and his donor heart by embracing his life and pursuing his passion for fitness.



John Whelan, Ray D'Arcy and Senator Mark Daly

Launch of ORGAN DONOR AWARENESS WEEK



Mary Verbruggan

Mary Verbruggan (58) from Oughterard, Galway is grateful to her brother Tom Gleeson (55) who lives in Kilcoole, Co. Wicklow who donated a kidney to her in October 2017. Mary is now on the transplant waiting list for a pancreas transplant.

Tom said he didn't hesitate when the prospect of living donation came up as he said his mother died from cancer at the age of 51 and there was nothing anyone could do to help her. With Mary's illness he felt there was something he could do to help.

Mary, a qualified pharmaceutical assistant, has been a diabetic since her teens. She knew that her kidneys would fail eventually but managed to stave off dialysis treatment completely, which she attributes to careful diet and exercise. Her consultant advised that her kidneys were slowing down and that they would probably last only 9 years but she managed to prolong this for 17 years but explains: "It was tough" and were it not for her successful transplant, dialysis treatment was imminent.

Her husband Karel, sister and two of her children put themselves forward for living donation but her brother Tom who was eager from the start to donate was deemed a perfect match.



Aoife Coffey, Pancreas and Kidney Transplant Co-Ordinator, St. Vincent's University Hospital with the Minister Simon Harris



Grainne and Conor Wyse

Grainne Wyse from Lanesborough in Longford was living with her mother and her 37-year-old brother Ruairi when he suffered an aneurysm in their home's bathroom. The family had several conversations about organ donation and knew Ruairi's wishes which they honoured with five people benefiting from organ transplantation, including a lady who had received five previous calls for heart transplant, before receiving Ruairi's donor heart.

The family were asked to consider organ donation and they received news later that five of his organs were donated, something that gave them and his wide circle of friends' great solace.

When describing Ruairi's character Grainne said: "He loved his concerts,

festivals and heading away on holidays. He was a lovely lad and always had a smile on his face. He never fought or fell out with anybody as he had such a lovely personality."

Karen Massey, National Organ Donor Coordinator, ODTI (Organ Donation Transplant Ireland) spoke about her role as an Organ Donor Coordinator.

Mark Murphy, CEO, IKA, detailed a statistical analysis of the current situation for transplant and dialysis patients.

About 100 people, from around the country, attended and were acknowledged for their commitment to organ donor awareness.

The donation, by Clear Channel, of the outdoor poster sites around Dublin, which featured Ray D'Arcy,



Karen Massey

advertising Organ Donor Awareness Week, was very much appreciated.

The National Chairman of the IKA, John Whelan, gave the Press and the Minister an overview of the IKA's awareness activities of the previous year.

The Minister, Simon Harris explained how the long-awaited Human Tissue Bill was about to be published. He believes it will revolutionise organ donation and assist us in improving the organ donation rates in Ireland.

He thanked many people and, in particular, the parents of Orla Tinsley – who were in attendance, for Orla's TV documentary 'Warrior', on her lung transplant in New York.

The launch was concluded by Professor Jim Egan, Director of Organ Donation and Transplant Ireland (ODTI), the national organ procurement service of the HSE.



Lord Mayor of Dublin Nial Ring, Colin White, IKA

Many of the IKA branches sent delegates to the Launch to be available for various national and local press interviews for the print and film media.

Other patient advocacy groups represented at the event, included Children's Liver Disease Ireland, Irish Heart and Lung Transplant Association (IHLTA), Irish Lung Fibrosis Association (ILFA) and Organ Donation Transplant Ireland (ODTI) donor co-ordinators. Representatives from hospitals' Transplant programmes were also in attendance.



Ray D'Arcy with Edel, Geraldine and Niall Cashman



Prof. George Mellotte, John Whelan, Tom Gleeson, Mary Verbruggan, Susan Mulligan, Simon Harris, Valerie Brady, Mark Murphy, Colin MacKenzie, Prof. Jim Egan

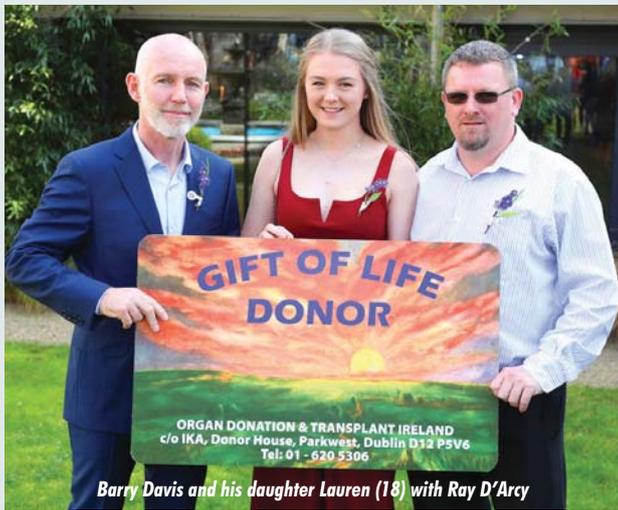
Launch of ORGAN DONOR AWARENESS WEEK



Minister Simon Harris



Brian Tinsley, Patricia Tinsley (centre) Orla's parents, Patricia's sister Ellis, Ray D'Arcy, Karen Massey



Barry Davis and his daughter Lauren (18) with Ray D'Arcy



Garrett & Josephine Ffrench with their children, members of IHLTA & ILFA with David Crosby, Kingscourt, Cavan and Ray D'Arcy



Deirdre Lyons, Patrick Browne and Sadhbh Browne (4) from Mountbellow, Co Galway, with Ray D'Arcy



Tony Gavigan, Ray D'Arcy



Organ Donor Co-Ordinators with Ray D'Arcy



Susan Mulligan, Castlerea, Co, Roscommon



Emonn and Nicola Kavanagh with their children Lauren (13) and Jessica (9) from Clonsilla, Dublin, with Ray



Aileen Mooney, An Post and Ray D'Arcy



Sarah Dalton and her donor husband Conor with their daughter Anabelle (3) from Castleknock, Dublin with Ray D'Arcy



Amanda Bissett, Lenny Ryan, Ashling Hand, Deborah Cervi



Willie and Joan Gavan, Tipperary, with Ray D'Arcy



Jason McKenna, Clontibert, Co Monaghan with Ray D'Arcy



Nora & Jennifer O'Shea, Pat O'Sullivan, Mick O'Shea, all from Mallow, Cork, Ray D'Arcy, Mike Kieley, Mitchelstown, Hugh Nolan, Doneraile, Cork



Ray D'Arcy and the Duke family, Lucan including Nina (8), Joni (6), dad Phil, liver donor mother Sarah and her recipient daughter Chloe (3)



PROTECTION

for Organ Transplant Recipients

By CARMEL BLAKE

Dermatology ANP and Helpline Clinical Manager
for the Irish Skin Foundation.

Happily, it is that time of year when the weather is improving, but it is so important to protect your skin from the sun. People have the idea that the Irish sun does not cause skin cancer; that it is the hot sun in Spain and Portugal that causes the problem. It is in fact the same sun in the sky, with the same risks of causing skin cancer, even on cloudy days. Ultraviolet radiation from the sun is the major risk factor for developing skin cancers.

Organ transplant recipients are at a greater risk of developing a skin cancer due to the essential immunosuppressant medication

needed to prevent rejection of the transplanted organ. Skin cancers are the most frequent malignancies associated with post-transplantation immunosuppression. Therefore, it is hugely important that transplant recipients protect their skin from the sun.

Transplant recipients should attend a dermatologist for a full skin examination annually. The dermatologist may detect pre-cancerous lesions and skin cancers before they become obvious to you. When skin cancer is found early, it can usually be treated more easily.

It is important to realise that the risk of skin cancer can be reduced by good sun protection. Skin cancer can be detected early by knowing your skin and regularly checking the skin for any new lesions or changes in lesions.

1. Protect your skin.

Sun protection starts with regular use of protective clothing, seeking shade, and for additional protection, the daily application of sunscreen to exposed areas. Sun Protection Factor (SPF) 50+ is recommended. It is important to use a sunscreen that protects against UVA and UVB rays. These sunscreens are usually branded 'broad spectrum'.

Sunscreen should be applied 20-30 minutes before going outside, and should be reapplied every 2 hours. Reapply SPF after exercising, swimming, sweating or towel drying. Even 'water-resistant' sunscreens need to be reapplied.

Most people do not apply enough sunscreen. It is important to apply plenty of SPF - for it to be fully effective:



You should apply at least one teaspoon to each body part.

(Approximately 35g for face and body).

- Head/face/neck
- Your front
- Each arm
- Your back
- Each leg

Unfortunately sunscreen can be expensive. Thankfully, organ transplant recipients that have a medical card can get their sunscreen on the medical card prescription

Sunscreen is under-used, for example if you are applying adequate amounts of sunscreen to the arms and face, neck and ears you would apply approximately 60mls per day. This equates to: 5mls to face, neck and ears, and 5mls to each arm = 15mls; reapplied every 2 hours = approximately 4 applications in the day = 60mls. If applying sunscreen to the whole body = 35ml per application x 4 = 140mls per day.

No sunscreen can provide 100% protection. It should be used alongside other protective measures such as clothing and shade.

Sun-protective clothing and hats are a safe and reliable way to get long-lasting protection throughout the day. Be extra cautious around water, sand, and snow as the UV rays can be reflected.

Seek shade – particularly around the midday hours when UV rays are strongest, typically between 11am and 3pm.

Never ever use sunbeds.

2. Inspect and know your skin.

In addition to performing good sun protection, it is important to examine your own skin once a month. Ideally, ask a partner or a friend to look at areas that are difficult for you to see.

Otherwise, you may need to use a mirror to inspect these areas. In this way, any worrying spots or changes that may arise can be detected and treated early. If you have lots of moles, it can be useful to take a photograph to compare any changes.

Sometimes it is difficult to remember the colour, size or shape, or whether it is new. Check your whole body, from head to toe. You will often be the first person to detect a new or changing skin lesion.

Go to your doctor if you have a changing mole, painful lesion, red or scaly patches, bleeding or scabbed spots, or sores that are not healing. For more information visit the **Protect & Inspect** page on the **Irish Skin Foundation's** website: www.irishskin.ie

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World Kidney Day at Tallaght Hospital



Nephrology staff at Tallaght Hospital along with Clinical Lead for Renal Services, Prof. Mellotte promoting World Kidney Day at Tallaght Hospital.



We are excited to have over 40 competitors registered (and 20 supporters too) for this year's **World Transplant Games** that will take place in Newcastle Gateshead, UK, from **August 17th-24th**. It will be our biggest ever travelling team with representation from all over the country and ages ranging from under 18 years old to over 80 years old!

We will be bringing the team together in the **ALSAA Sports Complex** on **Sunday July 7th** to have the official hand over of team kit. We will also have a guest speaker from the world of sport to motivate the team and help build the excitement. As well as the buzz of competition, participation in the Games will be an amazing opportunity to meet with peers from across the world and celebrate new life through sport.

It has been great to see increased engagement from a number of the National Governing Bodies for sport this year – including regular coaching from Swim Ireland for our swimmers. It augurs well for next year when we host the European Championships.

You will be able to follow our progress via the team website; www.transplantteamireland.ie and you can also keep up with general Games news on www.worldtransplantgames.org

Move more...

By **JEAN MURPHY**
and **KAROLINA PAWLAK**
on behalf of the
Renal Interest Group of the
Irish Nutrition & Dietetic Institute



GET ACTIVE

Exercise is an important part of self-care for all stages of life. As your body and mind benefit so do your kidneys! Whatever stage of kidney disease you are at exercise has been shown to help improve fitness levels, muscle strength, heart health and nutrition status. Exercise also shows psychological benefits such as decrease in anxiety, stress and depression.

Current guidelines recommend exercise at a moderate intensity for 30 minutes on most, if not all, days per week. Those who are not currently physically active should start at low levels and durations (5 to 10 minutes every other day) and gradually build up as tolerated**. Even if you feel tired, easy exercises may help you feel better. Walking and yoga are examples of activities that put minimal stress on the body. Get together with friends to try out or join a local activity group or sports club to help you get started and stay motivated.

**Always discuss any increase in activity level with your doctor.

Links to help you get started:

Walking trails: www.irishtrails.ie

Walking groups: www.getirelandwalking.ie

Running groups: <https://www.athleticsireland.ie/clubs/fit4life/>

Activities: <https://www.getirelandactive.ie/>

Eat smarter

NUTRITION FOR SPORTS & EXERCISE

For the casual exerciser (most of us!) walking or jogging steadily for an hour or less daily, a healthy balanced diet considering your specific renal requirements will support this just fine.

Nutritional requirements for more intense sport and exercise depend on the type and duration of exercise, body composition goals, personal preferences and renal recommendations. You should adjust your diet strategies with your dietitian if you are engaging in serious training. Even a few small tweaks to your nutrition will make a big difference to your training and performance.

FUELING FOR ACTIVITY:

Your pre-exercise meal will help to get the most out of your exercise session, you wouldn't drive a car with no fuel so don't run your body without the right fuel. Follow these simple steps:

- Have your last main meal 2 - 4 hours before exercising.
- Eat familiar foods, don't try anything new before exercise.
- Choose foods low in fibre and fat as these nutrients slow digestion so increase risk of GI symptoms.
- For high intensity exercise (sports, interval, sprint training) or exercise lasting more than 1 hour make sure your meal contains carbohydrate (i.e. rice, pasta, potato, cereal, bread).
- Make your pre-exercise meal one of your main meals. This helps if you are trying to maintain / lose weight or stick to your allowances without compromising fuelling.

Suitable pre-exercise meal options include:

- Bowl of porridge or cereal
- 2 slices of toast/bread and boiled, poached or scrambled egg
- Tuna Mayonnaise sandwich
- Bowl of boiled rice/pasta with grilled chicken
- Cream cheese bagel



RECOVERY

What you eat after exercise helps your muscles adapt to the exercise and recover before your next session. Aim to start your recovery as soon as you can after your exercise. If you are not training for another 24 hours after session completion starting within 1-1½ hrs is ok. However, if you are training again that day or within the next 24 hours start your recovery within 30-60 mins.

After exercise your meal should include carbohydrate and protein (from your allowances). Make your recovery meal one of your main meals to help keep within your protein allowances.

Suitable recovery meals include:

- Chicken fajitas
- Omelette
- Egg muffins
- Chicken salad sandwich
- Salmon & chive paté pitta pockets



HYDRATION

It's very easy to get dehydrated during exercise, especially during the warm summer months. Dehydration can make you feel tired and it can impair normal body functions and exercise capacity. Staying hydrated can be tricky for kidney patients who are on a fluid restriction. Dehydration can cause dry mouth and thirst but fluid overload can lead to swelling, discomfort, high blood pressure and shortness of breath. On very hot days wear light, loose-fitting clothes. Try to stay in air conditioned spaces or in the shade to avoid perspiring and increasing your thirst. Exercise will increase your fluid loss so it is important to get the balance right. Discuss fluid allowance for exercise with your doctor and dietitian.

Top tips for fluid control for exercise:

- Avoid salt in the diet.
- Use small cups for beverages and drink slowly.
- During exercise mouth rinsing can be enough to relieve thirst.
- Track your fluid. Measure your cup volume so you know how much you are taking in.
- Make ice pops or ice cubes with water and dilute fruit juice.

- Chill or freeze fruit for a refreshing snack before / during / after your exercise.
- Suck on hard boiled sweets like mints, lemon drops or chewing gum.
- Use mouthwash and brush your teeth and tongue to keep your mouth feeling fresh.
- If you have diabetes, maintain good blood sugar control; high blood glucose can make you thirsty.

**Remember ice cream, jelly, soup and other liquid based foods count as fluid so include these in your allowance.

MUSCLE BUILDING AND RECOVERY

Protein is an important nutrient for muscle but no one nutrient is more important than another. The key factors to optimising muscle adaptation and growth are;

1. A balanced diet which includes sufficient energy (so your body doesn't break down muscle to get energy).
2. Adequate protein. Discuss how to distribute your protein allowances across the day with your renal dietitian to maximise effectiveness. Include some protein in your recovery meal.
3. A structured training plan which includes some resistance training.



PUTTING IT ALL TOGETHER

The first step is to get moving! Then once you find an activity that you enjoy adapt your diet to get the most out of your exercise or training. Your kidneys will thank you.

EGG MUFFINS

(Serves 6)

Ingredients:

- 9 eggs
- 80g grated courgette
- 160g finely chopped red pepper
- 12g parsley
- Sprinkle of black pepper
- 3 tbsp (153 g) Light Cream Cheese
- 50 mls Water

Method:

Preheat oven to 180C (355 F).

Prep a 6 hole muffin tray with olive oil ensuring each hole is well coated.

Whisk beaten eggs and water until combined (you can use milk if not dairy restricted)

Add the grated courgette, finely chopped pepper, parsley, black pepper and cream cheese.

Mix until well combined.

Pour mixture evenly between muffin cups, checking that the mix is almost to the top.

Bake for about 25-30 minutes or until cooked through and lightly golden.

Allowances/portion:

- 2 protein exchanges and
- 1 vegetable exchange

TOP TIP:
These muffins are suitable for freezing and can be used for any meals breakfast, lunch, dinner or a handy snack.

BY NORETTA CLIFFORD



Kidney transplant recipient Joe Grace cut the tape for the start of the IKA West Clare Walk.



WEST CLARE WALK

The 21st IKA West Clare walk took place on Sunday, May 5th. With the sun shining high in the sky, the event was very well supported from the locality and wider areas of Co. Clare and beyond with well over 100 walkers registering on the day.

The walk commenced and finished as it has done in previous years at the Square in Kilrush. It was set in motion by kidney transplant recipient Joe Grace who has enjoyed partaking in this event every year since he received his kidney transplant 7 years ago. An event that he did not have the energy for, prior to that!

The Walk followed the N67 via

Aylevaroo through Cappagh and along the Wild Atlantic Way, with stunning views throughout for a total of 8km. Walkers were treated to views of the Shannon estuary, Scattery and Hog Islands, Loop Head Peninsula and even Kerry. The route echoed a positive response from both returning participants as well as first-time visitors to the Cappagh Area.

Thanks to An Garda Síochána, members of the Red Cross and the West Coast Motor Cycle Club who together ensured the safety and enjoyment of all by executing their duties in a calm and orderly manner.

The effective, smooth running and success of this event requires



Enjoying refreshments at Teach Ceoil in Kilrush following the walk.



Members of the West Coast Motor Cycle Club...twins David and Derek Moylan with Geraldine and Katie Grace.

the cooperation and effort of all parties involved on the day. To this end, we acknowledge the personnel and their roles played by the following: K&A Electrical (public address system), Francis Donnellan, Pat and Calum Lynch and Liz O'Sullivan (directional traffic control); Vinny O'Halloran, Anthony Henchy, Gerry McKenna (water station attendance), Carmel McCormack and Peggy Eustace (registration); Bernie Tubridy (advertising); Vincent O'Halloran, Kathleen Lynch, Sharon and Carmel McCormack, Chloe Cahill and Peggy Eustace (catering); Tom Prenderville (provision of road signage); Mary Daly (who provided baked goods); and Noretta Clifford who set up and administered entries on the Clare IKA Facebook page.

Well-earned refreshments were available afterwards at a reception in An Teach Ceoil in Kilrush. Branch Chairperson Peggy Eustace thanked the walkers and their sponsors, An Garda Siochána the Red Cross, the West Coast Motor cycle Club and the Stewards all of whom ensured the safe return of the walkers to Kilrush.

She gave special mention and thanks to Vincent O'Halloran for the incredible amount of time and effort he, once again, gave to making the arrangement for yet another successful IKA West Clare Walk.

Participants savoured the delights on offer and chatted amongst each other, meeting old and new faces alike. Thanks to Comhaltas Ceolóirí Éireann for making available An Teach Ceoil, the beautiful setting of the former St. Senan's Church of Ireland for the last number of years.

It goes without saying that events such as the West Clare walk in support of the Irish Kidney Association, cannot happen without the steadfastness of the organising committee. Vincent O'Halloran, a man who has long continued to support the Clare IKA and this event especially over the last 21 years is instrumental in its smooth running. He, along with Peggy Eustace, Carmel McCormack, Joe and Geraldine Grace devote endless hours of their time to ensure a safe and enjoyable event. Founding organisers, Tom Prenderville and the late Flan Carmody have undoubtedly left their legacy as this annual event has grown in popularity year on year.

As always we thank all who sponsored walkers or donated so generously to the Clare branch of the IKA. Proceeds from the Walk go to the many wonderful IKA projects undertaken for the benefit of all renal patients in the County.



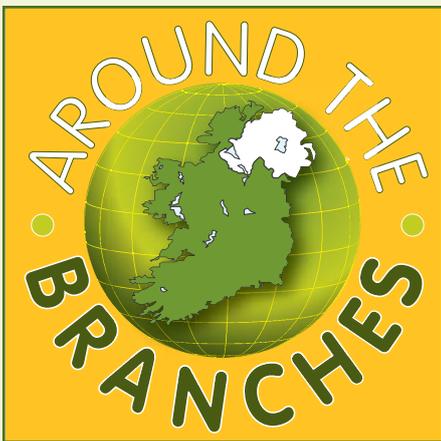
Gerry and Liz O'Sullivan enjoying refreshments on offer in Kilrush following the walk.



Michelle Ryan, Amanda & Vinny O'Sullivan with friends at the walk.



The walkers enjoying refreshments at Teach Ceoil in Kilrush following the walk.



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ORGAN DONOR AWARENESS WEEK

The launch of Organ Donor Awareness Week (ODAW) in Co. Clare was held in the Old Ground Hotel, Ennis on Thursday March 21st.

On the night, guest speakers were Professor Austin Stack, Consultant Nephrologist at University Hospital Limerick who presented on 'Transition to Dialysis & Kidney Transplantation – What to Expect' and Shannon based Garda Noel Pearse who told his journey of how the gift of organ donation has changed his life.

Our thanks to both speakers for their interesting and informative presentations and to the large attendance who came to the event, and for their active participation in the question and answer session.

We wish also to say a big 'thank you' to everyone who helped promote organ donation in our area during this week. The Officers and all Branch members were delighted with the publicity for ODAW this year, thanks to the wonderful stories patients were willing to share in local media and beyond. A special thanks to those who were front and centre of cameras, microphones and journalists this year...Noel Pearse, Noretta Clifford, John Diviney, Amy Moynihan and Peggy Eustace.

This year we would also like to thank the TY students of Coláiste Muire, Ennis who promoted organ donation in their school and to companies such as Beckman Coulter Inc., Medical Devices Company; O'Callaghan's Mills and Keating Construction, Kilmihil who promoted

CLARE

By NORETTA CLIFFORD

VOLUNTEERS DURING ORGAN DONOR AWARENESS WEEK



organ donor awareness amongst their employees. It's wonderful to see such large companies promote such a great and noble initiative.

Thank you also to the wonderful

people of Co. Clare who purchased our merchandise and supported the Clare IKA throughout the week. Thanks to your generosity €11,180 has been raised.

For Donor Cards Freetext DONOR to 50050

Clare Organ Donor Awareness Week Launch and Information Evening



Peter Mulligan, Pat & Patricia Corry and Martina Diviney attended the Clare branch Launch and Information evening



Garda Noel Pearse promotes the organ donor card with his aunt Mary Whelan along with Liam, Derek, Denis Whelan and Mary Taylor

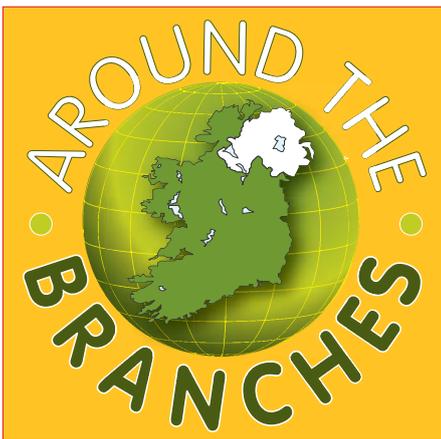


Noretta Clifford, Garda Noel Pearse and Gerry Moran



Peggy Eustace and Professor Austin Stack





AGM/SUPPORT MEETINGS

The Branch AGM was held on Tuesday April 16th in Cois na hAbhna, Ennis where monthly branch meetings are also held. Peggy Eustace continues as Chairperson of the branch, her dedication to the cause never wavering. We wish to thank her most sincerely for the hard work she continues to do for the good of the branch. Thanks also to Gerry Moran who continues as Treasurer, dependably ensuring a mighty job of keeping the books.

Michael Mescall stepped down as Secretary and Mary Abbott stepped down as Asst. Secretary this year. The members would like to sincerely thank Michael and Mary for all their hard work and commitment over the last number of years. We would like to wish them the very best of luck and good health in the future. Branch members Noretta Clifford and Geraldine Grace were elected Secretary and Asst. Secretary, respectively.

Our monthly support meetings are a place where patients can get involved and have their say in the Clare IKA Branch activities, as well as come and meet others where



Branch Officers...Gerry Moran (Treasurer), Peggy Eustace (Chairperson) and Noretta Clifford (Secretary).



Branch members at recent Clare AGM

experiences can be shared over a cuppa. If you think you may benefit from attending these support sessions, we would be delighted to see you.

Dates for these meetings will always be posted out to members of the IKA and also posted on our facebook page – Clare IKA branch. Other events we are organising will

also be posted there.

SEAN VAUGHAN KILBANE TRACTOR RUN

Sean Vaughan, who received his kidney transplant 3 years ago, along with the support of his family organised the Kilbane Tractor Run for the second year in a row. It took place on Sunday March 31st in his local



Pat and Bill Dale present a cheque to Clare branch Treasurer Gerry Moran



Sean Vaughan

village of Kilbane. Another whopping sum of €7,485 was raised for the Renal Support Centre this year. The Branch greatly appreciates the work done by Sean and thank him for his support to the branch.

MASS OF REMEMBRANCE AND THANKSGIVING

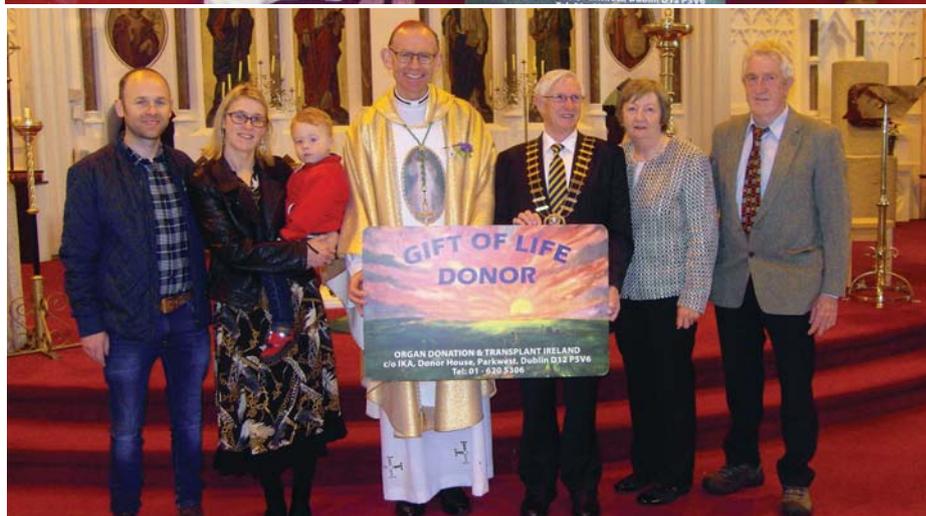


Donor families, from all over Clare, gathered in the Cathedral in Ennis on Sunday, April 28th for the Clare IKA branch annual Mass of Remembrance and Thanksgiving. This year was particularly special as it is the Clare IKA's 30th year of existence and we were delighted to have Bishop Fintan Monahan and Fr. Tom Ryan celebrating the Mass that means so much to donor families and transplant recipients, who are grateful for the the 'gift of life' they have received.

Peggy Eustace, speaking on behalf of the Branch, welcomed everyone and spoke beautiful words as an introduction to the Mass. She said: "Organ donation is an act of incredible generosity as each year organ donors save hundreds of lives."

In his Homily Bishop Fintan Monahan described the Mass as "a gathering of the good and the generous."

The Branch highly commends Peggy for her tremendous work and the huge organisational ability she



demonstrates in bringing such a vast array of guests to the Mass each year.

She has been doing this work in a low key and dignified manner for decades.

In the congregation were the Chairman of Clare County Council Cllr Michael Begley and his wife Fidelma; Brenda Poole, Organ Donation Transplant Ireland (OTDI); Emma O'Heart, Kidney Transplant Coordinator, Beaumont Hospital, Dublin; Siobhan Brosnan, Organ Donation Nurse Manager, Bríd Collins, Renal Nurse Coordinator UHL and IKA Branch members from Limerick,

Offaly, Clare and Galway.

We thank kidney transplant recipient Joe Grace who led the Procession into the Church as well all those who participated in the Mass.

The attendance was very appreciative of the choir of Ennis Cathedral with special mention of soloist Eimear Mungovan who sang the most beautiful rendition of 'There is a Place' by popular Irish composer Liam Lawton.

Finally, we would like to you extend our best wishes to Amy Moynihan on receiving her recent kidney transplant.



IKA Branch members at reception after the Mass of Remembrance and Thanksgiving



ORGAN DONOR AWARENESS WEEK

The Roscommon Branch held its annual Organ Donor Awareness Day on Friday April 12th in Castlerea and Roscommon. We would like to thank all the volunteers who assisted us on the day, in particular the students from Roscommon Community College. The total raised from both areas amounted to €4613. Sincere thanks to all who contributed.

ANNUAL GENERAL MEETING

The following officers were elected at the recent AGM:

- Chairperson: Vincent Finan
- Secretary: Maura Quigley
- Treasurer: John Cormican

ROSCOMMON

By MAURA QUIGLEY



PRO: Monica Finn
Board Member: Monica Finn

CHURCH GATE COLLECTIONS

The Annual Church Gate Collection was held in the Castlerea area recently with the sum of €2030 collected. 'Thank you' to all who donated so

generously and to those who collected.

The Church Gate Collection for the Roscommon area was held at Masses on Saturday, June 8th and Sunday, June 9th.

Your support was very much appreciated

LONGFORD

By SUSAN MARTIN

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ORGAN DONOR AWARENESS WEEK

We would like to thank the people of Co. Longford, along with all the various business owners and all our loyal volunteers, for their time and kind donations during Organ Donor Awareness Week. It was once again a very successful week throughout Co. Longford. We cannot thank everyone enough for their continued support.

ANNUAL GENERAL MEETING

Our AGM was held in the Family Centre, Longford on April 17th at 8pm. The following officers were re-elected:

- Chairperson: Bernadette Wall
- Secretary: Elaine Heslin
- Treasurer: Peter Connolly
- PRO: Susan Martin/James Farrell
- Board Member: Deirdre Heslin

CHURCH GATE COLLECTION

The Annual Church gate collection is scheduled for the August Bank Holiday Weekend (August 3rd and 4th) throughout County Longford.

Your support would be greatly appreciated.



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ORGAN DONOR AWARENESS WEEK

We would like to recognise the hard work of our volunteers during Organ Donor Awareness Week. Every year they give of their time and we would like to thank them for their generosity. We would also like to thank the proprietors of the supermarkets in the City and County for allowing us to promote organ donor awareness and collect at their premises throughout the week.

RESPIRE CENTRE

Our Respite Centre, Tramore has opened for the Summer months and we look forward to meeting all our patients and their families over the next few months. We wish you all a very happy holiday and enjoyable stay in Tramore.

BRANCH ANNUAL GENERAL MEETING

We held our Branch AGM this year on April 9th. Frances Moynihan was



Betty and Lorna Daly on the IKA stand for ODAW in Dungarvan Shopping Centre

WATERFORD

By VERA FRISBY



Joe, Mary and Denis Moynihan having refreshments after the Waterford Remembrance Service

elected as Waterford Board member, Ray Halligan was elected as Chairman and Vera Frisby as Treasurer. Our secretary, Patricia Meade, retired and we would like to thank Patsy for giving of her time and all her help over the past three years. She worked tirelessly and received many compliments and messages of thanks from our Chairman, Ray, and all our members.

Our new Branch Secretary is Frances Moynihan. We thank Frances for taking on this role and wish her every success. We know she will work tirelessly on behalf of all our members.

SERVICE OF REMEMBRANCE & THANKSGIVING

Our annual Service was held at the Waterford University Hospital Chapel on Sunday May 26th. 'Thank you' Fr. John Kakka, Fr. Bobit Augusthy and Rev. Jenny Crowley. The Choir, from St. Mary's Church, Ballygunner, with John Meade on the tin whistle, under the leadership of Ann Cody, were superb. They created a very moving atmosphere. We would like to thank the patients and nurses who helped with the Readings.

Refreshments were served in the staff canteen, at the hospital, following the Service.

CHURCH GATE COLLECTIONS

These collections will take place in Co Waterford on June 15th-16th and in Tramore and Fenor on June 29th-30th.

FUNDRAISING

Lenihan's Bar, Newtown, Kilmacthomas, will hold a 'Trad Night'

on Friday 26th July. The funds raised will be distributed between Down Syndrome, Waterford and IKA Waterford branch. Thank you to the Committee members, including our branch Chairman, Ray Halligan, everyone involved in organising the event and all who gave sponsorship. This will be a very entertaining night and we hope to see as many of you as possible on the night.

Thank you to Chris Atkins who did a 'Sky Dive' in April and raised funds for the IKA.

BRANCH SUPPORT MEETINGS

The branch will take a break for the Summer. 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 at 7.30pm, every five weeks. Next meeting will take place on Tuesday September 10th. Contact Frances on 087-2411549.



Tom O'Neill in SuperValu, Tramore

Waterford Service of Remembrance and Thanksgiving



Waterford Service of Remembrance and Thanksgiving





ORGAN DONOR WEEK SUCCESS

Our Organ Donor Awareness Week in Sligo was a good success in achieving its aims: the distribution of donor cards, reminding people to talk to their families about their organ donation wishes and, fundraising for our Sligo branch.

More people are now carrying donor cards thereby leading to additional patients with failed organs receiving the 'gift of life'.

Thanks to all who gave financially, be it big or small, to the volunteers who helped during the week and to the stores/shopping centres who accommodated us.

A big thanks to our 2019 Ambassador in Sligo, Cllr. Rosaleen O'Grady, who is a founding member of our branch.

Also thanks to the Inner Wheel Club of Sligo and Sligo Rotary Club who presented us with a cheque for €2,350 during ODAW, following their recent joint fundraiser for our branch

SLIGO

By BRIAN McHUGH



Sligo Branch members and supporters display their banner in O'Connell Street, Sligo, during Organ Donor Awareness Week



Sean Fowley, Chairman, Sligo IKA, Una Dunne Shannon, President Sligo Rotary Club and Mary Horan, Chairperson Sligo Inner Wheel Club

ICA CAKE SALE

The branch was delighted to receive €2090 from the proceeds of a cake sale held by Drumcliffe ICA Guild on Good Friday. Thanks to the organisers and all who supported the event.

Some weeks before the sale Vice-Chairperson of the Sligo branch, Marie Fowley, spoke at a meeting of the Guild. Being a kidney and pancreas recipient, Marie told Guild members of life after a transplant as well as the difficulties faced by patients on dialysis.



Pictured at the presentation of a cheque for €2,350, during Organ Donor Awareness Week, were members of The Sligo Inner Wheel Club and Rotary Club of Sligo and the Sligo Branch IKA. Also in picture is Rosaleen O'Grady.



At the Sligo Branch AGM (l-r): Brian McHugh, David Berreen, Geraldine McHugh, Marie Fowley,

OPTIMISM AT BRANCH AGM

There was an air of optimism for the year ahead at the Sligo branch AGM which was held on April 23 in The Glasshouse Hotel.

While reviewing achievements over the past 12 months, members also looked ahead with confidence.

Officers elected at the meeting were:

- Chairman:** Sean Fowley
- Vice-Chairperson:** Marie Fowley
- Secretary:** Geraldine McHugh
- Treasurer:** David Berreen
- PRO:** Brian McHugh
- Board member:** Marie Fowley,

The chairman of the Westmeath IKA branch, Eddie Flood, who is also a Board member, was the guest speaker.



Right: Sligo kidney recipient Tara McHugh at a National Conference entitled 'Living Well with a Kidney Transplant', held in the Sheraton Hotel, Athlone. The Conference was organised by Beaumont Hospital. Tara had her transplant last summer.

GET WELL WISHES

Get well wishes to Sligo kidney dialysis patient Hughie Costello who is recovering from surgery.

Also best wishes to kidney transplant recipient Tara McHugh, Knocknahur, who recently spent over three weeks in Sligo University Hospital due to an illness.

SECRETARY ON STAGE

Members of the Sligo branch recently enjoyed a social outing where their Secretary was one of the entertainers.

Geraldine McHugh was treading the boards in a four-night run of an amateur production of the play 'A Wake in the West', staged by Coolera Dramatic Society in her local Kilmacowen hall.

Despite good reviews from her fellow IKA members, Geraldine says she has no plans for going professional!

BRANCH MOURNS LOSS OF TREASURER AND FRIEND



Ronnie Melly

Members of the Sligo branch recently bid farewell to our dear colleague and friend Ronnie Melly who passed away on May 14th.

Ronnie had been an active member and Treasurer of the branch up until recent months when his illness prohibited him from doing so. He had been a dialysis patient at Sligo University Hospital for a number of years.

At his funeral in St. Joseph's church, Ballytivnan, Chief Celebrant Fr AB O'Shea recalled Ronnie's many qualities. His devotion to his community, Sligo Rovers, the Sligo Leitrim & District Soccer League and the Sligo Branch of the Irish Soccer Referees Society and several other causes. However, his love and support for his family towered above all his other interests.

Members of our IKA branch, together with his former colleagues from the Sligo Stoma Support Group and the Soccer Referees Society formed a joint guard of honour outside the church.

Sympathy to Ronnie's wife Bernie, his sons Trevor and Gary, daughter Sharon, his brothers and sister, grandchildren he adored and his extended family.

Branch members observed a minute's silence in Ronnie's memory at their monthly meeting on June 4th.



TIPPERARY

BY ORLA HOGAN RYAN



Olive Maureen and Lexi and Nicki at Aldi Thurles



Sean and Kayleen at Aldi Thurles



Organ Donor Awareness Week at Dunnes Stores Thurles



Ann Nolan was presented with flowers on her retirement as Tipperary Chairperson and is pictured with (l-r): Orla Hogan, Ann, Joan Gavan and Doris Cantwell



Members of the Tipperary branch at the 'Run for a Life' with Ray D'Arcy



Emma O'Sullivan, Sheila Gregan and Orla Hogan

TIPPERARY

We hope that everyone in Tipperary is keeping well and you will all enjoy the summer? We wish to thank all the volunteers who helped during Organ Donor Awareness Week, throughout the county.

There was a great turn out at our Annual General Meeting which was good to see. Colin White, from Head Office, attended our AGM and gave us an insight into how he heard about the IKA and his role as the National Projects Manager for the IKA.

We thank Colin for attending our AGM. Hopefully we may see more people from Tipperary participating in next year's European Games in Dublin.

We wish Sheila Gregan and Orla Hogan all the best at the World Transplant Games in Newcastle, UK, in August.

Our Chairperson, Ann Nolan, resigned this year. Anne Hackett from Thurles is our new Chairperson. We would like to thank Ann Nolan for all her work as Chairperson over the years.

Our Treasurer is Doris Cantwell, our Secretary is Orla Hogan and our Board Member is Joan Gavan.

Sophie Hogan and Orla Sheridan, two Transition Year students from St. Mary's Secondary School, Nenagh, presented us with a cheque, monies raised from a book they produced about Tipperary.

Many thanks Sophie and Orla, who also promoted the organ donor card at every event they attended.



Orla Sheridan and Sophie Hogan presented Orla Hogan, Tipperary branch Secretary with the cheque.

CAVAN/MONAGHAN

KARL CRONIN



L-R: Andrew Murray, Margaret McCague (kidney recipients), Edel McCague (fundraiser organiser) Colleen McCague (kidney recipient), Sean McCague (kidney donor), all who supported the event to raise funds for the IKA.

TRATH NA GCEIST

Edel McCague would like to sincerely thank everybody who came to her Trath na gCeist fundraiser in McCagues Bar, Scotstown on Friday January 25th.

The fundraiser was in aid of the IKA and to support voluntary nursing in medical camps in India. The total funds raised were €1,500, with €1,000 being donated to the IKA and €500 towards nursing in renal dialysis units in India.

The quiz night was held to highlight the importance of organ donation, to support renal patients and also to express gratitude to donors and their families.

The IKA is an organisation that is close to the McCague family's hearts as their late father Gabriel received a generous kidney donation from his brother Sean in June 1981, which

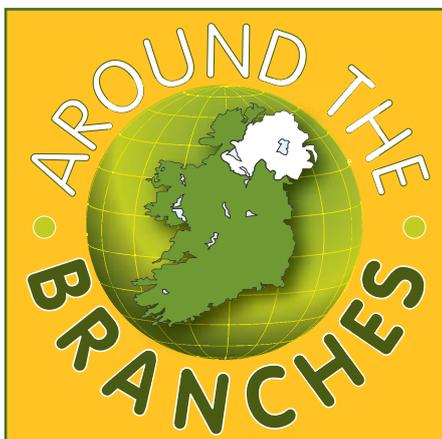
enhanced Gabriel and his family's life beyond belief. The family encourage others to be aware of, and discuss organ donation as a 'gift of life' to others.

Edel would sincerely like to thank all her family, friends and neighbours who came from near and far to make the night a success. Also mile buiochas to the Scotstown sponsors for the night – McCagues Bar, McMahons Shop, Connolly's Pharmacy and good friends who also sponsored prizes. Thanks to the Monaghan town sponsors including The Eastern Balti Restaurant and Planet Kidz Playzone. The generosity from the sponsors made it an enjoyable night for such a worthwhile cause.

We are very grateful to Edel and her family for their continued support of the IKA.



Aidan Cuddy and Anna McCaughey, both members of Tru Mac Drama Group, made a presentation of €7,200, proceeds from the recent variety show held in Clara Hall on April 26th, to the staff of Cavan Dialysis Unit.



Greetings to all. Let's hope that by the time you read this the sun will be shining.

BRANCH AGM

The Dublin North Branch AGM took place on Monday April 8th at 7.30pm in the Renal Support Centre, Beaumont.

The AGM was well attended and the Officers elected were:

Chairman: Colin Mackenzie,
 Secretary: Patricia Mackenzie
 Treasurer: Brian Carney.
 Board Member: Colin Mackenzie
 All were elected unopposed.

Our speaker that evening was one of our members, Tony Byrne who told us how photography had helped him cope with renal failure and post-transplantation. Tony also brought examples of his work to show us. Readers of this page will be very familiar with Tony's excellent work.

ORGAN DONOR AWARENESS WEEK

Our collectors were out once again for Organ Donor Awareness Week. The response was very good and many people who stopped by showed great interest in our work. Some we spoke to were puzzled by the 'Presumed Consent' proposal and we explained our position in relation to the Minister's proposed 'Opt Out' Legislation.

THANK YOU COLLECTORS

On Tuesday May 14th we held a 'Thank You' Night in the Skylon Hotel to recognise the hard work done by our ODAW Collectors.

A NIGHT TO REMEMBER

On Thursday July 25th, a huge fundraising concert will be held in the Grand Hotel, Malahide.

The All-Star line up will feature: Ronan Collins, Finbar Furey, Red

DUBLIN NORTH

By PATRICIA MACKENZIE



Dublin North Branch members at the AGM



Guest speaker at the AGM - Tony Byrne

Hurley, Tommy Carey, Mary Byrne and Paddy Cole.

There will be reserved seating and doors will open at 7.30pm with show starting at 8.30pm, all in aid of the IKA.

Tickets are €29.50 each and are available from Ann 087-1352775 or Tess 086-8576190.

Don't miss this opportunity to see the all-star concert, all for the IKA.

'GIFT OF LIFE' CHARITY BALL

One of our members, Sarah Dalton, who featured in the Spring *SUPPORT* magazine, together with her husband Conor, are holding a 'Gift of Life'

Charity Ball in aid of the IKA.

It will be a black tie event and will take place in the Castleknock Hotel on Friday September 27th September.

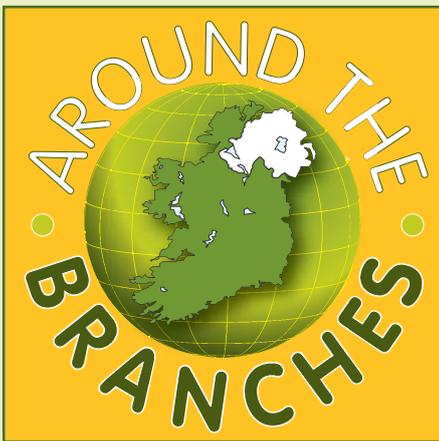
The event will commence with a drinks reception at 7pm followed by a 3 course meal and live entertainment.

For further information contact: giftoflifecharity@gmail.com

Tickets also available on www.eventbrite.ie

SUPPORT MEETINGS

Our first meeting after the Summer will be in the Renal Support Centre, Beaumont Hospital on Monday September 23rd at 7.30pm.



WESTMEATH

By CATHY SMYTH



Some of our ladies who took part in the Women's Mini-Marathon

WEXFORD

By MARIA DONLON



Fintan Boarders displaying his Olympic Medals during World Kidney Day at B Braun, Dialysis unit, Wexford with Dora Kent.

B Braun Wellstone, Renal Care Centre, Wexford held an Information Open Day on World Kidney Day, March 14th. Wexford branch members attended and met with the patients on the day.

Our Annual Mass of Remembrance will be held on Friday July 12th in the Day Chapel, Clonard, Wexford at 8pm and all are welcome.

We extend our deepest sympathy to the families of the late John Kenny and Goretie Kinsella on their recent sad loss, RIP.

Our AGM was held in the Shamrock Lodge Hotel in Athlone on April 24th. As a result of the AGM Eddie Flood was re-elected as Branch Chairman and Cathy Smyth was re-elected as Branch Secretary.

Eileen Dunican, our Branch Treasurer, decided to step down this year. We would like to offer our many thanks to Eileen for all her hard work over the last number of years.

We had a very successful Organ Donor Awareness Week in Westmeath so thanks to all the people who volunteered and got involved. We had stands in Athlone and Mullingar.

We had a Church Gate collection in Moate Parish during Organ Donor Awareness Week. Mullingar also held a Church Gate collection, recently, so again thanks to everyone who volunteered.

Again, this year, we are holding our annual Westport cycle in July. The cycle will start in Achill and end in Westport. All are welcome, and people can

choose to do the whole route or part of the route. It is always a great day out.

If you are interested please contact any member of the Branch. The cycle will be held on Saturday, July 13th.



Some of our younger IKA volunteers collecting in Aldi Athlone during Organ Donor Awareness Week.



DONEGAL

By SIOBHÁN BATES

The Donegal branch of the IKA held their AGM in Dillon's Hotel, Letterkenny, on April 29th April and we were delighted with a great turned out.

The committee are as follows:

Chairperson: Siobhan Bates
Treasurer: Kieran Murray
Secretary: Patricia Callaghan
PRO: George Bates
Board Member: Kieran Murray

We are delighted to say we had a very successful Organ Donor Awareness Week and Church Gate collections and we are immensely thankful to those who came forward to offer their help. Without the support of volunteers, the branches would not survive, and I truly mean that – 'thank you' all.

A huge 'thank you' also to our Donegal Aldi Stores, who go way beyond the call of duty to facilitate us during our collections; Letterkenny Shopping Centre who were kind to Cathal McGee, George and our collector; all the towns and parishes who permitted our merchandise to be sold.

We thank the Churches which were covered for our annual Church Gate collections. So sad that a lot of Masses



The Lynch Family, Arthur, Anne and grandson Oisín, Drumacloaghan, Ramelton presenting a cheque for €1,200 to George and Siobhán Bates.

and churches are missed as we don't have the manpower or volunteers to cover their area. Most monies are nearly all in but for anyone who has collections outstanding, it would be appreciated if you could return them as soon as possible.

Thank you to Kernan's Supermarket, Newtoncunningham, who allowed Cathal and Kathleen McGee to collect on a separate day, at their premises. The sum raised was €904.50.

We are over the moon to being invited to more presentations as the fundraising continues for our branch. Here we get a first-hand opportunity to meet and greet with the families and organisers of such events – you are all amazing.

'Thank you' to Madge Duffy, Dunfanaghy for your donation.

We were delighted to be asked to a

fantastic presentation by the Hutchison family of Gleneely, Co. Donegal, who held a fantastic morning and afternoon serving teas at their home. The sum of €4,055 was raised and monies will be spent towards the ongoing renovations at the Renal Support Centre. The family was very grateful for its presence when their son Dale received his transplant from his mum Audrey.

The Lynch family, Arthur, Anne and grandson Oisín from Drumacloaghan, Ramelton presented us with a cheque for €1,200. They raised the money producing a calendar at Christmas and they wish to thank everyone who helped in any way; including the shops who sold the calendars: Carberry's Shop, The White Harte Bar and the Post Office in Rathmullan; Blaney Stores, Kerrykeel and Matt Peoples Shop, Milford.



Bernie, Kevin and family and friends of Manty Anthony McLoughlin presenting the cheque.



The Hutchinson family presented Siobhán and George Bates with cheque for €4,055

Well done to Berni, Kevin and families, and friends of the late wee Manty McLaughlin from Moville, who all came together on March 30th, for an amazing night in memory of Manty. It was organised by his friends and Columba Doherty. It was held in the popular Trawler Mans Inn, Moville. They presented the Donegal branch with the proceeds of €5,256 (with another €100 that came in a few weeks later). Proceeds to be spent in Donegal. Manty would be so proud as the Donegal branch was one of his favourite charities, as he himself was a renal patient, Rest in Peace wee Manty).

Our Renal Support Centre in Beaumont Hospital, as usual, continues to be busy and staff continue to look after us all. The renovations are still in progress. The Centre is available to any families and patients with renal disease to use if you want to take a rest or pop in for a cuppa.

A summer outing will be planned shortly, and letters/invites will go out to you all soon.

Hello to all our medical staff at our Renal Unit in Letterkenny, Donegal (and all Renal Units who are so caring to all our renal patients) for always being so kind.

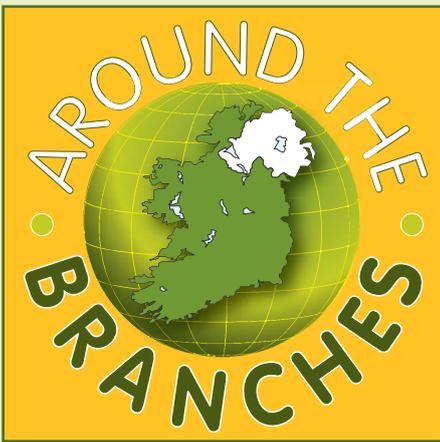
Best wishes to those who have received a transplant recently - we wish you many healthy years.

May God have mercy on any family that has lost a loved one recently.

Looking forward to a nice sunny summer (don't forget your sun cream!!!).

DONEGAL BRANCH VOLUNTEERS DURING ORGAN DONOR AWARENESS WEEK





LIMERICK

BY MADELEINE DONAGHY

AGM

The Branch AGM was held on Thursday, April 18th at 7.30pm in the Good Shepherd Day Care Centre, New Road, Pennywell, Limerick.

The officers elected for 2019 were:

Chairperson: Sandra Dillon
Treasurer: Finola O'Brien
Secretary: Shaun Faloon
Board Member: Pat O'Brien (returned)

Many thanks to the outgoing officers - (acting Chairperson: Madeleine Donaghy; Treasurer: Susan Canon and Secretary: Mary Downes

ORGAN DONOR AWARENESS WEEK

'Thank you' to all the volunteers who assisted at Organ Donor Awareness Week. Many donor cards were distributed at three Shopping Centres in the city and at Newcastle West, Co. Limerick.

Yvonne Crowe, renal nurse informed us that on Wednesday May 29th the Renal Unit hosted an INFO night for patients with Chronic Kidney Disease that may require Real Replacement Therapy. This was held in the CERC building from 6pm to 8pm in University Hospital Limerick. The CERC building is located on the former Home Dialysis training site.

The presentations were:

- a. Chronic Kidney Disease and commencing dialysis
 - b. Current dialysis talk on their experience of managing dialysis at home/hospital
 - a. Renal staff presented patients with dialysis options and with a real focus on home therapies.
- The evening was very well attended. Thank you to all the Renal staff involved.



Guest socialising after the INFO night for patients with CKD



The different dialysis options on display on the night



Renal Nurses Orla O'Brien displayed an APD Machine



Yvonne, Fiona, Brid - Limerick Renal Nurses



Dialysis patients who presented on the night - Frederick, Mark, Deirdre and Rory



On Sunday April 21st April the annual Lar O'Neill Memorial Truck & Tractor Run took place in Hospital, Co. Limerick. This is organised by the O'Neill family, in memory of their late brother and uncle Laurence who loved and worked with trucks all his life.

Pictured below is Pat O'Brien from the Limerick Branch accepting cash in the amount of €1,900 from Myles McMorrow, a dialysis patient from Templemore, Co. Tipperary.

Myles held a Darts Tournament in memory of his late wife in the Templemore Arms Hotel on New Year's Day.

Myles intends to run this Tournament for the next 10 years.

The Limerick Branch would like to express our gratitude to Myles.



Sandra Dillon (above), Chairperson Limerick Branch of the IKA accepted a cheque for €690 from Limerick Lions Club.

Many thanks to the Lions club for this donation.





KERRY

By NIKKI CLIFFORD



ORGAN DONOR AWARENESS WEEK

A massive 'thank you' to all our volunteers around the county that helped us during Organ Donor Awareness Week. We got all the four seasons but it didn't deter the enthusiasm from our amazing volunteers. Without the valued support of everyone, this campaign would not have been possible.

NON-UNIFORM DAY

Numerous national and secondary schools, across the county, participated in a non-uniform day which we organised in April. There was great excitement and it was lovely



to see so many schools get involved and raise awareness about the importance of organ donation.

A big 'thank you' to all the principals, staff and students that were involved in making this happen.

We are hoping to turn this into an annual event to keep the important message of donation alive.

CARAVAN AND MOTORHOME CLUB

The generosity of individuals and clubs is what makes it all worthwhile, and one of those recent clubs was the Caravan and Motorhome Club, - Irish Division, who kindly donated €1,250 to the Kerry IKA Branch. It is because of this generosity that we can help those who need it the most.

BETTER HEALTH, BETTER LIVING COURSE

Better Health, Better Living is a free Self-Management course for people living with long-term illness, and their carers.

Topics include:

- Managing pain and fatigue
- Nutrition and exercise methods
- Problem solving and decision making
- How to set manageable goals and many other interesting topics.

This course is facilitated by two trained leaders and will take place during the autumn (dates to be confirmed). It runs one day a week for 2½ hours over 6 consecutive weeks.

If you are interested please contact: Colm 086-1999169 or email: colm.clifford@hotmail.com

Cialan Walsh



HONDA 50 RUN

A Honda 50 Run, in aid of the Kerry Branch, was held on Sunday June 2nd. We had over 150 bikes and although the weather wasn't favourable it didn't dampen our spirits.

A huge thanks to Fiona and Johnny Walsh, family and friends who braved the elements and Fiona's home cooking fed our worthy participants on the Waterville stop.

One little boy that stole the show that day was Cialan (2) who was dressed for the occasion in his Honda jacket!!!

The day ran smoothly and we all returned safely to the Killarney Racecourse afterwards for some food, ceoil agus craic.



Jonathan Walsh



LETTER TO THE EDITOR

Fundraiser in aid of IKA Renal Support Centre, Beuamont



Angela with her granddaughter Chloe

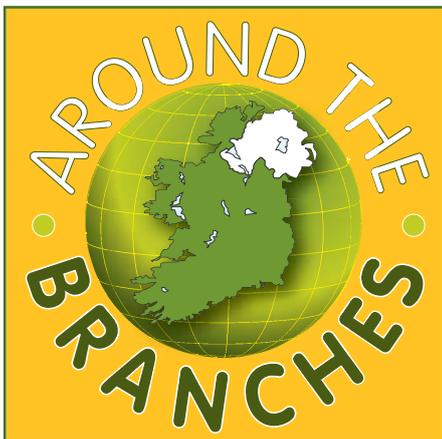
My mother Angela had a kidney transplant in June 2017 and decided that after that she was going to do a few things on her 'bucket list'. A couple of years ago we were in Castlecomer Discovery Park and the zipline was only new. She said: "If I ever get a transplant I'm coming back here and doing that zipline!" All three of us agreed we would do it – Mam, me and my daughter Chloe! I'm only slightly terrified of heights which they both found hilarious!!

Angela is an amazing woman, having been diagnosed via a random blood test and being told within 6 months she could be on dialysis. She stuck to her diet and kept dialysis at bay for 3 years. Once trained up on Peritoneal dialysis she changed her lifestyle to work around it, and soon found herself upgraded to the APD night-time machine. It wasn't all fun and games, the occasional panic call to Tallaght Hospital when she thought she did something wrong or tipped off something, but she got through it. The donor offer call came late one night, a call she honestly thought she'd never get – she had become used to the fact dialysis was her life now. That night was a blur and the following days she doesn't quite remember, it was hard, she wasn't expecting it to be that hard, but again being the strong woman she is, she got through it and came out smiling the other side. And true to her word we did the zipline, and rumour has it, that at the time she was the oldest person to do it...!!

Mam, when clipped in and ready to go she just walked off the ledge and went on her way, my daughter Chloe ran off it!! And I gingerly stepped off it! It was brilliant and we all wanted to go again. Afterwards we had ice cream to celebrate, only a small one for Mam now has diabetes as a result of the transplant.

We felt the Renal Support Centre in Beuamont was an excellent place for families although we never had to stay overnight. We did avail of the car parking and coffee on our regular trip up to Dublin. All the staff in the centre were always friendly and it was a nice meeting place for other transplant families where we all share our experiences. If anything, the money raised (€500) can go towards all the coffee I drank while there.

AISLING HYLAND
Rosebran, Athy, Co. Kildare



Hello to all our members, families, patients and all our loyal readers. Summer is here, factor 50 for everybody!

YOUR BRANCH NEEDS YOU

A Branch is only as strong and as good as its members. Even though our membership has grown in the last number of years that strong growth has weakened lately. We are asking members who are attending clinic to talk to the person beside them and ask if they are familiar with the Irish Kidney Association and what is available to them.

We will have a welcome pack for them once they make contact.

BETTER HEALTH, BETTER LIVING COURSE

The Cork Branch recently ran their third 'Better Health, Better Living' course. This course is the worldwide



Better Health, Better Living facilitators Siobhan Buckley and Sheena McDonagh were presented with flowers at the finish of the course.

CORK

By SALLY NAGLE

gold standard in aiding patient self-management and we are very fortunate to now have four local facilitators trained to lead.

During the 6 week course participants were led in the following topics: action plans, decision-making, managing pain and fatigue, communication both with healthcare professionals and family/friends, handling emotions, the benefits of exercise and good nutrition, relaxation techniques and much more.

Interesting discussions were had, friendships were made and overall the participants agreed that it was a very worthwhile couple of hours a week!

This course will be run on a regular basis by the Cork branch. It is free of charge and open to patients, carers, family and friends. Anyone interested can email branch secretary (Sheena) at secretarycork.ika@gmail, Ph: 086-2755754, or Siobhan at Ph: 086-1621539.

SUPPORT CENTRE, BISHOPSTOWN, CORK

Plans for the Cork Support Centre are still progressing. We will publish photos of the house as soon as the renovations start and issue regular updates through our Facebook page and our WhatsApp group.

SUPPORT MEETINGS

The support meetings take place the first Tuesday of the month. However, meetings are now finished for the summer months. The meetings

will continue in September and will take place in a new venue - the SMA Hall, Wilton (next to Wilton Shopping Centre, and across the road from CUH).

We hope to continue to have more interesting speakers at our meetings and hope that those attending will grow in numbers each month.

FUNDRAISERS

On June 14th we held our now annual Golf Classic in Mitchelstown Golf Club. There will be more details in the next SUPPORT magazine.

DANCE NIGHT/BROADWAY SHOW

What an amazing night we had at Rochestown Park Hotel on Saturday April 13th. The Strictly No Limits 4 Cork Broadway event was a huge success.

We will have a review and photographs in the Autumn SUPPORT magazine.

ORGAN DONOR AWARENESS WEEK

The Cork launch of Organ Donor Awareness Week was held in Rochestown Park Hotel on Thursday March 28th and was attended by renal patients and their families as well as medical professionals.

The evening was filled with stories of people with organ failure and their journey back to better health. Each personal story inspired us all to continue to share the message of organ donation.



Participants in the Better Health, Better Living Course who received their certificates (back) Sally Nagle, Siobhan Buckley, Margo McCarthy, Eamonn Butler, Sandra Murphy, Janet Kelly, Sheena McDonagh and Noreen O'Halloran.

Cork branch Volunteers during Organ Donor Awareness Week



We want to thank every single person who gave up their time to volunteer during ODAW week throughout the county.

We would also like to thank everyone who helped out in CUH for World Kidney Day on March 14th.

ANNUAL GENERAL MEETING

This year's AGM was an election year. People were asked in advance of the meeting if they wanted to go forward as one of the new officers.

The new members that were elected were:

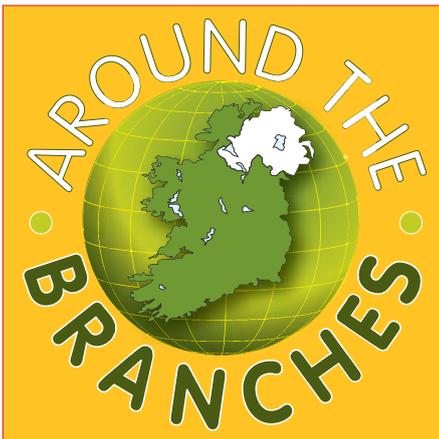
Chairperson: Sally Nagle
Secretary: Sheena McDonagh
Treasurer: Mary Hurley

Pat, Veronica and Geraldine were thanked for their amazing work for the last two year term.

Feel free to contact any of the new officers for any questions you may have...Sally 085-7441830; Sheena secretarycork.ika@gmail.com, 086-2755754, and Mary, 086-1923899.

Right: New Cork Branch officers: Mary Hurley, Sally Nagle and Sheena McDonagh





The Communion class students in Gael Scoil Uí Riada, Wilton, gave some of their Communion money to our branch to go towards the new Support Centre near CUH. We visited the school to thank the class and let them know what the Support Centre will be used for.

The class chose the IKA this year, as one of the boy's mom had a kidney transplant this year. They will present the cheque to our branch on Sunday June 23rd and we thank them.

DATES FOR YOUR DIARY

Dates for next support meeting 3rd of September 2019 at 8pm at the SMA Hall, Wilton, (first Tuesday of every month).

We are having a 'thank you' evening on June 21st in the Kerrymans Bar, as a thank you to all the Broadway dancers – all are welcome to join us.

There will also be a presentation of a cheque to the IKA raised from the Broadway show



Communion class students with teachers and Sally Nagle.



Donal and Helen O'Flynn with Marlese Walsh on World Kidney Day in Cork University Hospital





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

Please tick 'No' if your household is already receiving it

Post? YES NO

Or Email? YES NO

Can we correspond with you for notices of Annual General Meeting of the Association and Annual Director's Report by

Email? YES NO

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)

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

SIGNATURE: _____ DATE: _____

Please return the completed signed form to the
Irish Kidney Association CLG, (Freepost), Donor House, Block 43A, Park West, D12, P5V6.
There is no subscription charge.



IKA DIRECTORY



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

Tel: 01-6205306 | Email: info@ika.ie | www.ika.ie

Renal Support Centre, Beaumont Hospital, Dublin D09 Y5R3

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Gortfadda,
Mohill,
Co. Leitrim.
Phone:
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