

SUPP



RT

AUTUMN 2016



IRISH KIDNEY ASSOCIATION CLG

(Company Limited by Guarantee)

DONOR HOUSE, BLOCK 43A, PARKWEST, D12 P5V6. TEL: 1890-543639 • WWW.IKA.IE

FOR ORGAN DONOR CARDS FREE TEXT **DONOR** TO **50050**

CHARITY REGISTRATION NUMBER 20011260

Editorial...



This *SUPPORT* Magazine is packed with the branch activities which took place throughout the Summer. There is no doubt that the volunteers across the country are the cornerstone of the Association's fundraising activities. Thank you all for your hard work in the name of the Association. I must pick out one branch, in particular, who had a particularly busy summer and that is the Kerry branch. Between their involvement in the Ring of Kerry and a raffle they netted over €150,000. But so many other branches put in the work, locally, and promoted organ donor awareness in so many different ways, attracting the public to complete the organ donor card. I have included a page which you all can use to show the activities of the IKA, explaining the services that fundraising provides to patients.

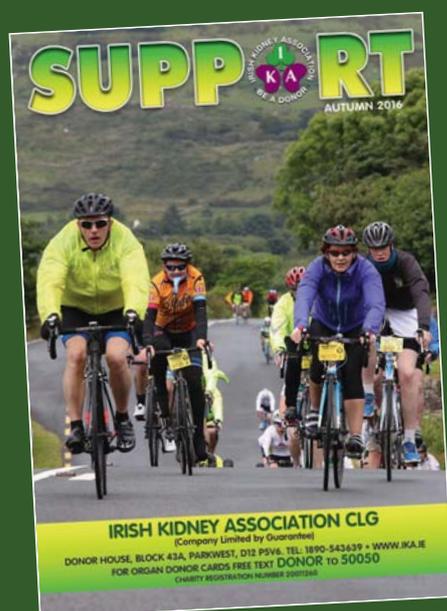
We were very disappointed that so few haemodialysis holidays for patients were possible, this year in Ireland, that we decided to organise a trip to Estoril, in Portugal, for eight haemodialysis patients and their families. We are indebted to and thank Deirdre Crowe, a Renal Nurse from Carrick-on-Suir, who travelled with the group to instil confidence in the patients who were receiving treatment abroad for the first time. We will have a report in the next *Support* magazine. I have also held back the report from the 9th European Transplant and Dialysis Sports Championships in Finland to the next edition.



Deirdre Crowe

The National Officers and I recently met Minister Simon Harris and our overview of renal services to patients was well received by him. We showed our disappointment with the Review of Living Donor expenses and highlighted the shortcomings of the 'Treatment Abroad' Scheme for kidney transplantation, conducted on Irish patients in the UK.

Contents...



FRONT COVER
Branch fundraising this Summer has been dominated by many cycling events. The front cover shows participants in the Ring of Kerry Cycle 2016.

Photo by Valerie O'Sullivan

- 2 EDITORIAL
- 4 RING OF KERRY CYCLE
- 6 EUROPEAN DATA ON ORGAN DONATION & TRANSPLANTATION
- 10 PATIENTS' CONFERENCE ON INHERITED DISORDERS
- 11 RADIO SNOWFLAKE
- 12 LOUGH MELVIN SWIM
- 14 SAY YES TO LIFE
- 16 ELECTRIC PICNIC

I am calling for individual comments on the Haemodialysis Patient Transport. If you think the service is great, then please tell me so, and if you want to detail the shortcomings, as you see them, I would be obliged to hear your views, particularly in writing. I know the level of patient transport differs enormously across the country and I am still trying to establish a national policy on renal patient transport. The splitting of the HSE into six regions frustrated my last attempt to establish a policy document, so a fresh update of your local service, good or otherwise, would be appreciated.



ASSOCIATION NAME CHANGE

To comply with the new Companies Act we have changed the name of our organisation to "Irish Kidney Association (CLG)" Company Limited by Guarantee. The new name applies to all official documents including letterheads of the branches. This is a technical change and all similar organisations will be doing the same. The other technical change we had to make was to have a constitution. The constitution is now the collective name for our Memorandum and Articles of Association.

The other change, which has nothing to do with the Companies Act you might have already spotted on our documents. We now have a charity registration number issued by the Charities Regulator which is 20011260. This new number replaces the old CHY 6327 number issued by the Revenue Commissioners. This number should be on all printed items of the association including branch posters, raffle tickets, notices etc.

Please use up your current printed matter – you should only make the changes when you are reprinting.

Frustration exploded in Wexford when the proposed haemodialysis unit failed to acquire planning permission. This latest saga, for the project, means it will remain on hold until An Bord Pleanála announce the result of the planning appeal. This project must be the longest delayed in HSE history, or at least second longest to the National Childrens' Hospital.

The most important day in the IKA calendar has just passed with the Annual Service of Remembrance and Thanksgiving on October 1st. The weather was kind to us and provided another packed Church. It is only after the Service that you realise how much it means to the Donor Families. Little things may go wrong, but so much goes right for them. The individuals who came up to many of us, afterwards, were full of praise for the Service which results in it being a very rewarding experience for all concerned, especially the Liturgy Committee, appointed by the Board, who give it so much of their time and efforts.

MARK MURPHY

19 IKA TRANSPARENCY, GOVERNANCE AND ACCOUNTABILITY STATEMENT

20 SLIGO GARDEN OF REFLECTION

22 SOCIAL MEDIA & COMMUNICATION

23 THE MEDICAL AND AWARENESS SIDE OF ORGAN DONATION AND TRANSPLANT

24 21ST WORLD TRANSPLANT GAMES

25 MIRACLE BABY OF THE YEAR

26 TRICK OR TREAT!



28 SERVICE OF REMEMBRANCE & THANKSGIVING

34 AROUND THE BRANCHES

62 MEMBERSHIP FORM

63 BRANCH SECRETARIES

64 CHRISTMAS CARDS

RING OF KERRY CYCLE

This year marked the 33rd Ring of Kerry Cycle and, through much hard work and commitment our Kerry branch were selected as one of the charity partners of the event. That was only the beginning of the work involved...

As a charity partner there were many commitments to be met but there were also many opportunities to promote organ donation and the work of the Irish Kidney Association and also to raise some considerable funds.

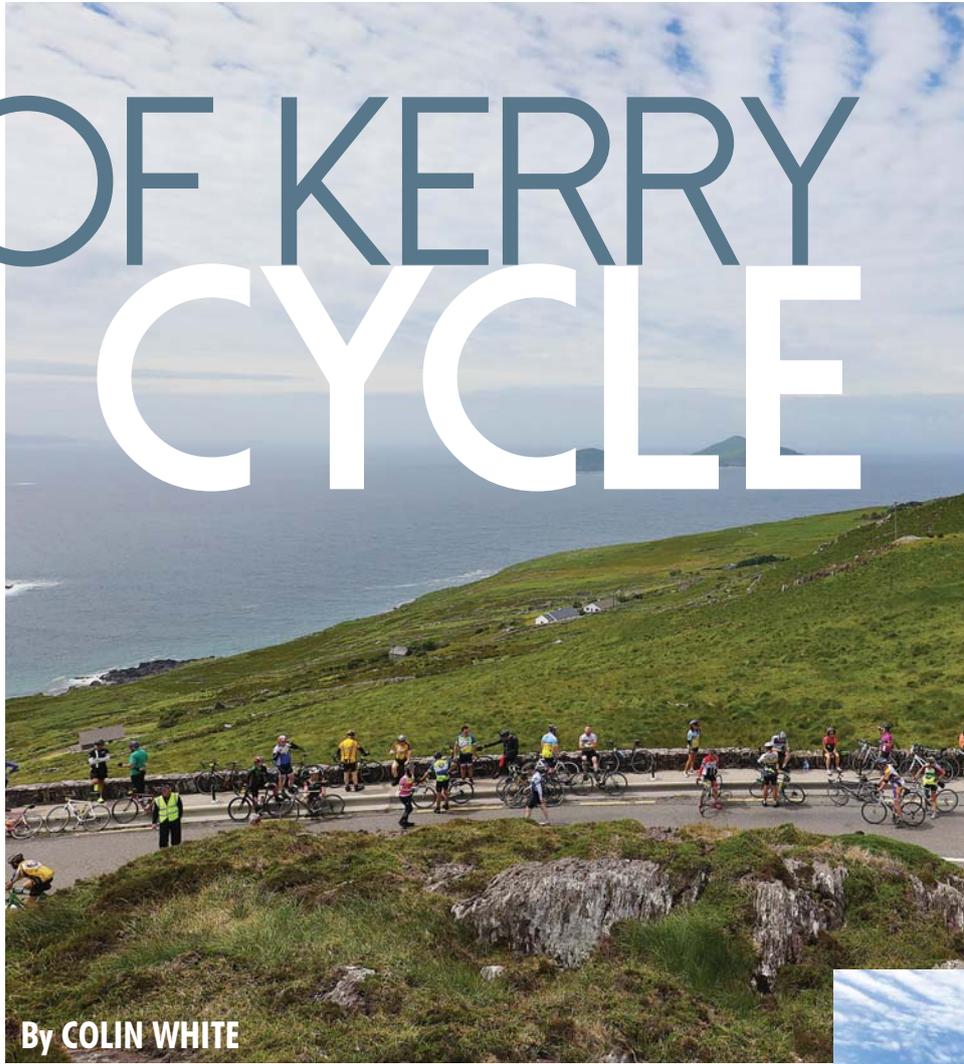
Theresa Looney, Karen Brosnan and their team pulled out all the stops to maximise the outcomes for the IKA. Whether it was promoting the 500 places that were allocated to the IKA, recruiting all the volunteers who would be needed or taking the opportunity to promote the organ donor card and the work of the IKA, the Kerry crew were on top of it.

Having an interest in the logistics of how big events operated I relished the opportunity to go to Killarney for the registration day on the Friday. The town was buzzing and it was great to see the local IKA crew in full flow and on top of things. Their dedication to detail meant that the cyclists, who had committed to raising funds for the Kerry branch of the IKA, were well looked after and their registration was expedited with minimal fuss.

The Kerry cycle has a rich history of making a difference to so many charities across Kerry whilst also showcasing the beauty of the County to the 11000+ cyclists who take on the 112 mile challenge. For the IKA it offered us a platform to promote the organ donor card and the IKA as well as raise funds. Our bright yellow t-shirts were easily seen and our presence at the event was hard to miss with a suitably decorated trailer and a van even branded up with the organ donor card.

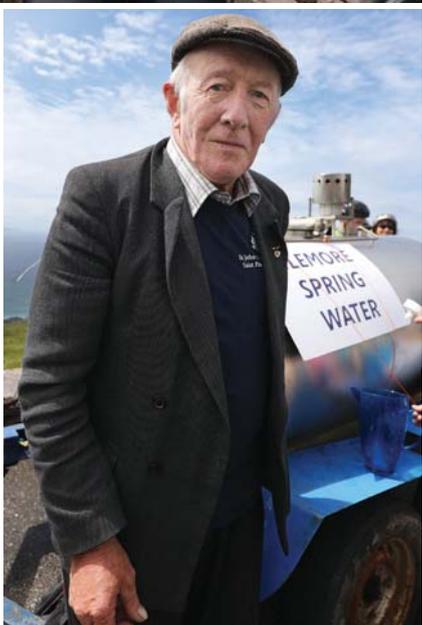
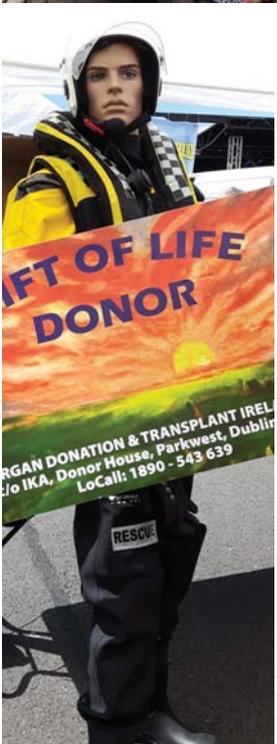
The enthusiasm and passion with which the Kerry crew approached the event was a delight to witness and they are fantastic ambassadors for the Association.

Having witnessed similar passion and enthusiasm from our Laois (Electric Picnic) and Offaly (National Ploughing Champion-ships) branches and hearing/reading reports from other events around the country across the Summer, it is clear that **Together We Are Making A Difference.**



By COLIN WHITE





& EUROPEAN DATA ON... ORGAN DONATION TRANSPLANTATION

By
**MARK
MURPHY**

The European Directorate for the Quality of Medicines and Healthcare (EDQM) of the Council of Europe has published its 2016 Newsletter on the international figures on organ donation and transplantation for 2015.

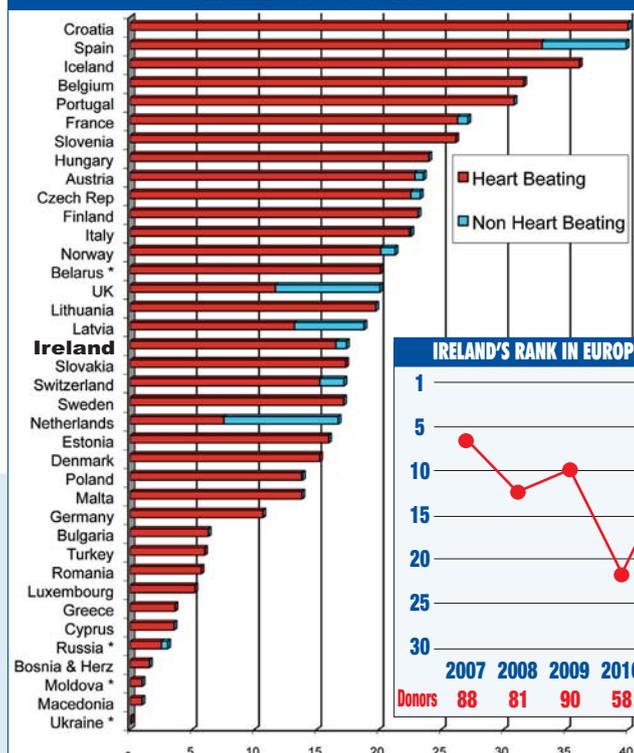
Ireland, despite a lot of re-organisation, is not keeping up with the rest of Europe. The best performing countries have active audits or reports from inside their intensive care units which explain how each potential organ donor converts into an actual organ donor, or not. This is the key to increasing the identification of more potential organ donors and subsequently achieving higher levels of organ donors. Ireland does not have such a system despite all the efforts to establish one.

Comparing ourselves to our neighbours is hugely important to understand our weaknesses and to identify the strengths of others.

All rankings are achieved by using per million of population comparisons.



EUROPEAN DECEASED ORGAN DONORS 2015 PER MILLION OF POPULATION



DECEASED DONORS

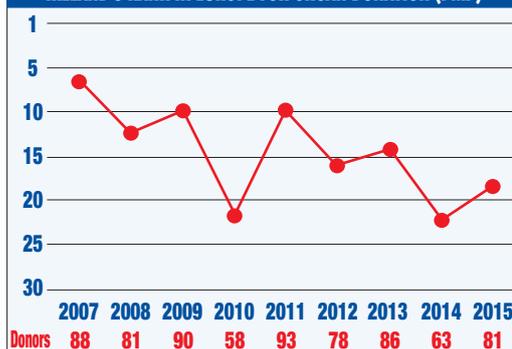
Croatia tops the table with Spain coming a close second. Both countries have been either in 1st or 2nd place since 2010. Croatia achieved deceased donors of 40 per million of population. Three other countries, Iceland, Belgium, and Portugal make up the total of 5 countries with organ donation pmp of over 30.

Ireland is in 18th place out of a total of 40 countries with its deceased donor rate of 17.39 pmp. Although Ireland is up from 23rd place it is a long way from its 6th position in 2006. Only 13 countries are reporting the utilisation of non heart beating (or cardiac death donors). The Netherlands is the only country that has more non heart beating donors than heart beating at 156 out of 284, 55%. In the UK, 42% of their deceased donors are non heart beating. Spain is the up and coming extra country utilising non heart beating donors at 17%.

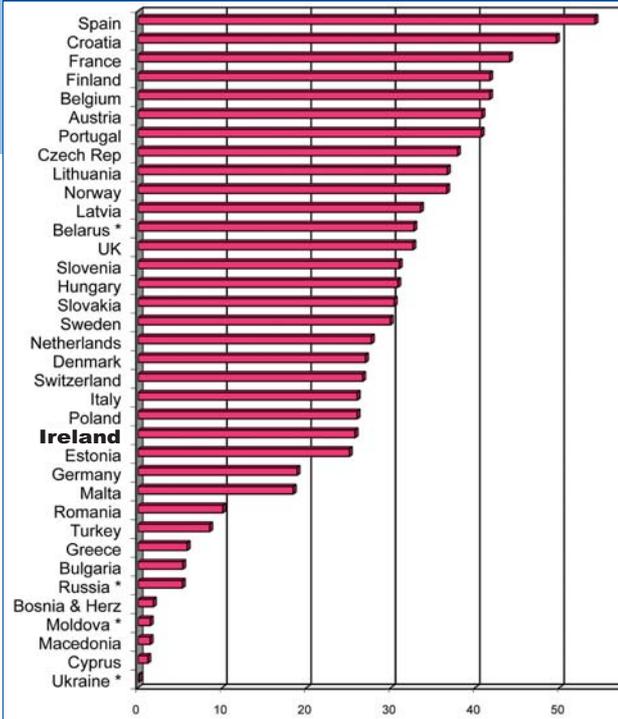
The 3 countries, together, utilised 1,018 of these donors or 84% of the 1,208 used in total across Europe.

Lithuania, at 16th place, was one of the biggest improvers in the year (excluding Iceland). Germany, at 27th place, is still suffering from their allocation scandal. Ten years ago, they were in 14th place.

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



EUROPEAN KIDNEY TRANSPLANTATION FROM DECEASED DONORS 2015 PER MILLION OF POPULATION

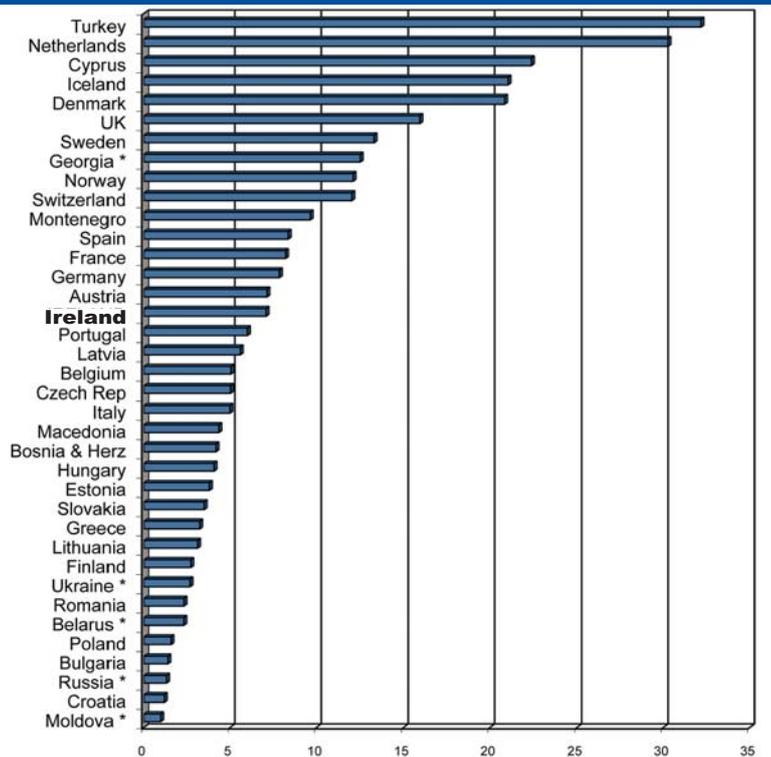


LIVING DONOR KIDNEY TRANSPLANTS

These statistics are much more consistent across the years with Turkey, Netherlands and Cyprus in the top-3 for the last 4 years. Georgia has jumped into 8th place. Ireland slipped back to 16th but 10 years ago we were in 29th place. Latvia had a good year going from 27th to 18th place.

Slovenia, Malta and Luxembourg are the 3 countries without living kidney donors. I am presuming Malta and Luxembourg have an arrangement with other EU countries but I know Slovenia does not.

EUROPEAN KIDNEY TRANSPLANTATION FROM LIVING DONORS 2015 PER MILLION OF POPULATION

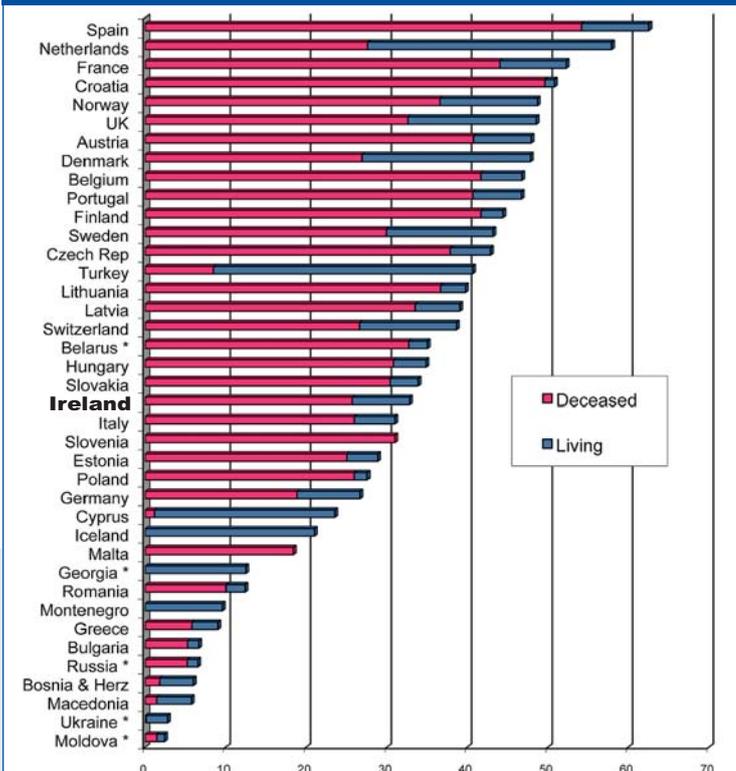


DECEASED DONOR KIDNEY TRANSPLANTATION

Spain and Croatia, as you would expect, share the top two spots yet again, as they have the most deceased donors. Lithuania for the 1st time are in the top ten at 9th place from 25th a year ago. Ireland is in 23rd place, a disappointment, considering between 2006 – 2009 we were in the top-10 countries.

Spain is the only country with double our deceased donor kidney transplant rate. Seven countries in total have a rate above 40 pmp and nine more between 30 – 40 pmp.

ALL EUROPEAN KIDNEY TRANSPLANTATION 2015 PER MILLION OF POPULATION



LIVING AND DECEASED DONOR KIDNEY TRANSPLANTS

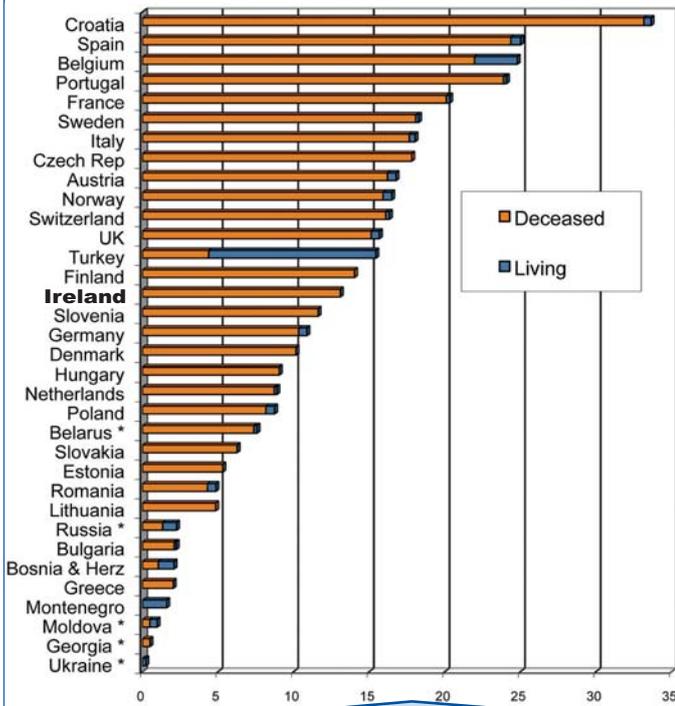
Spain and the Netherlands swapped the top places from last year. France has come 3rd highest for the 1st time, Turkey is in 14th place, with its dominant living donor programme, like Cyprus which fall to 27th place because of only having 1 deceased donor transplant. Ireland, at 21st place, is our worst position since 2010 when we came in 25th, we enjoyed 12th position in both 2011 and 2013.

We are very grateful to the deceased donors and their families, for without them – where would we be? I apologise to all donor families if they are offended by this mere statistical analysis. It is only conducted to stimulate examination of how we could be doing things better, with our limited resources, and, purely, for this reason alone.

& EUROPEAN DATA ON... ORGAN DONATION & TRANSPLANTATION



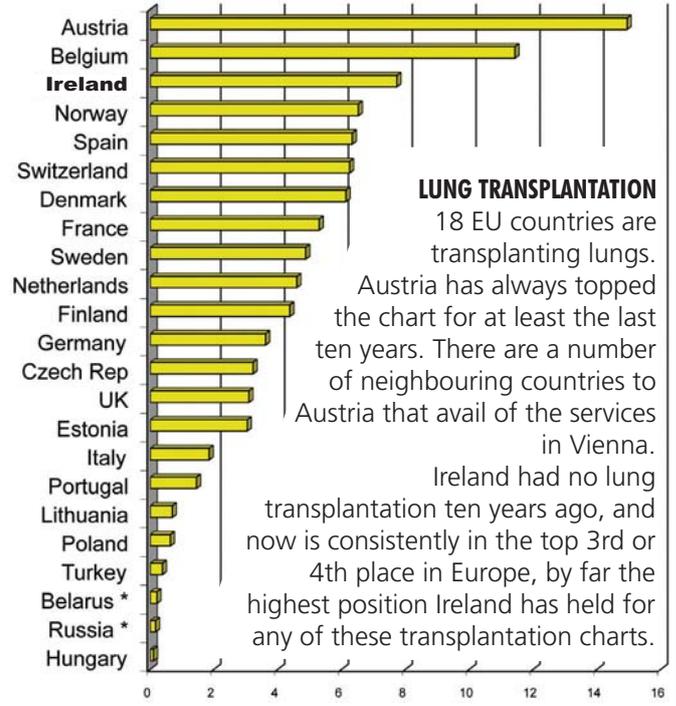
EUROPEAN LIVER TRANSPLANTATION 2015 PER MILLION OF POPULATION



LIVER TRANSPLANTATION

Croatia has topped liver transplantation for the last six years and Spain and Belgium have shared 2nd and 3rd spot in the same period. The best improving country has been the Czech Republic who are 8th place for the first time. Surprisingly, Norway has slipped to 10th place, its poorest position since 2005. However, Ireland's 15th place shows up in part of our non-use of living donors for liver transplantation. Of the 14th places above Ireland only two other countries, Finland and Czech Republic, do not use living liver donors.

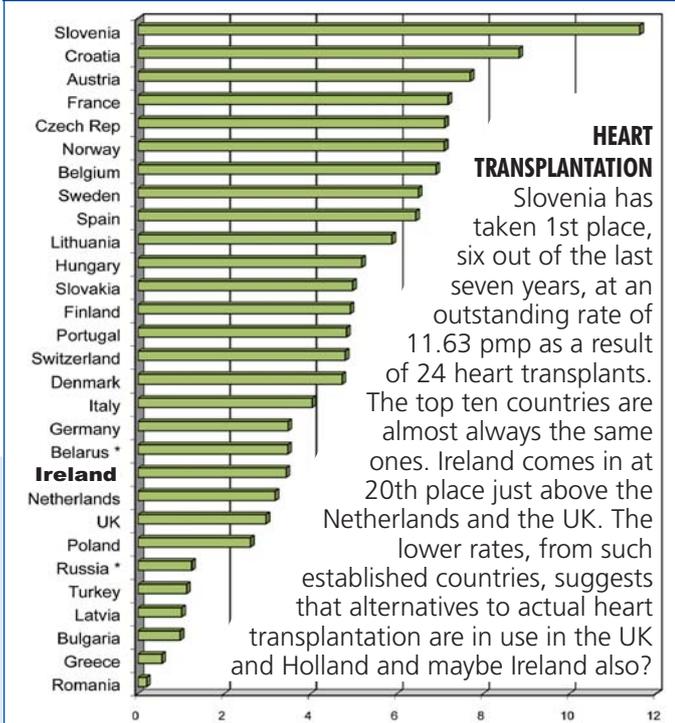
EUROPEAN LUNG TRANSPLANTATION 2015 PER MILLION OF POPULATION



LUNG TRANSPLANTATION

18 EU countries are transplanting lungs. Austria has always topped the chart for at least the last ten years. There are a number of neighbouring countries to Austria that avail of the services in Vienna. Ireland had no lung transplantation ten years ago, and now is consistently in the top 3rd or 4th place in Europe, by far the highest position Ireland has held for any of these transplantation charts.

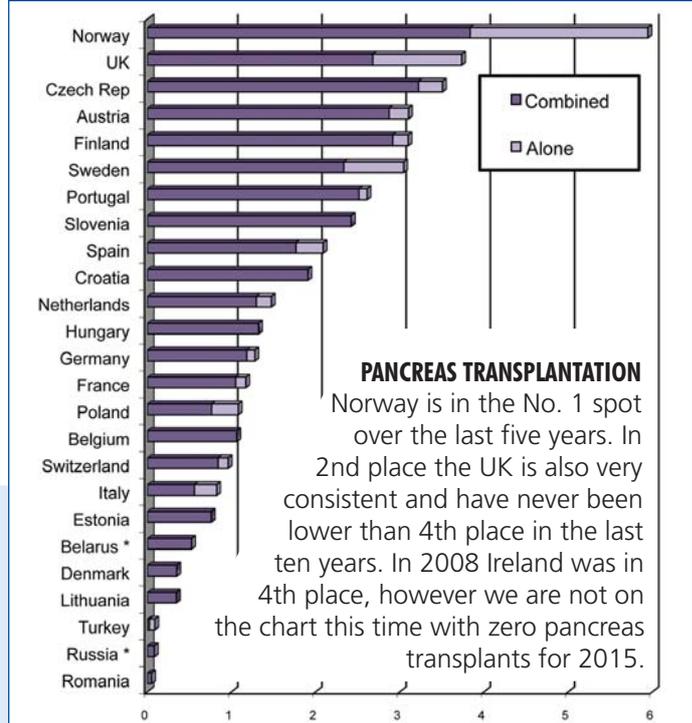
EUROPEAN HEART TRANSPLANTATION 2015 PER MILLION OF POPULATION



HEART TRANSPLANTATION

Slovenia has taken 1st place, six out of the last seven years, at an outstanding rate of 11.63 pmp as a result of 24 heart transplants. The top ten countries are almost always the same ones. Ireland comes in at 20th place just above the Netherlands and the UK. The lower rates, from such established countries, suggests that alternatives to actual heart transplantation are in use in the UK and Holland and maybe Ireland also?

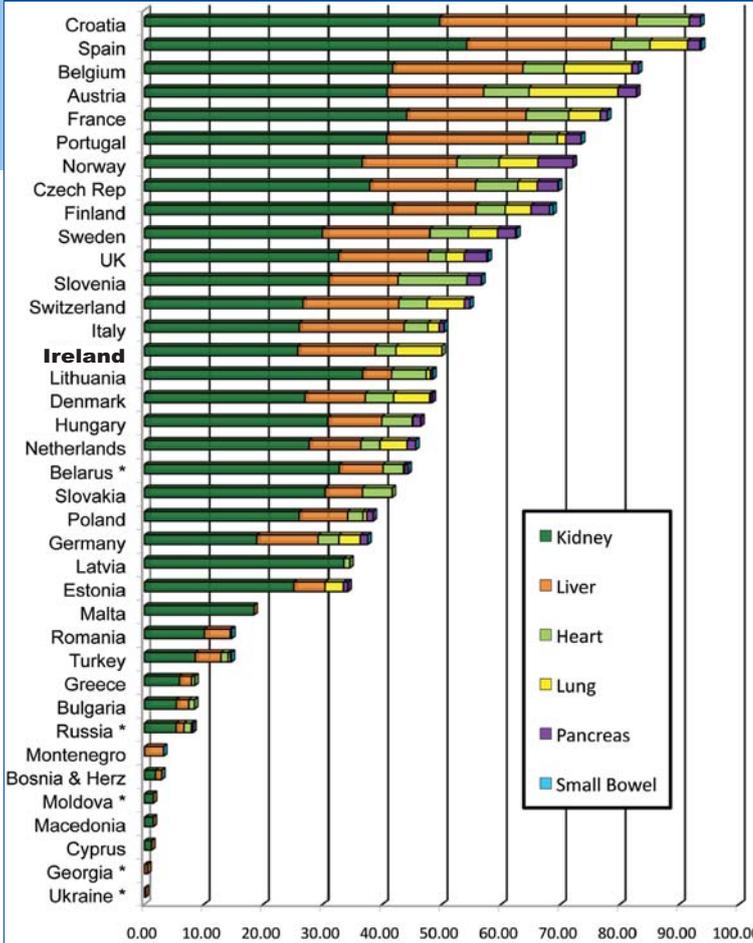
EUROPEAN PANCREAS TRANSPLANTATION 2015 PER MILLION OF POPULATION



PANCREAS TRANSPLANTATION

Norway is in the No. 1 spot over the last five years. In 2nd place the UK is also very consistent and have never been lower than 4th place in the last ten years. In 2008 Ireland was in 4th place, however we are not on the chart this time with zero pancreas transplants for 2015.

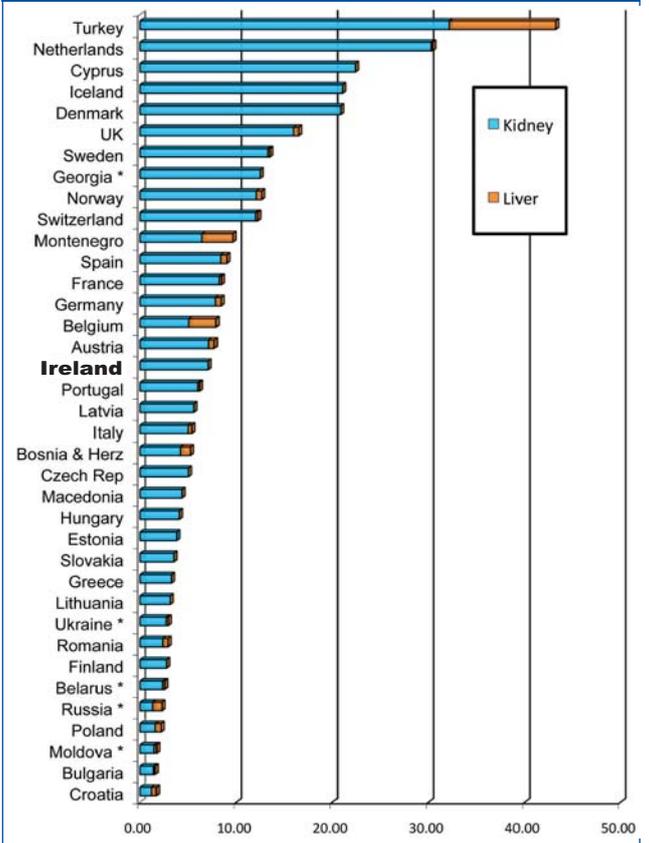
ALL EUROPEAN DECEASED ORGAN TRANSPLANTATION 2015 PER MILLION OF POPULATION



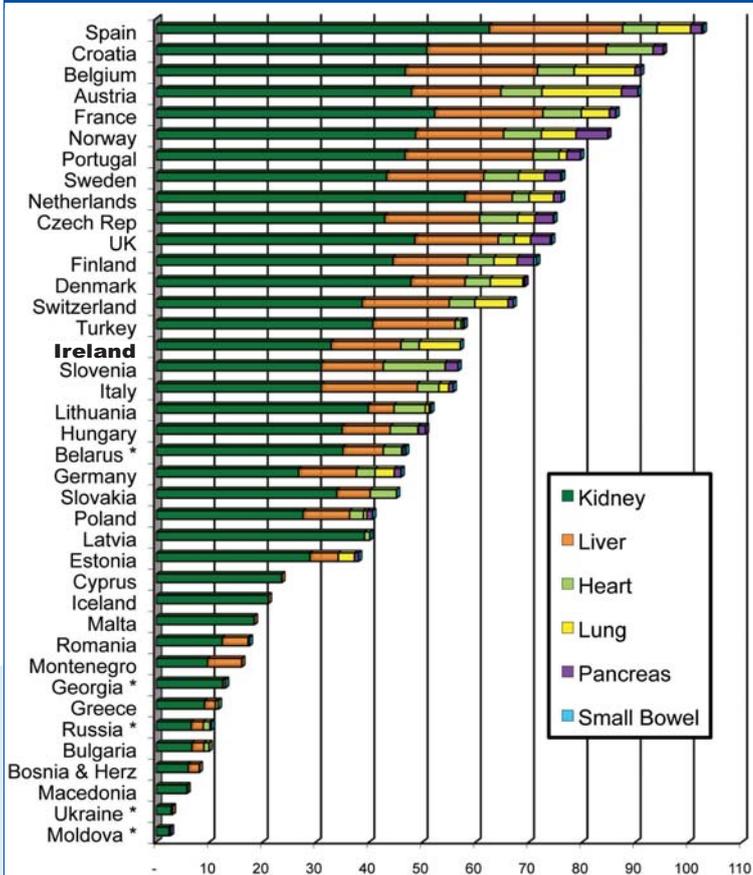
ALL DECEASED ORGAN TRANSPLANTS

Croatia has a slight lead over Spain and has led for 5 of the last 6 years despite having yet to transplant lungs, and the small bowel. Ireland's 15th place is a small improvement which would have been much better if we did not have the gap in our pancreas transplantation programme.

ALL EUROPEAN LIVING ORGAN TRANSPLANTATION 2015 PER MILLION OF POPULATION



ALL EUROPEAN DECEASED & LIVING ORGAN TRANSPLANTATION 2015 PER MILLION OF POPULATION



ALL LIVING ORGAN TRANSPLANTS

A very different set of leaders top this group with Turkey well ahead followed by the Netherlands and Cyprus. These three countries are very dependent on living donors and so are Georgia who jumped 10 places to come in 8th place. Luxembourg, Malta and Slovenia are the 3 countries who do not have living organ donors.

ALL DECEASED AND LIVING DONOR TRANSPLANTS

Spain heads the combined table for the first time in at least 10 years with over 100 transplants per million of population. This is an outstanding achievement which has only been achieved by embracing all organ donor types, deceased, heart beating and non heart beating and living donors for kidney and liver transplants. Ireland is in 16th position, up two places but there is nothing remarkable about our progress with the exception of the lung data.

Patients' Conference on Inherited Disorders

Saturday – September 10th



Tess Harris

Seventy people attended the Patients' Conference on Inherited Disorders, in the Louis Fitzgerald Hotel, Naas Road, Dublin. We had two wonderful speakers: the first was Tess Harris, who travelled from the UK. Tess is the CEO of the Polycystic Kidney Disease (PKD) Charity in the UK and explained how the disease affects patients and families. She is a member of FEDERG – A Federation for Each Renal Genetic Disease at European level.

Professor Peter Conlon presented research, which he has worked on for over twenty years, about 'Inherited Disorders'. It was fascinating to see how the research evolved over the period.

It is estimated that 15% of all Irish renal patients may be affected by inherited disorders and current research will give the precise answer when it is concluded.

If you are a patient or carer interested in joining future meetings on 'Inherited Disorders', please show your interest by contacting Ashling at Head Office, by phone (01-6205306), mail (Donor House, Block 43A, Parkwest, D12 P5V6, or email: ashling@ika.ie

It is anticipated that we will have a Workshop in the Spring of 2017 and we need to gauge the interest. If we have sufficient numbers interested we intend continuing with more meetings for this group and joining FEDERG to ensure the Irish patients' voice is represented in Europe.



Professor Peter Conlon



Supporting the
**Irish Kidney
Association**

For **ORGAN DONOR
CARDS FREETEXT
DONOR to 50050**
#havethechat

Charity No. 20011260



Ireland's ORIGINAL Christmas Radio Station

Thanks you for making the switch

Follow **Radio Snowflake** on Facebook or Twitter
Listen live across internet radio platforms.

Take us with you wherever you go

www.radiosnowflake.com

www.facebook.com/radiosnowflake

www.twitter.com/radiosnowflake

Don't forget to 'LIKE' our Facebook
and Twitter pages to win great prizes.

You can text us on **083-1626754**

Standard rates apply





Mark McGowan

LOUGH MELVIN SWIM

By YVONNE McGLINCHEY

On July 31st, 2016 an excited and nervous group of family and friends gathered at Eden Point, the most easterly point of Lough Melvin. The group had gathered for one reason, to support Mark McGowan.

That cold Sunday morning Mark was planning to make history.

Six months prior to that faithful day Mark had come to visit his uncle Sean McGowan and wife Imelda. He wanted to do something for the Irish Kidney Association (IKA). Sean, being a kidney transplant patient, was delighted, however slightly shell shocked when Mark said he planned to swim the length of Lough Melvin.

Lough Melvin, North Leitrim, is 14.2km long, it is fed by mountain

streams so is incredibly cold. Cold springs are spotted all over the lake, as are sunken islands and rocks. Sean initially thought this was just a mad notion of Mark's but soon realised he was deadly serious about completing this challenge.

Now this was no ordinary challenge, there were all the difficulties associated with the length of the swim but there was the added factor that Mark absolutely hated swimming with a passion! So one has to ask why anyone would take on a crazy endurance challenge like this but also in a discipline they hate.

Mark decided to complete this challenge for the IKA because of the inspiration of one man, his uncle and my father Sean McGowan. Sean was born with Spina Bifida. From the



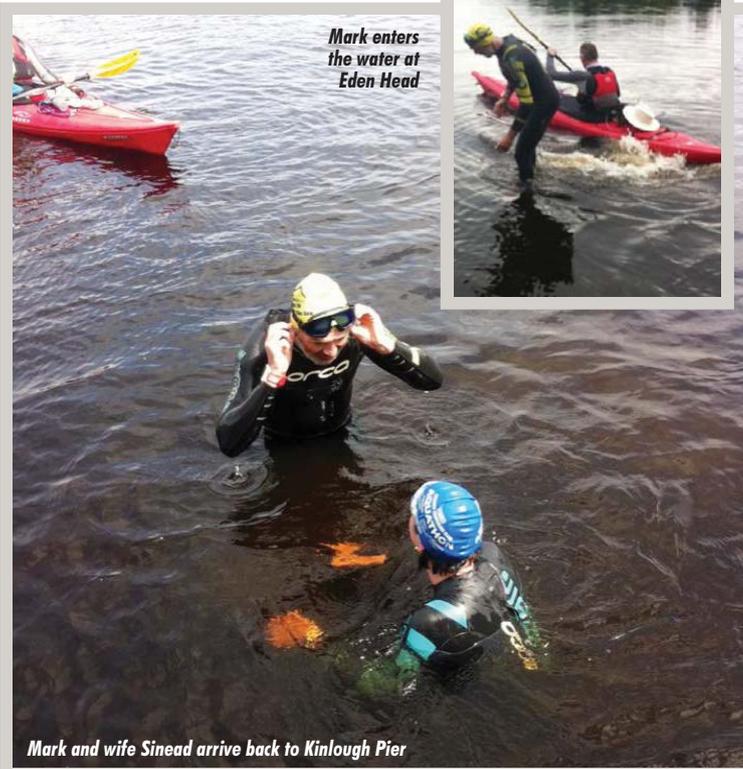
moment he was born he has had to fight. A lot of his life has been spent in and out of hospital. As a direct result of having Spina Bifida Sean had kidney failure in 1989.

Sean needed dialysis 3 times a week for 4 hours each of those days. The side effects were awful. He would be just getting over one bout and it would be time to face it again. Sean had three young girls at the time and no matter how sick he was he gave his all to them. He never complained and worked hard despite all.

Mark has enduring memories of Sean. Stories of being in a bog, cutting turf by hand, and throwing it out onto the bank faster than it could be gathered up. Mark saw him as



Presentation of the cheque for €4,458



Mark enters the water at Eden Head

Mark and wife Sinead arrive back to Kinlough Pier



Mark and his uncle Sean



Sean McGowan as a young lad

super human! How could a man with so much wrong with him be able to work so hard, laugh and be an amazing dad and husband?

He is without question the toughest, hardest working, most inspiring, intelligent man we know. A "never say die" attitude and an amazing sense of humour sum him up, or in his own words... "The impossible I can do, miracles just take a bit longer!" Sean is Mark's hero.

While getting ready to go to dialysis on September 18th, 1991 Sean received the call that changed his life forever. There was a new kidney waiting for him in Beaumont Hospital, Dublin. By the same time the next morning Sean had been

transplanted. Through the utter kindness and selflessness of an amazing person, Sean received the greatest gift of all, the 'gift of life'. This person will forever be Sean's hero.

So as Mark stepped into the cold waters of Lough Melvin on Sunday July 31st, watched and cheered on by his wife Sinead, dad Jim, uncle Sean, aunt Imelda, cousin Yvonne and amazing friends who formed his support crew, we knew this would be a day to remember.

After 30 minutes in the water Mark asked for hot water to be poured down the back of his wetsuit to warm him up. When the shore crew heard this we worried if he had taken on too much. Would the cold beat him?

Throughout the swim Mark had his amazing coach James McIntyre by his side encouraging and driving him on. Support swimmers completed sections of the swim beside him, pushing him and keeping him company. Mark's own determination, training and focus kept him going.

For the last leg of the epic swim Mark's wife Sinead joined him. Side by side they swam into Kinlough Pier and were greeted by rapturous roars of friends and family. Mark embraced and kissed Sinead, history had been made.

Mark McGowan, 1st Master of the Melvin raised €4458 for the

IKA. It was an epic swim and an epic journey. Strength of character, determination, family and friends can push you to achieve things that seem impossible!

To my two heroes, Sean McGowan (dad) and Mark McGowan (cousin), 'thank you' for being the men you are, inspiring those around you every day.

To my mum Imelda and every wife, husband, partner and family member who has stood by their loved one through illness and been their rock, 'thank you'.



Mark McGowan First Master of the Melvin

SAY YES TO LIFE



By MIKE KELLY

You may find it surprising to know that in Ireland, 66% of people have not made a Will. Why you may wonder have so many people avoided this necessary piece of bureaucracy? Certainly if you are young you might think; 'plenty of time to think about it later in life'. Others just forget, but many people may avoid making a Will because it brings them face to face with their own mortality.

To make a Will you have to contemplate death...your death. For many of us, contemplating death is not something we readily engage in. It intrudes into the life of each one of us when we attend the funeral of some friend or loved one.

Each time we come into contact with death we make a choice; to use this moment to reassess our lives, discard that which holds us back or we avoid the issue completely by pushing the fact of death out of consciousness, until of course, it intrudes again when we have to attend another funeral!



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 Mike at Donor House.

ELECTRIC PICNIC



Niamh Nevin



Katie & Ashling Dowling



Emma & Nathan Flanagan



By ANGIE LYONS

What a wonderful wet weekend we had! We were a little shocked to be invited back to Stradbally for EP16 but threw ourselves into the task at hand with only 5 weeks to prepare!

We decided that it would be a good idea to tie-dye some more t-shirts as they'd been such a success last year but with so little time it was always going to be a struggle.

Thankfully, I was blessed with the help of a willing group of volunteers...Mary Knowles, Lydia Lyons and Jane Kennedy...who all rose to the task when the 'sweat shop' opened for business one Saturday in August!



They worked hard, twisting and soaking, while I did the colouring in and before long my kitchen in The Swan was filled with a myriad of rainbow creations and we were on our way. My lovely mammy, Nancy Brophy, was a great help too, washing and ironing all the shirts which was one less thing for us to do.

Set-up day arrived on the Wednesday and we got to work erecting our unit – the work was completed by our CEO Mark Murphy, Dan Shiel, James Reynolds, Lenny Ryan, Rose Shanahan, Daire Shanahan and myself – a great team working hard to lay the floor and get our games ready on time. On Thursday afternoon we arranged to meet again to complete any finishing touches so we'd be ready for the start of the festival the following day. All was going well until the rep from Festival Republic informed us our unit would have to be moved back 6 metres! This meant the floor had to come up and the entire unit had to be moved! We had about 2 hours to do it! There was only myself and Rose, Mark and Lenny on site and we had no choice but to get to work dismantling the tents and moving them back to the desired location and laying the floor once again. Like I've said before – No Picnic! These things are sent to try us but we got on with it and as requested were 'festival ready' by 6pm.

Friday arrived and I was joined on site by John Shiel, Hazel Case, Pauline McDonald and Jane Kennedy along with Lenny Ryan who had volunteered to stay for the weekend. The struggles of the previous day were soon forgotten as the sun shone and the promised hurricane was nowhere to be seen. The atmosphere was certainly electric as the thousands of revellers descended in their droves on

Stradbally.

The t-shirts were once again a great success and well worth the effort it takes to produce them. We spent the day giving out donor cards and found that our adapted version of Operation Transplantation was proving to be a bit of an attraction as we asked people to throw balls at the poor guy's nose! We soon had a queue building up.

It is certainly an eye opener that the younger generations are so open to the idea of organ donation. They approached us for information and weren't shy in telling us "You can have it all" and "Why isn't everyone a donor?" – very positive feedback from a very important demographic.

As Saturday dawned, it brought with it the much promised rain, not a hurricane, more of a monsoon! I met my good friend Mary Knowles, a dialysis patient from Stradbally at the main entrance, as the heavens opened, only to be told we couldn't go in that way and had to walk a couple of miles in the downpour to the next entrance before navigating our way to the stall. We were like a couple of drowned rats by the time we arrived and it's only fair to say our Mary is a real trooper, not only did she complete the arduous journey and work hard all day giving out donor cards, she didn't complain once! All this despite holding down a full-time job and making the 3 times a week journey to Tullamore for dialysis treatment – she certainly inspired me to just get on with it.

We were joined at the stall by Trish Harrington and Niamh McDermott, a couple of teachers who volunteered their services to us on Saturday and Sunday. They worked hard on both days and had previously completed the 'Run for a Life' earlier in the year. Their efforts were very much appreciated as they were very

contd next page





ELECTRIC PICNIC

popular with the young students who knew them so well.

As Sunday arrived, I was once again joined by Pauline McDonald, whose daughter, Fiona, receives home dialysis, and Joanna Brophy. The weather had decided to behave itself and we were able to bring our game outside and once again it proved very popular as the picnickers queued up to have a go at winning their ticket for next year's festival.

We sold most of the t-shirts and knew if we'd had some larger sizes left we could have sold many more. We gave out a couple of thousand donor cards during our time in Stradbally and were only getting into our stride when it was time to close up shop for another year.

Lenny gathered a couple of volunteers to pick the winning tickets for next year's festival and our work was done!

The first winner was Niamh Nevin, Trim, Co Meath. Her ticket was picked by Emma and Nathan Flanagan, Portarlington, Co Laois. The second winner was Frank Cronin, Killarney whose ticket was picked by Katie and Ashling Dowling, Portlaoise.

On behalf of Laois branch, 'thank you' to all our volunteers and the people who visited our stall and supported us in any way. Most importantly, 'thank you' to all those who now proudly carry a donor card – you could be the difference.





Transparency, Governance and Accountability Statement

Dear Fundraisers,

You are the cornerstone of the activities that the IKA provide for the people with failed kidneys, and their carers. The IKA complies with the voluntary governance code and has a strict policy of enactment of the guiding principles for fundraising. No one, employed or volunteer member of the association receives commission or fees for fundraising activities.

The Association is a company limited by guarantee and each of the 25 directors is elected by their local IKA branch. The 25 volunteer directors are either patients or carers for patients and they have at least 8 meeting per year.

Only 27% of the annual funds raised by the IKA come from the HSE or the Department of Social Protection. The association operates to the highest level of standards of transparency and accountability. Our annual audited accounts are always available on our website (link).

There are now over 2000 people on dialysis in Ireland. Double the 2003 figure. Thankfully, we have 2,300 people with a transplanted kidney which represents 53% of the 4,300 people in Ireland being treated for failed kidneys. The vast majority of other countries have more dialysis patients than transplanted patients.

IN 2015 YOUR FUNDRAISING HELPED THE ASSOCIATION TO

PROVIDE 2,500 bed nights for family members and patients at our 13 room Renal Support Centre in Beaumont Hospital.

DISTRIBUTE a quarter of a million organ donor cards throughout the year.

PROMOTE organ donation to the public via 3 awareness campaigns in April, Summer and Autumn.

PROVIDE over 650 hours of free counselling to patients and their families.

PROVIDE financial aid to over 400 people.

PUBLISH six different patient information booklets.

PROVIDE a week's free holiday for 118 patients and their families at our holiday facilities in Waterford and Kerry.

ORGANISE haemodialysis treatment for 213 people travelling abroad for holidays.

PROVIDE sport training days and opportunities for over 50 transplant and dialysis athletes to compete in international transplant sports events.

PRODUCE and post four *SUPPORT* magazines to our 3,300 members.

HOST the annual Service of Remembrance and Thanksgiving for up to 2,500 organ donor families and transplant recipients.

COMMUNICATE with over 20,000 Facebook followers and **MANAGE** the IKA website www.ika.ie.

LOBBY for improvements in services to patients with the HSE, Department of Health, and Department of Social Protection, local authorities, EU Commission and anyone in a position to influence our patients' lives.

Thank you for your support and for your trust. We value each and every donation. If you have any questions please contact me directly or any of our staff in Donor House who will be happy to help you.

Yours sincerely,

Mark Murphy, Chief Executive



"I designed the garden to consist of two kidney shaped beds enclosing a paved seating area, and each plant that I have used has been chosen because, down through the centuries, it has been used medicinally to help the kidneys and urinary tract, or to help the immune system, or to encourage the body to heal itself."
 – Lorely Forrester



Garden of Reflection

I am delighted to finally be able to tell you all that our 'Garden of Reflection' is now complete. The garden was officially opened on Friday September 2nd, in Doorly Park, by RTE correspondent Tommie Gorman.

'Without the organ donor, there is no story, no hope, no transplant. But when there is an organ donor, life springs from death, sorrow turns to hope and a terrible loss becomes a gift.'

UNOS

The location chosen for the garden could not be more tranquil or idyllic. Doorly Park is one of Sligo's most scenic areas. The garden is situated between two trees, a hawthorn and a sycamore and looks directly onto the Garavogue river.

The idea for the garden came from a very well respected Committee member who does not wish to be named! The main purpose of the garden is for families, who have donated loved ones' organs, and also for organ recipients, to go to sit and reflect on both the wonderful 'gift of life' donated, and the wonderful 'gift of life' received.

There was a huge number of people in attendance, and the rain stayed away for 'most' of the opening ceremony.

Aoife Anderson provided the singing on the evening and had everyone stunned into silence with her beautiful voice.

A massive 'thank you' is extended to our

brilliant garden designer, Lorely Forrester, and also to Lucy Brennan (gardener at Sligo CC). Also to Sligo County Council for their support with the garden project.

I also wish to 'thank' the Residents Committee of Doorly Park/Martin Savage Terrace for their help, co-operation and unwavering support from start to finish.

Mullane Plant Hire, Carraroe, Sligo, who were the main contractors for the garden, did a magnificent job and Sligo IKA are very proud of the finished project.

Michael McHugh, Sligo branch Chairman, read a poem on organ donation and transplantation. The meaningful words seemed to strike a chord with many of those in attendance. Many people have since contacted Michael, requesting a copy of the poem.

All those who attended the garden ceremony were invited back to the Clarion hotel for refreshments.

I also want to say a very heartfelt 'thank you' to the following Committee members who volunteered to be part of the team...Michael McHugh, Sean Fowley, Stephen Mullen, Charlene Davey and Ita Leydon.

Our chairman, Michael McHugh, has received numerous phone calls from members of the public complimenting our branch on the garden project. The positive comments and feedback that Michael received has more than compensated for all the stress involved and also the many meetings the Committee had to attend, frequently at very short notice.

Three ladies who were present at the opening, and whom I wish to especially acknowledge, are Angela McKinney, Teresa Davey and Rosaleen O'Grady. These ladies are responsible for the formation of the Sligo IKA branch which was set up on September 3rd, 1980.



Social Media & Communication

What is INSTAGRAM?

Instagram is an online mobile photo/video sharing service that enables its users to take pictures and videos, and share them either publicly or privately on the free app, as well as through a variety of other social networking platforms, such as Facebook or Twitter.

In a world where images are global, easily shared, and easily understood, Instagram is ever increasing in popularity. In 2013 the app had a user base of around 130 million. Now, it is over 400 million!

No longer is this app just for individuals, charities like ourselves have got on board too, connecting followers with our cause and reaching out to new people. Our own account, which we opened in 2015, has at the moment 950 followers and it won't be long before we hit 1000!

We tend to use Instagram at our events as it means those not at the event can easily follow what's going on, and those present can share their own photos with each other. Publicity for the IKA is increasingly becoming more and more present on social media due to our large network of supporters sharing our posts.

A benefit to us, as a charity using Instagram, is it's quick, it's easy, and it's free. We also use video as it can capture stories that photos just can't!

My job is to keep our presence on social media up-to-date and fresh. I try posting regularly enough so that our followers remember why they're following us. However, our posts also need to grab people, so there's always a balance in consistency and quality that we need to find. There's nothing worse than having a poorly-managed, inactive social media account out there for visitors to stumble upon. This is advice I would give any of our branches who have an online Facebook account.

Every time we post an image we try and tell a story. On Instagram (and Twitter to an extent) we are limited to a photo and a caption, so we have to use the caption to expand on our photo, telling the part of the story a visitor would never know from looking at the picture.

Finally our 'call to action'! Just because we are just posting photos doesn't mean we can't ask people to act. Instagram, unfortunately, doesn't allow us to put active links directly in our captions, so our images often include a 'call to action' and we try and drive visitors from Instagram to

our website, by inviting them to learn more about the services we provide, such as: how to get an organ donor card, make a donation, sign-up to volunteer, etc. We also include a direct link in our Instagram bio.



**If you have any enquiries please contact me: JAMES REYNOLDS in Donor House,
via email: james@ika.ie or through our social media pages:
www.facebook.com/irishkidneyassociation
www.instagram.com/irishkidneya
www.twitter.com/irishkidneyas**

THE MEDICAL AND AWARENESS SIDE OF ORGAN DONATION AND TRANSPLANT

By MARK MURPHY



Pisana Ferrari



Rafael Matesanz



Dr. Raymond Vanholder



Sally Johnson

On Tuesday October 18th there was a meeting in the European Parliament in Brussels organised by an Austrian lung transplant patient Pisana Ferrari. She is the CEO of the Pulmonary Hypertension Association Europe.

The gathering of about seventy people, including MEP's, formed as presentations from the EU Commission and Member States were presented.

Rafael Matesanz is the Director of the Spanish National Organ Transplant Society (ONT) and is always a pleasure to listen to. He is the architect of the Spanish system of Organ Procurement. He devised the 'Spanish Model' of organ donation which every country in Europe and beyond, is trying to emulate in their own country. His

talks are always compiled of up-to-date data and his fundamental point in improving organ donor numbers is always about developing and support the activities inside every hospital from the Intensive Care facilities to the A&E's. He is also adamant that changing laws on consent never made any significant impact on organ donor numbers. Constantly training hospital staff is one of ONT's biggest activities.

A number of patient groups also gave presentations and the kidney presentation was given by Dr. Raymond Vanholder, who is the

Chairman of the European Kidney Health Alliance (EKHA).

Dr Vanholder mentioned a recently funded project "EDITH" which will examine the lack of emphasis of kidney transplantation and home therapies in a number of EU member states.

The meeting was well attended and no particular conclusions were made, but the overarching signal was "there is a lot more than can be done to improve organ donation."

The EU does not have a remit to change healthcare systems. It is an economic union only. The Treaties with the 28 members preclude

interference with a member states health service. The EU is only permitted to show how a country could improve its health service, like it does for organ donation. It cannot dictate what each members health service does, other than when organs cross borders.

It was interesting to listen to Sally Johnson, CEO of Organ Donation & Transplantation at NHSBT. She is not yet convinced that the changes to consent in Wales has made any difference. It was a shock to learn that 180,000 people have registered as 'no' to organ donation in the UK registry since it was altered to facilitate the Welsh Assembly Law.

Hopefully this EU event will become an annual occasion surrounding the European Day for Organ Donation and Transplantation.



**Call to Action
to Improve
Organ Donation and
Transplantation
across the EU**
PHAEUROPE.ORG



XXI MÁLAGA • SPAIN
WORLD TRANSPLANT GAMES 2017



21st World Transplant Games

The **21st World Transplant Games** will be held in **Málaga, Spain** from **June 25th to July 2nd**. Registration for the Games is scheduled to open at the beginning of December and all is looking good for an amazing event. The Games website is **www.wtgMalaga2017.com** and there is already a lot of information there about what we can expect.

2017 is the first year that we will see darts at the World Games. Perhaps athletics, swimming or racquet sports are more your thing. With 15 different sports on offer there is truly something for everyone!

Transplant Team Ireland is recruiting and I will be managing all aspects of our involvement in the Games from sorting out the team kit to planning the flights and overseeing registration (which includes accommodation, meals and transport whilst in Málaga).

If you would like to register your interest or simply find out more please fill in the short questionnaire in the link below, drop me an email (**colin@ika.ie**), or give me a call in Donor House (**01-6205306**). Initial interest is strong and it looks like we will have a big team travelling with a mix of first-timers and experienced campaigners.

www.surveymonkey.com/r/TTIWTG2017

Don't forget to check out our team Blog, **www.transplantteamireland.ie** and you will also find us on Facebook. Also, don't forget to watch out for our team training sessions in the **ALSAA Sports Complex** next to **Dublin airport**. *Our next session is on **Sunday December 4th** and it will be a great chance to meet up with others and get motivated to be active and be healthy.*





Miracle Baby of the Year

“The ‘gift of life’ is so special, and it’s fantastic that Cathal is our silver lining out of all of this.”

A FAMILY AFFAIR...
**Teresa Egan (mum),
 Cathal Egan (brother),
 Paul Daly (husband),
 Therese, baby Cathal
 and Sinead Egan (sister).**

Baby Cathal Daly was born on August 12th, 2016, weighing in at a healthy 7lb 6oz to parents Therese and Paul Daly from Athboy, Co. Meath. A perfectly normal occurrence you might think, except Therese had only received a kidney transplant the year before.



**Helen Dunne, Sudocrem,
 Cathal Daly,
 Therese and baby Cathal
 and Brian Ormond**

In March 2015 Therese’s brother Cathal donated a kidney to her. Little did either of them know that 17 months later Therese would give birth to the most beautiful little boy...whom she named after her selfless brother.

Therese had suffered kidney problems for many years and received

her first kidney transplant from a deceased donor on September 4th, 2001.

“Therese was pretty sick before both transplants,” said her sister Sinead. “But one thing I will say about Therese is that she was always really positive in what was an extremely tough time for her. Her husband Paul was amazing too, always by her side.”

When Therese got sick again, all of her five siblings were willing to donate and were tested for suitability. Cathal was a full 6/6 match, which is an exceptionally good match, and the transplant went ahead in Beaumont Hospital.

Both Cathal and Therese recovered really well post op and Cathal even went on to captain the Kildalkey Junior Hurling Championship side only six months after donating his kidney.

“Cathal made a speech when receiving the cup and said it was a personal achievement to go out and win a county final after donating his kidney to his sister Therese. There wasn’t a dry eye in the stands that day!” says Sinead.

When Therese discovered she was pregnant she was understandably nervous, however the doctors reassured her that she would be monitored closely during the nine months. “Thankfully she had a pretty smooth pregnancy and she really looked after her health. Whenever she went to the Rotunda she had to also go to Beaumont to make sure the kidney was functioning well - which it did throughout and afterwards.”

Happily Cathal was born safely and is now thriving. “Cathal is doing great. The amount of happiness he has brought into the world for our whole family is incredible and I know none of this would have been possible if it wasn’t for my brother’s bravery.

Sinead nominated Therese and baby Cathal for this year’s *Sudocrem Miracle Baby Awards*, which they went on to win. She even thought of entering her brother Cathal for the sibling award. However he wanted baby Cathal to win and wanted it to be a day to celebrate him.

“It’s also great to share their story and to raise organ donor awareness. The ‘gift of life’ is so special, and it’s fantastic that Cathal is our silver lining out of all of this.”

Trick or Treat!

I choose TREAT!

Scare the kids but not the kidneys this Halloween with treats and activities for the whole family.

There are many suitable treats to enjoy over the Halloween period. This table relates to common Halloween food and fluid choices. These treats can be enjoyed, in moderation, as part of a healthy balanced eating pattern. Choose with caution depending on your individual dietary needs. Here are a few pointers to help you get into the spirit of trick or treat, pumpkins and apple-bobbing.

**By BRIEGE O'KANE,
SENIOR DIETITIAN RENAL**
Letterkenny University Hospital,
Letterkenny, Co. Donegal.
*On behalf of the Renal Interest Group
of the Irish Nutrition and Dietetics Institute.*

FOODS THAT COULD CAUSE TROUBLE	REASON TO BEWARE	POTENTIAL ALTERNATIVES*
Bananas, rhubarb, star fruit, dried fruits e.g. raisins, sultanas, currants, prunes, dates.	High potassium content.	Apples, pears, plums, peaches, strawberries, grapes, pumpkin.
Cola drinks, red bull, sports drinks e.g. lucozade sport, Gatorade.	High phosphate, salt, sugar and fluid content.	7up, lemonade, ginger ale, fanta, sprite, dilutable drinks (diet, low sugar).
Barn brack, fruit cake, fig rolls, scones, chocolate, nut or seed coated snacks, nuts, peanut butter.	High potassium, sugar and fat content.	Cakes, pastries, buns (without chocolate or nuts), plain crackers and biscuits, pancakes, bagels, kimberly, mikado, ginger nut, custard creams, wafer biscuits.
Liquorice, fruit gums, chocolate, fudge, toffee, cereal bars, salted snacks e.g. crisps, nuts.	High in potassium, phosphate, sugar content.	Boiled hard sweets, barley sugar, mints, jelly beans, jolly ranchers, starbursts, marshmallows, turkish delight, jelly, lollipops, popcorn/pretzels no added salt.
Cider, sherry, wine, beer, stout, liqueurs.	High potassium, sugar, fluid and alcohol content and should be taken in moderation.	Spirits e.g., gin, vodka, brandy.

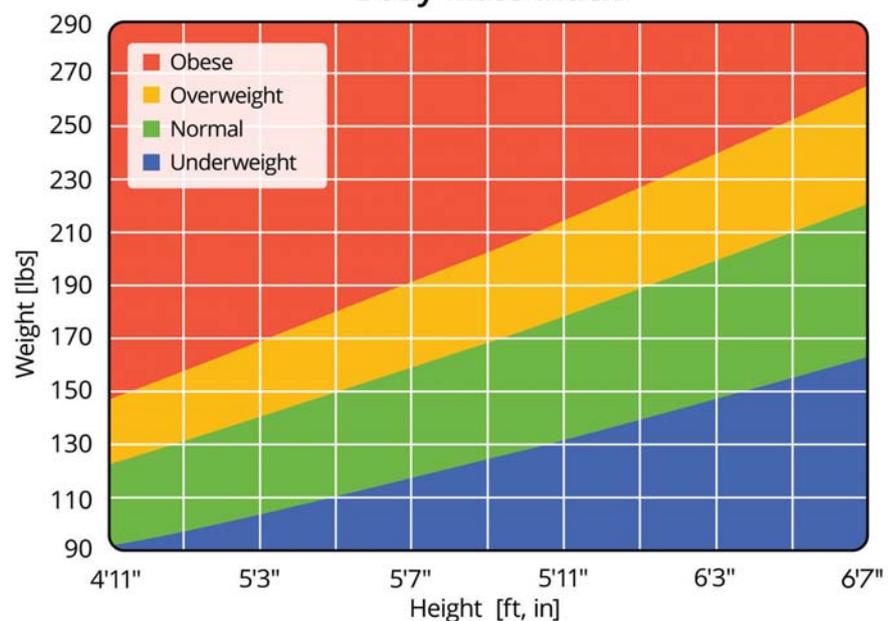
*Discuss this list with your Dietitian. High sugar options may be unsuitable for people with diabetes. Consult with your individualised diet sheet and daily allowances for potassium, phosphate and fluid. Alcohol should be consumed in moderation.

Body Weight – Why Watch It?

It is important to achieve and maintain a healthy body weight (your dietitian or doctor can advise on a healthy weight for you). Healthy eating habits and being physically active will help people to lose weight and reduce health risks that are linked to being overweight. Benefits of being a healthy weight include:

- Improved shortness of breath;
- Relief for back and joint pain;
- Confidence about body shape/image;
- Helping to prevent/control high blood pressure or diabetes;
- If a kidney transplant has been mentioned, a healthy body weight is important for a successful transplant.

Body Mass Index



REMEMBER this is only a guide. Your dietitian/doctor can advise on what YOUR individual weight target should be. We are all very different with different dietary needs.

The renal dietary guidelines vary depending on your kidney function and the type of treatment you are receiving.

If you are trying to lose weight, or if you are trying to maintain an already healthy weight, here are a few tips to help you along the way.

TIPS FOR GETTING STARTED:

- Have regular meals everyday starting with breakfast, avoid missing meals or eating late at night. If you are receiving dialysis try to ensure you still eat regularly on the dialysis days.
- Base your meal on starchy carbohydrate, choosing high fibre varieties e.g. wholemeal or wholegrain (speak to the dietitian if unsure of suitable choices). These will help you feel full-up for longer; e.g. bread, potatoes, rice, pasta, cereals and noodles.
- Eat fruit and vegetables within your dietary allowance – these are a healthy snack.
- Avoid sugary drinks and sugar (added in drinks or on cereal). Use the low calorie varieties e.g. diet, low cal, sugar free. Artificial sweeteners can be used if required.
- Choose low fat products where possible e.g. cheese, yoghurts, low fat spread, low fat milk, salad dressings.
- Fats and oils are very concentrated sources of calories, try not to fry food – grill, boil, or oven bake instead.
- Control your portions/fluid by using a small plate, cup, glass.
- Set a realistic target, average weight loss is ½ - 1kg (1-2lbs) per week – weigh yourself only once each week at the same time, as your weight can fluctuate daily.
- Avoid salt and salty foods to help protect the kidneys.
- Sit down to eat at a table, eat slowly, chew well and enjoy your food. Eating in front of the television is a distraction and will leave you feeling less satisfied.
- It is your daily routine that is important, special occasions can still be enjoyed. There may be times when you eat too much or make the wrong food choices, don't let this stop you achieving your goal.
- Never go shopping on an empty stomach, shop from a list.
- Think long-term, not quick fix. If you are following dietary advice for your kidney health be aware of this when trying to make suitable choices for weight loss or weight maintenance.

**Here's a seasonal recipe that may be to your liking.
Keep the pumpkin shell for decoration!**



Pumpkin, Red Onion and Cheddar Cheese Tortilla with Roast Garlic Aioli

Serves 6

For the Aioli

1 garlic bulb, 40g

1 egg

1 egg yolk

1 level tsp prepared mustard

200mls olive oil

Juice of 1 lemon, to taste

For the Pumpkin Tortilla

300g pumpkin flesh (seeded and cut into dices)

2 red onions, thinly sliced

2 tbsp olive oil

10 eggs

1 handful fresh basil leaves

15g cheddar cheese made with pasteurised milk, diced

Preheat the oven to 180°C/350°F/Gas 4. Cut the end off the garlic bulb. Toss the bulb lightly in a little of the olive oil and place it on a small oven dish in the hot oven for 15-20 minutes, until the garlic bulb is soft and lightly coloured. Squeeze the flesh from the skin and put it in a food processor. Add the eggs and

mustard and blend for 2 minutes. Slowly add the oil until the aioli has the consistency you want. Add lemon juice and taste.

Toss the pumpkin and red onion in half the olive oil in an oven proof dish and roast in the oven for 20-30 minutes, until tender and lightly browned. Meanwhile, in a large bowl, beat the eggs and stir in the cooked pumpkin and onion mixture with the basil and cheddar.

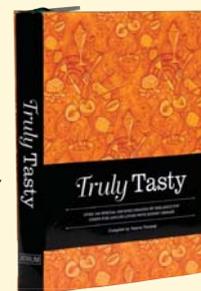
Preheat the grill. Place a large heavy pan over a low heat and brush it with the remaining olive oil. Pour in the egg mixture, patting it down quickly and briefly. Leave to cook for 7 minutes. Check that the base is cooked by lifting the edges with a spatula. Place the pan under a low grill to set the top a little without browning it. Loosen the tortilla with a spatula or slice, and slide it onto a large plate. Place the pan over the plate and flip the plate over quickly to put the tortilla back in the pan top-side down. Tuck in the edges and put the pan back on the low heat for a further 5-7 minutes. Turn off the heat and leave the tortilla for another 5 minutes at least. Slide it onto a clean plate.

To serve, cut the tortilla into wedges and serve each with a dollop of aioli on the plate.

Per portion this dish provides 1½ portions of vegetables and 2 protein exchanges. If you have a daily allowance of dairy products, please note that there is cheese in this recipe, which needs to be taken from the allowance.

Check your daily allowances to see that you have enough remaining for this dish.

This recipe has been reproduced from *Truly Tasty*, with permission from Valerie Twomey, author of *Truly Tasty*.



Happy Halloween!





Valerie Brady

The 31st Service of Remembrance and Thanksgiving was held in its familiar venue, Corpus Christi Church, Homefarm Road, Drumcondra where, once again, we had a fully seated congregation in the Church. We were fortunate with the dry day after a rather miserable start.

The IKA's National Chairman, Officers, Board members and the Liturgy Committee were delighted to welcome donor families and transplant recipients to the Service. Valerie Brady, National Chairman, welcomed all the congregation and introduced the Clergy who would be participating in the Service. As in previous years, the Service was multi-denominational. We were honoured to have the Lord Mayor's representative, Cllr Aine Clancy. Archbishop Diarmuid Martin, Monsignor Martin O'Shea, Archdeacon Gordon Linney, Rev William Black and Rev Alan Boal participated this year.

SERVICE OF REMEMBRANCE & THANKSGIVING



Ray Halligan



Alan Gleeson



Archbishop Diarmuid Martin

In the Opening Procession the 'Cross' was carried to the Altar by Ray Halligan, Board Member representing Waterford and the recipient of a kidney transplant. The 'Candles' were brought to the Altar by Garda Alan Gleeson and Teresa Driscoll. Alan, who recently received a kidney transplant, is a member of Transplant Team Ireland.



Teresa Driscoll



Sean Rowlette



Abbey and Leanne Rowlett

Teresa and her family courageously donated her sister's organ some time ago. The 'Book of the Gospel' was brought to the Altar by Sean Rowlette, from Sligo. Sean was accompanied by his two children, Leanne (11) and Abbey (9). Sean also has two younger children and he donated his beloved wife's organs some years ago.

Reading. Dr Colm Magee, Consultant Nephrologist and Transplant Physician in Beaumont Hospital read the Second Reading. The Procession of gifts commenced with the candles which were brought to the Altar by two donor families, Rose Conway, Cobh and Pamela Hodgkins, Meath. Rose had donated her



Members of the ProNuovo choir

The music at the Service was provided by the ProNuova group, under the Musical Director Dr Sharon Lyons. They were truly magnificent. The warm prolonged round of applause for the group demonstrated the true appreciation of the congregation. People expressed their admiration of the suitability and respectful tone that was conveyed through their wonderful playing and singing of the hymns.

Archbishop Diarmuid Martin recited the Opening Prayer and Professor Jim Egan, Director of Organ Donation and Transplant Ireland (ODTI) read the First



Prof Jim Egan



Dr Colm Magee



Pamela Hodgkins and Rose Conway

beloved daughter's organs some years ago and Pamela is an Intensive Care Nurse, in Drogheda Hospital and she and her family donated her sister's organs. Our 'Forget-Me-Not' flowers were brought to the Altar by Sile Headen. Sile is a Board Director of the Humanist Association of Ireland and Curator of Timahoe Heritage Centre. It was the first year the IKA had an involvement with the Humanist Association.



Sile Headen



Patrick Eustace

The Organ Donor Card was brought to the Altar by Patrick Eustace. Patrick is a kidney transplant recipient.

The Book of Remembrance, which contains the names of organ donors inscribed in the 'Roll of Honour' was carried to the Altar by Tony Ryan. Tony is a kidney transplant recipient and was a familiar face to many of the congregation through his work in the IKA's Renal Support Centre.



Tony Ryan

Harry Ward, Captain of Transplant Team Ireland, and a kidney transplant recipient commenced the 'Service of Light' by lighting his taper from the Paschal Flame.



Harry Ward

SERVICE of REMEMBRANCE and THANKSGIVING



Gift vouchers were brought to the Altar by Luke Concannon, from Dublin and Jack O'Brien. Both Luke and Jack, aged twelve, are kidney transplant recipients.

Representatives, from each family, carried their candles to the tables situated before the Altar and placed the card, with the name of their loved one, in the basket in front of the Altar.



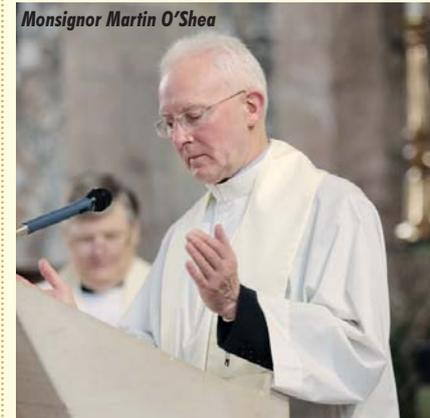
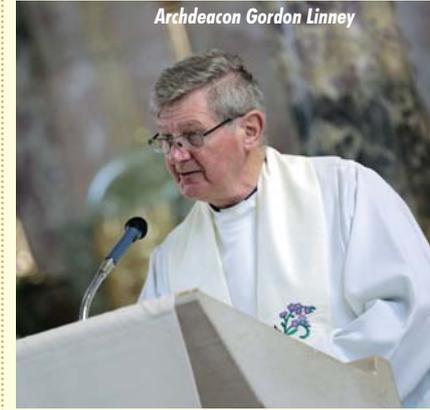
Before the candles were lit Regina Reynolds, Manager and National Organ Procurement Coordinator in the ODTI office, read 'A Candle'. Regina also is well-known to the many donor families who were present in the Church.



The first Reflection was read by Reverend William Black. Reverend Black is the retired Rector of the Parish of Drumcondra, North Strand and St Barnabas.



Susan Cannon, an IKA Board Member representing Limerick and a kidney transplant recipient, read the Second Reflection. Archdeacon Gordon Linney, retired Archdeacon of the Church of Ireland, Dublin and Rector of St Paul's, Glenageary read the third Reflection. Archdeacon Linney, together with Reverend William Black, and Reverend Alan Boal, has loyally participated in our Service for many years.



Monsignor Martin O'Shea, the PP of Corpus Christi, read the Gospel and this was followed by the delivery of a wonderful Homily by Archbishop Diarmuid Martin.



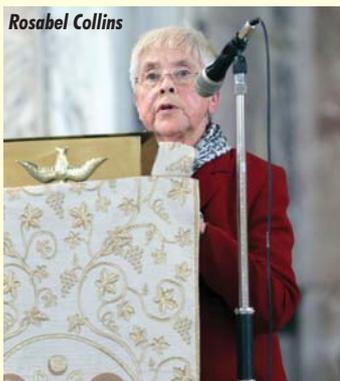
His personal empathy in relating the importance of hope, respect and generosity of donor families present, conveyed the love and appreciation felt by all transplant recipients. 'Our Father and Prayer of Peace' was also read by Archbishop Diarmuid Martin.



The first two Prayers of Thanksgiving were read by Bob Murphy, a recipient of three kidney transplants and Jerome Burke, a recipient of a kidney and pancreas transplant. Jerome is the Chairman of the IKA's Offaly branch and also represents his county on the IKA Board.



Our third Prayer was read by Rosabel Collins, Dublin. Rosabel is a kidney transplant of nineteen years and thankfully continues to enjoy good health.



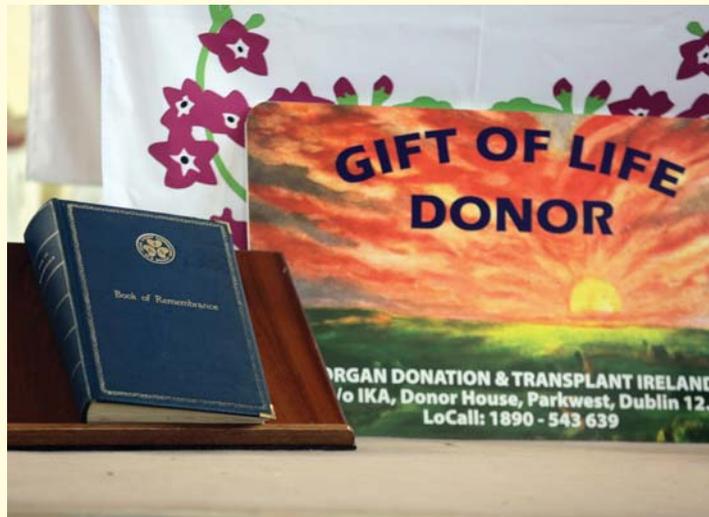
The fourth Prayer of Thanksgiving was read by Vera Frisby. Vera also would be well-known to many as she, together with her family, have looked after the IKA's Holiday Centre in Tramore since its inception. Vera is a kidney transplant recipient and is a former Honorary National IKA Chairman and a retired Board Member.



The final Reflection was read by Dilly Little. Dilly also was familiar to many kidney transplant patients as she is a Consultant Transplant Surgeon and Urologist, based in Beaumont Hospital.

The Closing Prayer was read by our loyal friend, Reverend Alan Boal. Rev Boal is the Minister of the Abbey Presbyterian Church in Parnell Square, Dublin.

The presence of the 'Book



of Remembrance' together with transplant recipients, donor relatives and friends, all under the one roof, touched the whole congregation. Many donor families viewed the entry of their loved one in the 'Roll of Honour' after the conclusion of the Service.

The IKA was delighted to have so many members of the Organ Donation and Transplant Ireland Co-ordinators present at the Service. Each Co-ordinator provided vital and necessary encouragement, support and comfort to the donor families after the Service.

The magnificent floral displays were assembled, once again, by Audrey Snow and her mother and the IKA would like to acknowledge and thank her for the personal interest she takes in our Service.

Maurice, the Sacristan, was as helpful as always and no request was too much trouble.

The Altar was beautifully dressed by Ellen Flanagan, IKA Kerry Board Member who, each year, takes great care in the presentation of the Altar's appearance.

The local car park facility, adjacent to the Church and kindly offered by Ms Clare Galvin, Principal of the School, was invaluable and facilitated parking of many cars, despite an extension to the school currently under construction.

Once again a wonderfully tasty and substantial meal, soup, sandwiches etc was provided by Joe from Swan Catering.

Finally, the Association wishes to thank Valerie Brady, Ellen Flanagan, Joan Gavan, Patricia May, Peggy Eustace and Lorraine Costello for their continued commitment and dedication in producing a sensitive and considerate Service.

LORRAINE COSTELLO



Colm Mackenzie, Liam Buttle, Monica Finn, Caitriona Charles

SERVICE of REMEMBRANCE and THANKSGIVING







We hope you, your family and friends enjoyed a wonderful Summer? Here in the branch we were very busy throughout those months, with more events for the Autumn and Winter already in the planning.

DR. SINEAD KINSELLA

On July 15th we learned of the sad passing of Dr. Sinead Kinsella. Sinead, as some of you will know, had been working in the Renal Department of CUH for several years, long enough for most of us to have been in her care at one time or another. She was a wonderful doctor and at her funeral we learned of her great contribution to renal medicine. She was very involved in the research of renal failure and students of medicine will be reading papers written by Sinead for years to come. It is unknown what she could have achieved in the future years of research had she not been so cruelly taken from us at such a young age.

Her funeral was a beautiful occasion and her family were delighted to see so many of her patients and colleagues attend to pay their respects and join with them in mourning their huge loss.

A Mass in remembrance of Sinead, organised by her colleagues was held in the Chapel in CUH on Friday September 30th. It was very much a celebration of Sinead's life.

Suaimhneas síoraí. Ní bheidh a leithéid arís ann.

SCOIL EOIN, INNISHANNON

The children of Scoil Eoin, who just received their First Holy Communion presented a cheque to our Treasurer Margo McCarthy. The children had decided that they would donate some of their Communion money to the Cork Branch IKA.

We would like to thank the children and their teacher Miss Irene O'Mahony for thinking of the Association.

CORK

By HELEN O'SULLIVAN



ANNUAL BARBEQUE

Our now annual Summer barbeque was held in the Elm Tree in Glounthaune. This was an ideal venue as it provided both outdoor and indoor facilities for the event. As you know it is very hard to organise a barbeque in Ireland because of the weather.

We began the evening outside but as the chefs were about to start serving the food a light mist came down. This however was not enough to dampen the spirit of the guests on the night.

As the evening progressed we moved indoors where we were treated to music and great craic by 'Mo O'Connor' from the Natural Gas Band. Mo provided great musical entertainment including a rendition of his famous song 'The Langer' which had everyone singing along.

GOLF CLASSIC

On July 1st we held our first Annual Golf Classic in Mitchelstown Golf Club. We would like to thank the club for their assistance and a special 'thank you' goes to Jennifer Hurley, both for organising the food and for providing so many teams to compete in the event. Teams travelled from all parts of the country, some coming



Tadhg Egan

from as far away as Claremorris, north County Dublin and from the far coast of West Cork.

The winners were a local team but our runners-up were led by Tadhg Egan, husband of Mary Egan, one of our loyal members. Well done Tadhg and company.

Cork is the largest county in Ireland and we think that this Golf Classic potentially could be the biggest one held in the county each year. We have organised next year's event for May 26th in Mitchelstown. This date was chosen so as not to clash with the World Transplant Games, as many of our members have a desire to be in Malaga for the 2017 Games. So, if you are interested in playing or sponsoring a team in the Classic, please make contact with the branch and we will give you the details.



2nd place



Winners of the Golf Classic



Youngest team



Cork footballers



Limerick team



Clondalkin team



Aoibheann Daly, Hugh Nolan, Eoghan Daly



President of Mitchelstown Golf Club welcomes Cork IKA Chairperson, Noreen O'Halloran



Team from Doneraile



Presentation to third place winners



Helen O Sullivan presents Siobhan Daly the prize for the Longest Drive

We thank all who competed and contributed to such a great day. We know it highlighted organ donor awareness as the participants commented on this. Over €10,000 was raised on the day and we had some very generous sponsors. All of these sponsors have received a written 'thank you' note.



CORK CONTD.



ENGLISH CHANNEL SWIM

On July 18th after a couple of days waiting patiently for the correct tide, and after many months of training and fundraising, the Myrtle Turtles finally got their toes wet in their attempt to swim the English Channel in aid of the IKA.

Eilish Leader, one of the swimmers whose father had received a kidney from her aunt, was completing one of the legs in the swim. The swimmers successfully reached French soil at about 15.30 in the afternoon and on behalf of the branch we would like to congratulate Eilish and her fellow swimmers on their achievement.

A presentation from the swimmers was made to the Officers.



Myrtle Turtle team selfie following their arrival in France



Eoghan McDermot helps us promote organ donor awareness



Bressie also helps us to promote organ donor awareness

INDEPENDENCE MUSIC FESTIVAL

On the August Bank Holiday weekend we were invited to The Independence Music Festival in Mitchelstown. Members of the branch manned a tent in the main arena and spent three days promoting organ donor awareness. What amazed all of us were the number of young people attending the festival who were already in possession of an organ donor card or who had downloaded it onto their smart phones. They had the



Our wonderful volunteers!



Providing information to the public

'conversation' with friends and family as to what their wishes were in regard to organ donation.

We were delighted to be joined in the tent, to promote awareness, by singer Bressie and 2FM presenter Eoghan McDermot.



Presentation to Helen O'Sullivan, Cork IKA, of a cheque for €7,486, from Eilish Leader and her family

DIALYSIS WARD

A new supply of blood pressure monitors was given to the renal team for patients' use at home. This is just one of the initiatives set up by our Officers in helping the wards supply patients with some much-needed equipment.

New earphones are to be supplied to the patients on dialysis in Ward 2C. This is to aid patients to listen to the TV and radio without disturbing others who may wish to have some peace and quiet while on dialysis.

MUSGRAVE CYCLE CLUB

Musgrave Cycle Club in Cork held its very first cycle rally on September 18th. The Cork branch was its first chosen charity. There were two route options for the cyclists, a 50k or a more strenuous 100k.

The branch organised organ donor awareness information for the day and were on hand at the start of each cycle to give encouraging words to the participants.

ORGAN DONOR AWARENESS WEEK 2017

Organ Donor Awareness Week will take place, next year, from Saturday April 1st to Saturday April 8th. If you feel you can help in any way to promote organ donor awareness please make contact with a Branch Officer, as soon as possible, to allow us to organise permits for you if you cannot organise them yourself.

This is the most important week we have in the year for promoting organ donor awareness and we need your help.

We are seeking volunteers in every town and village in the county. If you can organise a stand at your local



Getting instructions before the start of the cycle



The 100k group get going

shopping centre or your local supermarket please make sure to contact them to seek their permission well in advance.

DATES FOR YOUR DIARY

Our Annual Mass of Remembrance & Thanksgiving will be held in the Chapel in CUH on Sunday **November 13th** at 3pm

Our Branch meetings are held on the first Tuesday of the month (February-June and September-November) in Rochestown Park Hotel. We would love to see more members attending our meetings and getting involved in the Branch. These meetings have proved to be a great form of support to those suffering from kidney disease.



Renal nurse Eileen Phelan leads the way

 **Keep in touch with us on FACEBOOK and TWITTER for any changes and updates.** 



ORGAN DONATION & TRANSPLANT IRELAND
c/o IKA, Donor House, Parkwest, Dublin D12 P5V6.
LoCall: 1890 - 543 639

**For Donor Cards
Freetext**

DONOR to 50050

WEXFORD

By MARIA DONLON

CLONARD MASS

Our local Mass of Remembrance and Thanksgiving was held in July. Thanks to all who attended on the night.

FUNDRAISERS

Charlie Murphy celebrated his 80th birthday recently and in lieu of presents €1,620 was donated to the IKA. Many thanks Charlie and to all who donated.

Kathleen Tomkins organised a Set Dance in The Hydro in September

and raised €3,300 for the branch. Many thanks Kathleen.

The O'Byrne family, Bunclody, held a Car Rally recently and raised €4,650, half of which went to the IKA, the remainder to Crumlin Hospital. Many thanks to everyone who got involved.

Nicola Grey's Night Run raised €504. Many thanks to all involved.

The Service of Remembrance and Thanksgiving was held recently in Dublin. A good crowd travelled to the Service from Wexford.

Donor families and organ recipients attended. The group dropped off for breakfast on the way and had a very nice day.



Hart Male Voice Choir

OFFALY

AROUND THE BRANCHES

By KEVIN GALVIN



Emma Kerwin, Kay Dunne, Jerome Burke and Zoe McGettigan

Hello to all from the Offaly branch. We hope you had a good Summer? The branch members have been very busy during the Summer months with Awareness and Fundraising events.

CHOIR CONCERT

On June 19th we had our concert with the Hart Male Voice Choir from Hampshire, England, supported by the Letterkenny Ladies Senior Accordion Band. It took place in the Tullamore Court Hotel. The event was very successful and an enjoyable evening was had by all.

Guest appearance on the night were the 'Roses' from Offaly and Donegal, Emma Kerwin and Zoe McGettigan.

PEDAL THE PEAKS

On August 5th and 6th the Tullamore Cycling and Touring Club (TCTC) held a cyclathon in the Bridge Centre, Tullamore in advance of the annual 'Pedal the Peaks Pat Colgan Memorial Race', with all proceeds going to the Offaly branch.

The day of the race started well with the sun shining and the refreshment crew were in full force in Kinnitty from early morning. The race went off without a hitch with more people taking part than the previous year.

A new edition to the event this year was 'Jim's 50km Challenge' with Midlands 103 radio presenter Jim Smith.

There was also the 125km, 95km, 85km and the 12km family cycle.

The day finished back in Tullamore where the TCTC put on a barbeque for all.

A special word of thanks to Jacinta Condron and her committee for all the hard work that was involved in making this a very successful event.



OFFALY BRANCH – PEDAL THE PEAKS





NATIONAL PLOUGHING

We just got a chance to catch our breath when it was time to head to Screggan, Tullamore for the National Ploughing Championship 2016. We had a very successful three days at the ploughing where we had visitors from all corners of the country.

It was a great opportunity to highlight organ donor awareness and the importance of carrying an organ donor card.

Special thanks to Jerome Burke, Chairman, Offaly IKA branch, Kay Dunne, Mary Young, Caroline Byrne, Dermot Glynn and all branch members who helped over the three days. A special word of thanks to Angela Kerwin, Laois branch and Eddie and Andrew Flood, Westmeath branch for their help and support during the event.

GET WELL WISHES

Get well wishes are extended to branch members Noreen Gleeson, Bridget Flaherty and Liam Swayne who are unwell at this time. Our thoughts and prayers are with you and your families.

TRANSPLANT NEWS

Congratulations to Carol Stanley, Shinrone and Fintan Clooney, Birr who received kidney transplants. Fintan received his 'gift of life' from his brother Joe.

THANKS/MEETINGS

The branch sincerely thank all its members, sponsors and helpers for their generosity of time and help. Without you it would be very difficult to continue our work.

Our monthly meetings are held on the third Thursday of every month in the Tullamore Court Hotel. New

OFFALY BRANCH – PLOUGHING CHAMPIONSHIPS



members are always welcome. Refreshments served.

UPCOMING EVENTS

December 11th – Annual Mass of Remembrance and Thanksgiving and Christmas Dinner.



Hi all...I hope everyone had an enjoyable Summer.

On July 23rd we had an annual fundraising trip to Westport. This year the challenge involved cycling from Westport to Achill along Mayo's Great Western Greenway. The Greenway follows the old railway line and is 42km from start to finish.

Over sixty branch members and supporters took part. We were very lucky with the weather this year and I think everyone enjoyed the fabulous scenery on offer.

The day was a great success and we managed to raise nearly €9,000. 'Thank you' to everyone who attended or supported the event.

Medtronic Athlone invited the branch to attend a non-profit Open Day on September 9th. This gave us the opportunity to meet the company employees and raise awareness about organ donation and the support that the IKA provide.



WESTMEATH

By CATHY SMYTH



At the Medtronic Open Day





WATERFORD

By **PATSY MEADE**

Our Churchgate collections in Tramore, Fenor and County Waterford were very successful again this year. Many thanks to all who helped over the different weekends – your time and effort are greatly appreciated.

We received €1,300 from the Committee of the Waterford Country Fair held at Curraghmore House and Gardens. We would like to thank all involved in raising this sum of money for our branch.

We also received the sum of €3,000, proceeds from the Newtown Field & Vintage Family Fun Day held on July 24th. The presentation of the cheque was made at Lenihan's Pub, Newtown, Kilmacthomas on Saturday September 17th.

Many thanks to the Committee members and everyone involved in raising this magnificent amount.

Our Annual 10K Walk was held on August 28th, from Portlaw to Carrick-on-Suir. This event was another great success. 'Thank you' to all our walkers, runners, everyone who gave sponsorship and all our helpers on the day. Many thanks also to Wall's Pub where refreshments were served following the walk. We do not have a final total to-date.

Thank you to all our helpers and all who supported our Bag Pack at Tesco Supermarket and Dunnes Store recently.

We would like to extend our deepest sympathy to the families of the late Michael Walsh, Roy Bradshaw, Gerry Hanrahan, Martin Grant and Elizabeth Sullivan (mother of Eddie Sullivan) who died recently.

May they Rest in Peace.

Waterford members at the Country Fair at Curraghmore House and Gardens



NEWTOWN FIELD AND VINTAGE DAY FUNDRAISER



Una Mason with her nephew and godson Mick Hassett



Nicky Butler, Mary Bagge, Siobhan Hassett.



Michael Fitzpatrick, Cameron Morrissey, Joe Morrissey, P.J. Kirwan



Isabel Sofo

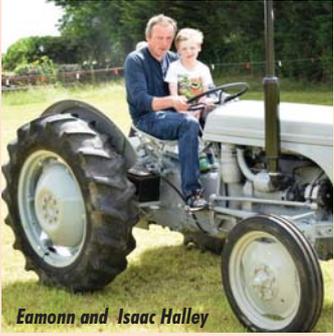


Fintan Lambe rides his old grey Ferguson



Stephen Wielean, Anne Power, Kevin Power

NEWTOWN FIELD AND VINTAGE DAY FUNDRAISER



Eamonn and Isaac Halley



Eileen Long, Portlaoigh with her grandchildren Calum, Zane, Caoimhe, Emile



Aiden Hogan, Tom Whittle, Declan Butler



Laura Jane Walsh, Gillian Walsh, Conor O'Dwyer, Cathal Walsh, Neasa & Meave O'Dwyer ready for the dog show.



Paddy Walsh, Mothel displaying his novel buggy



Ted Connolly, with his 1979 Triumph Spitfire



Liam Brasil with his grandchildren Kacey and Alexia Brasil



Michael Whelan, Darren Foley, Dermot Hill and David Walsh filling the tractor cab with balloons for the 'Guess How Many Balloons' competition



Ellie May Connors, Zara O'Donnell.



Benjamin Keating tries his skills at archery



The Grace family Cara, Breda, John, Sean



Emer Harney, Ellen, Ciara, Sinead, Hassett, Maeve Harney



Terence Power, Bim Connors



Lucy Allen, Noel Kearney,



Ray Halligan, Mary Halligan, Moira Cashin



Three kidney recipients looking well...Paddy Long, Moira Cashin, Eddie O'Sullivan



Cllr. Seanie Power, Nicola and Nicky Guirey



Emily Comerford, Tom Grace



Patsy Meade, Cllr Seanie Power



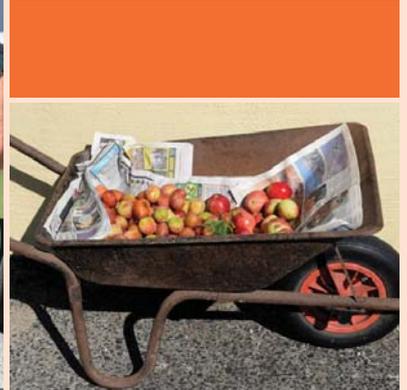
Michael Healy, Maura Reidy



James Geraghty, Abigaile Walsh, Shauna Doherty, Lally Roche



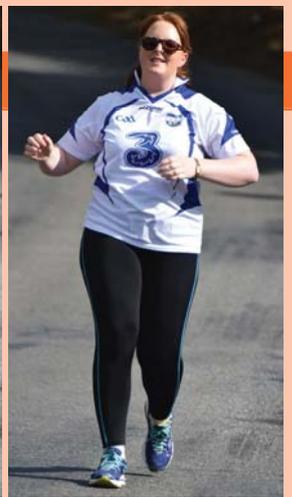
Angela Skehan, Joan Whelan, Mary Kelly, Mary Fitzpatrick, Margaret Curry, Eileen Long, Theresa Duggan



A very kind lady, Bernadette Phelan, leaves a wheel barrow of fresh apples and plums on the roadside every year for the walkers.



Denise Murphy, Mary Morgan, Michael Lonergan, Michelle Power, Johnny Brannigan, Samonn Falconer





As the evenings begin to draw in activities in the Kerry branch are beginning to slow down after a hectic Summer. The Ring of Kerry Cycle consumed us for months but all the hard work paid off when we were recently presented with a cheque for €127,912 at a Gala Dinner...and the money is still coming in!

A huge 'thank you' to all the cyclists, fundraisers and of course our huge team of volunteers.

The MCHale family in Causeway held a dance in August for the IKA and we are very grateful to everyone who supported this event.

Next up was the famous 'Puck Fair Festival' in the middle of August. We took part in the parade with our Organ Donor Awareness float. It was very well received by the thousands of people who lined the streets.

Killarney Valley Classic & Vintage Club nominated us as one of the charities for their South Kerry Ploughing Championships. Each charity had to come up with an idea to raise money at the Show so we decided to hold a draw for a vintage car. Big congratulations to Julie

The Ring of Kerry Committee presented Theresa Looney with the cheque for an outstanding amount of €127,912, part-proceeds of their massive fundraising efforts



KERRY

By **TERESA LOONEY**



The Committee of the South Kerry Ploughing Championships



James Reynolds and Theresa Looney

O'Connor from Ardfert, Co Kerry who was the winner of the first prize, a vintage car. Second prize winner of a

helicopter ride over the Lakes of Killarney was Jerry O'Brien, Killorglin, third prize of a weekend break in Killarney went to Michael O'Cheichim, Co Kildare and the fourth prize winner, of a large hamper, was Marion Simpson, Blackrock, Co. Dublin. Congratulations to all.

We are indebted to everyone around the branches who supported this initiative. It was a resounding



The fabulous vintage car won by Julie O'Connor



success and raised over €25,000.

Well done and a big 'thank you' to everyone that bought and sold tickets.

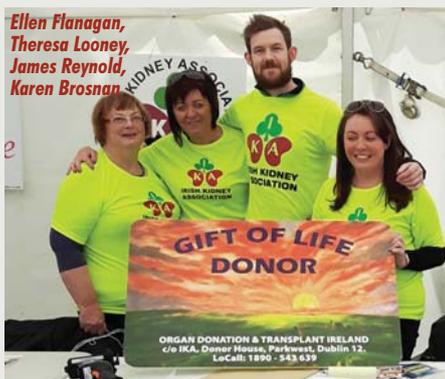
On August 30th we lost a great friend, member and patient. The late Jimmy Dowd lost his battle, but fought it bravely to the very end.

Jimmy was a very active member and he and his wife Laura were extremely involved with the Ring of Kerry Cycle. We offer our condolences to Laura, daughter Olivia, sons Ciaran, Aodan and Luke, his mother Madge and sisters Catherine and Susan.

Jimmy has joined the kidney family in Heaven and I'm sure he and Tom Fleming are having a fine debate about matters down here.



Colin White



Ellen Flanagan,
Theresa Looney,
James Reynold,
Karen Brosnan

KILKENNY

By MARIA DONLON



Organisers Aimee Murphy, Liam Dowling and Seamus Murphy, presenting a cheque to John Lacey, IKA Kilkenny Treasurer, Denis Savage and Mary B Lacey.

The recent Open Day held in Mount Loftus, Goresbridge, Co Kilkenny was a great success. The sun shone, the crowds came and a great day was had by all.

A wonderful sum of €3025 was collected by the organisers and donated to the Irish Kidney Association. There are several local people who have benefited from kidney transplants and also being treated with dialysis. The IKA is a great support to all these people and this donation is a great help in our work.

We would like to thank the Byrne family of Mount Loftus House for their generosity in allowing funds raised on the day to go to the Association.



Hugh Byrne, Kilkenny, ran a cake sale in New Ross, on behalf of the IKA, on September 3rd and also raised €1350.



ORGAN DONOR AWARENESS WEEK 1st-8th APRIL 2017



IKA/WEST CLARE WALK

The IKA West Clare Walk took place on Sunday May 1st. The walk this year commenced in the Square in Kilrush, and proceeded out the Moneypoint Road and returned by Cappagh via the coastal route to Kilrush. The proceeds amounted to a grand total of €11,079, which is on par with previous years. Having regard to the change of route, the very unseasonal weather prevailing and the clash with some major sporting events on the day it was, nevertheless, a very successful walk.

Our special appreciation is extended to the organising Committee, under the Chairmanship of Vincent O'Halloran, and comprising of Peggy Eustace, Carmel McCormack, Geraldine and Joe Grace and Michael Mescall. A big 'thank you' to each and every individual who took part in the walk and those who sponsored them.

This participation by both walkers and sponsors, allied to the Committee's work has contributed significantly to the great success the walk has become over the years.



Margaret Shortt and Paddy Crowe, staff of Cois na hAbhna, Ennis, venue for the Clare branch IKA meetings, with Val Eustace and Joe Grace

CLARE

By MICHAEL MESCALL



Clare branch officers Gerry Moran, Treasurer; Peggy Eustace, Chairperson and Michael Mescall, following the branch AGM

CONGRATULATIONS

Congratulations to Marie O'Connor on winning 3 gold and 2 silver medals at the European Transplant and Dialysis Sports Championships in Vantaa, Finland, in mid-July. Marie was a member of a 28 strong Transplant Team Ireland which won a grand total of 69 medals, finishing 5th in the medal table.

Marie won gold in the women's stroke play golf and the petanque (a sport similar to bowls which originated in France) singles and doubles events. In the doubles event she was partnered with her teammate Bridie Nicholson from Sligo. This was her sixth time representing Transplant Team Ireland at either World or European Transplant Games. Marie who hails from Moymore, North

Lahinch, Clare received her first transplant in 1996 and her second kidney transplant two years later. We wish her continuing good health and further success at future games.



Patrick Eustace, Áine Doherty

Congratulations to Patrick Eustace, Ennis and Áine Doherty, Letterkenny, Donegal on their wedding on July 8th in the sunny climes of Croatia. They married in St Ignatius Church in Dubrovnik and were joined by many family and friends on their special day.

Patrick received a kidney transplant, when he was 12, after being born with kidney dysplasia and having spent a period of time on dialysis. Two family members, who have also received kidney transplants, were also among the wedding party.

Right:
Ann O'Halloran, Geraldine
Grace and Nancy Riordan



Below:
Paisy Riordan, Michael
Mescall, Vincent O'Halloran



Walk Committee, a member of the branch since its inception and has served in various positions on the Executive of the Clare branch including County delegate member. The branch wishes baby Ciara Eileen a long, happy and successful life.

During the wedding ceremony Patrick lit a candle to remember his donor and his donor's family and his wedding speech honoured those that have given the 'gift of life' through organ donation and those that are awaiting a transplant.

The Clare branch wish the happy couple every success for the future.

Congratulations also to Vinny and Amanda O'Halloran on the birth of their baby girl Ciara Eileen. Vinny is a very active member of the branch and contributes enormously in the fundraising activities. We also congratulate the proud grandparents Vincent and Anne O'Halloran. Vincent is Chairman of the IKA/West Clare

CHRISTMAS SOCIAL

The Christmas Social will take place at the Old Ground Hotel, Ennis on December 4th and we look forward to seeing all members and their families. For more details on the this upcoming event or tickets please contact our Chairperson Peggy Eustace on 087-392148.

CHURCHGATE COLLECTIONS

The Summer months have been a busy period for Churchgate collections in the branch. We would like to take this opportunity to thank all our volunteers who give so generously of their time in making these collections possible throughout the year. Contributions are on par with previous years and in this regard the general public are to be complimented for their great help.

VASCULAR ACCESS INFORMATION DAY

A Vascular Access Information Day took place in University Hospital Limerick on September 28th. It took the form of three sessions dealing with clinical issues in vascular access, followed by modelling of blood flow and concluded with an international perspective.

A panel of national and international speakers were present at what proved to be a worthwhile and insightful Information Day.

Thanks to Dr Michael Walsh, Senior Lecturer in Biomedical Engineering, University of Limerick and Professor Austin Stack, Consultant Nephrologist



and Director of Health Research Institute at the University of Limerick, for putting the event together.

Chairperson Peggy Eustace and Secretary Michael Mescall attended the event.

BEREAVEMENTS

We extend our deepest sympathies to the families of the late John Kelly, Clonina Cree, Kilrush and Marie O'Brien, Turnpike Road Ennis.

May they rest in peace.

SERVICE OF REMEMBRANCE AND THANKSGIVING

The national Service of Remembrance and Thanksgiving took place in Corpus Christi Church, Dromcondra on October 1st. Patrick Eustace participated in the Service and our Chairperson Peggy Eustace was a member of the Liturgical Committee.



Joe Grace and Maureen Organ



Gerry Moran and Carmel McCormack



LIMERICK

By MADELEINE DONAGHY

On Sunday August 7th the branch held the annual barbeque and fundraiser. The Locke Bar, on Georges Quay, a long-time supporter of the branch hosted the get-together. The Locke's riverside location is the perfect choice for a seasonal get-together.

The early morning dawned bright and sunny and very promising but unfortunately by the time burgers, sausages and many goodies were due to hit the barbie it had changed to a steady downpour. This was absolutely no problem to the very efficient staff at The Locke as a room indoors had been set, inside 'just in case!'.

Members and their families and friends enjoyed the delicious barbecue with all the traditional tasty food and drinks on offer, plus a lively traditional music session which took place in the bar.

A great evening was had by everyone who supported the event. A raffle took place and many organ donor cards were distributed. The branch is always striving to raise awareness and much needed funds, both locally and nationally, with the Association relying on the public for up to 74% of its funding.

If you are a renal patient and you or any member of your family and friends would be interested in knowing more please email: ikalimerick@gmail.com or check out our Facebook page for more information.

The University of Limerick hosted an Information Day on Vascular Access, with a focus on new scientific developments, along with a discussion on current clinical practices on Wednesday September 29th at the University.

Approximately 90 people attended and the Symposium heard from experts on the disciplines of vascular surgery, radiology, nephrology, and biomedical engineering.



Anthony Quinn, Susan Canon



Lilian Burke, Cormac Forde



Mary Downes (right) with friends



Derek Donaghy



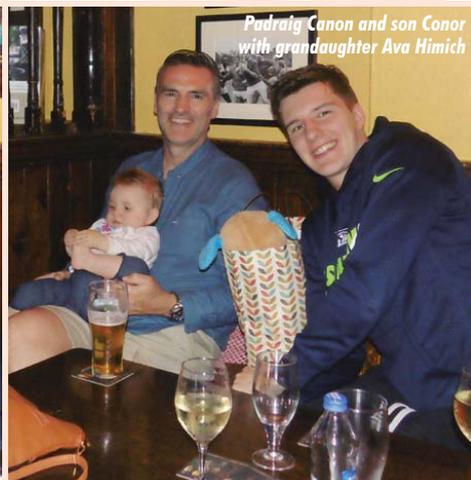
Jeff & Mary Kathryn Cussen



Miriam Howard, Maura O'Flaherty



Natalie Dillon, Asia Jackowsky



Pdraig Canon and son Conor with granddaughter Ava Himich

LAOIS

By **ANGIE LYONS**

SUMMER DRAW

We've had a very busy summer in Laois and it's been great to have so much input from some of our newer members. We kicked off with a summer draw and with a group effort managed to raise €3000.

The winners were... 1st prize - Derek McGuinn, 2nd: John Coss and 3rd: Michelle O'Rourke. Congratulations to the winners and special thanks to everyone who bought tickets and made it such a success.

CHAIRMAN

We elected our new chairman, Dan Shiel, in August and he was welcomed with a baptism of fire, being thrown straight into Electric Picnic and then helped with the organisation of our third Ball.

Dan received his 'gift of life' earlier this year after spending a couple of years on dialysis and will no doubt be a great asset to our branch.

CONGRATULATIONS

Congratulations also to Derek and Lisa Dooley who were married recently. Both Derek and Lisa are long-standing members of Laois branch and we wish them a long and happy life together.

LAOIS BALL

Our third ball took place on October 8th and was once again a great night. Photographs and more about the Ball will be included in the next issue of *SUPPORT*.

CHRISTMAS SOCIAL

We are hoping to have a Christmas get-together on November 27th at the Manor, Abbeyleix. Members and their partners are invited to join us for a social evening with finger food provided.

There will be a small charge for any other family members or friends who would like to attend. To give an idea of numbers, we ask all members to contact Angie on 087-7633438 asap, to confirm if they intend to attend. More details to follow.



Geraldine McNamara,
Leah Byrne

Sandra Dillon, our Chairperson, is busy organising the table quiz again this year. It will take place on Thursday November 3rd at 8pm in Bobby Byrnes, O'Connell



Mike & Geraldine Hackett

Avenue, Limerick. We wish Sandra a speedy recovery after her recent surgeries and look forward to seeing her at the quiz.

The Christmas lunch will be held on Sunday December 11th at 12.30pm, with renal patients free, and all others €25. The venue is the South Court Hotel in Raheen, Limerick. We are looking forward to seeing all our friends for this annual get-together.



Natalie Dillon,
Shane Carthy



Rowena Quinn
helps with the draw



Lisa and Derek with their children Cora and Fiachra

GALWAY



Eoin Madden received a cheque for €2,100, part-proceeds from monies raised from two recent charity events, *The Ultimate Girls Night Out* and the *Ballinamore Bridge Charity Motor Bike Run*, organised by the Hughes Bar Charity Committee.



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

CONDOLENCES

Our branch wish to extend our sincere condolences to our vice Chairperson, Marie Fowley, on the passing of her mother Patricia Norris. May she rest in peace.

SLIGO HAULAGE & DISTRIBUTION

Stephen Mullen (Committee member) is the owner of this very successful award-winning haulage company. His trucks are a familiar sight up and down the country, and more so than ever now, since Stephen came up with the brilliant idea of advertising the Gift of Life donor card on the back of not just one, but six of his trailers. The IKA donor card, logo and Forget-Me-Not flower blend in perfectly with the bright yellow trailers. Sligo Haulage are literally driving the message around the country for the need for more organ donation. Well done Stephen!

EVENTS AND DONATIONS

The Annual Mattie Carden 5k/10k walk/run event took place in Enniscrone in March. The Carden family do trojan work in organising this hugely successful event in memory of their father, Mattie. A massive total of €8,828.84 was raised from the event. Once again the Ocean Sands hotel, Enniscrone, were the main sponsors. 'Thank you' to Mark Devaney (proprietor) for his support. Congratulations to all the participants, the numerous sponsors and to anyone who helped out in any way.

Our 5th Annual Benefit night was held in the Blue Lagoon Bar on Saturday June 11th. A great night was enjoyed by all, and a total of €1,070 was raised. Once again we had far too many spot prizes and 'thank you' to



(Members of Sligo IKA): L-R Stephen Mullen, Eileen Nolan, Michael McHugh, Mary Davey, Charlene Davey and Ger Jenkins

the businesses who donated, to those who brought prizes on the night and to everyone who supported the fundraiser.

The 9th Neal Egan Memorial classic car show was held in the Knocknarea Arena which is situated in the grounds of Sligo IT. The show took place on Sunday, July 31st. Justin Baker, who underwent a kidney transplant in April of this year, presented a cheque for €1000, (part proceeds of the money raised at the show). Justin is a former

member of 'The Neal Egan Memorial car club'.

Stephen Mullen, Sligo IKA Committee member and one of the sponsors of the show, also donated a cheque for €1,000 as did Mattie Coleman (Coleman Electronics, Ballina) who also presented a cheque for €1000 to our branch Chairman, Michael McHugh.

This funding went towards 'Our Garden of Reflection' project.



Members of the Carden family present Michael McHugh, Chairman, IKA Sligo branch with the massive cheque for €8,828.84, proceeds from the Mattie Carden 5k/10k walk/run

SLIGO BRANCH ANNUAL BENEFIT NIGHT IN THE BLUE LAGOON



SLIGO CONTD.



At the 'Gift of Life' cycle...Michael McHugh, Joe Brolly and Darren Cawley.

GIFT OF LIFE CYCLE

This cycle took place on Sunday, August 14th. The event was organised by Mattie Coleman. The purpose of this event is to highlight and raise awareness of the need for more organ donation. No money is raised at the event, but the participants are asked to take a 'Gift of Life' donor card.

GARDEN OF REFLECTION

Firstly I want to say a very huge 'thank you' to the following Committee members who volunteered to be part of the Garden team...Michael McHugh, Sean Fowley, Stephen Mullen, Charlene Davey and Ita Leydon.



€1000 cheque presentation presented by Justin Baker to Michael McHugh and Sligo IKA members

Justin Baker (kidney recipient) with his family



I am delighted to finally be able to tell you that our Garden is now complete. The official opening was performed by Tommie Gorman (RTE News correspondent) which took place on Friday, September 2nd.

There was a huge number of people in attendance and the rain stayed away for 'most' of the opening ceremony.

MOCK WEDDING

The venue for the event was The Southern Hotel. The fundraiser was organised by our longest serving Committee member Eileen Nolan. Eileen has been a member of Sligo IKA for the past 26 years. A huge amount of work was involved in the organisation so, on behalf of the rest of our our Committee members, I thank Eileen for all the time, hard work and commitment she put into it.

There was a huge array of spot prizes and we thank all those who donated them.

GEEVAGH ANNUAL CHARITY CYCLE

The Geevagh Annual Charity Cycle (70km and 30km) took place on Saturday October 10th and raised

€1,600 for the IKA.

'Thank you' to all those who took part and in particular to Ann O'Rourke and the Committee for choosing the IKA as the nominated charity for 2016.

CHRISTMAS DINNER

Our Christmas dinner will take place in The Sligo Park Hotel on Sunday December 4th at 4.30pm.



Geevagh Annual Charity Cycle



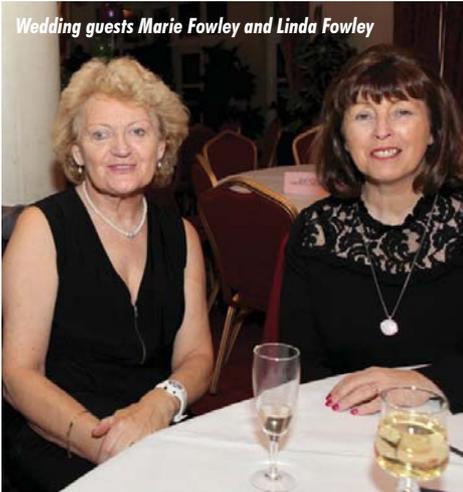
SLIGO BRANCH MOCK WEDDING



Scruffy Duffy (wedding officiator and DJ) with bride Agatha White and bridegroom Sean Foley



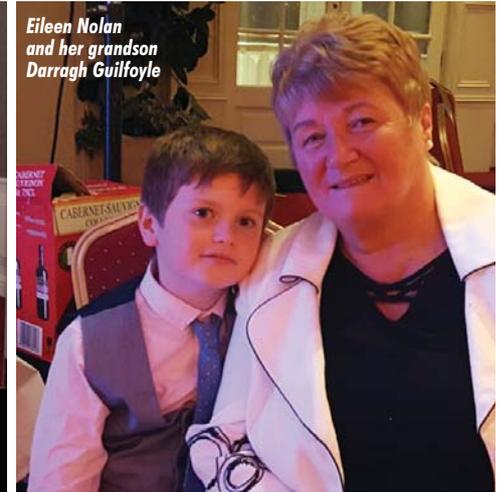
Bridesmaids and the bride



Wedding guests Marie Fowley and Linda Fowley



Bridegroom arrives with his groomsmen...Stephen Mullen, Paoric Fowley and Vinnie Fowley



Eileen Nolan and her grandson Darragh Guilfoyle



Wedding dilemma!!!



Lorraine Nolan, Michael McHugh, Eileen Nolan, Sinead Nolan



Scruffy Duffy with Mrs Funnel



Bride Agatha White arrives



Wedding guests... Imelda Duncan, John Sweeney, Paul Tiernan



Hello everyone from sunny Donegal... hope you are all enjoying the beautiful long-awaited Autumn weather?

Firstly, on a personal note I would like to say 'thank you' to all those who sympathised, sent cards and called to us on the recent death of Georges dad – it was most appreciated.

Money raised from Churchgate collections and Organ Donor Awareness Week has nearly all been collected. However, if anybody has outstanding lodgements to make could you please contact a member of the Committee.

Our branch is going strong and we thank all our volunteers for their help with these fundraisers. However, as always, we are desperate for more volunteers, so if you can help in any way do please keep us in mind.

Thank you to Kilderry Vintage Club, Muff, Co Donegal who held a tractor run for the branch. It was a great success.

Thank you to John McCauley and the Committee for their hard work with this run and the super barbeque afterwards. The amount raised was



Siobhán Bates with Tesco Manager Martin

DONEGAL

By **SIOBHÁN BATES**

€492. These events where vehicles are involved require a lot of hard work – so well done everyone.

A great day was had when our local Letterkenny Institute of Technology (LYIT) held their annual charity cycle to Killybegs and back. We were so delighted to be this year's beneficiary, as there are so many worthy charities. We attended on the day to organise the catering and feed the tired and very hungry participants, who took part in such a long cycle. Well done to Caroline Sweeney, Nuala Carr and Sheila King for the help. The super amount of €3,088 was raised.

A big 'thank you' to our Ulster Bank branch staff, along with Linda O'Donnell and friend Caroline Sweeney, for a fabulous coffee morning and cake sale. The amount raised was €502. Well done to all.

In July, the first American football game took place in Coláiste Ailligh school grounds in Letterkenny. The participating teams were the Donegal/Derry Vipers and the Galway Warriors. The game was held to support organ donation and the players posed for pictures, with the donor card, hoping to spread the word of the 'gift of life'. Thank you to both teams and their supporters.

A big shout out to our local Tesco in Letterkenny who nominated us as one of their 3 Token Blue Chip charities, for 8 weeks, to help raise awareness of organ donation. Information leaflets and donor cards were available and for every blue chip a customer put into the



Patsy Hamilton, dialysis patient, enjoying the coffee morning at Ulster Bank

Donegal branch, IKA slot, 1 cent was given. We, along with other charities, were presented with a cheque for €340, at a coffee morning.

Thanks to Natasha Gallagher-Curran, Jenny and the new store manager Martin, and of course, the lovely staff at Tesco. Get your nominations into your local Tesco - it is a great way to raise awareness.

Thank you to the family of the late Norah Gallagher Acres, Burtonport, who donated €500, in lieu of flowers, to our branch. Norah was a long-time member and a great friend of the branch, not to mention a great fundraiser. Norah was Dungloe's and the surrounding areas' 'boss' when it came to Organ Donor Awareness Week and Churchgate collections. Nora you are very sadly missed. May your gentle soul rest in peace.



We organised and held our Summer outing for our members, patients, carers and volunteers in August. We visited Lissadell House, Sligo, and also had a two-hour shopping spree. Then we had the most beautiful dinner at the Glass House Hotel. The food and the attention we received at both venues was first class.

Our bus driver from Marley's was as always very patient. A fantastic day was had and the weather was great. 'Thank you' to all who came along.

Thank you to Paddy and Rosaleen Harte, The Diamond, Raphoe for their ongoing contributions to the branch. It is very much appreciated.

Our branch meetings continue. Invites to the meetings can be sent to those who request branch mail. If anyone would like to amend their mailing requests please contact our



John Canly and Committee members of the Kilderry Vintage Club present Siobhán and George Bates with the cheque

DONEGAL BRANCH – ANNUAL SUMMER DAY OUT



DONEGAL CONTD.



Secretary Sharon Gallagher.

Best wishes to everyone in the dialysis units and hospital, to their overworked staff and to anyone who has recently received a transplant.

Condolences to our renal families and friends who have recently lost loved ones. May they rest in peace.

Slàn go fóil...



DUBLIN SOUTH

By JAMES REYNOLDS



Find us on:
facebook®

DUBLIN SOUTH IKA BRANCH

Hello and welcome from the Dublin South Branch. We have a busy few months ahead with a number of events and promotions. Thank you to all of our members for their continued support.



family and friends along too. REMEMBER, dialysis patient branch members go for FREE!

TALLAGHT FESTIVAL

All that's positive and unique about living in Tallaght was showcased on Saturday September 11th when community-led celebration *Tallafest 2016* took centre stage. The branch was delighted to get the opportunity to have a pop-up stall, promoting organ donation to the many thousands who were in attendance. We hope to be back next year.

LAUGHTER LOUNGE

We had great fun at our Comedy night in the Laughter Lounge but sadly did not manage to sell all our tickets. 'Thank you' to everyone who came. We look forward to our next visit!

RACE NIGHT

Our annual Race Night took place on Friday October 21st, in Morton's Pub, Firhouse, Tallaght. After the races there was karaoke and a great night was had by all.

CHRISTMAS PARTY

Our branch Christmas party will be held on November 25th in the Plaza Hotel, Tallaght. Tickets are now available, only €25 each. Mark the date in your diary. Don't forget, all are welcome on the night so bring your

CHILDREN'S CHRISTMAS PARTY

The Children's Christmas Party, for children aged 11 and younger, will take place on Sunday December 10th, 3pm-5pm in Cheeverstown House, Templeogue.

A small contribution of €3 per child, to cover some of the costs involved with organising this event, is requested. We hope that you will still support us in making this a memorable party for the children.

NEXT MEETING

The Dublin South branch meetings are always held on the second Thursday of each month in Cheeverstown House, Templeogue, Dublin 6W. Join us for a chat and a cuppa at our next meeting on November 10th.

For any questions or queries about the Dublin South branch please call James 085-213 8309.

Check out our Facebook page – Dublin South IKA branch for regular updates!

MAYO By LISA MELLON

The Mayo Branch held their annual Service of Remembrance in September, in the beautiful location of the Fr Peyton Centre, Attymass. This annual event gave Mayo branch members a chance to remember and pray for our loved ones who have passed away, and to acknowledge all of the patients currently undergoing dialysis treatment.

Thanks to the Mayo branch Secretary, Maureen Bourke, for organising this lovely event.

TIPPERARY

By ORLA HOGAN-RYAN



1st PRIZE WINNERS... Thomas Slattery, David Reddan, Robert Ward and Colwyn Martin (missing from photo), with James Dodd, IKA (left) and Hugh Maher, President Nenagh GC (right).

Tipperary had many Churchgate collections around the county and our volunteers were very busy helping out with these collections. We would like to thank them for all their help throughout the year.

The Tipperary Ladies Golf Club held a fundraising day in August in Nenagh Golf Club. There was a great turn out of golfers and sponsors and we thank them all.

An Information Day was held in Cork recently and the Tipperary branch members who attended were well impressed.

Also University Hospital Limerick had a vascular access day and we were invited to attend.



James Dodd, Nora Hogan, Michael Fitzsmons (receiving the proceeds from the Golf Scramble) from Hugh Maher, President Nenagh GC

Deirdre and Ned Crowe went to Lisbon with the group of people on dialysis. They had a great trip.

Some of our members attended the Ring of Kerry Cycle fundraiser for the IKA and we thank these cyclist, for taking part.



Nancy O'Sullivan scored a hole-in-one at the 6th hole, receiving her prize from James Dodd and Hugh Maher



Michael Manning also scored a hole-in-one, at the 15th hole, receiving his prize from Hugh Maher



Prizewinners at the IKA Golf Scramble with IKA Committee members and Hugh Maher, President Nenagh Golf Club



CAVAN/MONAGHAN

By **RICHARD CONLON**

The Cavan/Monaghan branch extend congratulations to Karl Cronin and Clodagh McHugh who got married on August 27th in Tullow, Co. Carlow. Karl is a kidney transplant recipient and the branch Treasurer. We wish them many years of health and happiness together.

We once again took a stand at the Taste of Monaghan Festival, which was held from October 7th-9th, in Monaghan Town. We would like to thank Coole Swan Irish Cream Liqueur of Navan, Co. Meath who gave us a lovely presentation set. This was used as the prize for our raffle.

The weekend was a great success and we had a huge number of visitors to our stand making enquiries about our organisation and taking donor cards.

We must also thank Riona and Jenny the organisers of the Festival for their kind help and also to all our members who assisted on the stand over the weekend. We look forward to the 2017 Festival and hope to improve on our presence and presentation for future events.

Finally, we offer condolences to Sr. Marie Sheridan, Cavan Dialysis Unit, and her family on the tragic death of her daughter Amy, R.I.P.



Clodagh McHugh and Karl Cronin



Pictured are Emer McLysaght and Francis Quinn whose wedding took place on Saturday September 24th in Blackrock, Co. Dublin, followed by a reception in St. Helen's Hotel, Stillorgan.

Francis had been on dialysis for the past 7 years and was doing home haemodialysis. However, on September 10th he got 'the call' from Beaumont. His transplant was completed by Mr Gordon Smyth on September 11th. After twelve days in hospital he was released, just 2 days before the wedding was due to take place!

"This was the best wedding gift that we could have ever received," says Emer. She would like to say a very special 'thank you' to the donor and their family. Their selfless 'gift of life' has totally transformed our lives.

Instead of wedding favours Emer and Francis have made a donation to the IKA.

The couple have deferred their honeymoon until next year. We wish them every happiness for the future.



Teresa Thornton (right) presents Brenda Maxwell with the winning raffle prize



Martin and Teresa Thornton

DUBLIN NORTH

By PATRICIA MACKENZIE



Fr. Noel Conlon, Paul Conlon and Mark Conlon presenting Patricia Mackenzie with a cheque for €6,500, proceeds from a sponsored walk in Iniskeen in June. Paul donated a kidney to his son Mark in June.

Autumnal greetings to you all from Dublin North branch. We hope you are keeping well and enjoyed the Summer break? Our branch is back now having had our first meeting since the break.

SYMPATHY

It is with great sadness that we announce the death of our member Eugene Grennan, Swords, Maureen Walsh, mother of Seamus Walsh, former Chairman of the Dublin North branch and Michael Reddy, a regular attendee at meetings, who also supplied books to stock our Renal Support Centre Library.

Our deepest sympathy goes to all the bereaved.

GOOD NEWS

Congratulations to our member Peter Moore who received a transplant

on August 15th. We are delighted that Peter is so well and our good wishes go to Deirdre, Peter and all the family.

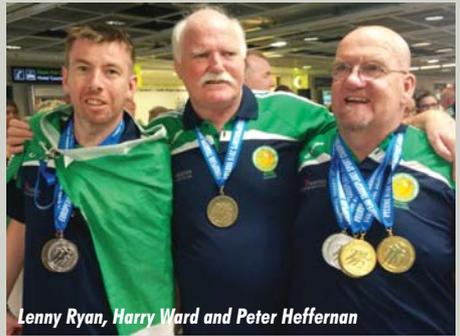
SPORTING SUCCESS

Once again our sports men and women have done us proud. This time they were in Finland where they were accompanied by a hard working support team. They won 21 gold, 19 silver and 29 bronze medals.

Congratulations to all on this great achievement.

STOCKTAKERS

Our galant band of stocktakers turned up once again on September 22nd to count every item in store, to avoid over ordering or wastage of resources. Our thanks once again to Francis Browne, Jim Byrne, Deirdre and Peter Moore and Fiona Lavin assisted by



Lenny Ryan, Harry Ward and Peter Heffernan



Patricia and Colin Mackenzie. With that help, a week of counting is completed in a couple of hours. Many thanks to all involved.

SERVICE OF REMEMBRANCE

The Service this year was once again held in Corpus Christi Church, Dublin, on Saturday October 1st. There was a big attendance from all areas of the country.

The importance of this Service cannot be over estimated as donor families attend and may view the name and details of their loved ones organ donation in the Books of Remembrance.

A deeply moving occasion for donor families and the grateful recipients of the 'Gift of Life'.

DUBLIN NORTH MEETINGS

Please note that our next meetings will be in the Renal Support Centre, Beaumont on Monday 21st November, at 7.30 pm. The Renal Centre is located at the top of the driveway to Beaumont Hospital. Take the first left after the roundabout.

Looking forward to seeing you.





IKA DIRECTORY



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

Tel: 01-6205306 | Lo-Call: 1890-543639 | Email: info@ika.ie | www.ika.ie

Renal Support Centre, Beaumont Hospital, D09 Y5R3

Tel: 01-8373952 | Email: renalcentre@ika.ie

LOCAL BRANCH SECRETARIES

CARLOW

Susan Tobin,
6 Woodgrove Ave,
Rathvily,
Co. Carlow

Phone:
087-6635910

DUBLIN EAST + WICKLOW

Bernie Dwyer,
40 Granville Road,
Cabinteely,
Co. Dublin

Phone:
086-1673467

KILDARE

Philip Meagher,
Thomastown,
Enfield,
Co. Meath

Phone:
083-4877091

LONGFORD

Elaine Heslin,
Augharickard,
Shroid, Longford,
Co. Longford.

Phone:
087-9444515

SLIGO

Geraldine Jenkins,
96 Doorly Park,
Sligo,
Co. Sligo.

Phone:
086-0873552

CAVAN/MONAGHAN

Richard Conlon,
Drumnaveil North,
Station Road,
Cootehill, Co. Cavan

Phone:
087-6478851

DUBLIN NORTH

Patricia Mackenzie,
49 Martello Court,
Portmarnock,
Co. Dublin.

Phone:
087-9576808

KILKENNY

Seamus Carrigan,
Burnchurch Viper,
Kells,
Co. Kilkenny.

Phone:
085-7683179

LOUTH/MEATH

Mary Traynor,
9 Blackhill Crescent,
Donnacarne,
Co. Meath

Phone:
089-4348086

TIPPERARY

Orla Hogan-Ryan,
17 Hawthorns,
Nenagh,
Co. Tipperary.

Phone:
087-2806068

CLARE

Michael Mescall,
Lissenair,
Kilmihil,
Co. Clare.

Phone:
087-2933963

DUBLIN SOUTH

Peter Pardoe,
57 Monastery Dr,
Clondalkin,
Dublin 22.

Phone:
087-2424350

LAOIS

Angela Lyons,
Cloverfield,
The Swan,
Co. Laois.

Phone:
087-7633438

MAYO

Maureen Bourke,
St. Anthony's,
Carrowcushlaun,
Ballina, Co. Mayo.

Phone:
087-6604133

WATERFORD

Patricia Meade,
1 Brook Road,
Knockboy,
Waterford City.

Phone:
087-9647231

CORK

Helen O'Sullivan,
25 Aldworth Heights,
St. Joseph's Road,
Mallow, Co. Cork.

Phone:
086-2755754

GALWAY

Eoin Madden,
Carnakelly North,
Athenry
Co. Galway.

Phone:
086-6794008

LEITRIM

Cathriona Charles,
Gortfadda,
Mohill,
Co. Leitrim.

Phone:
087-9768637

OFFALY

Maureen Allen,
St. Mary's Road,
Edenderry,
Co. Offaly.

Phone:
086-1982024

WESTMEATH

Cathy Smyth,
31 Churchhills Road,
Coosan, Athlone,
Co. Westmeath.

Phone:
086-8049487

DONEGAL

Sharon Gallagher,
Pillar Park,
Buncrana,
Co. Donegal.

Phone:
086-3459112

KERRY

Theresa Looney,
Inch, Kilcummin,
Killarney,
Co. Kerry.

Phone:
087-2059205

LIMERICK

Mary Downes,
6 The Gardens,
New Rd., Pennywell
Co. Limerick

Phone:
087-9612-133

ROSCOMMON

Maura Quigley,
Creevy,
Roscommon,
Co. Roscommon.

Phone:
086-8969670

WEXFORD

Dora Kent,
Newtown, Ramsgrange,
New Ross,
Co. Wexford.

Phone:
086-3745788

10 Christmas Cards

AND ENVELOPES

ASSORTED
DESIGNS

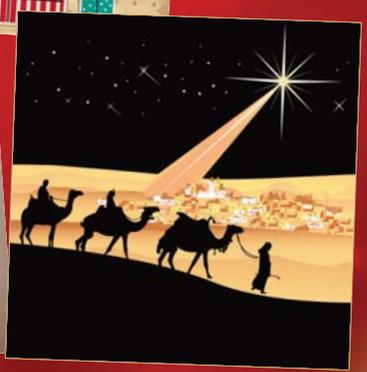
Made in Ireland



€5.00
PER 10

+Post & Packaging

See IKA website
or phone 01-6205306
for details



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

CHARITY REGISTRATION NUMBER 20011260