Since the last SUPPORT magazine there has been a public Consultation Process conducted by the Department of Health on the Proposed Human Tissue Act. This is the third Consultation Process on the subject and Minister Harris was quick off the mark to establish the current process. To our great disappointment the process evolved as a ‘survey’ only and had very limited questions. We sent a Submission, which I enclose in its entirety in this edition of SUPPORT.

Many of you do not understand the IKA’s position on the subject and I recognise that it is not a simple topic to explain. However, may I recommend you read the Submission. I am more than willing to respond to any critical observations or, indeed, answer any concerned reader’s questions.

Too many people view ‘presumed consent’ as a vote for increased organ donation and are not prepared to investigate the subject. As I have said consistently, many times, “If we thought that moving to a ‘presumed consent/soft-opt out’ system would improve organ donation rates by one, we would favour the change.

As I have now included our Submission I have held back the supplement on our team’s success at the World Transplant Games in Malaga, during the Summer. However, I promise to include it in the Winter edition.

I would like to welcome the Association’s new Chairman, John Whelan, from Bray, Co. Wicklow, who took up office following the Association’s AGM in July. John, a kidney transplant recipient, is profiled inside this SUPPORT.

I had the pleasure of attending an Information Evening, hosted by B. Braun in Wexford, on the progress of the new, long-awaited haemodialysis unit for Wexford. It seems like 10 years since it was first proposed.
Early in the New Year the facility will be open for treatments. If the artist's impression translates, as proposed, it will be a state-of-the-art facility and I anticipate congratulations all round. The packed meeting room enjoyed light refreshments following very informative and comprehensive presentations.

The annual Service of Remembrance and Thanksgiving took place again in Dublin's biggest Church 'Corpus Christi' on Saturday 4th October. The Church was full to capacity and many thanks and well done to all concerned in this, the most important event in the IKA's calendar. A full report is also included inside this SUPPORT.

I want to thank Renal Nurse Deirdre Crowe and her husband Ned, known by many for his participation at various transplant games, for hosting the IKA's second haemodialysis holiday adventure week in Mallorca, Spain, early in October. By all accounts all eighteen holidaymakers had a wonderful week and we look forward to a report in the next SUPPORT.

Thanks also to Diaverum Dialysis for their co-operation in simultaneously dialysing the nine Irish holiday dialysis patients.

It was a culture shock but very much a pleasure to participate in the IKA's stand at the National Ploughing Championships in Tullamore in September. Lucky for me I was not present on the wet Wednesday, instead that pleasure went to John and Una Whelan.

While there we conducted a survey of the public, results included inside, and met many patients, nurses, doctors and organ donors. We foresee this awareness project becoming an annual part of the IKA's calendar.

May I draw your attention to our Christmas cards, which are already in high demand and I extend thanks to so many of you for generously giving your time to support the work of the Association.

MARK MURPHY

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PART-TIME BOOKKEEPER

Head Office in Park West is seeking expressions of interest by individuals in employment as a Bookkeeper based at Donor House for a 12 month period.

Please send your C.V. with your relevant experience to the Chief Executive, at Donor House.
Billion Steps Challenge, make your steps count.
Help us reach 1 billion steps.

Join the worldwide transplant community in this global challenge to walk a Billion Steps! Whether you are a transplant recipient, living donor, transplant health professional, family member or supporter; we all know the importance of regular exercise.

Our Billion Step Challenge is designed to bring the worldwide transplant community together in unison to do something for themselves – to improve their health and fitness and making healthy living their new ‘normal’.

We want to show the world that those living with a transplant are serious about their health and the precious gift they have been given. What better way than to walk a collective billion steps!

Together we can walk a billion steps. Together we can be Fit for Life!

The Challenge:
• A 90-day challenge
• Start date: 18 September 2017
• Ends: 17 December 2017
• Open to everyone in our transplant community
• Partnering with Stridekick

How?
• Sign up via the dedicated website: www.stridekick.com/wtgf
• Download the Stridekick app onto your smartphone

• Create or join a team (min 3 / max 10 people per team)
• Sync your existing fitness device or upload your steps manually
• Follow your progress, watch the teams competing, be part of the fun

For more information contact: COLIN at 01-6205306 or email: colin@ika.ie
The Irish Kidney Association (IKA) is delighted to announce the appointment of John Whelan, SC, as its new National Honorary Chairman. The outgoing Chairman, Valerie Brady completed her two-year term of office and has been elected as National Honorary Secretary, a role previously held by John.

John, who underwent a kidney transplant in 2008, has been a member of the IKA since 2006 when he and his wife Una joined their local Dublin East + Wicklow branch following his diagnosis of end-stage renal failure and his commencement in 2006 of dialysis treatment. They became actively involved in the local branch, and John was elected branch Chairman in 2010, having been elected to the National Board in the previous year, after undergoing his deceased donor kidney transplant.

He is a barrister and Senior Counsel by profession, and although now retired, still engages in the occasional practice of law. Over the past few years he served as legal adviser to the Board of Self Help Africa and assisted in its merger process with Gorta.

In welcoming his appointment as Chairman of the Association, he said, “I am gratified and humbled to have been elected to lead the IKA over the next two years. I believe the Association has a vital role to play, in conjunction with the medical profession, in promoting the overall welfare of those suffering from renal failure.

My focus will be primarily the well-being of the patient, and my aim will be to help the Association to grow and to progress its essential work in the care and support of renal patients.

In taking up my new post, I would like to especially acknowledge and thank the outgoing chairperson, Valerie Brady, for her work and dedication over the past two years.”

John asserted, “The whole question of consent to organ donation has been a live issue over the past number of years and there have been varying viewpoints on how to promote and advance the level of donation. I believe that the key to progress in this regard is not through legislation but through developing the infrastructure and the training and placing of more organ donor coordinators in hospital intensive care units. Such programmes have been shown to significantly grow the rate of organ donation in other countries.

A significant step in that direction has been the development of the HSE’s Organ Donation and Transplant Ireland (ODTI) under the expert guidance of Professor Jim Egan, a move which is greatly welcomed. I welcome the public consultation process in relation to legislation around consent for organ donation as announced by Minister for Health Simon Harris recently.”

John, a native of Wexford, grew up in Blackrock, Co. Dublin and has been residing in Bray, Co Wicklow with his wife Una for 39 years.
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 2016.

Ireland is now one of the few European countries that don’t have Specialist Nurses for Organ Donation (SNOD) working inside our intensive care facilities. Despite the huge efforts of the staff in our new procurement service, Ireland is slipping down the rankings across Europe. However, we are in 10th place when you study the deceased organ donors per deaths rather than per million of population (PMP).

Ireland has the youngest population in Europe and subsequently we have a much lower death rate than others. This fact shows up the bias in the use of PMP as the comparative figure in ranking each country. However, PMP is the recognised way we compare ourselves with others.

The top-10 countries for deceased organ donors are the same as last year, maybe swopping place by one or two positions.

The UK, in recent years, has consistently out-performed Ireland’s PMP deceased organ donor rates by its extensive use of donors by cardiac death (DCD’s). In 2016 they had 603 DCD donors versus just 3 in Ireland.

I highlight this elsewhere in our submission to the Department of Health.

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The European data on... Organ Donation & Transplantation

By Mark Murphy

Ireland's PMP deceased organ donor rates by its extensive use of donors by cardiac death (DCD's). In 2016 they had 603 DCD donors versus just 3 in Ireland.

I highlight this elsewhere in our submission to the Department of Health.
LIVING AND DECEASED DONOR KIDNEY TRANSPLANTS

Despite our high living kidney transplant ranking, when they are combined with the deceased transplant data we are only in 19th place, up two in the year.

The UK is in 14th place. As far as I’m concerned this is proof of the success of their Task Force Strategy of 2008. (See the Submission to the Public Consultation Process elsewhere in the magazine).

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 2016  
PER MILLION OF POPULATION

Ireland is in 15th place for the second year running. Croatia and Portugal have double our PMP rate and, like ourselves, they do not consider using living kidney donors but 17 of the 31 countries now do so.

EUROPEAN HEART TRANSPLANTATION 2016  
PER MILLION OF POPULATION

Ireland consistently is around 20th place. and are 21st this time as a result of 15 transplants. Slovenia, always first, with just over 2 million people, had 31 heart transplants. Norway's numbers collapsed in 2016. Nearly always in the top-6 they are now in 17th place.

EUROPEAN LUNG TRANSPLANTATION 2016  
PER MILLION OF POPULATION

Ireland's lung transplant rate is exceptional. We are 3rd again in Europe, topped by two countries, Austria and Belgium, which both transplant lungs for many other countries. Nowhere else in these data reports do we enjoy a ranking above Spain.

EUROPEAN PANCREAS TRANSPLANTATION 2016  
PER MILLION OF POPULATION

19 EU countries are transplanting pancreas and we will rejoin this chart next year, be it at the lower end. Finland, a country with a low rate of diabetes, were 14th place in 2012 and now enjoy the top spot, replacing Norway who headed the chart for a 5 year period.

EUROPEAN LUNG TRANSPLANTATION 2016  
PER MILLION OF POPULATION

Ireland is around 21st place.

EUROPEAN HEART TRANSPLANTATION 2016  
PER MILLION OF POPULATION

Ireland is around 21st place.

EUROPEAN PANCREAS TRANSPLANTATION 2016  
PER MILLION OF POPULATION

Ireland is around 21st place.
ALL DECEASED ORGAN TRANSPLANTS
Although we are in 20th place for deceased organ donation we are in 17th place for transplantation from deceased organ donors, showing that we are utilising the available organs better than other countries. It is worth noting that we are three positions ahead of the Netherlands in this chart.

ALL LIVING ORGAN TRANSPLANTS
We enjoy a 10th position on this chart despite no living liver transplantation, a jump of seven places from 17th position in 2015. Netherlands, in 2nd place, is the top EU country for living transplants. Slovenia joining this chart means that all EU 28 countries now utilise living donors.

ALL DECEASED AND LIVING DONOR TRANSPLANTS
Ireland’s 17th place is also our average over the last 5 years. The top-13 countries are very consistent and have only altered by one position since last year. We are the 14th place EU country, halfway. Germany is the biggest country to have the poorest position, 23rd overall. Greece is the last place EU country (Luxembourg’s transplants take place out of the country, and only feature on the deceased organ donor chart).
The WTGF is delighted to announce that registration is now open for the 10th World Transplant Winter Games Anzère - Switzerland 7-12 January 2018

We are hoping that living donors and donor families will do us the honour of joining us to be part of this celebration of life in honour of our donors and their families or to take part in any of the following competitions:

Giant slalom – 3km cross country ski – 2 km snowshoe

The 2018 Winter Games in Anzère, Switzerland, will be the first of their kind in that they will be fully administered by the WTGF.

Traditionally thought to be an event only for those who have been practicing winter sports for many years, however the 2018 Games are really a wonderful opportunity for our transplant participants, as well as their friends and family and for donor families and living donors to embrace the ‘Fit for Life’ initiative.

The fresh air of the Swiss Alps, the magnificent Anzère Spa and Wellness and the many walking tracks are an ideal place to start your WTGF Fit For Life! Journey. For those who have never seen the snow or tried any winter sports in the past, snowshoeing is a wonderful way to start and is accessible to people of all fitness levels, from low to high impact, depending on the slopes and speed. Everywhere in Anzère- Arbaz is within walking distance and the air is pollution-free.

For those who would like to try their hand at curling, transport is organised to Crans Montana and first time curlers are more than welcome.

The Nicholas Green Camp, a fully supervised live-in camp for children aged from 8-15. Participation is 750.- Sfr and we are offering one free place for a beginner skier per country.

Make Anzère the place to meet your friends from around the world from the 7-12 January 2018. For those who wish to stay longer we are offering the nights of the 6 & 12 January free in the registration package for those who are in apartments (meals not included for the extra nights). Children 0-5 free of charge, athletes 950.- Swiss francs, supporters as from 550.- Swiss francs (pedestrian lift pass, no meals).

For more information please visit: www.wtgf.org/wintergames
To register directly: https://regonline.activeglobal.com/WTWGANzer2018

REGISTRATION OPEN UNTIL 31.10.2017

For more information contact: COLIN at 01-6205306 or email: colin@ika.ie
At the recent International Society for Organ Donation and Procurement (ISODP) Conference in Geneva, Switzerland, there was a very interesting Poster Design Competition on Organ Donation. Successful designers and artists from all over the world showed the importance of organ donation with the artistic works they prepared and submitted. The competition was the first in the world with this theme.

A catalogue of the work which was created after the competition was distributed to thousands of foreign participants of the Conference.

The competition was organised by the International Transplant Network (ITN) Project co-ordinated by the Turkish Transplant Foundation.

The feedback from the competition has shown that similar projects should be continued in order to “increase public awareness on organ donation since it is a global issue.”

Here we showcase some of the outstanding poster work.
Does the name Matthew Rees mean anything to you? No? If I said London Marathon would that jog (no pun intended!) your memory? Matthew Rees provided one of the defining images of the 2017 London Marathon. Why? Because, a few hundred metres from the finishing line he stopped to help a fellow runner who was literally ‘out on his feet’. He was applauded for his humanity in stopping to help someone in need. In an interview after the marathon he said “I just helped a guy out when he was in need. Anyone would have done the same thing.”

The annual IKA Service of Remembrance and Thanksgiving brings to mind those individuals and families – who echo Matthew Rees’ generosity of spirit – who donate their loved one’s organs. Matthew Rees had the finishing line in sight. He was nearly there after a gruelling twenty-six miles of running. His co-runner was on the verge of collapse. Matthew stopped to help him and they crossed the finishing line together.

Though tired Matthew made the decision to stop and help. A similar case exists for those individuals and families who decide to donate their loved one’s organs. However there is one key difference – they ‘stop and help’ in the midst of searing pain and loss.

What are individuals or families asked to do? Put simply they are asked to consent or reject to their loved one becoming an organ donor. Sounds straightforward doesn’t it? Yet if we think a little more about it, individuals and families are being asked to answer this question in the midst of having to accept the death (sometimes violent) of a loved one, and the shock and disbelief that accompanies it, in other words, when
they are emotionally distraught and in turmoil. To say ‘yes’ to organ donation means the individual or family have to accept immediately that their loved one has died.

In his book the actor Mike Farrell recalls a TV interview in which one of the interviewees said the following: “when in grief one shouldn’t make big decisions or take definitive actions. We need to take time to grieve, an important part of the healing process, before we could know what the next step should be.” Yet individuals and families are asked to make “the big decision” – consent to their loved one becoming an organ donor – immediately, right then and there, in that present moment. And they do it, they take that extra step, to help another in need, someone they don’t know or will ever know.

At this year’s Service we remember and give thanks to those organ donor families who made a decision, in the midst of pain, hurt and loss, to ‘stop and help’ another who is in need. Their generosity of spirit permitted them to make the monumental decision that ultimately changed and transformed the lives of a number of other people. They echo the sentiments of Matthew Rees; “anyone would have done the same thing.”


By MIKE KELLY

My thanks to the Kildare branch for inviting me to speak at one of their branch meetings in July.

Also thanks to the Cork branch for their invitation earlier in October.

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.

**SUPPORT THE WORK OF THE IKA**

Yes, I would like to make a regular donation by STANDING ORDER.

**STANDING ORDER REQUEST FORM**

To: The Manager of ___________________________  
(Your bank’s name and address)  

Signed: ___________________________  Date: ___________________________

Address: ___________________________

PLEASE CHARGE TO MY / OUR ACCOUNT: ___________________________

Name of Account: ___________________________

IBAN: ___________________________  Bank Identifier Code - BIC: ___________________________

(These can be found, printed on your bank statement)

My regular □ Monthly □ Quarterly □ Yearly DONATION of Amount € ___________  
(Please tick as appropriate)  

to start on Date: _____ / _____ / _____

AND CREDIT TO THE FOLLOWING ACCOUNT:  
Name of account: IRISH KIDNEY ASSOCIATION at Bank of Ireland, College Green, Dublin 2.  

IBAN NO.: IE65 BOFI 9000 1717 1934 35  BIC NO.: BOFIIE2D

As long as you are a PAYE or self-employed tax payer, when you donate €250 or more in a year (€21 or more per month), the Revenue Commissioners will give the Irish Kidney Association CLG an extra rebate of 45%. For example, if you gave €250 in one year, the IKA would gain an extra €112, at no extra cost to you.

Please post to: THE IRISH KIDNEY ASSOCIATION CLG, DONOR HOUSE, BLOCK 43A, PARKWEST, FREEPOST, DUBLIN, D12 P5V6  
(PLEASE DO NOT POST TO YOUR BANK)
In all this time the principle of ‘Informed Consent’ has applied and, for the last 10 years, there has been a public debate about the possibility of changing our system of consent to one of ‘Soft Opt-out’ or ‘Presumed Consent’.

We recognise that this debate has helped increase awareness of organ donation as there has been significant public interest in the discussion ‘for and against’ such a change. In recent times we have observed the changes in Wales and France. The debate is topical as it highlights the plight of those awaiting organ donation and their frustration and fear of dying before an organ becomes available to them.

It is accepted by everyone concerned that there is a shortage of organs for transplantation and something real needs to be done. In determining where changes can make a difference one needs to understand the system as it currently operates. We thus have two strands to examine; the public’s interaction with organ donation and the health system’s interaction with organ donation and transplantation.

BACKGROUND

The Irish Kidney Association (IKA) is the patients’ organisation that produce the organ donor cards and distributes them countrywide. Initially in 1978, some 39 years ago, the organisation formed to initiate the first ever Irish kidney donor card. As transplantation evolved to include heart, lung, liver and pancreas transplantation, the donor card equally evolved into the organ donor card we know today.
The Government wants to change the law on consent for organ donation to a ‘soft opt-out’ system (also commonly called ‘presumed consent’). Essentially, such a ‘change’ in the law would see no change in practice. During previous public and private consultations on the topic, the medical professionals directly involved with consent for organ donation were unanimous that the next-of-kin must be consulted in the organ donation consent process and that such a ‘change’ in the law would not see a change in their practices.


If a person does not wish to become an organ donor after death, they will need to register a formal objection during their lifetime — a process known as opting out. If, on the other hand, a person wishes to become an organ donor after death, they do not need to take any action during their lifetime.

The deceased’s family or next-of-kin will still have an important role to play in the process of organ donation. While the next-of-kin will not be required to give their consent to the donation itself, they will be consulted and asked to provide as much information as possible on the person’s medical and social history. As stated earlier, it is intended that, in practice, there will be no instance whereby organ donation would proceed against the wishes of the next-of-kin of the deceased.

Currently, the public is encouraged to get an organ donor card, the purpose of which is to initiate a family discussion about organ donation so that everyone knows each other’s wishes — hence the space for the signature of the next-of-kin. It is not a legal document and its presence does not guarantee that organs will be retrieved in the event of the holder being identified as a potential donor — but the card is a reminder to the family that the potential donor had made a conscious decision about organ donation and final consent is left with the family.

When a potential organ donor is identified the family is approached and asked for consent for organ retrieval for the purposes of transplantation. If they give consent then organs are retrieved, if they do not then retrieval does not take place.

The IKA regularly fields media interviews, phone calls, emails and social media enquiries, as well as questions at public awareness talks, in relation to how organ donation works. There is a common misconception that an organ donor card must be present for organ donation to be considered. This is not the case. The donor card is there as a prompt for the family conversation and as a reminder of the commitment made. A family can consent to organ donation even if a donor card is not present.

Looking at the above explanation of what an ‘opt-out’ system will mean in practice, the only ‘call to action’ for the public appears to be highlighting the opportunity to register a formal objection to organ donation. The document indicates a passive role for the next-of-kin, and refusal to consent is permitted and observed. This proposed change now becomes a relabelling or rebranding of consent, but the product and process will remain the same. Be assured that if the IKA thought that creating this new consent law would increase organ donation rates, we would support the proposal. Similar laws exist throughout the EU and beyond. However, the practice in all EU countries is that consent for organ donation is sought from the next-of-kin, and refusal to consent is permitted and observed. What is very different in the countries that have a ‘high rate’ of organ donation is the infrastructure and support services in their health service for the organ donating process. We have a long way to go to improve our infrastructure and process that will enable us to maximise our organ donation capabilities.
The IKA has always been a strong advocate for the introduction of an Organ Donor Registry – a central database that records people’s wishes in relation to organ donation which is consulted every time by the relevant hospital staff before a family is approached to discuss the possibility of organ donation. Such a Registry would ensure that people have the opportunity to have their informed consent, or otherwise, properly recorded and available at the required time.

In developing a Register that only records formal objections to organ donation, as is proposed, an opportunity is missed. Take a step further and introduce a Yes / No Register. In this way, publicity can be very constructive with a strong call to action for the public – record your wishes about organ donation. Technology already exists that would allow such a registration process to send a message to the nominated next-of-kin and would thus act as a prompt for the all-important family discussion about organ donation.

If a person had recorded their wishes to be an organ donor, on such a Register, the personnel making the family approach about organ donation can then advocate for the deceased. The IKA regularly fields queries from the public about why there is no central database where they can record their wishes so that they can remove any uncertainty from their next-of-kin at a time of great emotional upheaval.

The consent of the public is a small aspect of this process. However, the IKA do believe that, after almost 40 years of listening to the public’s views, the limitations of the organ donor card need to be understood and the introduction of an Organ Donor Registry will bring us up-to-date internationally and satisfy the public’s request for clarity and certainty in organ donation. It will also prove to be a valuable tool for those involved in the health services seeking consent for organ donation. They, alone, will be able to access the registry database and inform the next-of-kin of the ‘deceased’s’ directive in the organ donor Registry.

The HSE has sought the views of the public on the implementation of a national consent policy. It seems logical to include consent for organ donation in the discussion. What is clear in the discussion document is that in capturing the consent of the public it is important that it is informed consent – every individual should understand what they are consenting to and this consent should be properly recorded.

This Registry will give a new added direction for the public to secure their wish, for their next-of-kin to follow. The organ donor awareness campaigns will be regenerated with the modernisation of the tools available to the public and every opportunity for the family discussion to continue will be offered by the Registry’s design. The Department of Transport already has a huge database of over 40% of drivers’ licence holders agreeing to organ donation. There is nowhere to put data to use in the health service. Legislation would be required or the question on the licence application form would require amendment to make the data available for a Registry.

When the public is properly informed about organ donation there is overwhelming support for it. A properly funded education programme and a properly structured Organ Donor Registry would ensure that the public are in a position to give their informed consent and that this consent is properly recorded so that it can be acted upon.

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Deceased Organ and Tissue Donation Register (Proposal)

ADVANCE CARE DIRECTIVE

If I die in the circumstances that organ and tissue donation can be considered (Tick one box only)

- I consent to, and authorise, the retrieval of all my useful organs and tissue to help others.
- I consent to the retrieval of all my useful organs and tissue to help others, provided that authorisation is sought from my next-of-kin.
- I consent to my next-of-kin deciding whether the retrieval of my organs and tissue should occur.
- I do not consent to my organs and tissues being retrieved.
The Welsh Assembly voted in 2014 to change the consent system in Wales to an ‘opt-out’, presumed consent model.

I enclose the latest Welsh organ donation and transplantation activity data to explain the results of the change. The UK financial year works from April to March. The change occurred in December 2015 so we have 2 years data to compare. The NHS in Wales spent 4 million sterling, over a 2 year period, to promote the new consent system.

At best you could interpret that there is no difference to the data in Wales since the change. Altering the consent system did not achieve anything significant. 38% of the population have said ‘yes’ to organ donation in the Organ Donor Register, up 4% before the change. However, 6% of the population, 175,000 people, registered to ‘opt-out’, or say ‘no’, to organ donation since the change. Organ donation rates are almost the same as before the change which was 60, then in the first year of the change they had 64, and subsequently 61 deceased donors last year. The rates of deceased donor transplants vary every year but 135 transplants is the latest year’s results down from a high the previous year, 168 transplants, but this could be explained by other factors.

There is an NHSBT survey that highlight what the Welsh public are now confused about – the new law with 40% believing that they can still decide on their relative’s donation.

So, in summary, the Welsh experience to-date would not be an encouragement for anyone to create their kind of laws on consent.

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ORGAN DONATION AND TRANSPLANTATION ACTIVITY DATA: WALES

Annual data for financial years 2012/13 to 2016/17

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<td>Deceased donor transplants</td>
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<td>Total organ transplants</td>
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<td>214</td>
<td>187</td>
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<td>Number of people opted-in to the ODR</td>
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<tr>
<td>Percentage of population opted-in to the ODR</td>
<td>31</td>
<td>32</td>
<td>34</td>
<td>36</td>
<td>38</td>
</tr>
<tr>
<td>Number of people opted-out from the ODR</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>165,218</td>
<td>174,886</td>
</tr>
<tr>
<td>Percentage of population opted-out from ODR</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>5</td>
<td>6</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Deceased donor (DD) transplants by organ</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kidney</td>
<td>101</td>
<td>98</td>
<td>66</td>
<td>84</td>
<td>75</td>
</tr>
<tr>
<td>Pancreas</td>
<td>7</td>
<td>3</td>
<td>8</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>Kidney/pancreas</td>
<td>10</td>
<td>10</td>
<td>8</td>
<td>10</td>
<td>2</td>
</tr>
<tr>
<td>Pancreas islets</td>
<td>0</td>
<td>1</td>
<td>1</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Heart</td>
<td>5</td>
<td>4</td>
<td>7</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>Lung(s)</td>
<td>7</td>
<td>14</td>
<td>9</td>
<td>15</td>
<td>3</td>
</tr>
<tr>
<td>Liver/lobe</td>
<td>26</td>
<td>28</td>
<td>29</td>
<td>44</td>
<td>36</td>
</tr>
<tr>
<td>Intestinal</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Other (multi-organ)</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total DD transplants</td>
<td>157</td>
<td>150</td>
<td>128</td>
<td>168</td>
<td>135</td>
</tr>
<tr>
<td>Living donor (LD) transplants by organ type</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kidney</td>
<td>52</td>
<td>49</td>
<td>44</td>
<td>46</td>
<td>51</td>
</tr>
<tr>
<td>Liver</td>
<td>1</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Total LD transplants</td>
<td>53</td>
<td>50</td>
<td>44</td>
<td>46</td>
<td>52</td>
</tr>
<tr>
<td>Total organ transplants</td>
<td>210</td>
<td>200</td>
<td>172</td>
<td>214</td>
<td>187</td>
</tr>
</tbody>
</table>
The Department of Health in the UK created an organ donation task force which reported its findings in January 2008 after 10 months’ work. The taskforce was greatly encouraged by the evidence it considered, from across the world, and believed that a 50% increase in organ donation was possible and achievable in the UK within 5 years.

The UK made many changes to their management and work practices surrounding organ donation and have achieved their objective of 50% increase in organ donation and transplantation.

The organ donor co-ordination changes were key to the success of the project. All their changes were perceived not to be particularly difficult or even costly to resolve. They required leadership, boldness and willingness to change established practices. Very significant cost savings were envisaged compared with the cost of dialysis.

During the preparation of the main report of the taskforce the Secretary of State asked the taskforce to consider whether a change to presumed consent would increase the number of organ donors. So the taskforce was asked to submit a second report in 2008.

The Taskforce Conclusion:
“Taskforce members had a wide range of views at the outset. However, after examining the evidence, the Taskforce reached a clear consensus in recommending that an ‘opt-out’ system should not be introduced in the UK at the present time. The Taskforce concluded that such a system has the potential to undermine the concept of donation as a gift, to erode trust in NHS professionals and the government, and negatively impact on organ donation numbers. It would distract attention away from essential improvements to systems and infrastructure and from the urgent need to improve public awareness and understanding of organ donation. Furthermore, it would be challenging and costly to implement successfully. Most compelling of all, we found no convincing evidence that it would deliver significant increases in the number of donated organs”.

The Taskforce recommends that the government considers working with NHS Blood and Transplant to agree target increases in numbers on the Organ Donor Register and a suitably expanded budget for promotion of the Register.

The UK has had a potential donor audit in place over 10 years. This audit is the main tool for identifying gaps and problems in the organ donation process in every donating hospital. The graph below is from the most recent audit and clearly identifies the success of the Specialist Nurses for Organ Donation (SNODS) in converting potential organ donors into actual organ donors.

Table 13.1 Summary of key percentages, 1 April 2016 to 31 March 2017

<table>
<thead>
<tr>
<th>Category</th>
<th>DBD</th>
<th>DCD</th>
<th>ALL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neurological death testing rate</td>
<td>85.7%</td>
<td>85.6%</td>
<td>88.2%</td>
</tr>
<tr>
<td>Referral rate</td>
<td>97.4%</td>
<td>80.4%</td>
<td>85.8%</td>
</tr>
<tr>
<td>Proportion of approaches involving a SN-OD</td>
<td>93.0%</td>
<td>58.1%</td>
<td>62.7%</td>
</tr>
<tr>
<td>Consent/authorisation rate</td>
<td>69.0%</td>
<td>24.5%</td>
<td>27.5%</td>
</tr>
<tr>
<td>- when SN-OD not involved in approach</td>
<td>38.7%</td>
<td>66.3%</td>
<td>68.6%</td>
</tr>
<tr>
<td>- when SN-OD involved in approach</td>
<td>71.3%</td>
<td>66.3%</td>
<td>68.6%</td>
</tr>
<tr>
<td>- when patient had not expressed a wish to donate or the patient's ODR status was not known at the time of potential donation</td>
<td>54.1%</td>
<td>41.5%</td>
<td>46.7%</td>
</tr>
<tr>
<td>- when patient’s wish on ODR and known at time of potential donation*</td>
<td>93.7%</td>
<td>88.0%</td>
<td>90.5%</td>
</tr>
<tr>
<td>- when patient’s wish (by any method) is known at time of potential donation**</td>
<td>94.0%</td>
<td>89.0%</td>
<td>91.2%</td>
</tr>
<tr>
<td>- when SN-OD involved in approach and patient known to be on ODR at time of potential donation</td>
<td>94.3%</td>
<td>91.3%</td>
<td>92.6%</td>
</tr>
<tr>
<td>- when deemed consent applied***</td>
<td>66.7%</td>
<td>57.1%</td>
<td>60.6%</td>
</tr>
</tbody>
</table>

*89 families overruled their loved one’s known ODR decision to be an organ donor
** 100 families overruled their loved one’s known decision (by any method) to be an organ donor
*** 13 families did not support deemed consent (of 33 cases where deemed consent applied)
In Ireland there is apparently resistance to the introduction of the SNOD. They are key to organ donations growth in so many countries.

A significant amount of the growth in organ donor numbers in the UK 5 year strategy period, following implementation of the taskforce recommendations, were from the developments and improvements in the ‘Donors after Cardiac Death’ (DCD) category helped, in particular, by the SNODS.

In April 2016 – March 2017 there were 1,413 deceased organ donors in the UK divided 829, (58.7%) donors after brain death and 584, (41.3%) donors after cardiac death. This is the area where Ireland has the best opportunity to increase deceased organ donor rates considering that only 3 out of the 77 organ donors in Ireland in 2016 (4%) were DCD donors.

Extrapolating the figures, if we had SNODS active in our donating hospitals doing the similar job they have in the UK, we could achieve 40% DCD donation on top of our DBD rates. This is the most achievable thing anyone can do to increase organ donation rates in Ireland. It requires investment in staff and training, and like the UK, it requires leadership, boldness and willingness but at least we have proof it can work before we start.

NORTHERN IRELAND

They have been considering the introduction of ‘opt-out’ legislation for some time but have yet to implement it. It is interesting to note that Dr. Paul Glover, the most senior doctor dealing with organ donation in Northern Ireland, is quoted in a January 2016 BBC article as saying, “...legislation is not the way to increase donation rates.” When referring to an ‘opt-out’ Bill being discussed at the time Dr. Glover said he believes the bill in isolation will fail. “It will have to be underpinned by education.” In the same article intensive care consultant Dr. TJ Trinder said that there would be “no credible reason for the legislation, unless the intent is to override family objections to donation.”

THE SPANISH EXPERIENCE

Generally considered world-leaders and innovators in organ donation and transplantation, Spain legislated for an ‘opt-out’ system in 1979. However, in the extract below, (from a BBC article in 2008), Rafael Matesanz, then Clinical Director of the Organizacion Nacional de Trasplantes and attributed with developing the so-called ‘Spanish Model’, stated:

“Many countries try to increase organ donation through legislation. But a change to presumed consent doesn’t improve the donation rate.”

He points to Rioja, a small region of Spain in terms of its population. Seven years ago it was languishing behind many other regions in organ donation. In 2003 a new transplant co-ordinator was appointed and the change has been quite remarkable. This individual doctor has galvanised the regional hospital to such an extent that, last year, they had the equivalent of 74 donors per million population, double the already high Spanish national level.

Spain had an ‘opt-out’ system for 10 years – with no significant increase in organ donation rates and then they introduced the package of changes in 1989 which has made them the most successful at deceased organ donation in the world.
THE ROLE OF PUBLIC EDUCATION

The IKA is supportive of any initiative that improves the level of public knowledge and understanding of organ donation for transplantation and, therefore, allows the public to make an informed decision. It has been found worldwide in modern Christian democracy that, when asked, the public is overwhelmingly supportive of the concept of organ donation but they do not know much about how the process works and this can influence decision-making when it comes to actually making a decision.

Rather than facing a public who are against organ donation we are facing a public who need to better understand how the process works and how it transforms lives. Investment in continuous public education will lead to more people actively embracing the concept and a lower rate of refusal when families are asked for consent at an emotionally fraught time.

BELGIUM

Belgium, often cited as one of the ‘more successful’ countries in relation to organ donation and transplantation, actually invests €4 million every year in educating the public and healthcare personnel about organ donation.

We recently conducted a survey of the public surrounding organ donation.

This one minute survey was conducted in two parts. The overall total of people surveyed was 1,093; divided 36.5% at the National Ploughing Championships in Tullamore 19th-21st September and the second part online 63.5% (694) promoted mainly by the IKA’s Facebook account between 22nd September and 5th October.

It was expected that the IKA Facebook people surveyed would have a bias towards organ donation and the public surveyed at the Ploughing would show up this bias. The Ploughing participants were certainly rural people versus a much higher proportion of people from Dublin in the online survey.


There are two absolute conclusions which can be made from this survey. The vast majority favour a national yes/no Registry about organ donation and the vast majority are willing organ donors.

CONCLUSION

The IKA is always grateful when the Ministry of Health highlights the need for more organ donation, championing for the people waiting on the various transplant pools.

The IKA believe that the Human Tissue Bill is long overdue and is late in reflecting the need for change following the retention of children’s organs which became public in the turn of the century. Ironically, it is the presumption of consent in the current legislation that lead to the need for change to informed consent for retention of organs at post-mortem examinations.

The IKA believe the introduction of soft ‘opt-out’ legislation, to improve the rates of organ donation, should not be considered at this point in time and three key changes to our infrastructure on organ donation need to be firmly in place before the consent policy is reconsidered.

- The Audit of Potential Organ Donors
- The deployment of Specialist Nurses for Organ Donation in each hospital where organ donation is possible.
- National Organ Donation (yes/no) Registry.

Signed on behalf of the Board of Directors of the Irish Kidney Association CLG.

Mark Murphy
Chief Executive
Monday 9th October 2017
Recently we started using Snapchat, a mobile messaging app used to share photos, videos, text, and drawings. It is free to download the app and free to send messages using it. It has become hugely popular in a very short space of time, especially with young people.

Snapchat’s two most famous functions are “Snaps” and “Stories”. The former is a quick photo you can take with the app that gets sent via messaging to friends, but then it deletes itself after 10 seconds. When it comes to Snaps, you can still save good ones before they disappear forever by saving them to your Memories tab.

On the surface these two functions seem pretty youth-focused and probably more used by teenagers sending each other selfies. For a charity like ours we feel it can leverage Snapchat to give a creative spin on visual storytelling.

For example, if we have got an event happening, we would collect a few Snaps to Stories or Memories that show off how much fun everyone’s having and what a big impact the event is having on the community.

Also on Snapchat you have the option of ‘filters’ which would be considered to be its defining and dynamic feature. They allow you to include fun animations or special effects on top of the photo you’ve snapped (as seen in the picture).

Now that we have set up our Snapchat account, it is important (like our other social media accounts) to get the word out and start building our friends list!

Give the app a try and see what creative fundraising promotions you can come up with!

Our User name is: Irishkidneyas.
Q1  Do you know anyone, personally, who has had an Organ Transplant?

Answered: 1,092

<table>
<thead>
<tr>
<th>YES</th>
<th>62.0%</th>
</tr>
</thead>
<tbody>
<tr>
<td>NO</td>
<td>38.0%</td>
</tr>
</tbody>
</table>

OBSERVATIONS

The answers from both sides of the survey were similar, 66% online & 55% at the Ploughing knew someone.

Q2  Do you currently have an Organ Donor Card?

Answered: 1,091

<table>
<thead>
<tr>
<th>YES</th>
<th>65.0%</th>
</tr>
</thead>
<tbody>
<tr>
<td>NO</td>
<td>35.0%</td>
</tr>
</tbody>
</table>

65% was an unexpected high ‘Yes’ to having a card. The online ‘Yes’ was 71% and Ploughing 54.5% – still more people had a donor card than didn’t have one.

Q3  If no, did you ever have an Organ Donor Card?

Answered: 883    Skipped 210

<table>
<thead>
<tr>
<th>YES</th>
<th>66.8%</th>
</tr>
</thead>
<tbody>
<tr>
<td>NO</td>
<td>33.2%</td>
</tr>
</tbody>
</table>

The difference in the 2 cohorts surveyed turned out not to be statistically different on this question 91% yes at the Ploughing and 95% online.

Q4  Does your immediate family know your wishes about Organ Donation?

Answered: 1,091    Skipped 2

<table>
<thead>
<tr>
<th>YES</th>
<th>73.4%</th>
</tr>
</thead>
<tbody>
<tr>
<td>NO</td>
<td>19.5%</td>
</tr>
</tbody>
</table>

80% of the online answers were yes compared to 60% at the Ploughing. The Ploughing 60% is probably a more realistic % overall.

Q5  Do you know your immediate family’s wishes about Organ Donation?

Answered: 1,093

<table>
<thead>
<tr>
<th>YES</th>
<th>56.1%</th>
</tr>
</thead>
<tbody>
<tr>
<td>NO</td>
<td>35.2%</td>
</tr>
</tbody>
</table>

48% of the people at the Ploughing knew their family’s wishes and surprisingly only 60.5% of the online people surveyed know their family’s wishes.

Q6  Would you like if there was a national register, where you could declare your wish (either yes or no) now, about Organ Donation after your death?

Answered: 1,092

<table>
<thead>
<tr>
<th>YES</th>
<th>93.8%</th>
</tr>
</thead>
<tbody>
<tr>
<td>NO</td>
<td>2.9%</td>
</tr>
<tr>
<td>DON’T KNOW</td>
<td>3.3%</td>
</tr>
</tbody>
</table>

This was a much wider gap in the 2 surveys here. 32.5% at the Ploughing answered no to the question versus 14.5% online. With hindsight we think if we had asked a different question, “Would you like that your consent to donating a relatives organs was presumed and that your views were not required” There would be a greater ‘No’ answer. At the Ploughing one to one survey, Q7 question was almost seen as voting yes to organ donation.
This one minute survey was conducted in two parts. The overall total of people surveyed was 1,093, divided as 36.5% (399) at the National Ploughing Championships in Tullamore 19th-21st September and the second part online 63.5% (694) promoted mainly by the IKA’s Facebook account between 22nd September and 5th October.

It was expected that the IKA Facebook people surveyed would have a bias towards organ donation, and the public surveyed at the Ploughing was expected to show up this bias. The Ploughing participants were certainly rural people versus a much higher proportion of people from Dublin in the online survey.

Q8 Have you ever donated blood?

<table>
<thead>
<tr>
<th>YES</th>
<th>49.4%</th>
</tr>
</thead>
<tbody>
<tr>
<td>NO</td>
<td>50.6%</td>
</tr>
</tbody>
</table>

OBSERVATIONS
The range was quite close in this question. 47.4% at the ploughing had donated and 50.5% online. Interesting when you consider dialysis and transplanted patients are not allowed to donate blood. A number of people at the ploughing were showing disappointment because they had lived in the UK for the period which excludes you from giving blood in Ireland.

Q9 Are you willing to donate your Organs for Transplantation after your death?

<table>
<thead>
<tr>
<th>YES</th>
<th>91.3%</th>
</tr>
</thead>
<tbody>
<tr>
<td>NO</td>
<td>2.4%</td>
</tr>
<tr>
<td>UNDECIDED</td>
<td>6.3%</td>
</tr>
</tbody>
</table>

OBSERVATIONS
Very similar answers on both sides of the survey. Interesting to see more undecided in both cases than ‘no’ at 2.4% or 26 people. 19 said ‘no’ to our face as it were, at the Ploughing and only 7 people said ‘no’ online.

Q10 What county do you live in?

OBSERVATIONS
Of the 209 Dublin people who completed the survey only 15 of them were from the ploughing survey.

Q11 Are you male or Female?

<table>
<thead>
<tr>
<th>MALE</th>
<th>23.7%</th>
</tr>
</thead>
<tbody>
<tr>
<td>FEMALE</td>
<td>76.3%</td>
</tr>
</tbody>
</table>

OBSERVATIONS
There is quite an imbalance in this result. 62% surveyed at the Ploughing were female and a staggering 84.4% were female responses online. This does also reflect the female gender imbalance within the IKA Facebook followers.

Q12 What age bracket are you in?

<table>
<thead>
<tr>
<th>70+</th>
<th>0.1%</th>
</tr>
</thead>
<tbody>
<tr>
<td>60-69</td>
<td>6.2%</td>
</tr>
<tr>
<td>50-59</td>
<td>13.0%</td>
</tr>
<tr>
<td>40-49</td>
<td>23.7%</td>
</tr>
<tr>
<td>30-39</td>
<td>18.1%</td>
</tr>
<tr>
<td>20-29</td>
<td>9.3%</td>
</tr>
<tr>
<td>&lt;20</td>
<td>6.2%</td>
</tr>
</tbody>
</table>

OBSERVATIONS
Only 6 of the 68 people who were younger than 20 years old answered online. 20 year olds were more even in number, 49 at the Ploughing, 53 online. The big differences were in their 30s - 30.92% (214) online versus 14.04 (36) at the Ploughing. 43.3% or 294 people was the biggest age bracket in their 40s online. The same age bracket at the Ploughing, 85, represented only 21.3% of the people surveyed. The highest age bracket to respond at the Ploughing were in their 30s.

There are only two absolute conclusions which can be made from this survey.

The vast majority favour a national yes/no register about organ donation.

The vast majority are willing organ donors.
1. KEEP IT VARIED

STARCHY FOODS – vary the types of breads (e.g. white or brown pan loaf, granary bread, pitta bread, baguettes, bagels, ciabatta, chapattis, white or granary bread rolls). Keep a stock in the freezer. You could even cook extra rice, pasta or couscous in the evening – these can make interesting lunches!

PROTEIN – fresh lean cooked meat, for example beef, lamb, pork or cooked poultry (e.g. chicken, turkey or hard boiled egg or a small can of tuna, boneless salmon or mackerel). For convenience – try sliced meat ‘off the bone’ from the deli.

FRUIT – pack a portion of fruit for those sweet cravings! They are also full of vitamins, minerals and fibre. Try fruits in season such as an apple or a handful of raspberries and strawberries.

VEGETABLES – why not add a salad garnish to your sandwich to add some flavour, crunch and goodness (e.g. 25g iceberg lettuce, cucumber, red pepper, onion or 12g rocket/butterhead lettuce or 1 cherry tomato).

2. SPREADS/SAUCES FOR EXTRA FLAVOUR

- Olive oil or vegetable based spreads
- Mayonnaise
- Mustard
- Cream cheese
- Chutney or onion relish. Why not try make your own, see opposite page for a tasty red onion relish recipe!
- Cranberry sauce
- Mint sauce

Did you know...

Lunches provide around one third of our daily nutritional needs, so it’s important to put some thought and planning into them.

It is that time of year again...BACK TO SCHOOL or WORK after the Summer break! Already a month in, are you getting tired of packing the same old lunch?

Here are some tips on how to prepare a delicious and nutritious lunchbox!

If you have been advised by your dietitian on a protein, fruit or vegetable allowance, be sure to count what is in your lunchbox within your total daily allowance. One serving of the small garnishes listed above may be allowed as an additional vegetable source outside your daily allowance. Link with your Kidney Dietitian and check.
TIPS ON HOW TO KEEP YOUR LUNCH FRESH

- To avoid the dreaded soggy sandwich, put juicy vegetables between some lettuce and other sandwich filler for example, meat.
- Use an airtight containers or tightly wrap in aluminium foil / cling film.
- Use a cooler box or bag. A small ice pack can also be used!
- If available, keep your lunch in the fridge. If not, keep it in a cool place away from direct sunlight or radiators.

REMEMBER...
If you have been prescribed a phosphate binder by your team, remember to bring them with you for meals away from the home!

TIPS IF YOU ARE BUYING YOUR LUNCH OUT

- Ask your server for more details about items on the menu.
- Many sandwiches and rolls contain hidden ingredients such as phosphate additives. Check the labels so that you’re not misled!
  ➢ Go for ones that are <1.5g salt per sandwich.

WHAT ABOUT DRINKS?
Some suitable options include tea, water, lemonade (use sugar free/zero options if you have diabetes or watching your weight), tonic water, ginger ale. You can use most dilutable drinks – check the labels and avoid those with a fruit juice content of more than 12%.

RED ONION RELISH RECIPE

**Ingredients:**
2 red onions
50g butter OR 40mls olive oil / vegetable oil
1 tablespoon brown sugar
1 tablespoon red wine vinegar
Black pepper to taste

Makes approx. ½ jar of relish

**Method:**
Chop the red onion into slices. Add the butter / oil into a saucepan and heat. Add the sliced onion to the butter/oil. Fry for a few minutes, then add the brown sugar, red wine vinegar and black pepper. Stir and allow to simmer on a low heat for 20 minutes, stirring regularly to prevent the sugar from burning.

It should now have reduced to a delicious dark red relish

Add 1-2 teaspoons to your favourite meat, chicken or turkey sandwich. Serve straight away or pop in an airtight jar and store in the fridge for a later date. Use within 2 weeks.

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If you are on a fluid allowance, be sure to count all fluids that you drink including when you are away from your home!

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5 DAY LUNCH BOX PLANNER

**LUNCHBOX 1**
Bagel with small tin tuna and low fat mayonnaise + small apple chopped.

**LUNCHBOX 2**
Beef and 2 tsp homemade onion relish, pitta bread + handful of strawberries.

**LUNCHBOX 3**
Rice with small tin boneless salmon, 25g peppers and a splash of balsamic vinegar + peach.

**LUNCHBOX 4**
2oz/50g fresh roast turkey, 25g iceberg lettuce and cranberry sauce on granary bread + 2 plums.

**LUNCHBOX 5**
2oz/50g leftover roast chicken, 25g cucumber and low fat mayonnaise wrap + small orange.

On average each lunchbox will provide 2 protein exchanges and 1 portion of fruit.

By MARTINA COEN
Tallaght Hospital on behalf of the Renal Interest Group of the Irish Nutrition & Dietetic Institute

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**IKA SUPPORT AUTUMN 2017**

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25
The 32nd 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 are lucky each year as we were fortunate to have another dry day.

The IKA’s National Chairman, Officers, Board members and the Liturgy Committee were delighted to welcome donor families and transplant recipients to the Service. John Whelan, National Chairman, welcomed the congregation and introduced the Clergy who participated in the Service. As in previous years, the Service was multi-denominational. Originally it was intended to have the presence of the Lord Mayor but due to the semi-state funeral of Liam T Cosgrave, his attendance was cancelled.


In the Opening Procession the ‘Cross’ was carried to the Altar by Jimmy Murphy, from Dublin, who generously donated his beloved wife’s organs some years ago.
The ‘candles’ were brought to the Altar by the Limerick branch secretary, Mary Downes and Orla Hogan, from Tipperary, who is a member of Transplant Team Ireland. Both Mary and Orla are recipients of kidney transplants. A Transplant Team Ireland winner’s gold medal, achieved at the 2010 European Transplant and Dialysis Sports which was held in Dublin and awarded to one of our athletes, represented the athlete honouring his donor after receiving a life-saving kidney transplant. As the athlete wished to remain anonymous the medal was brought to the Altar by the National Secretary, Valerie Brady.

The ‘Book of the Gospel’ was brought to the Altar by David Crosby, originally from Meath and currently living in Cavan. He is the recipient of a life-saving double lung transplant.

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

Bishop Field recited the Opening Prayer and Ms Dilly Little, Surgical Director of the National Kidney Transplant Service, read the First Reading. She was followed by Professor Jim Egan, the Director of Organ Donation and Transplant Ireland (ODTI) who read the Second Reading.

The Procession of gifts commenced with the candles which were brought to the Altar by two donor families, a representative for the McConkey from Cork who donated their beloved daughter’s organs and Helen Nugent, from Dublin who donated her brother’s organs some years ago.

The ‘Book of Remembrance’, which contains the names of organ donors inscribed in the ‘Roll of Honour’ was carried to the Altar by Annette Daly, from Glenageary, Co Dublin. Annette is the IKA’s Calligrapher who, since the establishment of our first Book of Remembrance thirty two years ago, has faithfully and carefully inscribed each name in all the Books of Remembrance.

Our ‘Forget-Me-Not’ flowers were brought to the Altar by Laurie McDermott from Kildare. Laurie and her family generously donated her mother’s organs. The Organ Donor Card was brought to the Altar by two of the IKA’s Board Members, Seamus Carrigan from Kilkenny and Eoin Madden from Galway. Both Seamus and Eoin are currently receiving dialysis treatment.

The Book of Remembrance, which contains the names of organ donors inscribed in the ‘Roll of Honour’ was carried to the Altar by Laurie McDermott from Kildare. Laurie and her family generously donated her mother’s organs. The Organ Donor Card was brought to the Altar by two of the IKA’s Board Members, Seamus Carrigan from Kilkenny and Eoin Madden from Galway. Both Seamus and Eoin are currently receiving dialysis treatment.

Dr Clodagh Sweeney, Consultant Nephrologist, from Temple St Childrens’ University Hospital and our Lady’s Children Hospital, Crumlin accompanied Julian Balikowsky (7), a dialysis patient, together with his mother Katarzyna to the Altar, where Julian’s favourite toy was accepted by Bishop Field.

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. Before the congregation’s candles were lit Susan Tobin, Secretary of the IKA’s Carlow branch, recited the poem ‘A Candle’. 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.

Laurie McDermott

Julian Balikowsky

Harry Ward

Valerie Brady

Dilly Little

Annette Daly

IKA Support Autumn 2017
The first Reflection was read by Archdeacon Gordon Linney, retired Archdeacon of the Church of Ireland, Dublin and Rector of St Paul’s, Glenageary, Co Dublin. Archdeacon Linney has loyally participated in many of our Services over the years. He was followed by Patricia MacKenzie. Patricia, a kidney transplant recipient, and one of the Managers of the IKA’s Renal Support Centre in Beaumont, read the second Reflection. Dr Claire Kennedy, a Nephrologist based in Beaumont Hospital, who accompanied the Team when they participated in the 2016 and 2017 Games held in Finland and Spain, read the third Reflection.

Monsignor Martin O’Shea, PP of Corpus Christi, read the Gospel and this was followed by the delivery of a wonderful Homily by Bishop Raymond Field. Bishop Field had carefully researched organ donation and he received spontaneous applause both during his sermon and at the conclusion. Each member of the congregation recognised and related to his personal empathy in acknowledging the importance of hope, respect and generosity of donor families present. In turn, he conveyed the love and appreciation felt by all transplant recipients towards their donors.

‘Our Father and Prayer of Peace’ was then read by Bishop Field.

The first Prayer of Thanksgiving was read by Reverend William Black. Reverend Black is the retired Rector of the Parish of Drumcondra, North Strand and St Barnabas. He was followed by Eileen Duncan, the Treasurer of the IKA’s Westmeath branch who read the second Prayer of Thanksgiving. Our third Prayer was read by Mr Emir Hoti who is the Director of the National Liver Transplant Programme in St Vincent’s Hospital. The fourth Prayer of Thanksgiving was read by National Secretary, Valerie Brady, who represented Patrick Barry, the recipient of a heart transplant who, unfortunately, was unable to attend on the day.

The final Reflection was read by Caroline Lynch. Caroline is one of the Organ Transplant Coordinators,
based in the office of ODTI. The Closing Prayer was read by Rev Lorraine Kenny-Ritchie, Minister in Clontarf and Scots Presbyterian Church. She was nominated by Reverend Alan Boal, the Minister of the Abbey Presbyterian Church in Parnell Square, Dublin who has previously participated in many of our Services.

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 ODTI present at the Service, including Prof. Jim Egan, it’s Clinical Director, who read at the Service. Each Coordinator 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 the parking of many cars. Thanks are extended to Ellen Flanagan and her assistants who carefully organised the car-parking facility on the day.

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

The Association would like to acknowledge all the Board members, branch officers, members, friends and family relatives who all came together to help and assist on the day. Without their support it would be impossible to host this Service.

It is also important to acknowledge Mark Murphy, and his Donor House staff, who put many weeks into the preparation and lead up to the day. We also thank our volunteer Lenny Ryan who, hour after hour, packaged 2,000 Service bags in the weeks prior to the day itself.

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

Prof Jim Egan
On Thursday, November 30th, the first ever global event, honouring organ donors, will take place in five cities on five continents. Its timing will coincide with the 50th anniversary of the world’s first heart transplant performed by Dr. Christiaan Barnard at the Groote Schuur Hospital in Cape Town in 1967 where a major international conference will be held titled ‘50 years of Heart Transplantation: Courage and Innovation’.

This Irish-led commemorative event involves the gifting, by five of Ireland’s major cities, Dublin, Galway, Cork, Belfast and Derry of a stone sculpted candle to the recipient cities of Barcelona, Cape Town, New Delhi, Boston and Melbourne.

On the same day, Limerick City will also gift a commemorative candle to the people of Derry and Strabane, and two other events will take place, at the ‘Circle of Life’ Garden in Galway and at Belfast City Hospital.

Organised by Strange Boat Donor Foundation, in association with Organ Donation & Transplant Ireland (ODTI), this global event will acknowledge the generosity and humanity of organ donors and their families, and will help promote the cause of organ donation on a world stage.

Through the unveiling events in the different cities, the organisers aim to increase global awareness of organ donation by reaching 10 million people which, it is believed, will help establish a global organ donation awareness network that transcends national boundaries.

The commemorative sculptures are each 5.5’ tall carved replica of the stone sculpted candle in the ‘Circle of Life’ National Organ Donor Commemorative Garden in Galway. The sculptures, symbolising the light of humanity shone through donation, will each be accompanied by a stone tablet narrating the purpose of the project and highlighting the intercity/intercontinental gesture of outreach and friendship through which the gifting is made.

The sculptures will be located in centres of transplant excellence/education in each of the five continental cities and will involve the civic authorities, medical fraternity and organ donation transplantation communities.

Cape Town, Sth Africa – Groote Schuur Hospital
Melbourne, Australia – Alfred Hospital
Boston, US, Boston University
Barcelona, Spain – Hospital Clinic
New Delhi, India – Safdarjung Hospital
Derry – St. Columb’s Park

At the event in the ‘Circle of Life’ Garden in Galway on 30th November, the three Irish transplant hospitals and their staff; Beaumont, the Mater and St. Vincent’s, will each be honoured by the presentation of a carved plaque of appreciation by the three transplant associations, the Irish Kidney Association, the Irish Heart & Lung Transplant Association and Cystic Fibrosis Ireland.

All are welcome at this global commemorative event in Galway on November 30th at 2pm.

Further information from: Strange Boat Donor Foundation email: info@strangeboat.org | 087-7429080/085-7272491
IRISH KIDNEY ASSOCIATION CLG
(Company Limited By Guarantee)
MEMBERSHIP APPLICATION FORM

BLOCK CAPITAL LETTERS PLEASE:

Mr. ☐ Mrs. ☐ Ms. ☐ FIRST NAME: ___________________________ INITIAL: ____________

SURNAME: ____________________________________________________________________

ADDRESS: ____________________________________________________________________

POSTCODE: ______________________ TEL: __________________ MOBILE: __________________

EMAIL: _______________________________________________________________________

ARE YOU A KIDNEY PATIENT: ☐ NO ☐ YES

IF YES
☐ PRE DIALYSIS
☐ HAEMODIALYSIS
☐ APD
☐ CAPD
☐ TRANSPLANT

IF NO
☐ RELATIVE OF PATIENT
☐ FRIEND OF PATIENT
☐ GENERAL INTEREST

HOSPITAL OR DIALYSIS CLINIC YOU ARE ATTENDING: ____________________________________________

YOU MUST BE 18 YEARS OF AGE, OR OLDER, TO BECOME A MEMBER OF THE ASSOCIATION

AS A MEMBER YOU WILL AUTOMATICALLY RECEIVE OUR QUARTERLY ‘SUPPORT’ MAGAZINE BY POST, UNLESS THERE IS ALREADY ANOTHER ASSOCIATION MEMBER AT YOUR ADDRESS RECEIVING IT?

I WOULD PREFER TO RECEIVE AN EMAIL LINK TO THE MAGAZINE EACH QUARTER INSTEAD ☐ YES

CAN WE CORRESPOND WITH YOU BY EMAIL (if you have an email address), IN PARTICULAR NOTICES RE: ANNUAL GENERAL MEETING OF THE ASSOCIATION AND ANNUAL DIRECTOR’S REPORT, ETC.

☐ YES ☐ NO

WOULD YOU LIKE CORRESPONDENCE FROM THE LOCAL BRANCH WITHIN YOUR AREA?

☐ YES ☐ NO

WOULD YOU LIKE CORRESPONDENCE FROM THE SPORTS SECTION OF THE IKA?

☐ YES ☐ NO

TO BECOME A VOTING MEMBER OF THE ASSOCIATION YOU MUST SUBSCRIBE TO THE CONSTITUTION OF THE ASSOCIATION (copy available on request) OR ON THE IKA WEBSITE - www.ika.ie

I SUBSCRIBE TO (sign up to and accept) THE CONSTITUTION OF THE IRISH KIDNEY ASSOCIATION CLG (Company Limited by Guarantee).

SIGNATURE: ___________________________ DATE: ___________________________

Please return the completed, signed form to the
Irish Kidney Association CLG, (Freepost), Donor House, Block 43A, Park West, D12, P5V6.
There is no subscription charge.
Hello to everyone from the Sligo branch. There has been very little activity happening since the last issue of SUPPORT, which was full of fundraising events. I think there comes a time in every branch when there is a noticeable lull, and new blood is needed in order to come up with fresh ideas to not only fundraise, but more importantly to keep highlighting the importance of organ donation.

I distribute donor cards to all the chemists in Sligo town but only a few of them give the cards adequate counter space. Quite often when I visit some of the chemists the donor cards are under the counter.

Our local Credit Union very kindly allow me to leave the cards on the counter where their members fill in their payment slips which is why I top up the cards there frequently.

CONDOLENCES
Our sincere sympathies to our committee member Ita Leyden on the passing of her husband Michael who was also a committee member and a dialysis patient. Our branch meeting which was due to take place in September, after the summer break, was postponed as a mark of respect to the Leyden family.

FUNDRAISING
The Geevagh Honda 50 Club Run which took place on Sunday June 18th raised €3380. Our heartfelt thanks is extended to the club and all involved in any way.

Once again Ena Feeney, from Ballygawley, organised a group of ladies who participated in the Women’s Mini-Marathon in June. The amount raised was €5100 and was divided equally between the IKA and the North West Hospice. The Hospice donation was in memory of Colm McTernan who passed away in September last year.

The Strandhill Senior ladies Golf Club raised €305 by holding a Golf Classic event in June. Many thanks to Nora Higgins and her friend Marie Healy (Club Treasurer) for organising the fundraiser.

LOURDES
In August, three of our dialysis patients visited Lourdes. They travelled with the Elphin Diocese and really enjoyed the experience.

FACEBOOK
Our page (Sligo IKA Branch) was set up in August 2011. All our branch events, fundraising amounts, photos and donations to date can be seen by visiting this page. Sligo was the first branch in Ireland to set up a Facebook page apart from Head Office. Since then many of the branches have set up pages and it is great to see them sharing what they do, as this can help form ideas for other branch users to use in the future. Facebook is such a powerful tool for advertising, promoting and highlighting the ‘Gift of Life’ organ donor card, branch fundraising and any activities that have taken place as well as any upcoming events.

GARDEN
We are delighted to welcome Judith Wolff as our new gardener. Judith is also a botanist and studied at Trinity College. Judith really loves our garden and said she will be very happy to look after it for us. We only require Judith to spend 3 to 4 hours a month on average. New bulbs will be planted this Autumn in order to flower next Spring. Lorely Forrester, who designed our garden, recently informed us that she loves the fact that anytime she visits the garden, members of the public stop to talk to her and always comment how beautiful and well maintained the garden is.

BRANCH MEETINGS
Our monthly meetings take place on the first Tuesday of the month and commence at 8pm in The Sligo Park Hotel. We are always appealing for new members so, if any of our readers or their family members would be interested in joining us, please contact me on 086-0873552, email jenkins2985@gmail.com or, alternatively, I can be contacted on our branch Facebook page titled Sligo IKA Branch.
A great night was enjoyed by all in Callaghan’s Bar, Ballygawley at the cheque presentation from the participants of the Women’s Mini Marathon.
TEDDY O’NEILL

We open the Autumn edition of the Cork news with a tribute to our late Chairman and Board Member Teddy O’Neill, RIP. Teddy died suddenly on June 12th. Teddy and his wife June were the backbone of the Cork branch for over 25 years. We owe both of them our deepest gratitude for keeping the Cork branch going for many years when others may have let it disappear from existence.

Teddy gave many years as the Chairperson and also served as an Officer on the National Board. He was the longest ever serving Board member and was always in the Cork corner fighting for what was best for Cork and its patients. These years culminated in the building of the new Renal and Cardiac unit in Cork in 2010.

Throughout the building of the unit Teddy was to the fore in ensuring everything would be right for the patients. In his last address to the branch, at the AGM in 2015, Teddy said that at last I have got the televisions into 4C. We will miss Teddy at our branch and his depth of knowledge that he could impart to the new members and officers.

We extend our deepest sympathy to June, Trevor and Maria. Ar dheis Dé go raibh a hanam Dílis.

WORLD TRANSPLANT GAMES

We had two representatives from the branch at this year’s World Transplant Games in Malaga, Board member Michael Kiely, Mitchelstown and Chairperson Pat O’Sullivan, Mallow. It was a first games for both participants. Two other Cork men were at the Games, liver transplant patients Charlie Ryan, Cobh and Mike Keohane, Rosscarberry.

At our November support session members of the Transplant team will be there to talk to patients about the importance of keeping fit post-transplant and the opportunities that are available to you. Next year’s European Transplant and Dialysis games will be held in Sardinia from June 17th-24th so there is plenty of time to get yourselves fit.

SUMMER PROMOTION EVENTS

On the August Bank Holiday Funcheon Vintage Club ran a vintage tractor run and the IKA Cork branch
was one of the chosen charities. We would like to thank John and Mary Hurley for assisting in the running of this successful event and for raising much needed funds for the branch. A cheque was presented to branch members on September 9th.

Rylane community group held its annual fete on August 12th and, despite the weather and the clash with the All-reland hurling semi-final, there was a good turnout and it was a great day promoting organ donor awareness. A huge thanks to Hugh Nolan for manning the station on the day and his special assistant Joanne Lyons, from the Dialysis Unit, for helping out.

Right: Dialysis Nurse Manager Joe Lyons and family at our new stand at the Rylane Fete
MONTHLY SUPPORT SESSIONS

Our first support group get together was held in the Rochestown Park Hotel on Tuesday September 5th. We began the evening with a minute’s silence for our late Chairman Teddy O’Neill. The new format of our monthly get together was widely praised. Our guest speaker on the night was Dermot Crosby from the Department of Employment and Social Protection. Dermot gave a fantastic presentation of the benefits patients on long-term illness were entitled to and how to get back to work under various different schemes. Dermot was delighted to be given the opportunity to address the members and has advised that he will come back again.

Our next session was held on October 3rd. At this session IKA Counsellor Mike Kelly gave a talk to the audience about dealing with chronic kidney failure and post-transplant.

Our November meeting will include speakers from Transplant Team Ireland to talk about life after transplant and sports participation.

EDTNA CONFERENCE

A number of Irish delegates recently attended the European Dialysis & Transplant Nurses Association (EDTNA) Conference in Krakow. The three day event gave a wonderful insight into the world of dialysis and transplantation. One of the main themes from the Conference was communication. Communication between patients and their medical team. This breakdown seemed to be a common issue worldwide.

A portable home haemodialysis machine was on display. This machine allows Home HD patients to travel around the country.

UPCOMING EVENTS

Our annual Mass will be held in the CUH Chapel on November 12th at 3pm. This beautiful ceremony is well attended every year by donor families and transplant recipients.

Christmas Cards will be on sale in the canteen beside the Chapel immediately following the Mass. Refreshments will also be served in the canteen.

Our Christmas lunch will be held in the Rochestown Park Hotel on December 3rd at 3pm. Lunch will be followed with entertainment for the kids and the adults and you never know as we might have a special guest that may turn up on the day for the kids. The cost of the meal will be €10 for adults and €5 for children under 12.

To book your place please email: infoikacork@gmail.com or contact the Secretary on 086-2755754.

It is essential that you book in advance and the latest date for booking will be November 24th.

Dates for your Diary

- **NOVEMBER 7TH**
  Support Meeting, 8pm, Rochestown Park Hotel

- **NOVEMBER 12TH**
  Annual Mass of Thanksgiving, CUH Chapel Cork

- **DECEMBER 3RD**
  Christmas Lunch, 3pm, Rochestown Park Hotel.
Hi to all from the Donegal branch new Secretary. I do hope you all had a wonderful Summer?

The branch had a lovely annual Summer outing. We were picked up by bus from Letterkenny for a full fun packed day. We stopped off first at Kitty Sean’s for tea/coffee and homemade scones and then we toured the Doagh Famine Village. It was very interesting and good craic. We then headed to the red roof barn where the music with Shunie Crampsey and guests had us all dancing. We finally ended up in delicious meal as always. It was a lovely day for the children and adults and everyone had fun.

Our thanks to Siobhan and George Bates for organising such a lovely day.

We would like to wish Yvonne McFadden and her sister well after they went through the paired kidney exchange transplant and also to Patricia Fitzpatrick who had a live donor transplant. All are well and enjoying their new ‘gift of life’.

A special thought to our branch members who have lost family or friends.

We would like to thank the Renal Support Centre, Beaumont, for everything they do for us, and the Renal Unit in Letterkenny. I honestly do not know where or what we would do without these people.

And, finally, we were delighted with the Organ Donor Awareness Week and the Church gate collections - congratulations to all our volunteers and thank you for your hard work.

Christmas cards will be available from the Letterkenny Dialysis Unit, any member of staff or Siobhan Bates.

If there are outstanding monies could we ask that they be handed in?

That’s all our news from the branch until the next time.
Hello to all from the Kingdom of Kerry. We do hope everyone had a nice Summer and sincere condolences to the families who have lost loved ones namely Jerry Murphy, Alan McGovern, Keith O’Donnell, Sean O’Connor and Mary Enright. May they rest in peace.

Congratulations to the following who recently received kidney transplants...Colm Clifford, Milltown, Siobhain Crowley, Castleisland and Kathleen Daly, Furies. We wish you all a good recovery and a new lease of life.

On June 17th Jimmy, Paddy, Katie Dwyer and friends organised a fundraising walk around Camp. The weather was beautiful, the scenery fantastic and the barbecue and craic at the Junction Bar afterwards was an evening to remember. A huge thank you to everyone who helped out on the day and all going well we will be back again next year.

The walk raised €3,300 on the day for which we are very grateful.

At the end of June our Chairman Con Brosnan was part of the Irish team that did us proud at the World Transplant Games. What a fantastic experience to spend a week with such positive people who were celebrating the gift of a new life. Congratulations and well done to all involved.

Our branch was one of four charities chosen to be part of a monster draw organised by Killarney Valley Classic and Vintage club. Each charity was asked to sell as many tickets as possible. The draw was held on Saturday June 30th and the following were the winners:

1st Prize: MF 135 Tractor
Noreen Murphy, Clonkeen, Killarney

2nd Prize: Log Splitter
Mike Cronin, Ballyhar, Killarney.

3rd Prize: 2 B+B, 1 Dinner, Kenmare Bay Hotel
Neil Kelly, Ballynahoon, Killarney.

4th Prize: 1 B+B, Castlemartyr Resort
Patricia Healy, Bansha, Co. Tipperary.

5th Prize: 1 B+B, Woodlands Hotel
Paric Russell, Lisnare, Waterford.

6th Prize: €100 Voucher, O’Sheas Killarney
Sean Crowley, Clonakilty.
A cheque will be presented to the branch over the next few weeks.

Thank you to Astellas for inviting our Chairman, Con Brosnan, Vice-Chairman, Stephen Byrne and Eibhlin Gleeson to speak to the staff at their Awareness Day. The ongoing support of Astellas over the years is very much appreciated.

The Tralee Holiday Home has been booked solid since early May by families lucky enough to receive a respite break. We hope they all enjoyed the Kerry air and hospitality and went home feeling refreshed.

I would like to acknowledge the wonderful staff at University Hospital Tralee for looking after the patients’ medical needs. Also to Lorraine McCarthy, our Bean an Ti, who maintains the house to such a high standard.

The stay would not be the same without a visit from our Chairman each week. Con always provides them a warm welcome and advises on all the places to go and things to do and see in Kerry.

It is a great team effort and we are privileged to be given the opportunity by the IKA to run it.
At the Annual General Meeting of the Galway branch Stephen O’Sullivan indicated that he wished to step down from the position as Branch Chairperson. Stephen gave sterling service to the Branch and also played a major role on the Board of the IKA and served as National Chairman and later as National Treasurer.

During his chairmanship the Annual Service of Remembrance and Thanksgiving was held in Galway Cathedral which was attended by President Michael D. Higgins and this was followed by the official opening of the ‘Circle of Life’ Garden in Salthill. The Cathedral was filled to capacity on what was a beautiful day.

Sadly during Stephen’s term of office his lovely wife Maura passed away. May her gentle soul rest in peace. He was a great supporter of the European and World Transplant Games. We wish him a happy retirement.

This year the Mayoral Ball, organised by the then Mayor of Galway, Michael Connolly, nominated the IKA to be one of the chosen charities to benefit from the proceeds from the event. Michael’s daughter Anne Marie, had a kidney transplant many years ago and she helped in organising the Ball.

Angeline Cooke again organised an Exhibition of Watercolours, Oils and Paintings on Silk, which she called ‘Anseo is Ansiud ‘ (’Here and There’). Her work was in great demand with practically a 100% sell out. Angeline divided the proceeds between the Galway branch and the Dialysis Arts Programme at Merlin Park Hospital, Galway.
At the recent World Transplant Games in Malaga, Galway’s Sinead McGowan won four medals – two gold and two silver. Sinead received a kidney from her brother Seamus in 2008 and has been living in Australia for some years. Her parents, Colm and Teresa from Renmore, Galway, are staunch IKA supporters and wonderful fundraisers during Organ Donor Awareness Week. The Galway branch is delighted to send a message of congratulations to Sinead on her great achievements.

Marie Burke, of the Loughrea Active Retirement group, presented our new Chairperson, Eoin Madden, with a cheque for €550. The Branch also received €1,500 donation for the IKA Renal Support Centre in Beaumont from the proceeds of a ‘Fun Day’ held in Gort Community College. The Branch would like to acknowledge the work of Teacher, Amy Talbot, parents, students, Headmaster and staff for their wonderful gesture.

The Annual Mass of Thanksgiving was held this year in Knocknacarra Church. We wish to thank the Parish Priest, Fr. Tadhg, for his welcome and the Church Choir for their beautiful music and singing during the Mass.

Both the Organ Donor Awareness Week and Church Gate collections were well supported and we wish to thank all the volunteers who participated in both events.

CAVAN/MONAGHAN

By KARL CRONIN

WILL YOU GET INVOLVED?

Branch members will be aware that it has been some time since we have had a Branch meeting. In recent years, the numbers attending Branch meetings have decreased and we have relied very heavily on a small number of members from Cavan and Monaghan to keep the branch active.

We have a number of vacancies in the branch at present and we don’t have representation on the National Board of Directors. In the IKA’s Constitution if a Branch fails to hold an AGM or to nominate a representative of the Branch to the National Board, the Board may take steps to rectify the situation including closure of the Branch or amalgamating the Branch with another existing Branch.

Given the large number of members in our Branch, and the number of patients attending the Renal Dialysis Unit in Cavan, it would be a shame to see our Branch closing or being amalgamated with another neighbouring branch.

Therefore, we are calling on all our members who are willing to get involved and reinvent the Cavan / Monaghan IKA branch to get in touch with us. Please text your name, address and contact number to 086-8513173 and once we have sufficient numbers, we will contact you with the details of our next meeting.

You will see from all the other branch reports that there is so much to be gained from having an active branch, including peer support, social outings, promotion of organ donation in the locality and benefitting from local fundraising initiatives. This is your branch of the IKA – will you get involved?

Hi to all in the IKA.

I thought you would like to see this photo. Our son Andrew married Nora Cunningham from Waterford in our home town of Mullagh, Co. Cavan recently. Andrew had a kidney transplant in December 2003, and has done very well under the care of Dr. de Freitas and his team in Beaumont. Not to mention Prof. Conlon, and how could we forget David Hickey. Our thoughts and prayers went to the donor and their family on our happy day. Without their sacrifice, our joy would not have happened. Nora and Andrew’s wonderful son Mark would not be here either. Keep up the good work.

Andy Jones (Snr)
Mullagh, Co. Cavan
The IKA West Clare Walk took place on Sunday April 30th. The walk commenced in the Square in Kilrush, went out the Moneypoint Road and returned by Cappagh via the coastal route to Kilrush. The proceeds to date amount to a total of €11,295, which is on a par with previous years.

This was the second year using the new route. Dry seasonal weather prevailed and a large number of participants took part leading to a very successful walk.

Our special appreciation is extended to the organising committee under the Chairmanship of Vincent O’Halloran and comprising Peggy Eustace, Carmel McCormack, Geraldine and Joe Grace.

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.

CONGRATULATIONS

Congratulations to Marie O’Connor on winning gold and silver medals at the World Transplant and Dialysis Sports Championships in Malaga in Spain in late June. Marie was a member of a strong Transplant Team Ireland which included 4 liver and 23 kidney transplant patients.

The team won a grand total of 32 medals and ranged in age from 30 to 79 years. They showed their zest for life, sportsmanship and infectious goodwill while honoring their organ donors.

Marie won gold in the Women’s Singles 18 hole golf, played on the beautiful Guadalhorce golf course in temperatures in the mid-Thirties. She also won bronze in Petanque Singles (a sport similar to bowls which originated in France) which was played on a gravel surface in these Games.

Speaking about her win Marie said: “I am over the moon, I did not expect it, this is for my donor. If it was not for them I would not be here.” This was Marie’s seventh time representing Transplant Team Ireland at a Transplant Games either World or European. She has competed for Ireland in such distant locations as Bangkok in Thailand and Loudon in Canada. Marie who hails from Moymore North Lahinch in 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.

CHRISTMAS SOCIAL

The Christmas Social will take place at the Old Ground Hotel Ennis on December 3rd and we look forward to seeing our members and their families. For more details on this upcoming event together with matters relating to tickets, please contact our Chairperson Peggy Eustace at 087-9392148.

CHURCH GATE COLLECTIONS

The summer months have been a busy period for church gate collections in the branch. We would like to take this opportunity of thanking 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 public are to be complimented for their great help.
BEREAVEMENTS
We extend our deepest sympathies to the family of the late Tony McInerney, Willow Park, Ennis, Patricia MacKenzie Dublin North Branch IKA on the death of her aunt Sr Elizabeth, late of St Saviors Convent of Mercy, Ennis and the family of PJ Haugh, Lislannaghan, Kilkee. May they rest in peace.

HOLIDAY CENTRES
A number of Clare patients have availed of the holiday facilities in Tramore and express much satisfaction with the level of service provided. Our thanks to all in Donor House for facilitating matters and organising accommodation.

SERVICE OF REMEMBRANCE AND THANKSGIVING
The Service of Remembrance and Thanksgiving took place in Corpus Christi Church, Drumcondra on October 7th. The IKA invites all members to attend the Service, to honour and remember the special people who have donated their organs so that others may live. Our Chairperson Peggy Eustace is a member of the Liturgy Committee.

MEMBERSHIP
Monthly meetings of the Clare branch have commenced following the Summer recess. We invite members, including new people, to attend and seek their contribution towards the Branches’ plans and activities for the year ahead. Meetings take place on the second Tuesday of each month.

At our September meeting Bill Dale presented our Treasurer Gerry Moran with a donation of €440, proceeds of table tops and boot sales in the UK. We thank Bill and Pat Dale and their friends for their generous support of the IKA.
Hi to all and I do hope everybody is well in Tipperary and you enjoyed your summer?

We want to congratulate Sheila Gregan and Orla Hogan on their participation in the World Transplant Games in Malaga, Spain and to all the team that flew the flag for Ireland.

There has been many different fundraisers held in the county. Hayley and Owen Shanahan had a lip-sync battle in Thurles on June 24th which was a great night and was well attended. They held this fundraiser in aid of the IKA Renal Support Centre in Beaumont. Hayley said it was amazing to have somewhere to stay on the grounds of the hospital during the time that Owen got his transplant.

A moonlight walk was held by the Aherlow Hotel for the IKA and Cancer Support Centre. There was a great atmosphere at this walk. It started just at dusk so we could see the moonlight. We would like to thank the hotel for including the IKA this year.

Anne Hackett, whose son Paul had a transplant this Summer, held a coffee morning in Two-Mile Borris. Anne said they are a great community and a fantastic €3,500 was raised.

The annual Golf Fundraiser in Nenagh was held the last weekend of August. Many teams came to support this annual event. James was delighted as over €4,000 has been raised.

Our church gate collections this time of year have begun and we will be continuing with these throughout the Winter.
Greetings to all our members and I hope you are all keeping well.

PEDAL THE PEAKS
On the weekend of June 30th and July 1st the Tullamore Cycling and Touring Club (TCTC) held a cyclathon in the Bridge Centre, Tullamore in advance of their Pedal the Peaks Challenge. It was a hugely successful event and many thanks to all who participated, donated and helped out.

On Sunday, August 27th it was a lovely day for a cycle and over 300 cyclists turned up for the Pedal the Peaks. Five year old Sophie Mahon from Mount Bolus, who received a living related transplant from her father Hugh was at the starting line with her family and Chairperson Jerome Burke to see the cyclists off.

The cyclists stopped midway where the refreshment crew, led by Mary Young, Geraldine Leahy and Lil Downey held a banquet for all. The day came to an end at the Tullamore Harriers where a barbecue was held by the TCTC.

A special word of thanks goes to Jacinta Condron and Liam Mulhall Chairperson TCTC for the trojan work they have done for the Offaly Branch over the last three years.

CONDOLENCES
We would like to extend our condolences to the family of long-time branch member Eamon O’Meara on his passing and also to the family of Teddy O’Neill, Cork Branch, a long-time friend of the branch and its members. Ar dheis dé go raibh a anam dílis.

GET WELL
Get well wishes are extended to David Cullina who is unwell at this time.

CONGRATULATIONS
Congratulations to Kim Heavin and Tanya Tracey and their friends who took part in the Women’s Mini Marathon to raise funds and awareness for the branch.

MEETINGS
Our support meetings are held in the Tullamore Court Hotel on the third Thursday of the month at 8pm. All are welcome and please bring a friend(s). Light refreshments are served.
Hello everyone, I hope you had an enjoyable Summer.

The main event, held by Westmeath IKA this Summer, was our annual cycle on the Greenway between Achill and Westport which took place on July 22nd.

Once again the event was very well attended. We were blessed with the weather, no rain and most importantly not much of a breeze!

We set off from Achill at about 12pm and met back in the Helm pub in Westport Quay for a meal and a few drinks.

Many thanks to all who participated and to those who contributed to the funds raised.

We will be holding our annual Mass and get together in late November/early December so I hope we will see you there?
Work has finally begun on the building of the long-awaited kidney dialysis unit in Wexford. It will be on the outskirts of Wexford town, Sinnottstown Lane. The opening date should be early 2018. It is fantastic news for all those patients who will not now have to make the journey to Waterford and will lessen their load.

CONGRATULATIONS

Congratulations to Richie McAuley and Fiona on the recent birth of their daughter Amelia. Richie is a transplant patient.

We also wish to congratulate Wexford native John Whelan who has been appointed National Honorary Chairman of the Association. John grew up in Blackrock, Co. Dublin.

ANNUAL MASS

Our local Mass of Remembrance and Thanksgiving took place on July 14th in Clonard Church.

The Celebrant was Fr. Billy Caulfield, newly ordained in June. A good crowd was in attendance. The Rathangan Choir sang some lovely hymns. We always remember our donors living and deceased.

Tea and coffee was available in the hall following the Mass.

CHURCH GATE COLLECTIONS

The following Church Gate collections took place: Wexford; Enniscorthy; New Ross, Rosslare and districts and we wish to thank all those who gave their time to collect, it is most appreciated.
Hello to all our members and welcome to the Autumn edition of SUPPORT.

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

Our Church gate collections in Tramore, Fenor and Co. Waterford in June were very successful again this year. Many thanks to all who helped over the different weekends – your time and effort are greatly appreciated. ‘Thank you’ to all who supported our collection.

A family Fun Day was held again this year at Newtown, Kilmacthomas in July and was another great success. ‘Thank you’ to the Committee members, including our branch Chairman Ray Halligan, everyone involved in organising this day, those who sponsored the events and all who supported the day.

We had a fundraising day at SuperValu, Tramore Road, Waterford, in July. Many thanks to our volunteers and all who supported this collection.

Our Annual 10K Walk was held on Sunday, August 27th from Carrickbeg to Portlaw. ‘Thank you’ to Eddie Sullivan who organised this event again this year, and to all our walkers, runners, everyone who gave sponsorship and all our helpers on the day. We would also like to thank the proprietor of The Forge Inn, Portlaw, who supplied tea and coffee following the walk. Thanks also to everyone who made sandwiches and cakes – they were enjoyed by all.

Our next meeting will be held at the Edmund Rice Centre, Barrack Street, Waterford, on Tuesday October 24th at 7.30pm. All are welcome, including family and friends.

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FAMILY FUN DAY – NEWTOWN

PHOTOS BY JOE CASHIN

Ruby Allen, Anita Flynn, Kieran Kirwan, David Janes, displaying old army memorabilia
Anne Power and mum, Peggy Roche
Helping out... Kay Hannigan, J.J Bagge and Mary Bagge

Tanya Carey, Sean Murray, Flann, Shay & Ferga O’Reilly and Bingo Prince
Jody Hassett & Lauren Dalton
Marion Dunphy, Kathleen Munroe

Lorraine Power, Willie, Jessica & Belle McGrath

Dan & Bim Connors

Fintan Lambe & P.J. Kirwan

Mick Kavanagh in his 1924 Bull nose Morris
Ronan O’Sullivan tries his hand at milking the electronic cow

David & Christopher Collender playing 4 in a row
Ray Halligan & Siobhan Hassett

Ava Thornton and dad Michael. Ava won 1st prize in running event for her age

Catherine & Paul Daniels

Shane Grant & Coreen Power, community Cardiac first responders

Eileen & Paddy Long with grandchildren, Jane and Cullen Rooley Callinan

Ruby Allen, Anita Flynn

Eileen & Paddy Long with grandchildren, Jane and Cullen Rooley Callinan

Jo Hallihan at the flower stall
Greetings to all members as we commence the Autumn season.

CONGRATULATIONS

Congratulations to two recently transplanted members, Martin Cahill who got the call and was transplanted on June 24th and Margaret Quinn who received a living donor transplant from her sister Bernie on July 11th. All are happy and doing well.

HONORARY NATIONAL TREASURER

Since the last edition of SUPPORT, Colin Mackenzie, who was acting as Interim National Treasurer, has now been appointed Honorary National Treasurer of the IKA – joining National Chairperson John Whelan and National Secretary Valerie Brady.

TRANSPLANT TEAM IRELAND

Congratulations to Transplant Team Ireland. We were happy to greet them at Dublin Airport on their triumphant return from Malaga – laden with medals.

SKERRIES GOLF CLUB

We acknowledge, with gratitude, a very generous donation from the Ladies of Skerries Golf Club. €2,067 was donated to the IKA and we are grateful to former Lady Captain Pauline Gaughran, wife of our valued member Ben Gaughran.

Pauline spoke to members at the Golf Club Dinner about the work of the IKA and introduced transplant recipients Therese Bisset, Ben Gaughran, Agnes Matthews and Peter Heffernan. Seeing transplant recipients greatly increases awareness of the importance of organ donation. Thanks once again to Pauline and the lady members of Skerries Golf Club.

RON GRAINGER

For our September meeting we welcomed Dublin North members Ron and Joyce Grainger. Ron, our speaker for the meeting is the ‘Fit For Life’ Ambassador and also a kidney transplant recipient. He spoke about his life and patient journey from his own unique perspective. He encouraged us to enjoy the benefits
Enjoying a cup of tea after the meeting

Stephen & Collette Fox

of regular exercise. It was a fascinating talk leading to many questions and comments from members. Our thanks to Ron for starting our season on a very positive note.

NEXT MEETING

Our next meeting will be on Monday October 16th at 7.30 pm when we will welcome National Chairperson John Whelan as our visiting speaker. Our meetings are always held in the Renal Support Centre, Beaumont Hospital and all are welcome to attend.

LADIES DAY

Our Ladies Day will be held on November 2nd at 1pm in the Sands Hotel, Portmarnock. Ladies who would like to be greeted with a Champagne Reception, a 4-course meal, followed by a Fashion Show and perhaps win a prize in the ‘Best Dressed Lady Competition’, come to the Sands Hotel, on Thursday November 2nd.

Red Hurley, supported by the ‘Sisters of Sound’ will entertain with special guests, vocal duo Mark and Rachel, plus lots of music.

Tickets are available from Ann Burke on 087-1352775. All proceeds will go to the work of the IKA.
Hello to all our members. We hope everyone is keeping well and enjoyed the Summer.

We have two upcoming events for your calendar.

SERVICE OF REMEMBRANCE

Please note that the Leitrim branch’s Memorial Service will be held on Sunday 12th November in the Bush Hotel, Carrick-on-Shannon. There was a marvellous response to the Service last year and we hope to see everyone again.

CONCERT

Hubert McHugh, Leitrim Guardian Person of the Year and Ambassador for the Leitrim branch Organ Donor Awareness Week announced details of a special concert night. Hubert will present a night of real nostalgia by hosting the charity event, in collaboration with country legend Mick Flavin who is celebrating 30 years performing. This charity night will see Mick perform his numerous hits and he will be joined on stage by special guests.

The Concert will take place in The Bush Hotel, Carrick-on-Shannon on Saturday, October 28th. Tickets are available from committee members.

All proceeds from the event will be donated to the IKA and North West Hospice.

BARBECUE

The annual barbecue, organised by Annetha Loughran and her husband John, was held on August 6th in Taylors Bar, Drumsna. A sincere ‘thank you’ to Liam and Fionnuala Taylor who provided use of their marquee and cooking facilities. Damian McGuinness was the DJ for the night.

Thanks to all our sponsors who provided the gifts for the raffle. All proceeds were donated to the IKA and, as photos show, a good time was had by all.

BENEFIT NIGHT

A special thanks to Bernie McGovern who organised a Benefit Night in McKeowns Bar, Cloon, and raised €1,096.

CHURCH GATE COLLECTIONS

There was a great response to our Church Gate collections which were held on August 20th. Once again sincere thanks to all volunteers.
Hello and welcome from the Dublin South Branch. As usual 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.

Our branch meetings started back after our Summer break on Thursday September 14th in a new venue – The Plaza Hotel in Tallaght. This will be our new venue for all future meetings. Our next meeting is November 9th so be sure to come along for a chat, meet old friends or make new ones. If you have concerns or questions, whether you are a patient or carer and or a family member or friend please drop in, you will be most welcome.

CHRISTMAS PARTY

Our branch Christmas party will be held on Friday, November 24th in the Plaza Hotel, Tallaght. Tickets are now available, only €28 each. Mark the date in your diary. Don’t forget, all are welcome on the night so bring your family and friends along too.

REMEMBER, dialysis patient branch members go for FREE! If you are interested in tickets please contact James on 085 213 8309.

CHILDREN’S CHRISTMAS PARTY

The Children’s Christmas Party, 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.

BRANCH MEETINGS

The Dublin South branch meetings are always held on the second Thursday of each month in The Plaza Hotel, Tallaght, Dublin 24.

For any questions or queries about the Dublin South branch please call James 085-213 8309.
Hello to all in Dublin East and Wicklow. It seems a while since I shared some news and photos...the Spring in fact!

We hope you all enjoyed a good Summer and are ready for the longer nights.

Special thoughts to any members who are in hospital or just not feeling well at this time.

ORGAN DONOR AWARENESS WEEK

This seems so long ago but I must mention the hard work of all our volunteers, you all know who you are. Your loyalty every year is much appreciated by us all.

Thank you to Dunnes Stores, Cornelscourt, for allowing us to do a bag pack again this year. It was quite an achievement for us to cover 14 checkouts and we were very grateful to Rachel O’Hora, one of our members, for bringing the lovely transition class from Holy Child Secondary School, Killiney to make this a success.

On April 4th we met Marie Togher and the ladies of Ashford ICA who chose us as their charity and presented us with a cheque for €3,200. National Chairman John Whelan thanked them and said a few words.

Thanks to Brambles who held a coffee morning in The Lexicon in Dun Laoghaire, to Supervalu in Bray, to Aldi Nutgrove and Sandyford where Ann Sadleir did it on her own! To Jacinta in Roundwood Pharmacy and indeed all the other pharmacies who helped us out.

I would like to mention Gloria Proby here as we missed her very much this year. We wish you and your family well for the future.

WORLD TRANSPLANT GAMES

In July three of our members Gary Campbell from Greystones, Deirdre Faul from Dalkey and Michael Dwyer from Cabinteely took part in the World Transplant Games.

At the beautiful Guadalhorce Golf Course, Malaga, in temperatures in the 30s Gary won gold in the singles and Gary and Michael won gold in the team golf.

Deirdre Faul won gold in squash and three gold in swimming. Michael also won silver in the ball throw. We had a long and busy week with a wonderful team showing how transplantation works and the importance of exercise.

As you all know by now our own chairperson, John Whelan, is the new IKA National Honorary Chairman. We, in the Dublin East + Wicklow branch, wish John the very best in his new role for the next two years.

Finally, as we go into a new Season we would love to see as many as possible at our branch meetings in St Ann’s Resource Centre, Shankill, held usually on the first Tuesday of the month where you can hear the latest news and have a chat.

We will be taking orders for Christmas Cards soon and our Christmas Lunch will take place on December 10th in the Ocean Bar and Grill, Bray.

KILMACANOGUE HORSE SHOW

In September we were once again invited to The Powerscourt Arms to receive a cheque for €1,000 from our friends in the Kilmacanogue Horse Show. We sincerely thank them for...
including us in their fundraising this year again. Some of our members actually helped out with stewarding on the day of the Show. John Whelan accepted the cheque this year and said a few words.

**NATIONAL PLOUGHING CHAMPIONSHIP**
The IKA had a stand at the Championship this year in Tullamore and volunteers from some of our branches were in attendance where we helped conduct a survey. Report in this SUPPORT.

**Dear John and Michael,**
Thank you so much for attending our charity awards night last week and for describing to our gathering the work you do. Please find attached a press release outlining the awards night. I also attach a photo of you receiving the award.
We look forward to liaising with you again and particularly to organise volunteers from the IKA who might be interested in manning a gateway at the show and using this opportunity to tell people attending about your Association.

*With kind regards*

Mary
PRO, Kilmacanogue Horse Show
The Limerick Branch held our annual barbecue once again in the Locke Bar on Georges Quay, Limerick on Sunday August 13th at 4pm. Many thanks to Anna and Richard Costelloe for providing this ever popular venue for the annual fundraiser and awareness raising event for the Limerick Branch.

Our Chairperson Sandra Earls welcomed other committee members, renal patients and their families and friends along with members of the public to this very popular fundraiser.

It was an afternoon of delicious barbecue food and lively traditional music later in the bar.

A very big ‘thank you’ from the Branch to all who supported the event.
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**
Liz O’Sullivan, 49 Morrell Drive, Naas, Co. Kildare
Phone: 086-8263284

**LONGFORD**
Elaine Heslin, Augharickard, Shroid, Longford, Co. Longford.
Phone: 087-9444515

**SLIGO**
Geraldine Jenkins, 96 Doo Park, Sligo, Co. Sligo.
Phone: 086-8073552

**CAVAN/MONAGHAN**
Karl Cronin, 13 Lansdowne Manor, Swellan Lower, Co. Cavan
Phone: 086-8513173

**DUBLIN NORTH**
Patricia Mackenzie, 49 Martello Court, Portmarnock, Co. Dublin.
Phone: 087-9576808

**KILKENNY**
Arlene Carrigan, Burnchurch Viper, Kells, Co. Kilkenny.
Phone: 087-8475009

**LOUTH/MEATH**
Mary Trayan, 9 Blackhill Crescent, Donncarney, 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**
Phone: 085-7133445

**LAOIS**
Eva Fitzpatrick, Mill Street, Rathdowney, Co. Laois.
Phone: 085-1460177

**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**
Phone: 086-2755754

**GALWAY**
Peadar O’Hlic, Rannoch, Bearn, Galway.
Phone: 087-6536521

**LEITRIM**
Cathriona Charles, Gortfadda, Mohill, Co. Leitrim.
Phone: 087-9768637

**OFFALY**
Louise Galvin, Cloneyourke, Portarlington, Co. Offaly.
Phone: 086-3435975

**WESTMEATH**
Cathy Smyth, 31 Churchills Road, Coosan, Athlone, Co. Westmeath.
Phone: 086-8049487

**DONEGAL**
Karen Bradley, 23 Donagh Park, Carndonagh, Co. Donegal.
Phone: 074-9373234

**KERRY**
Theresa Looney, Inch, Kilcummin, Killarney, Co. Kerry.
Phone: 087-2059205

**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

€5 PER PACK OF 10 +Post & Packaging

ASSORTED DESIGNS
Made in Ireland

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