

# SUPP ART

SUMMER 2016



**GIFT OF LIFE  
DONOR**

**ORGAN DONATION & TRANSPLANT IRELAND**  
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# Editorial...



**O**n behalf of the Board of Directors I wish to thank all of you who helped during this year's Organ Donor Awareness Week. Thankfully, we have a core of completely dedicated volunteers who valiantly turn up year after year. We, of course, would always welcome additional volunteering but true to our ethos we have succeeded, over the years, in resisting using professional fundraisers and none of our volunteer collectors receive commission of any kind. I think these facts will stand to us in the future and the trust the public have in the IKA is essential in our call for people to consider carrying the organ donor card.

The new Programme for a Partnership Government document includes the following sentence on page 57

We will also propose legislation in the following area:

- **Family consent and opt-out register for organ donation before the end of 2017.**

We will probably have had our meeting with the new Minister for Health, Simon Harris TD by the time you receive this magazine. As regular readers of *SUPPORT* will know, the consent for organ donation, in our strongly held view, is not a barrier to organ donation's growth in this country. We would favour a register for the individual's decision on organ donation, 'yes' or 'no' rather than the proposal to simply have a register of the people who say 'no' to organ donation. It would be possible for us to promote organ donation in a brand new way by encouraging people to sign up to organ donation on a register, as is done in the UK. We would never discontinue the organ donor card but, instead, would have a strong new message to offer the public if the Department of Health and the HSE would adopt and realise our point of view.

Congratulations to Senator Mark Daly on his success in retaining his seat in the Senate following his nomination from the IKA.

# Contents...



## FRONT COVER

*27 year old Janice Moran from Drimmagh, Dublin at the National launch of Organ Donor Awareness Week in the Mansion House. Janice was diagnosed with kidney failure a year and a half ago and is undergoing 10-hour nightly peritoneal dialysis treatment since then.*

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Vivienne Traynor has proved to be a most popular Ambassador for organ donation. Her willingness to share her personal stories to the media, along with so many others, enabled the publicity during the awareness week to be so much easier. Gwen O'Donoghue, of Connect Communications, consistently does a magnificent job for us every year, with the media and, thankfully, our timing did not coincide with other national or international events.

The steep rise in haemodialysis patients at the end of 2015, with an extra 125 patients being dialysed across the country, has impacted sharply on capacity in all dialysis units. Therefore holiday dialysis has unfortunately, once again, almost come to a halt.

The results of our holiday survey of patients are contained inside this *SUPPORT* and do please talk to Deborah in Donor House if you are interested in our group holiday between October 1st – 8th in Estoril, Portugal. The IKA recognise the importance and beneficial effect of holidays for our patients and we will continue, in the future, to explore various new avenues.

We are on the eve of two transplant and dialysis occasions with the European Games in Vantaa, Finland and the British Games in Liverpool. I wish all the athletes and supporters the best of competition. These events give us extra opportunities to promote the benefits of transplantation to a different sector of the public.

The Patient Conference preceding the EGM/AGM on Saturday September 10th will be of particular interest to any of you with an inherited renal disorder. About 8% of the renal patients in Ireland have polycystic kidney disease (PKD) and there are others with other inherited renal disorders. There are

areas in Europe where the kidney patients with inherited disorders meet in their own Federation and the EU have all inherited disorders cohorted together in specialists groups. The Patient Conference will discuss this in depth (see notice inside).

Whilst we are now in the middle of what is normally a quiet time for our branches, as they attempt to take a well-deserved break to permit holiday time, work in Donor House continues with the oncoming sports events, EGM/AGM and the planning of this year's Service of Remembrance and Thanksgiving by our Liturgy Committee.

May I take this opportunity to thank you all for your continued commitment and endeavours which support our patients and I look forward to meeting many of you at the EGM/AGM.

**MARK MURPHY**



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## ORGAN DONORS RECOGNISED

A giant stone candle was recently unveiled at Botanic Gardens in Belfast, in recognition of all the people who have donated their organs to give the 'gift of life' to others.

Alderman Brian Kingston, Lord Mayor of Belfast said: "I am absolutely delighted to unveil this very moving sculpture in the beautiful surroundings of Botanic Gardens here in Belfast. This generous donation from the Galway Civic Trust is gratefully received and shines a positive light on organ donation across the island of Ireland.

The organ donation

community in Northern Ireland and Denis Goggin, Founder of Strange Boat Donor Foundation commissioned the 'Candle'. It is a replica of the candle sculpture located at the 'Circle of Life' garden in Salthill, Galway.

Denis and his wife Martina set up 'Strange Boat Donor Foundation' after their son, Eamonn, lost his life in a tragic car accident in 2006. His organs were donated and he was able to help save the lives of four people.

The Lord Mayor of Galway, Noel Larkin said: "Galway is already a very popular destination for

visitors from Northern Ireland, and given this new civic dimension and connection between Galway and Belfast there is huge potential for further connectivity and goodwill from a north/south perspective."





**SATURDAY SEPTEMBER 10TH, 2016**

## **PATIENT CONFERENCE**

The theme of the patient conference at 11.00am, preceding the EGM and AGM of the Irish Kidney Association, in the Louis Fitzgerald Hotel, is **INHERITED DISORDERS**. The IKA is considering establishing an Inherited Disorders Committee for this cohort of patients.

**TESS HARRIS** of PKD International will speak on the proposal that Polycystic Kidney Disease should be treated in a specialised manner within kidney disease and her success in establishing an ADPKD forum in Europe. Tess is also a member of FEDERG (Federation of European Patient Groups affected by Renal Genetic Diseases).

**LIAM PLANT**, Consultant Nephrologist and Clinical Director of the Irish National Renal Office (NRO), will contribute to this discussion about establishing an Inherited Disorders Committee and he will also hold a general Q&A session.

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## **NOTICE OF EXTRAORDINARY GENERAL MEETING**

NOTICE IS HEREBY GIVEN that an Extraordinary General Meeting of The Irish Kidney Association Limited will be held on **SATURDAY SEPTEMBER 10TH, 2016** at **2.00pm**.

The Association will hold an EGM to seek the approval of the members for changes to the name of the Company and the Memorandum and Articles of Association which will be known in the future as the Constitution. These changes are required under the new Companies Act 2014, which came in effect on June 1st, 2015, and replaced all previous Companies Acts. All existing companies, like The Irish Kidney Association Limited, that are limited by guarantee and not having a share capital will become a Company Limited by Guarantee or "CLG" with a new Constitution by November 30th, 2016.

By **FRIDAY, AUGUST 19TH, 2016**, Notice and Agenda of the EGM will be available to all members from the IKA website.

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## **NOTICE OF ANNUAL GENERAL MEETING**

The Annual General Meeting of the Irish Kidney Association Limited will be held on **SATURDAY SEPTEMBER 10TH, 2016** at **2.15pm**, immediately following the Extraordinary General Meeting.

Members can propose Motions and Resolutions for the AGM, which must also be seconded by another member. These **SIGNED** Motions and Resolutions must arrive, by post, at Head Office, by **FRIDAY, AUGUST 12TH, 2016**.

By **FRIDAY, AUGUST 19TH, 2016**, Donor House will send, by post, Notice of the AGM, including the Agenda, Accounts, Motions, Resolutions and Proxy Voting Forms to all Branch Officers. These will also be sent electronically to members who have given us their email address and will be available to all members from the IKA website.

All **SIGNED** Proxy Voting Forms must arrive, by post, to Head Office by noon on **FRIDAY, SEPTEMBER, 2ND, 2016**.

And they're off!



# Runforalife.ie

By COLIN WHITE

*Run For a Life* has become a regular feature on our annual calendar of events. I don't know how often we checked detailed weather forecasts in the days leading up to the event but thankfully, the weather did not let us down on the day!





I want to acknowledge the event sponsor, **Astellas Pharma Co. Ltd.**, who established the annual event in 2009 and handed it over to the IKA in 2011. They have been there in the background ever since and their support allows us to put on a great event that keeps people coming back year after year.

**South Dublin Co. Council** and the staff in the Park were once again exceptionally supportive of our event and this really helps the planning process for the day.

Pre-registrations were up on previous years and we packed our trailer with event paraphernalia hoping for a lively and busy day. We were not disappointed. With the support of a loyal core of volunteers backed up by volunteers recruited through the South Dublin Volunteer Centre we started our set-up shortly after 7.30am. When registration and number collection opened at 10am people began showing up and so started our busiest ever on the day registration for the event.

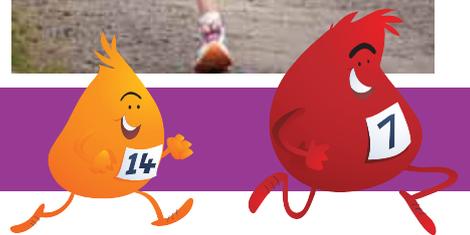
175 people registered on the day, nearly 50% higher than we have had at the Run in previous years! Added to those who signed up prior to the event we had over 500 people registered for Run for a Life 2016. Despite the huge increase in on-the-day numbers we still managed to get the event away shortly after 12pm.

The course was measured with a trundle wheel, a GPS sports watch and MapMyRun.com and all measurements agreed so it was an accurate 2.5km circuit. It was gratifying to later see people posting on Facebook of the PB's they had achieved.

The great thing about Run for a Life is all the stories you hear – what inspired people to register. Our traditional soup and a sandwich were again a big hit and added to that the hundreds of bags of crisps provided by **Keogh's Crisps** people had a reason to linger in the start/finish area. This added to the atmosphere of the event and was lovely to see.

We are already looking forward to Run For a Life 2017!







Runforalife.ie 



# SISTER ACT



By MAIREAD THOMAS

**I can only start at the beginning. On July 21st, 2008 I was diagnosed with kidney disease – Glomerulonephritis. I was suddenly told that because of kidney disease I had high cholesterol and high blood pressure. Me? Yes me! I have always been on the slighter side of slight. So to be told I had high cholesterol and high blood pressure I thought was a bit crazy. I was then put on medication for these symptoms.**

**ABOVE:**  
*OCTOBER 2015 – The Full Sister Act. Myself and Winnie beside Ruth on her wedding day.*

**OPPOSITE PAGE:**  
*MAY 2014 – Winnie and myself only a few days after getting our date for surgery. Winnie was home to join the IKA on the Croagh Patrick Climb.*

A few weeks later I was called for my first kidney biopsy. This confirmed the diagnosis and I was put on further medication. Some of this medication had a lot of side effects. One of these was diabetes. I was very down in myself. Along with the medication, I got very sick, very quickly. I ended up in hospital for a month.

In 2010 I managed to persuade my consultants to take me off the steroid medication and I immediately felt better. The diabetes subsided and my health rallied a little – enough for myself and my boyfriend to get married.

But my kidneys were still failing.

April 2011, barely a month married and I was called for my second biopsy. I was attending renal clinic every month or so and always being told what my kidney function was. I knew at the rate of decline roughly how much time I had left before I would need dialysis.

I started dialysis the first week of May 2013. I chose Peritoneal Dialysis at home at night. For me, it was the best choice. Though not without its troubles. I found it extremely painful. Very early on things went a bit wrong and the machine started screeching, almost every hour of every night. It took a month, maybe more, for me to rectify the issue. Once I did, we did get a few good nights' sleep.

I was accepted to the kidney transplant waiting list in June of that year. It doesn't always happen but for me the two came together – dialysis and transplant waiting list. That's where my donor came in.

My sister!

I come from a big family and have many brothers, but only two sisters. Winnie is my eldest sister. She is also my godmother. As soon as I was accepted to 'the list' Winnie sent through her samples to see if she was a match. She did so before even telling me. She was a match.

For a few months she was back and forth from her home in England to Dublin to do various tests. She would update me a couple of times but I never heard anything from the hospital about progress. This is procedure. In case the donor ever wished to pull out the potential recipient is never told of process.

On 20th May 2014 as luck would have it Winnie was at home at our parents' house, I was also visiting at the same time. She received a phone call from one of the transplant co-ordinators, at Beaumont hospital, with a date for surgery.

I had a scary weekend prior to transplant. I was with my PD nurse in Merlin Park Hospital, Galway for treatment to prepare for the transplant. I had a bad reaction where my blood pressure was dangerously low and I passed out. I was transferred from there to University College Hospital.

Things improved after a couple of days and I was discharged. My husband collected me and we got on the road. I went from St Teresa's ward UCHG to St Teresa's ward Beaumont hospital. I met Winnie there and we were shown to our rooms. Our husbands stayed in the Renal Support Centre across the road. This is such a wonderful facility.

Excellent accommodation for patients and their families at such an otherwise stressful time.

The following day, August 11th, 2014, my darling sister gave me one of her kidneys. It is a complete success. Words cannot describe. No more pain every night. No more boxes of fluids taking up a full room in the house. I still attend the renal clinic; that will never change. But it's all for the right reason this time – I am now transplanted. I am back on the steroids for anti-rejection and therefore diabetic once again. Hey look, I knew it would happen. I could still be waiting. Waiting for the phone call that would save my life.

The transplant was definitely a good thing. A couple of months ago both Winnie and I were able to be there as proud bridesmaids for our sister Ruth at her wedding. Ruth was the bridge that linked us. Each of us had our moments along the way when we just wanted to talk to someone impartial, and Ruth was always there. We are so delighted we could be there for her. I am sure that if my transplant did not happen when it did, I would not be able to be there for Ruth. I would be too tired and too sick.

My life is forever changing. Ten years ago I was healthy. I knew nothing about kidney disease. Now, I feel I know it all. I still live with it, only so much better. I feel I have a chance at life now. A chance to get a job and maybe go on holiday. A chance to do things a healthy person would do – and without relying on a machine to keep me alive.

I am now a member of the Mayo branch of the Irish Kidney Association and, hopefully, someday I will be able to help somebody else live a better life with kidney disease.



# National Learning Network

Investing in People, Changing Perspectives

Last week the Swords National Learning Network Centre contacted Donor House to ask if we might be interested in the free education services they offer. Ronan and Sonia from the Centre came in for a chat and their enthusiasm and passion for what they do was evident from the start.

The National Learning Network provides a range of flexible training programmes and support services for people who need specialist support (job seekers, unemployed, people with an illness or a disability) in 50 Centres around the country. The training programmes, all of which include work experience, offer nationally recognised qualifications ensuring that students are ready to get a job or go on to further education.

What was striking speaking with Ronan and Sonia was that the learning process is very much focused around the individual. Rather than an individual trying to fit into a programme the Centres work with everyone to ensure that they get what they need out of their time with the Centre. It is also about fitting the training time into the life schedule of each individual.

The reason Ronan and Sonia approached us was that they had recently had two individuals on dialysis avail of their services. The programmes were built around their availability so it meant that they could fit it in around dialysis. Realising that there are many others on dialysis or post-transplant who might benefit from their supports they reached out to us to let us know of what they offer in their Centre in Swords and to highlight the fact that there are similar Centres spread around the country.

Some of the options include the Choices course; which aims to empower participants to make positive changes in their lives and to experience health and social gains; or Employer Based Training which aims to provide high quality vocational training to assist people to learn the skills they need to secure and sustain employment.

It is a case of contacting your local National Learning Network Centre and going in for an informal chat. You even have the option to sample their courses for a week or two to see if they are the right fit for you. The clear message from Ronan and Sonia was that it is all about shaping the learning process to fit the individual rather than the other way around. You are not 'locked in' to a programme – once you get what you need from a course you can move on.

Also, Ronan and Sonia were keen to highlight that access is available throughout the year and it is never too late to start with the courses being open to adults of ALL ages. Worried about possible implications for your social welfare? Your local Centre will work through that with you and explain your options. The courses are free of charge and there may be travel and subsistence allowances available.

It is definitely worth investigating the possibilities on offer. Ronan and Sonia mentioned that they would be happy to show a group of people around their Centre and let them chat with current students. Other Centres would likely offer the same welcome. Why not organise with a friend or two from your Branch of the IKA to go together and see what is on offer?

**You can find out more on the  
NATIONAL LEARNING NETWORK website [www.nln.ie](http://www.nln.ie)  
If you would like to find the contact details for a Centre in  
your area contact Colin in Donor House (01 620 5306).**



# HOLIDAY DIALYSIS SURVEY

**I wish to thank all the participants in our Holiday Dialysis Survey which has been invaluable to us in our attempts to arrange a foreign haemodialysis group holiday.**

Haemodialysis holidays in Ireland are again becoming an impossibility as all the haemo centres throughout the country are now full. There is no slack in the system which suffered an unexpected spike in demand towards the end of 2015.

170 patients answered the survey in the last *SUPPORT* magazine. I was surprised to see that over two-thirds of the respondents were men. 34 Cork patients responded which was the highest from any dialysis unit.

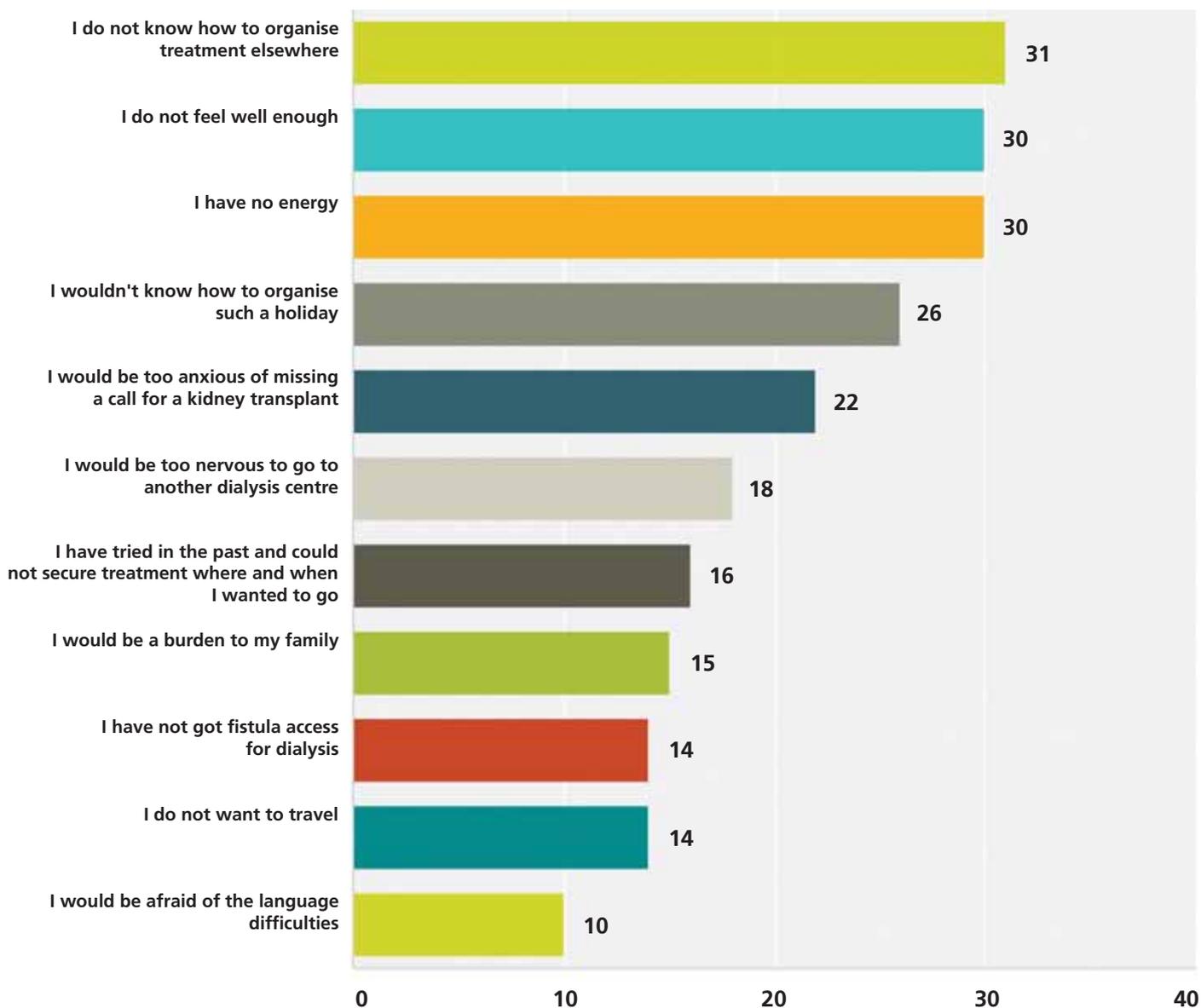
As you would expect over three-quarters of the respondents were on haemodialysis for less than 5 years. The longest respondent is over 20 years on dialysis.

The vast majority were people who enjoyed travelling, both at home in Ireland and abroad, before they started dialysis. 75 of the people had had a dialysis treatment abroad and only 42 had had a dialysis treatment for holiday or business purposes in Ireland. Typical of our situation in my view, dialysis abroad for holidays being more available than at home.

85 people get away in Ireland or abroad at least once a year. Only 42 people had stayed in either of the IKA holiday facilities in Tramore or Tralee. 46%, or 75 people, were on the kidney transplant waiting list.



## QUESTION 12 What are the obstacles to your travel (besides financial ones) within Ireland or abroad?



22 of the 75 on the transplant waiting list would be too anxious of missing a call for a kidney transplant (as you can see in the graph above). I think something could, or should, be done about this. In my view you could be abroad and still get to Beaumont in 6 hours from many European holidays destinations.

The priorities for choosing one dialysis unit over another were interesting. Distance from your accommodation was understandably first, and trust in the medical/nursing staff was a close second. About 60% of the respondents showed an interest in a group holiday abroad. Spain was the top destination country,

followed by Portugal and France.

108 people answered the question on the quality of accommodation. The highest was for 3-star apartment (31), 4-star hotel (24), 3-star hotel (21), 4-star apartment (19). In total 58 went for apartments and 50 far hotels - a reasonably even split.

Of the 113 people who answered question 19 about a nurse travelling with the group, 75 said a nurse was not necessary, or said 'no' to the preference of a nurse travelling. 30 people clearly said 'yes' to a nurse travelling.

**All these results have informed us in Donor House and the people who responded to a group holiday have been contacted. It looks likely that a trip from October 1st to 8th, in Estoril, Portugal, is viable. If you are interested please contact Deborah, our Holiday Dialysis Co-ordinator, who will give you the details on prices, etc.**



# WEST CLARE WALK



*PJ and Mary Neylon, Peggy Eustace*

**BY  
PEGGY EUSTACE**

The IKA West Clare Walk took place on Sunday May 1st on a windy, overcast but crisp, afternoon in Kilrush. The walk was well supported from the locality, the county and beyond the county boundaries. There was a change of direction this year from the long established route between Kilrush and Cooraclare. The walk commenced at The Square, Kilrush out the N67 Ferry/Moneypoint national road, through part of the Wild Atlantic Way and returned to Kilrush via Cappagh.

Splendid views of the Shannon estuary, Scattery and Hog islands, Loop Head Peninsula and Kerry were available en route.

The new route echoed a positive response from the participants and in particular the first time visitors to the Cappagh area. The walk was set in motion with John Mason from Clonlara, in East Clare, cutting the tape. John is a great supporter of the walk and has participated in every walk since its inception in 1999 (except 2005 when he

received his kidney transplant.

Thanks to the Gardai Síochána, members of the Red Cross and the West Coast Motor Cycle Club who together took great care of road safety. Each of these organisations executed their duties in a calm and orderly manner. In their actions and presence John Murphy and his team, in the West Clare Motor Cycle Club, provided comfort and assurance to all the walkers. Sergeant Gerry Lernihan, from Kilrush Gardai Station, lends his support each year to the event. His overall stewarding of the event is much appreciated and acknowledged.

The effective, smooth running and success of an event of this nature requires the co-operation and effort of all parties involved, on the day, working in unison to achieve their goal. To this end we acknowledge the volunteer personnel and their roles played by the following: K and A Electrical (public address system); Francis Donnellan and Vinny O'Halloran (directional traffic control);



*John and Geraldine Mason*



*Joe Grace, Kevin Murphy*



*Martina and Gerry Moran*

Marie Nolan, Betty Kelly and Clare McCormack (water station attendance); Bernie Tubridy and Peggy Eustace (registration); Chloe Cahill, Kathleen Lynch, Anne O'Halloran and Carmel McCormack (catering) and Tom Prenderville (provision of road signage).

The walk concluded at the Teach Ceoil, where a reception took place, followed by the provision of hot/cold drinks, food and music by Patsy Downes. We thank Comhaltas Ceoltóirí Éireann for making the Teach Ceoil premises available.

Our special appreciation goes to the organising committee of the IKA West Clare Walk under the leadership of Vincent O'Halloran who was ably assisted by Peggy Eustace, Carmel McCormack, Geraldine and Joe Grace.

The event is now in its 18th year and began at the instigation of Tom Prenderville and the late Flan Carmody. It has grown in popularity over the years and is now an annual fixture on the calendar.

Proceeds from the walk go to many wonderful IKA projects for the benefit of all renal patients, in addition to patient aid in the county.



**Above:**  
Sarah Katie and Geraldine Grace, Amy Minihan with her friends



**Right:**  
Bernie Tubridy and Michael Mescall

# ANNUAL SERVICE OF REMEMBRANCE & THANKSGIVING



WILL TAKE PLACE ON  
**SATURDAY  
1ST OCTOBER**  
at  
**12.30PM**  
in  
**CORPUS CHRISTI  
CHURCH,  
HOME FARM ROAD,  
DUBLIN 9**



# RELAXATION

# is GOOD

# FOR US



As I put finger to keyboard, the sun is shining brightly outside, the sky is clear blue announcing the arrival of summer (well, for today at least!!). It's summertime, the days are long and the sunshine warm. It is at this time of year when thoughts turn to taking a break, relaxing and rest. When holidays are planned, taken and enjoyed.

For many this time of year is welcomed and looked forward to. The atmosphere seems to be different, the mood seems lighter, people appear more relaxed and the traffic volumes seem reduced.

Weekends bring people out, heading for the beach (weather permitting), the countryside, somewhere that allows for a change of scenery. The invitation is to wind down, take a break and relax.

It may be a break from work, school or the daily routine. By doing something different, even for a short space of time, allows us to take distance from the

normal daily routine and perhaps view things from a different perspective.

The day to day demands of life, whatever they may be, can blind us to what these stresses and strains have on us physically and mentally. As we know from experience, the longer this goes on the greater the impact, culminating in a mind that is tired and energy levels depleted.

When we think of holidays or taking a break, many people put it in terms of 'going away' to somewhere different, a different place, different surroundings. The language used suggests that taking a break, a holiday and relaxing is thought of primarily in physical terms.

While there is a truth in this, it can lull us into feeling that to relax we have to physically 'go' somewhere. However, rest and relaxation is not simply a physical movement from one place to another.

What is often more beneficial and longer lasting is understanding relaxation in a much broader way, not only physical, but also as an attitude or a state of mind. If we can grasp this then the benefits to us can be multiple.

#### WHY SHOULD WE RELAX?

We all know that when we are tired we are prone to be more irritable. Being tired saps more of our energy. This, unless we are careful, becomes a vicious cycle.

Research shows that relaxation is good for us. When we relax we feel more calm and less tense. Our anxiety levels go down and we become more accepting of ourselves, resulting in feeling better both physically and mentally. When we relax our mood alters. Our energy levels, often depleted by the demands of daily life, are renewed. This opens the possibility of a different mind space, renewing our strength to confront more actively what life presents us with.

While many of us are capable of relaxing without too much effort, we all know people, who for a variety of reasons, always seem to be 'on the go'. We use various phrases to describe them; 'always

has to be on the go', 'never sits down' or 'a workaholic'. This group of people seem to get their energy from always doing something. In some ways this might be thought about as their way of relaxing. Yet the physical toll on them can be marked.

This is not the group I am thinking about primarily. I am thinking about that group of people who find it difficult to relax or don't know how to relax. In other words, they cannot adopt that attitude or mindset that leads to being comfortably able to relax. There is little point saying to them 'relax', 'calm down' because they don't know how to! For this group techniques have to be mastered that allows them relax as it is not something that comes naturally to them.

#### WHAT HELPS US TO RELAX?

There are a multitude of ways to relax. Much will depend on our personality, our likes and dislikes, etc. The key to learning to relax is to find something we enjoy. This will be different for each one. For some it will be activity based, for some more sedentary.

The two key words for those who find it difficult to relax are preparation and practice.

The first step in mastering the technique, therefore, preparation. This means identifying something you enjoy. This leads to the second step - practice. Do what you enjoy.

Create a space each day to practice your chosen technique undisturbed. Remember don't fall into the trap of trying to run before you can walk. Do it at a pace that suits you. With time and regular practice your capacity to relax should improve.

Remember through all of this process the aim is to relax both physically and mentally. Physically relaxation can come more easily. Mentally our mind can be turning over what is worrying or upsetting us and this will defeat the purpose of what we are trying to do. To relax both are necessary.

May you take the time this summer to rest and relax. It's good for you.



By MIKE KELLY



#### SELF MANAGEMENT PROGRAMME

The IKA organised and ran a successful self management programme for interested members of the Dublin North, South, East and Wicklow branches.

The programme ran one morning a week for six weeks. The programme was facilitated by two IKA members; Harry Ward and Peter Pardoe. Feedback from the programme was very positive with those who attended saying they found it of help in their day to day living with their illness.

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

Mike can be contacted at Donor House  
on Lo-call 1890-543639  
or on 01-6205306 or by e-mail: [mike@ika.ie](mailto:mike@ika.ie)

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.



# CROAGH PATRICK

# CLIMB



Standing at over 750m in height, Croagh Patrick's history as a place of worship reaches back in time as far as 3,000 BC. The mountain's popularity among religious pilgrims dates to the time of St. Patrick, who is said to have completed a forty-day Lenten ritual of fasting and penance here. Legend also has it that Croagh Patrick is the mount from which he banished snakes from Ireland forever!

This year was the third time that Donor House arranged an IKA climb of Croagh Patrick – they say that if you climb Croagh Patrick three times you are guaranteed a place in heaven! It was advertised as an opportunity to take on the climb, a real bucket list item for many, and meet others who are connected with the Association.

Approximately 40 people took the opportunity to join us and it was a great day out with a number of families in attendance. The youngest to make the summit was 6 years old and the oldest was 'over 60 years old.'

We met at the CastleCourt hotel in Westport where we handed out IKA t-shirts and had a pre-climb briefing – don't forget your water, extra layers of clothing, snacks



and a mobile phone! We then made our way out to the Reek. The t-shirts were great as it meant that we all recognised each other on arrival and that our presence on the mountain was hard to miss. We took some photos with the organ donor card and people headed off at their own pace. The t-shirts also meant that those who finished first could track the progress of others from a distance!

It was a great day to climb because it was neither too hot nor too cold, the wind was minimal and it stayed dry. It is a challenging climb in places and taking regular opportunities to take in the view gave much needed breaks before taking on the next bit! One always meets interesting people when climbing Croagh Patrick. One couple climbing with us met an Australian and it transpired



that they knew someone on dialysis back home and so a bond was formed.

We had people reach the summit in under an hour and a quarter, we had people who took it at a much gentler pace and we had people who climbed as far as they could and enjoyed the experience. That was the beauty of the day – everyone had their own goal, everyone had their reason to be there and everyone had their own sense of satisfaction but we were all unified by a shared connection with the IKA and the world of dialysis and transplantation.

If you have an idea for a similar event in the future please contact me in Donor House.



**COLIN WHITE**  
NATIONAL  
PROJECTS  
MANAGER



Front L-R: Noeleen Doyle with her two daughters Mary and Valerie Doyle and her grandchild Flora May (age 3). Back L-R: Eilish McAuley and Mary Quinlan.

Noeleen has been running the Women's Mini-Marathon for the Irish Kidney Association for the last 10 years. Her inspiration is her wonderful husband (who is on dialysis for the past 6 year) and father of 5 children.

Noeleen and her family are very grateful for the support of the IKA and the services they provide, and are delighted they can give something back through sponsorship from all their friends and family each year.



Members of the Hendrick and Higgins families



Paddy Williams (dialysis patient) and his three daughters Liz Kealy, Bernie Williams, Catherine Walsh (Kilkenny)



Members of the Carroll family

# CASTLETOWN BELLES

Motivated by his 'gift of life', kidney transplant recipient Andrew Gallagher, together with the Castletown Belles Ladies football team in Dundalk, took part in a photocall to reveal the team's new jersey which promotes organ donation. The photocall took place at the Ramada Resort Hotel, Dundalk on Wednesday, 23rd March.

Andrew, (31) a founder member and coach of the ladies team underwent a living donor kidney transplant with his donor mother-in-law Jacqueline Foster in November 2013. The Castletown Belles ladies team jerseys prominently display the IKA logo and the message 'Be a Donor' on the front as well as the organ donor card on both sleeves.

Prior to his kidney transplant Andrew had received dialysis treatment for 30 months. His daughter Evie (now 3 years old) was just a baby at the time the transplant operation went ahead at Beaumont Hospital. Andrew's father, Niall Gallagher is the Chairman of Castletown Belles.

Andrew said: "I would like to thank the whole team for coming together behind this initiative to raise awareness about organ donation and also thank Valerie Brady, National Chairperson of the IKA for attending our launch. I am delighted that the team has wholeheartedly supported this organ donor awareness initiative along with our team-wear sponsors Déjà vu Hair Design and Dealgan Coach Craft."

*Photos courtesy Niall Gallagher Photography*



## LAUNCH NEW JERSEY IN SUPPORT OF ORGAN DONATION



Valerie Brady (National Chairperson, IKA), Andrew Gallagher, Ann McGivney, Jacqueline Foster, Paul Drumgoole, Olive Lowth and Tom Geary



Andrew Gallagher, Jacqueline Foster



Nicola Gorman (Captain), Andrew and Fiona Farrell (Vice-Captain)



Castletown Belles new jersey



Castletown Belles goalkeepers jersey



# 9th European Transplant & Dialysis Sports Championships

Below:  
Colin White and  
Alan Brogan

Below:  
Matthew McNeive,  
Deirdre Faul,  
Alan Brogan,  
John McAleer and  
Kieran Murray

For a number of years now we have had a tradition of having a 'Team Kit Day' in the ALSAA Sports Complex. On this day the team kit is handed out to those travelling to the World or European Games happening that year.

This year was no different. On May 29th, the day after our 'Run For a Life', this year's squad from our sports team, Transplant Team Ireland, gathered in the

ALSAA Sports Complex to receive their team kit, to get a briefing on the trip and to listen to a guest speaker.

It can be a hectic day as we have people converging on Dublin from all around the country but it is also an exciting day as it is a clear start to the

countdown to our team's next adventure. Since 2010, long-time team member, James Nolan, has been sourcing inspirational speakers from the world of sport to come and talk about the team's upcoming experiences. This year, GAA All-Star, Alan Brogan, came to share his wisdom and his experience and wish the team well. His talk was insightful and uplifting and his real interest in all the athletes was evident during the photo-call afterwards.

We have a team of 29 athletes and 19 supporters travelling to Finland this year (July 10th-17th) to take part in the 9th European Transplant & Dialysis Sports Championships. The team ranges in age from 18 to 78 years old.

We have 6 first-time members, 7 people on haemodialysis, 4 liver transplant recipients, 17 kidney transplant recipients and 1 kidney/pancreas recipient, all travelling to Finland. Most importantly, we have a collective strong message. We have people with a 'Yes We Can' attitude whose participation in the Championships will send positive messages to a number of different audiences.

The media coverage generated by the team will send a very positive message of reinforcement to donor families. It will send a message of encouragement to others on a similar health journey and it will also send a call to action to the wider public – look what can be achieved if people make a commitment to organ donation and discuss their wishes with family.

You can find out more about this year's Championships on the website [www.vantaa2016.fi/en](http://www.vantaa2016.fi/en). You can follow our team's progress at this year's Championships on [www.transplantteamireland.ie](http://www.transplantteamireland.ie).





# 5 NATIONS TRANSPLANT



# GOLF TOURNAMENT



**This year it was Northern Ireland's turn to host this annual golf event that brings together players from Ireland, England, Scotland, Wales and Northern Ireland. When they announced that they had secured the Lough Erne Resort in Fermanagh for both accommodation and golf it was clear that it was going to be an attractive event.**



We had a team of six golfers representing Ireland and two supporters also travelled. The format for the two days was an open competition on the first day to include transplant recipients and supporters and then on day two there was the 5 Nations event for transplant recipients and a parallel competition for supporters.

Our hosts, Transplant Sport Northern Ireland are to be commended in the highest terms for their planning in advance of the event and their delivery of the event over the two days. Everything ran seamlessly which allowed all the participants to concentrate on the golf, the camaraderie and clear message that the event illustrates – organ donation transforms lives.



The setting for the golf course is stunning and with their attention to detail, our hosts ensured that the weather was spectacular also. Both days on the golf course were most enjoyable. Though people were competing the camaraderie throughout was very evident.

The 5 Nations Transplant Golf Tournament has been going for many years – we have hosted it in Ireland twice and it will likely be our turn again in the next year or two. It is a fabulous event that came out of conversations at previous World Transplant Games. There was a desire between the Irish and British golfers to meet more often than once every two years at a World Games. Frank Clarke, a transplant recipient and very good golfer, stepped forward and said enough of the talk, let's do it! Thus the first 5 Nations event was hosted in Scotland and it has moved between the participating countries since.

Our golfers represented us well but it was eventually a Celtic combined team that won the 5 Nations.

The event is open to golfers of all ages with a maximum handicap of 25. If you are interested in being a part of our team for next year's event please keep an eye out for details in our magazine next Spring.



# SON DONATES KIDNEY TO FATHER

*It's a long way to Tipperary...*

*When your father needs a transplant*



Liam and Darren Martin  
Photo courtesy Farmers Journal

**W**orried for his father Liam who was struggling with kidney failure, Darren Martin (25) turned down a University place in Austria where he was about to pursue a Masters in German so that he could be tested to see if he could donate one of his kidneys to his father Liam. The living donor kidney transplant took place on 13th April last year.

Darren, who works in commercial finance with the Kerry Group at its Naas office, said, "I was worried about my father as his health was declining.

He had been on peritoneal dialysis since Christmas Eve 2010 which involved him being dialysed for 10 hours every night and he was managing to keep going with this treatment. However a severe infection that developed meant he had to change from his home treatment to haemodialysis in March 2014.

"He now would have to travel to Limerick three times a week to undergo hospital haemodialysis treatment. I knew this would be hard on my father as he was already

suffering from tiredness and struggling to keep working on the family farm. I decided not to go to university in Austria as I would have been too far away from Tipperary to help him out and offer support to my mother and younger brother.

"As soon as I heard he was about to commence dialysis treatment I phoned him to tell him I wanted to donate a kidney to him. Then began the screening process including blood and tissue type matching as well as psychological assessment before it was confirmed that I was a suitable match. In the seven months leading up to the living donor kidney transplant my father continued to travel to Limerick for his dialysis treatment three days a week.

"Our transplant operation took place in Beaumont Hospital. Our recovery was very quick and I am back to work with the Kerry Group and dad is back working on the farm. It was great to be able to help him by giving him a kidney as he now has a new lease of life. My mother and younger brother Cian were a huge support throughout my father's illness and around the time we went for the transplant operations. We are also extremely grateful for the support of friends and neighbours who helped out with the farm work."

## Kidney Transplant Recipient is World Champion Butcher

**K**idney transplant recipient James Nolan is both a world champion in transplant sport and as a master butcher. The father of one accepted the Outstanding Achievement Award from the President of the German Master Butchers Federation, Dr. Heinrich Suss, for Nolan's of Kilcullen as they won **five gold** medals over the four days at The World Cup Craft Butcher Finals at the Global Food Fair IFFA in Frankfurt, Germany.

James has embraced his second chance at life since his sister Catherine donated a kidney to him 29 years ago. A veteran to transplant sport, he has also enjoyed great success in European and World Transplant Games' events securing an impressive haul of medals including gold down through the years.

James said: "I was absolutely thrilled to win this prestigious award today and it reflects the consistency and quality of the products sold at Nolan's of Kilcullen. I am trying to come to terms with the fantastic reality of the award and I would like to pay immense tribute to all the fantastic team of staff that work so hard to make Nolan's such a unique place to shop."



Dr Heinrich Suss and James Nolan

# A STRANGER in need of a KIDNEY DONOR DEED!

A chance meeting between two strangers on a midlands bog four years ago resulted in one donating a kidney to the other. Seamus Molloy (53), a lorry driver, from Moate, Co Westmeath donated a kidney to farmer Martin Byrne (55), also from Moate, on learning his plight, while struggling with kidney failure, while at the same time his wife was losing her battle for life with motor neuron disease. The successful transplant operation took place at Beaumont Hospital on November 9th, 2015.

Seamus, a father of 5 children (ranging in age from 18-30) had to lose two stone in weight and went through a rigorous psychological and physical screening process before he was allowed to proceed with the donation. He made a remarkable recovery, following his kidney donation, returning home just four days afterwards.

Prior to the operation Martin, a suckler farmer and father of two sons (aged 15 and 18), had spent 15 months receiving haemodialysis treatment at the Midlands Regional Hospital in Tullamore. Martin's late wife Mary passed away on her 51st birthday in October 2014 just over a year before he received the 'gift of life' and eight months after her diagnosis.

Martin said: "It is difficult to express my immense gratitude to Seamus for coming forward and offering to donate one of his kidneys to me. It was a



Martin Byrne (left) and Seamus Molloy.  
Photo courtesy Ann Hennessy

huge and selfless decision for him and his wife Imelda to make. I would like to give something back now and I hope by sharing my story it will help to raise awareness about the importance of organ donation.

My father and grandfather also had kidney disease and my brother Anthony, who lives nearby, has been receiving dialysis treatment for 11 years. Two of my cousins underwent a living donor kidney transplant. Thanks to Seamus donating a kidney I have got my health back and have much more energy. I am now back working on the farm full-time while caring for my two teenage sons. My eldest son Conor, is doing his Leaving Cert this year

I would like to thank the staff at Beaumont Hospital as well as my consultant Mr. Bergin and his team at Tullamore Hospital for the

wonderful care they have provided. I would also like to acknowledge the support I received from my family, friends and neighbours over the past few years who helped me through the difficult and sad times."

Martin said that before he was diagnosed with kidney disease he was a blood and platelet donor and said that "little did I know at the time that one day I would also be relying on someone else to donate a part of themselves to me."

Seamus said: "giving a kidney wasn't a difficult decision for me to make and I think more people should consider doing it. I could not sit back when I knew I could help alleviate some of the struggle for Martin and his family.

"I remember after discussing it with my wife first phoning Martin to see if our blood types matched as I wanted to donate a kidney.

Both of us knew our blood types as we had both donated blood down through the years. Once we established that we had the same blood type, I contacted Beaumont Hospital to find out more about becoming a kidney donor.

"We had to undergo other tests to make sure I was a suitable match for Martin. Before the operation I had to lose two stone in weight, a stone of which I have put back on since then. The operation took place on a Monday and I was back home by Friday on the same week. I feel we were very lucky to have been a suitable match for the transplant and I would encourage other people to consider organ donation and talk about it with their family. Martin is living proof of the success of organ donation and he has got his health and quality of life back."



# PUNCHESTOWN 2016

Saturday April 30th saw the 27th running of the hugely successful Punchestown Charity Race, in aid of the Punchestown Kidney Research Fund (PKRF), with over €50,000 raised on the day and the message was clear - *PLEASE CARRY AN ORGAN DONOR CARD*.

This year Michael O'Connor and Pires won a thrilling race with Redmond Barry second and Kerri Lyons in third. As the last race of the Festival the excitement as they came up the final straight was an excellent way to conclude the Punchestown

Races – there was a great buzz in the parade ring after because of the dramatic nature of the finish.

The commitment involved in the race is impressive as every one of the 25 riders had to pass a proficiency test before being allowed to ride in the race, as well as raise funds for the charity in advance of the day. It is a wonderful event to behold because the excitement in the parade ring both pre and post-race is palpable with family and friends there to share in the amazing experience of being able to ride at the high profile

Punchestown Festival.

Speaking of commitment, the man behind the Charity Race, James Nolan, personifies the word. To put in the considerable time and effort involved in organising the race every year for the last 27 years is to be lauded in the highest terms. Over €1.3 million has been raised in that time and some of the projects the charity is currently involved in funding are:

- €150,000 committed to support a new renal unit at Temple Street Children's Hospital in Dublin.
- €100,000 committed to support two kidney related research projects under the guidance of the Irish Nephrology Society.
- €20,000 committed to continue the Art Therapy programmes for dialysis patients in Tallaght and Waterford Dialysis Units.
- €5,000 committed to our Sports Programme for dialysis and transplant patients.

With many transplant recipients and people on dialysis in attendance on the day, and the high profile provision of organ donor cards throughout the Festival, the message was clear all week and this year it was underpinned by the name of the race – *Please Carry an Organ Donor Card*.





# NEWS ... NEWS ... NEWS ... NEWS ...

## Dubai's first successful kidney transplant

**D**ubai Healthcare City Authority (DHCA) announced on June 15th that the Mohammed Bin Rashid University of Medicine and Health Sciences (MBRU) had successfully carried out the first organ transplant surgery in Dubai, in collaboration with Mediclinic City Hospital.

The surgery was performed by a highly qualified team led by **David Hickey**, well-known transplant surgeon and former Director of the National Kidney and Pancreas Transplant Programme in Ireland and Dr. Farhad Janahi, Assistant Professor at MBRU and Consultant Urologist, and the Mediclinic City Hospital Transplant Team.

The kidney, from a deceased donor, was provided through the Saudi



*David Hickey (fourth from left)*

Center for Organ Transplantation (SCOT) in Saudi Arabia, the reference centre for Organ Transplant in the GCC, led by Dr Faissal Shaheen, Director General of the Center.

The kidney was transported from Riyadh to Dubai by a medical evacuation plane and the transplant was conducted in Mediclinic City Hospital in Dubai Healthcare City.

# POTASSIUM

## - A healthy balance

**IF you need regular dialysis the level of potassium in your blood can change from day to day. High blood potassium can be dangerous for your muscles and heart. Your renal diet is designed to keep your blood potassium at a safe level. If you are unsure as to whether you need to follow a low potassium diet please check with your doctor or dietitian.**

**We cannot see, smell or taste the potassium in foods. We must **LEARN** which foods have a high, medium or low content of this mineral.**

### **SITUATIONS THAT MAY LEAD TO HIGH POTASSIUM. WATCH OUT...!**

- Your urine output is greatly reduced – the potassium builds up in your blood.
- You take a type of blood pressure tablet known as “ACE” or “ARB”.
- You need dialysis three times a week – be careful to avoid potassium overload when there is the extra third day between dialysis sessions.
- You have poorly controlled diabetes – high potassium often occurs alongside high blood sugar.
- You suffer from constipation – the body absorbs potassium from the bowel.
- You tend to comfort eat or binge on foods/drinks – try to engage in other hobbies and pastimes that you enjoy. The practice of mindfulness is also helpful.
- Special occasions, eg. birthday parties, weddings, Hallowe’en, Christmas – many of the foods offered are high in potassium.

Generally foods that are regarded as “healthy” eg. fruit, vegetables, salads have a higher potassium content than carbohydrate based foods such as bread, pasta and rice. Fruit and vegetables or salads are still needed so it can be tricky to ensure you have a nutritious diet and keep your blood healthy at the same time. As a general rule the daily allowance is 2 fruit portions, 2 vegetable (or salad) portions and 2 potatoes (equal to 200g peeled, double boiled potatoes). Portion size IS important.

### **THE FOLLOWING TABLE GIVES EXAMPLES OF WHAT 1 VEGETABLE PORTION IS:**

- \* 6 dessertspoons of onion *or* cauliflower *or* cabbage
- \* 4 dessertspoons of carrots *or* broccoli *or* leeks *or* green beans
- \* 2 dessertspoons of celery *or* parsnip *or* white turnip
- \* 4 lettuce leaves, half a tomato, 2 rings of onion, cucumber or pepper and 1 dessertspoon grated carrot.



### **EXAMPLES OF 1 FRUIT PORTION INCLUDE:**

- \* 1 apple *or* 1 kiwi *or* 1 small orange *or* 1 peach *or* 1 small pear
- \* 16 grapes *or* 8 small strawberries *or* 25 raspberries
- \* 170g tinned fruit cocktail *or* 200g tinned pears *or* tinned peaches *or* tinned pineapple



*Reference: Eating Well With Kidney Disease diet sheet produced by Renal Interest Group of INDI*



# SOCIAL MEDIA & COMMUNICATION



If you have any enquiries please contact me: **JAMES REYNOLDS** in Donor House, via email: [james@ika.ie](mailto:james@ika.ie) or through our official Facebook page, [www.facebook.com/irishkidneyassociation](http://www.facebook.com/irishkidneyassociation)

A typical weekly reach for the IKA Facebook page is 80,000-100,000 people. During Organ Donor Awareness Week (ODAW) – April 2nd-9th – the page reached over 1 million people and if we look at the period from the launch (March 29th) to the end of ODAW the reach was over 1.3 million people. The interaction with our Twitter account during ODAW was seven times higher than an average week.

In recent months we have seen more and more people following our social media pages. There has been an increase in the number of enquiries and interaction on our Facebook, Twitter and Instagram pages and this is building a wonderful sense of community. The number of people 'following' or 'liking' our Facebook page has been growing faster than ever before. At the beginning of the year we had approximately 14,000 fans of the page, and during the month of May we passed the milestone of 20,000 Facebook fans. Our Instagram account has also become more popular with the page now having over 600 followers, and our twitter account is now nearly at 2000 followers.

At this year's Social Media Awards (Sockies) our Facebook page was shortlisted in the category: Best Facebook page for a Non-Profit-Charitable Organisation. We were nominated for a Sockie for the third time in four years. The Sockies celebrate the best in Social Media in Ireland and we were delighted to get to the final. We lost out to the Irish Defence Forces and we congratulate them on their win, we will get them next year!

Our sports team, Transplant Team Ireland is also on Facebook and the team blog [www.transplantteamireland.ie](http://www.transplantteamireland.ie) is currently being updated to be ready for this year's team trip to the European Transplant & Dialysis Sports Championships in Finland. We wish them all the best!

We also use our social media platforms to promote upcoming events, for example we had an event page for the 'Run for a Life' that saw nearly 800 people click 'interested' or 'going'. The event page saw an average reach of 64,000 people. It was a great tool to have for people to come and register, look for information and ask any questions.

As always if you have any fundraising events coming up and you would like me to promote them on our social media platforms please let me know.

Finally I would like to wish all of you a wonderful summer and hope you enjoy a well-deserved break.

## BABY REYNOLDS



James Reynolds joined our sports team in 2010 when we hosted the European Transplant & Dialysis Games in Dublin. He has represented Ireland at European and World level many times since. He subsequently joined our rehabilitative work training scheme and arising out of that he took up the post of Social Media Co-ordinator for the IKA in late 2012.

As well as looking after our social

media commitments, James regularly takes part in public awareness talks about life on dialysis, the journey through transplantation and the importance of organ donation. As a living example of what can be achieved through the 'gift of life' his input in these talks always has a hugely positive impact on the audiences.

James' story has recently moved on. There was great excitement in Donor House last year when he informed us that he, and his fiancée Samantha, were expecting a baby. Advance forward to the end of May and it was the weekend of our annual 'Run for a Life'. We got word that the baby was going to arrive over the weekend. James came along on the Saturday morning to assist in the set-up of the Run, as did his mother and sister, and he later departed, with great fanfare, as he headed to the hospital.

When they were in the hospital, and



Samantha was doing all the work, a familiar face walked into the room. A member of the medical team looking after Samantha, Matthew Leonard, was also a member of the medical team that started James on dialysis in 2005.

It is a small and wonderful world! Congratulations to James and Samantha on the birth of their son, Dylan. *Life is a gift, pass it on.*

# Maureen Murphy



It was with great sadness that we said farewell to a founding member of the IKA – Maureen Murphy – who passed away on Friday April 1st. May she rest in peace.

We extend our deepest sympathies to Maureen's sisters, Anne and Pauline, to her nieces, nephews and extended family, all of whom she loved so much.

She had a genuine interest in others, her listening ear, her willingness to help, her

wry sense of humour and soft chuckle, and, above all, her absolute dedication to the aims of the IKA. In fact, the name Maureen Murphy in Galway became synonymous with the IKA.

As some of you will know only too well, there were just three haemodialysis units in the country at the time – Dublin, Cork and Galway. Beaumont Hospital had not yet been built, and dialysis and renal transplantation were, you might say, in their infancy in Ireland. The now demolished Jervis Street Hospital was the centre for renal treatment, and that is where Maureen started, with massive 8-10 hours dialysis sessions.

She transferred to the then recently opened dialysis unit in Merlin Park Hospital, not knowing anyone in Galway. She found employment at Anco, now Fás, where she worked full-time,

while attending dialysis three times a week. She was an ideal patient, adapting well to her new lifestyle, having the energy to even go out dancing after dialysis! She was always most encouraging to new patients, speaking to them and giving them hope.

Maureen's story is very much the history of dialysis and transplantation in Ireland. She had four kidney transplants, three of which failed – in 1974, 1976 and 1978. Then on March 19th, 1990, she received another kidney and this would last for 26 years, for the remainder of her life. In all, she had spent eighteen years on dialysis.

Maureen was a prominent member of our Galway branch, rarely missing a meeting except through illness. She held many posts: Vice-Chairperson, Recording Secretary, PRO, and was the Galway representative on the National Executive Council, now the National Board.

In 1988, Maureen was awarded an IKA medal as 'Patient of the Decade', presented to her by President Hillery. The following words are inscribed on the medal:

'Courage, Compassion, Faith, Loyalty, Tenacity, Love and Humour'.

Twenty-eight years later, what better way to describe Maureen?

In conclusion, I think that her sister Anne expresses our thoughts best:-

"Maureen, your spirit was an example to everyone who met you and you'll be sorely missed. Your pain and suffering are at an end and may you rest in peace with all your family and friends who preceded you."

Ar dheis Dé go raibh a anam dílis.

Michael and Rose Brennan from Carraroe, Co. Sligo, presented Patricia Mackenzie from the IKA Renal Support Centre with a cheque for €5000, the proceeds from a Coffee Morning held in Carraroe on May 2nd, along with coffee mornings held in Fixtrax and Mylan-Casla that same week.





*Gordon Ryan, lung transplant recipient*



*Gina Lenehan, heart transplant recipient*



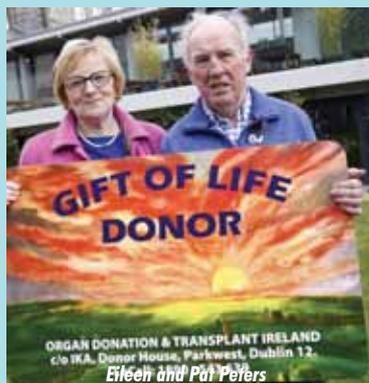
*Aoife Murray, liver transplant recipient*



*Alan Gleeson and his girlfriend Mairin*



*Ann McGivney with her sister Catherine and her daughter Shaheen Proudfoot*



*Eileen and Pat Peters*



*Back row: Mary Knowles, Angie Lyons, Angela Kirwan  
Front: Rose Shanahan, Alison Honner, Prof. Jim Egan*



*William, Stephen and Robert Powell with Minister for Health Leo Varadkar and Stephen's wife Karen*

# Launch of ORGAN DONOR AWARENESS WEEK

**O**n Tuesday March 29th we had the press launch of the 2016 Organ Donor Awareness Week campaign with Minister Leo Varadkar as the keynote speaker. The launch, to the media, began with patient presentations from the rostrum of the Oak Room, Mansion House, Dawson Street, Dublin.

The speakers were as follows:

**Aoife Murray**, Clonsilla, was diagnosed with autoimmune hepatitis when she was just 12 years old. She received a liver transplant at St. Vincent's University Hospital in October 2015.

**Gordon Ryan**, Boyle, Roscommon underwent a double lung transplant at the Mater Hospital in July 2013. He was 24 hour oxygen supply dependent prior to his transplant and his health had deteriorated significantly in the year prior to this life-saving transplant.

**Alan O'Farrell**, Clonsilla, Dublin underwent a kidney transplant two years ago and shared his story. His father Bernard, who was also in attendance, received a kidney transplant 17 years ago. Several of Alan's and Bernard's siblings have the same kidney condition.

**Alan Gleeson**, Listowel, Co Kerry, is a member of the Garda Síochána working in Dublin. His first kidney transplant, which he received when he was 16 years old, eventually started to fail when he reached his early 30's. He commenced early morning haemodialysis treatment at Beaumont Hospital in October 2014 which he continues with while on the waiting list for a kidney transplant.

**Gina Lenehan**, Ranelagh, Dublin is a pharmacist

who has always advocated for carrying the organ donor card. Without prior warning or diagnosis of a heart condition, the mother of three teenagers experienced sudden heart failure last year, fell into a coma and woke up with a newly transplanted heart. She is both an organ recipient and a donor as the valves of her damaged heart were donated.

**Stephen Powell**, Gurteen, Sligo shared the story about his late sister Karen Powell, who was in a fatal car accident last year. The family made the selfless decision to donate her organs.

All the speakers were very well received in particular Stephen's story about his sister which was so poignant to everyone present, including the press.

About 100 people from around the country attended and were acknowledged for their commitment to organ donor awareness. The donation, by Clear Channel, of poster advertising on bus shelters around Dublin, again this year, was much appreciated. This time our poster featured Vivienne Traynor, our organ donor ambassador.

Our Chairman of the IKA, Valerie Brady, gave the press and the Minister an overview of the IKA awareness activities of the previous year.

The Minister then gave a very informative speech and he was followed by Mark Murphy, CEO, IKA, who gave statistical analysis of the current situation for transplant and dialysis patients. It was rounded up by Professor Jim Egan, Director of Organ Donation and Transplant Ireland (ODTI) who, in many respects was introducing the new procurement service, almost a year after they had commenced their work.



*Matthew Holland, Leo Varadkar, Shannen Proudfoot*



*Alan O'Farrell*



*Colin White*



*Maurice Kavanagh, heart and kidney transplant recipient*



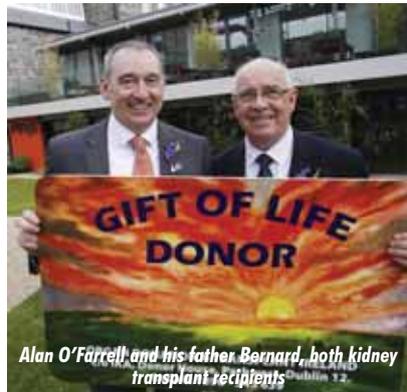
*Phelim and Tracy O'Neill*



*Stephen Powell (centre), wife Karen (left), William and Robert Powell and Orla Nolan, ODTI and Regina Reynolds, ODTI*



*Johnny Quigley, kidney transplant recipient*



*Alan O'Farrell and his father Bernard, both kidney transplant recipients*



*Jennie Todd (centre), heart transplant recipient, with her husband Peter and daughter Jenny and her children Max and Annabel*



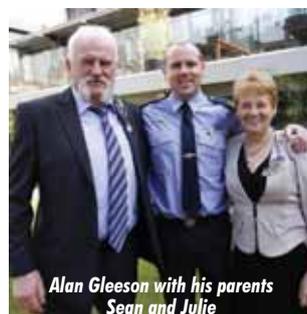
*Elaine McMahon with heart transplant baby Jessica, son Daniel and husband Stephen Hall*



*Gerry Daly, Dublin South branch*



*Joe and Steve McDonovan with Leo Varadkar*



*Alan Gleeson with his parents Sean and Julie*



*Lorraine Hayes, kidney transplant recipient with her husband Alan and baby James*

Minister for Health  
Leo Varadkar



# ORGAN DONOR AWARENESS WEEK LAUNCH



Regina Reynolds, Helen O'Sullivan, Noreen O'Halloran, Vivienne Traynor, Mike Kiely, Margo McCarthy



Dublin South branch members Owen Kelleher, Peter Pardoe and James Reynolds with Regina Reynolds and Vivienne Traynor



Valerie Brady  
Vivienne Traynor  
Mark Murphy  
Regina Reynolds



Joan Gavan, Doris Cantwell, Orla Hogan Ryan and Ann Nolan, Tipperary branch with Regina and Vivienne



Dublin North branch members Colin and Patricia Mackenzie, Fiona Lavin and Brian Carney with Regina Reynolds and Vivienne Traynor



George Bates, Kieran Murray and Siobhan Bates, Donegal branch with Vivienne Traynor



*Michael McHugh and Geraldine Jenkins, Sligo branch with Regina and Vivienne*



*Angela Kirwan, Vivienne Traynor and Alison Honner*



*Regina Reynolds, Vivienne Traynor and Bernie Dwyer, Dublin East + Wicklow branch*



*Lisa Mellon, Mayo branch with Vivienne Traynor*



*Regina, Vivienne and Monica Finn, Roscommon branch*



*Regina Reynolds, Ann McGivney, Louth/Meath branch and Vivienne Traynor*



*Susan Cannon, Limerick branch, Regina Reynolds, Vivienne, Peggy Eustace, Clare branch*



*Patricia May and Susan Tobin, Carlow branch with Vivienne*



*John D'Alton and his wife Helen, Kilkenny branch, with Regina and Vivienne*



*Ray Halligan and Vera Frisby, Waterford branch with Regina and Vivienne*



*Liam Buttle and Catherine Buttle, Wexford with Regina*



*Bernadette Wall and Michael Wall, Longford branch with Regina Reynolds and Vivienne Traynor*



*Annetta Kierna, Cathriona Charles, Leitrim branch with Regina and Vivienne*



*Teresa Looney, Ellen Flanagan, Con Brosnan and niece Karen Brosnan, Kerry Branch, with Regina and Vivienne*



**Aofie Murray, who is a liver transplant patient, promoting ODAW 2016 in The Sligo Park Hotel, with Michael McHugh**

Greetings to everyone from a very hot and sunny Sligo.

Our branch send our very best wishes to Justin Baker, Co. Sligo, who underwent a kidney transplant operation in April. We hope Justin will enjoy a new lease of life and we wish him continued good health for many years to come. As a direct result of hearing the good news, this year the proceeds from The Neal Egan Memorial Ford Show, which is Ford's biggest car



**Geraldine Jenkins, Markus Feehily and Marie Fowley**

# SLIGO

By **GERALDINE JENKINS**



Find us on: **facebook®**

**SLIGO IKA BRANCH**

**Members of Sligo IKA branch pictured with Michael McHugh presenting Liz Gilligan with the 'Forget-Me-Not' chain.**

show in Ireland, will go directly to the IKA. The show will be held in the Knocknarea Arena, which is situated in the grounds of Sligo IT, on Sunday 31st July.

### ORGAN DONOR AWARENESS WEEK

We were thrilled to have Markus Feehily (former Westlife singer) to launch Organ Donor Awareness Week for our branch. It was so kind of him to find time in what I am sure must be a very hectic schedule, to launch the ODAW campaign.

Markus spent time in the dialysis unit and after photos were taken joined us in the hospital café for a cuppa and a chat.

I uploaded the launch pictures on to our Sligo IKA branch Facebook page

later that same evening. I was astonished, and also delighted to see the amount of interest that the photos had stirred up on social media. The page gained new 'likes' at an astounding rate which goes to prove what a popular and well liked man Markus is.

The post also raised awareness on the importance of carrying a 'Gift of Life' donor card, which was the message we were sending out to people.

Carraig Donn shop in O'Connell Street, Sligo, organised a fashion show for our branch on Friday April 29th. The models were committee members Liz Gilligan, Charlene Davey, Mary Davey, Bernie McHugh, Geraldine Jenkins and Marie Fowley. A very enjoyable evening



**Sean Fowley, Markus Feehily and Stephen Mullen**



**Class 4B Transition Year and Class 5B, together with their teachers Ms Carden and Ms McCawley raised €1402.80 for the Sligo branch through various activities in the school over the course of the year. A very big 'thank you' to everyone who supported them.**

was had by all and the big bonus was the models could purchase any outfit at a reduced price! Needless to say, we all did.

Our total raised for 2016 Organ Donor Awareness Week was €11,230. 'Thank you' to everyone who supported our biggest fundraiser of the year.

**DONATIONS**

We were very grateful to receive the following donations: Connollys Garage €100; Co Sligo Golf /Bridge Club €600; Sligo Credit Union (Coffee morning) €246; Sligo Haulage & Distribution €1000 (donated for our Garden of Reflection) and St Clare's Comprehensive €1402.80.

**FASHION SHOW**

Our very successful Fashion Show, held in the Clarion Hotel on April 14th raised a fantastic total of €6335 (included in our overall ODAW total). A big congratulations to the organising

Committee, Ita Leyden, Marie Fowley, Sean Fowley and Michel McHugh, on a job very well done. Ita was also the MC on the night and did a fantastic job. We extend our thanks to the management in the Clarion for allowing us have the room free of charge.

**AGM**

Our AGM was held in the Sligo Park Hotel on April 19th and no changes were made to the officers' roles.

**RESIGNATION**

Liz Gilligan, who has been heavily involved with the Sligo IKA branch for the past 21 years, has resigned. Liz will be sorely missed at our monthly meetings, but, as she said on the night of her resignation (Tuesday June 7th), 'I will still help out with some activities but will not be attending the branch monthly meetings.'

As a token of our appreciation for the huge contribution Liz has made to the branch during her 21 years, we



presented her with a silver chain bearing the 'Forget-Me-Not' flower. Liz sent me a text later that night saying she absolutely loved the chain.

**LOUGH MELVIN SWIM**

This event will take place on Sunday July 31st. Mark McGowan will swim 13km from Eden Head to Kinlough pier to raise funds for the IKA. Mark's uncle, Sean McGowan, is a transplant patient. Donations can be made online by visiting Mark's page, JustGiving. Once a donation is received, the page will send it direct to the IKA charity. We wish Mark the very best of luck.

**LOURDES**

Once again this year we have arranged for two of our dialysis patients to travel to Lourdes in August. The trip is organised through the Elphin Diocese.

**GARDEN OF REFLECTION**

I know I have mentioned the garden in previous issues and to date, work has not commenced. We encountered numerous teething problems which I now feel confident to say, have finally been sorted. I hope that by the time the Autumn issue of SUPPORT is printed, the garden will be completed!

**MOCK WEDDING**

Eileen Nolan, who is a very dedicated Committee member, is organising this event, which will be held in The Southern Hotel on Friday September 30th. Tickets will be priced at €15. Our branch Facebook page will have the details nearer the time.

I hope you all enjoy the rest of the summer months, and no doubt I will have loads more news and photos to share with you in the Autumn issue.



**Marie Fowley presenting a bouquet of flowers to Founders of the Sligo IKA branch – Teresa Davey, Rosaleen O'Grady and Angela McKinney. Also pictured (second from right) Eileen Nolan, current Committee member.**

# SLIGO ORGAN DONOR AWARENESS WEEK

SLIGO CONTD.



# SLIGO BAG PACK



# FASHION SHOW IN CARRAIG DONN SHOP



# FASHION SHOW IN THE CLARION HOTEL SLIGO





# DUBLIN NORTH

By PATRICIA MACKENZIE

### SPORTING EVENTS

Good luck to all our Dublin North members and all others taking part in the European Transplant and Dialysis Championships, in Finland, from July 10th-17th. Also to all participants in the British Transplant Games to be held in Liverpool in late August.

### ORGAN DONOR AWARENESS WEEK

Our thanks, once again, to all who participated. Your support is greatly appreciated.

### NEXT MEETING

Our first meeting, after the Summer break, will be on September 19th at 7.30pm in the Renal Support Centre, Beaumont.

### DATE FOR YOUR DIARY

The Ladies Day Out will take place on Thursday October 20th, in The White Sands Hotel, Portmarnock.

Right: Stephen and Collette Fox at Donaghmede Shopping Centre during Organ Donor Awareness Week



Below right: Patricia Mackenzie collecting at the Donaghmede Shopping Centre



The day will include a Champagne Reception, 4 Course Lunch, Fashion Show, Red Hurley, and more.

Enquiries and Bookings: 087-1352775.

### FINALLY

Our good wishes to members who have been unwell...we wish you a speedy recovery as we all enjoy the rest of the Summer.

# Ladies Day Out

DATE:  
**THURSDAY 20th OCTOBER 2016**

VENUE:  
**WHITE SANDS HOTEL, PORTMARNOCK**

**ENQUIRIES AND BOOKINGS: 087-1352775**

- Champagne Reception
- 4 Course Lunch
- Fashion Show
- RED HURLEY

# WEXFORD

By MARIA DONLON



*Presentation of cheque to Liam Buttle by members of the Blackwater Vintage Club.*

## FUNDRAISERS

The Sea Swimming Club open water North and English channel organised a swim in aid of the IKA and raised €3,000 as a result of their efforts. Many thanks to all for their achievement.

Over 1,000 people took to the Wexford streets for a 5km night run for the IKA. The race was a big success and raised €13,600. Amongst those taking part was a woman waiting for a transplant and a man who had a kidney transplant 20 years ago. Many thanks to everyone who took part.

Clive Barnes, Enniscorthy celebrated his birthday recently and had a music night in Cleeres of Kilkenny and raised €1,100 for the branch. 'Thank you' to everyone who contributed.

Brian Murphy, The Faythe, Wexford took part in the Wexford half marathon recently and raised €382.

The Blackwater Vintage Club organised a Tractor run in aid of the Wexford Branch IKA on Sunday May 22nd and a cheque for €1,400 was presented to Liam Buttle.

## TRANSPLANT

Congratulations to Anne O'Connor who recently celebrated 30 years transplanted. Her sister Margaret donated the kidney to her. They had a family celebration in the Talbot Hotel.

## MASS OF REMEMBRANCE

Our annual Mass of Remembrance will be held in Clonard Church on Friday July 8th and all are very welcome.

## SYMPATHY

The Wexford branch extends its sympathy to the Tyrell family on the loss of Paddy Tyrell, RIP.



# DONEGAL

Due to the death of the Donegal branch Chairperson Siobhan Bates' father-in-law, **George (Geordie) Bates**, there is no Around the Branches Report from Donegal.

May George rest in peace and we send our deepest sympathy to his son George and extended family.

# TIPPERARY

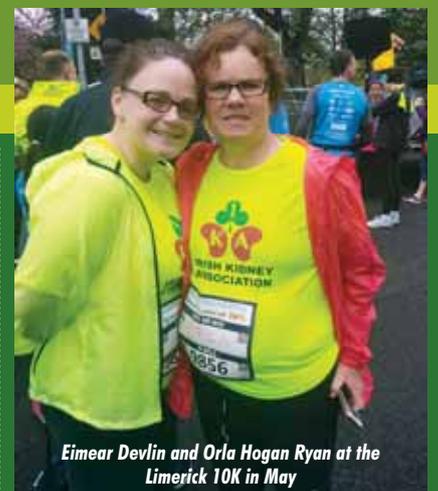
By ORLA HOGAN RYAN

I hope everyone in Tipperary is well and enjoying the fine weather, with of course, sun factor and a hat!

We were all busy throughout the county for Organ Donor Awareness Week with lots of stands in different towns around the county. We had stands at Aldi, throughout the county, on the Saturday and we would like to thank them for their generosity in allowing us to do so.

Our AGM was held in Thurles in April. There was a generous attendance on the night with a talk by Renal Nurse Michael Burke from Cork.

We would like to wish Transplant Team Ireland all the best in the European Transplant and Dialysis Sport Championships in Finland, and especially our two participants...Ned Crowe and Orla Hogan.



*Eimear Devlin and Orla Hogan Ryan at the Limerick 10K in May*





### ORGAN DONOR AWARENESS WEEK

The Organ Donor Awareness Week launch was marked by a Patients' Information evening at the Temple Gate Hotel on March 22nd. The principal speaker was Aileen Counihan, Senior Transplant Co-ordinator at Beaumont Hospital. Her presentation theme was 'Kidney Transplantation in Ireland – The Options and Opportunities'.

The other presentation on the night was delivered by Mike Kelly, Co-ordinator of counselling services at Donor House. Mike's theme was 'Understanding the Psychology of Illness – What does research say about Chronic Illness?'

Our thanks to both speakers for their excellent presentations and to the large attendance who came to the event and for their active involvement on the night in the Question and Answer session.

Thanks also to our members and loyal volunteers who gave so generously of their time to promote the organ donor card and fundraise for the IKA.

The National launch of Organ Donor Awareness Week, in the Mansion House in Dublin, was attended by our Chairperson Peggy Eustace.



### MASS OF REMEMBRANCE AND THANKSGIVING

Donor families from all over Clare gathered in the Cathedral in Ennis on Sunday, May 29th for the branch's annual Mass of Remembrance and Thanksgiving.

Mannix Berry, transplant recipient, speaking on behalf of the Clare branch IKA said: "In today's society celebrities are often seen as role models. The real role models are those who, in their generosity, gave the 'gift of life' to those in need. The real role models are the doctors, nurses and the carers who

*Mary Young with her grandchildren Clodhna and Oliver Young, Grainne Lambe, Andrea Fitzmaurice, Peggy Eustace and Richard Young at the National launch of Organ Donor Awareness Week in the Mansion House*

# CLARE

By **MICHAEL MESCALL**

## BRANCH LAUNCH AND INFORMATION EVENING



*Maureen Mason and her brother Tommy Joe Sheedy*



*Aida and Michael Fitzgibbon with Sarah Keogh*



*Peggy Eustace, Aileen Counihan, Sean and Ann Vaughan*



*Mary and Dan McCarthy*



*Michael and Maureen Mescall and Jan Ploeg*



*Mary Downes, Mary Catherine Downes and Vincent O'Halloran*



*Chief Celebrant at the Clare Mass of Remembrance & Thanksgiving  
Fr. Tom Hogan, Garda Jim Hanley,  
Mayor of Clare Councillor James Breen and Peggy Eustate*

impart to those in their care, the dignity and respect essential to their recovery. The real role models are those who carry a donor card. Today, in this cathedral, we acknowledge their enormous contribution and we are very grateful to Fr Tom Hogan who, every year, celebrates our annual Mass that means so much to the donor families and the recipients."

Ennis based Garda Jim Hanley led the procession into the Church. He was invited as An Garda Síochána are an integral part of the organ donation and transplantation service.

In the congregation were the Mayor of Clare, Councillor James Breen and his wife Eileen; Aileen Counihan, Senior Transplant Co-ordinator, Beaumont Hospital; Siohan Brosnan, Organ Donation Nurse Manager for the Mid-West ODTI; IKA National Chairman Valerie Brady (Louth/Meath branch) and her dad James; Angela Kirwan, IKA Laois Board Member and her husband Martin; Eileen Dunican, Westmeath IKA branch Treasurer; and Mary Downes, Limerick IKA branch Secretary and her husband Christopher.



*IKA National Chairman Valerie Brady, Eileen Dunican,  
Westmeath branch Treasurer, Aileen Counihan,  
Yvonne and Sean Callinan at the Mass*

### AGM NEWS

The AGM of the Clare branch is scheduled to take place on June 14th in Cois na hAbhann, Ennis. A large attendance is expected to review the seasons' activities' in the branch.

### BEREAVEMENTS

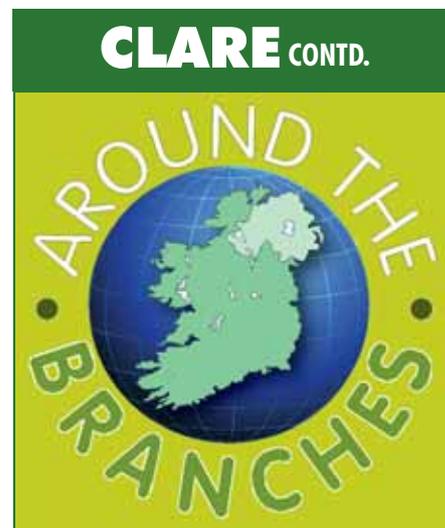
We extend our deepest sympathy to the families of the late Maureen Murphy, Galway and Corofin Clare, and William Carton, Tullyvarraga Crescent, Shannon. May their gentle souls rest in peace.



*Mannix and Norita Berry with Helen and James Meade*



*Tina McMullane, Mery O'Connor, Maureen & Frank Organ*



*Geraldine McCory, CNM2 at Letterkenny Dialysis Unit in Co. Donegal lent her support to the Clare branch during ODAW. Also pictured are Stephan Murphy and Patricia Frawley.*



*Martin Fitzgerald, Richard Flynn and John Hassett at Ennis Mart during ODAW where many Clare farmers opted to carry the organ donor card and generously supported the IKA.*



*J Coleman and Margaret Hughes at the Mass*



Hello to all from the Louth/Meath branch.

In December 2015 the branch organised a Christmas Social and Retirement Dinner for the outgoing branch Treasurer Tom Geary. Tom is a founding member of the branch and has given 28 years of service supporting patients with renal failure.



Tom Geary

On behalf of the branch we would like to thank him for his dedication, commitment and the compassion he has shown to all those he dealt with down through the years.

We hope you enjoy your retirement Tom.

There are a number of people we need to thank for their continued support. Like all branches, without its loyal members and volunteers, continuing as a branch simply would not be possible.

Our fundraisers have been busy over the past few months and we would like to acknowledge the work of the following fundraisers:

Christine Winters and the Bank of Ireland Drogheda branch.

Pat Cussens, Moynalty for donations received from his Christmas Lights Display.

Enfield Branch of the Macra na

# LOUTH/MEATH

By MARY TRAYNOR



Members from the Ardee area presenting a cheque to Anne McGivney, Branch Treasurer and Mary Traynor, Branch Secretary, proceeds from events held during Organ Donor Awareness Week

Feirme – Mr & Mrs Fundraiser.

Our volunteers who ran in the Women's Mini Marathon on the June Bank Holiday weekend.

Anne McGivney who held a Cake Sale; Celine Tuite and also Dunaree Pharmacy who held Coffee Mornings.

We would also like to recognise the hard work of our volunteers during Organ Donor Awareness Week. Every year they give so freely of their time. Thanks to their generosity and the generosity of the local people we raised €17,613 during the week.

We held our branch AGM this year on April 12th. As this was not an election year our Committee remains the same.

Our Annual Mass of Remembrance and Thanksgiving was held following our meeting on May 11th. We had a very good attendance, and this year we had a new Celebrant, from Ardee. Music, as always, was provided by the very talented Ardee Folk Group – our Mass would not be the same without them.

The Louth/Meath Branch will take a break for the Summer months and our next meeting will be held in Muldoons in Ardee on September 6th, 2016.

If you need to contact the branch over the summer months our Committee members will be available on the following numbers:

**Valerie Brady** (Chairperson)  
086-3186757

**Anne McGivney** (Treasurer)  
087-2976876

**Mary Traynor** (Secretary)  
089-4348086

Alternatively you can reach us by sending a message to our facebook page Louth/Meath IKA page – @louthmeathika.



Some of our volunteers for Organ Donor Awareness Week: Bridget Devlin and Maura Thornton

# WATERFORD

By **PATSY MEADE**

## RESPIRE CENTRE

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

## NEW SECRETARY

Susan Cowman retired as secretary of IKA Waterford. She worked tirelessly for five years and received many compliments and messages of thanks from Chairman Ray Halligan and all members of IKA Waterford. The new secretary is Patsy Meade.

## ANNUAL GENERAL MEETING

Our Annual General Meeting was held in April. Chairman Ray Halligan gave details of all events in the past year. Treasurer Vera Frisby gave a comprehensive and detailed account of all financial dealings of IKA Waterford.

## PHOTOGRAPHIC EXHIBITION

Kate Quinn is a very talented young haemodialysis patient attending University Hospital Waterford. The Waterford Healing Arts Trust (sponsored by Punchestown Research Fund) encouraged Kate to have her photographs developed expressing 'The Journey through Dialysis treatment and Organ transplantation'.

The launch of 'Nature's Reflection' the exhibition of photography by Kate Quinn was held at UHW on May 12th. The official opening, by Catherine Drea, was a wonderful success.

Refreshments were served in the WHAT Centre for Arts and Health. The Artwork will be on view in the Postroom Corridor of UHW until June 24th.

## FAMILY FUN DAY

A Family Fun Day will be held at Newtown, Kilmacthomas, Co. Waterford on Sunday July 24th. All are invited. With many and varied activities



*JP O'Brien, Fenor National School.*

for all the family, this should be a most enjoyable day out.

## ORGAN DONOR AWARENESS WEEK

This year's Organ Donor Awareness Week in Waterford was a great success with many events taking place. More events will be held during the coming few months.

## SERVICE OF REMEMBRANCE & THANKSGIVING

This Service of Remembrance was held on May 29th and was very well attended. It was held in the Chapel of University Hospital Waterford. On arrival each member of the congregation received a candle.

On each seat, again for each member of the congregation, was a booklet, a forget-me-not, a remembrance card and a pencil. During the ceremony people lit their candle to



remember loved ones and placed the remembrance card in a basket and the lit candle on the altar.

Beautiful singing was provided by the choir from St. Mary's Ballygunner, under the leadership of Anne Coady.

There was a lovely reception afterwards for everyone, in the hospital staff canteen, where people could then take their candle from the ceremony home.

## CHURCH GATE COLLECTIONS

These collections will take place in County Waterford on June 18th/19th and Tramore and Fenor on July 2nd/3rd.

## ANNUAL 10K WALK

Our annual 10K walk from Portlaw to Carrick-on-Suir will take place on Sunday August 28th.

## SCHOOL ACTIVE WEEK

Fenor National School, Co. Waterford had a 'School Active Week' recently where the pupils took turns, on one of the days, cycling on an exercise bike as a charity fundraiser.

One of the pupils JP O'Brien, son of André and Susie O'Brien from Tramore, was on the organising committee and they nominated different charities as the beneficiary which went to a vote. JP nominated IKA, Waterford branch and we won the vote.

The staff, parents and pupils donated the fantastic sum of €318 which JP presented to our branch. We would like to sincerely thank everyone who helped in any way to raise this money and all who donated.

We would especially like to thank JP for nominating IKA and helping to promote organ donation.

**FOR ORGAN DONOR CARDS**  
**Freetext DONOR to 50050**



# CORK

By HELENA O'SULLIVAN



At the planting of the tree at the Primary HealthCare



Mayor John Paul O'Shea

Hello one and all, hope you are enjoying your summer so far? Since the last edition of *SUPPORT* the Cork Branch has been keeping busy.



Breda Doyle

To help raise organ donor awareness and to acknowledge the decisions donor families make, the 'Racing Home for Easter Festival' in Mallow sponsored the planting of a tree at the Primary Health Care Centre on Good Friday. The tree was dedicated by the Mayor of Cork County Cllr. John Paul O'Shea and the ceremony was attended by donor families and recipients from all over the county.



Chairperson Noreen O'Halloran

It is hoped that in time the area around the tree will become a little garden where passersby can pause and reflect.



Dr Liam Plant

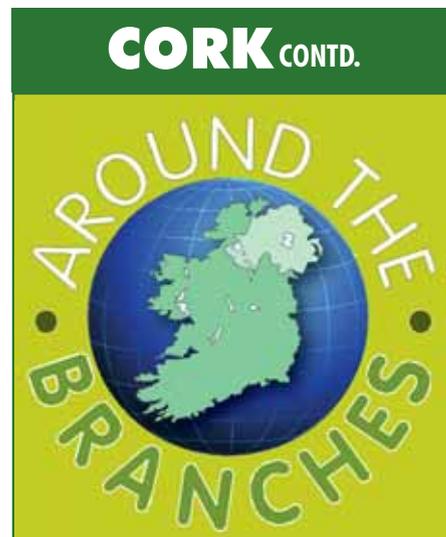
We would like to congratulate IKA Head Office for the publicity they generated this year, both prior to the week and during the week itself, on radio, television and newspapers. Members and families of the Cork Branch featured prominently in a lot of these articles including 'Molly' Tom O'Halloran's dog.

Our week was launched by Dr. Liam Plant and we also had contributions from Mayor of Cork County John Paul





Cheque presentation from Beaumont Boys School



O'Shea and Organ Donor Nurse Manager Breda Doyle.

Funds raised again this year were very encouraging and we sincerely thank our members, their families and friends who organised and helped us achieve this...well done to each and every one of you.



The branch acknowledges that it takes time and effort to set up collections and distribute donor cards etc., however we would like to see it grow to include more locations in both Cork city and county.

If you, your family or friends are interested in coming on board next year, to organise a collection in your local area, then let us know. Just contact the branch between three and six months in advance of Organ Donor Awareness Week so that permits etc. can be organised.

Our AGM was held in the Rochestown Park Hotel on April 12th. No election of officers was due to be held this year and the Chairperson Noreen O'Halloran gave a wonderful address outlining all the events and



Presentation of the cheque by Mallow GAA Club

promotions the branch were involved with, in the previous 12 months. This was followed by a rousing round of applause for Noreen and all the officers. Discussions were had on #odaw2016 and how it can be improved upon for the future years.

Michael Kiely and John Hurley gave a talk on organ donation to transition year students at St. Fanahan's Secondary School in Mitchelstown. Well done John and Michael!

Mallow GAA Club made a presentation to the Cork Branch. The club received a lot of publicity during #odaw2016 because of the lucky lotto ticket story. Hugh Nolan accepted the

cheque on behalf of the branch and also present were Board member Michael Kiely, Branch Secretary Helen O'Sullivan, John Hurley and Pat O'Sullivan.

One of our very active members Siobhán Buckley and her husband Aidan held two very successful coffee mornings. Aidan held his at Scoil Barra Buachailli, Beaumont, Cork where he is Deputy Principal and Siobhan's was held at her home. Well done to both of you - we know a lot of hard work went into organising both events.

The 'Run For a Life' took place in Corkagh Park in Clondalkin, Co. Dublin

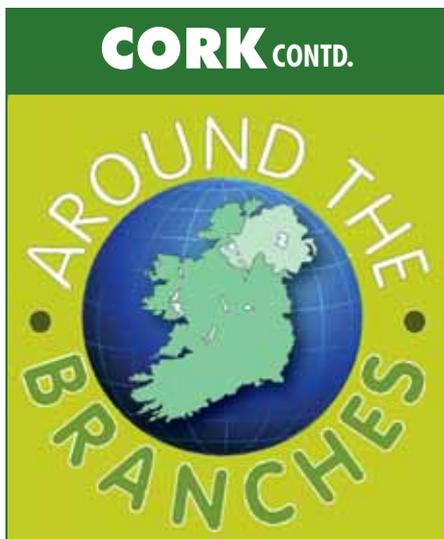
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Coffee Morning with Siobhan's neighbours



Cheque presentation from Siobhan Buckley to Noreen O'Halloran



Friends, family and neighbours of the Cork branch at the 'Run for a Life'



Hugh Nolan at Macsplace



Catherine Horan at Danos



Brendan and Noreen Hannon



Gerry Murphy at Aldi

on Saturday May 28th. Cork had a fantastic representation on the day and some members performed very well in the run, while others enjoyed a more leisurely walk. All had a good day.

**DATES/EVENTS TO REMEMBER:**

The Myrtle Turtles will be swimming the English Channel this July with some of the proceeds raised going to the IKA. Eilish Leader, whose father Padraig is a kidney transplant recipient, is one of the swimmers. We would like to wish the girls all the best in their fundraising and in their swim. Follow them on [www.facebook.com/myrtleturtles](http://www.facebook.com/myrtleturtles).

At the time of going to press we will be getting ready for our annual family BBQ in the Elm Tree in Glounthaune on June 18th, report and photos will follow in the next issue of *SUPPORT*.

Our Golf Classic will take place in Mitchelstown Golf Club on July 1st, at the time of writing there were still a few tee times available. Tee times can be booked on 087-2581265 or on our email address [infoikacork@gmail.com](mailto:infoikacork@gmail.com)

If you cannot attend you might consider sponsoring a Tee Box or a Green or donating a prize for our raffle.

Our Information Day will take place in October in the Rochestown Park

Hotel, Cork. These information days have proved very successful in recent years and very informative, particularly for pre-dialysis and pre-transplant patients, with lots for post-transplant patients to learn from. Guest speakers will be confirmed at a later date.

Enjoy the rest of your summer - our next branch meeting will be held on the first Tuesday in September.

Looking forward to seeing all of you again.



Pat O'Sullivan on €103



Pat Crowley, Margo McCarthy and Breda Doyle



Ber Kenny, Breda Doyle, Siobhan Buckley, Joanne Lyons



Eilish Leader and her family

# WESTMEATH

By CATHY SMYTH



*Mags and Mary Harrison at the Women's Mini-Marathon*

Hi to all our members, I hope you have been enjoying the good weather (and that it continues!).

The Westmeath branch had a very successful Organ Donor Awareness Week with plenty of stands across the county. A Churchgate collection was also held in Moate parish during the week and we had a stand in Mullingar hospital, in conjunction with Bernie Nohilly from Organ Donation & Transplant Ireland (ODTI).

During Organ Donor Awareness Week Eddie Flood was invited to speak at a memorial for Padraic Burke, held in Castlepollard. Padraic passed away in 2014 while awaiting a lung transplant. The memorial was organised by his family and was attended by kidney and

heart transplant recipients and members of Strange Boat (the Strange Boat foundation is responsible for creating The National Commemorative Garden to Organ Donors, located in Salthill, Galway).

In May Sergeant Major Noel O'Callaghan kindly invited the Westmeath branch to Custume Barracks, Athlone to address the Second Brigade Artillery Regiment about organ donation. Eddie Flood addressed the group and took the opportunity to emphasise the importance and impact of organ donation. He encouraged the Regiment to carry an organ donor card and to discuss organ donation with their families.

Our AGM was held on April 19th in the Shamrock Lodge Hotel, Athlone and was well attended by members.

Finally, the branch has organised a fundraising bicycle trip on the Great Western Green Way (Westport) on July 23rd. Participants can either cycle the complete route (42km) or a subsection of it. All members are very welcome.

Please contact Cathy Smyth or Eddie Flood if you are interested in attending. It promises to be a great day so don't miss out!





Limerick branch were busy this Spring with preparations for Organ Donor Awareness Week. This took place in April and members worked very hard to raise awareness in the Mid-west region.

Shopping centres were lobbied and posters and emblems, Forget- Me- Nots flowers, key rings, bios etc. were circulated to nearly every Health Centre in the county. Rotas were organised and the Committee would like to thank everybody who gave so generously of their time and manned an area.

The highlight for the branch was a very successful launch in the Savoy Hotel, Henry Street, Limerick. D'unbelievables star Jon Kenny very generously took time out from rehearsals with Mary McEvoy in Dublin to attend and launch the Limerick Branch's awareness week. He was very supportive of the campaign and spent many hours meeting and chatting with all present.

# LIMERICK

By **MADELEINE DONAGHY**



*Erin, Sean, Tara and Ele Madigan with Jon Kenny*

Speaking at the photo call event Jon said: "I am delighted to have been invited to this event. The purpose of this event is to raise awareness about the importance of organ donation. I feel privileged to be amongst these inspirational people here today who have, like myself, faced uncertain futures because of illness, but are now embracing a second chance of life.

These transplant recipients are exemplary ambassadors for organ donation as they continue to honour their organ donors in the lives they lead. I would encourage everyone to have a discussion concerning organ

donation with family members. It is important to let the family know your wishes surrounding deceased organ donation. I also hope members of the public will support the Irish Kidney Association volunteers who will be selling Forget-Me-Not flowers and other items in Limerick city and county and the rest of the country during Organ Donor Awareness Week."

At the event Jon also met nine-year-old Tara Madigan from Castleconnell, Co. Limerick. Tara underwent her liver transplant at King's College Hospital in London in 2012. She is now looking forward to taking part in The British



*(L-R): Susan Hurley, Sinead Byrnes, Phil Byrnes, Evelyn Byrnes, Jon Kenny, Sjobhan Brosnan, Madeleine Donaghy, Padraig McCarthy, Mary Downes and Susan Canon*



*Padraig McCarthy, Tara Madigan, John Kenny, Madeleine Donaghy and Siobhan Brosnan (ODTI)*

Transplant Games in July.

Jon also met kidney transplant recipient Madeleine Donaghy whom he had known since childhood, having grown up together and attended the same school in Hospital, Co. Limerick.

Jon also met Padraig McCarthy who is also a kidney transplant recipient from a deceased donor. Padraig is a native of Ballinacurra, Limerick city and now living in Bruff, County Limerick. Despite undergoing dialysis at the time, he became the overall winner of the RTE show *The Taste of Success* in 2014. Having also overcome a battle with cancer at the age of 29 he received his kidney transplant in January 2015. The future looks bright for Padraig as he and his wife Louise now look forward to the arrival of their first child in August.

Siobhan Brosnan, Organ Donor Nurse Manager for the Mid-Western region, Organ Donation and Transplant Ireland (ODTI) also attended the event.

The officers of the branch would like to extend their thanks to all the above for making the launch so successful and also to the staff of the Savoy Hotel for the wonderful support and help on the day.

The branch held its AGM on Tuesday April 26th at 7.30pm in the Savoy Hotel.

The following are the officers for the next year.

- Chairperson:** Sandra Dillon
- Secretary:** Mary Downes
- Board Member:** Susan Canon
- Treasurer:** Madeleine Donaghy

Our thanks to Professor Austin Stack, Consultant Nephrologist at University Hospital Limerick for a very informative and interesting talk after the AGM.

Many members of the Branch attended a Mass of Remembrance and



*Corrina and Mairin Downes, Dr and Maura O'Flaherty*

Thanksgiving on Sunday May 29th at 12 noon in the Cathedral, Ennis, Co. Clare which was organised by members of the Clare branch. Over the years, Clare branch Chairperson Peggy Eustace met many Limerick families who had made the difficult decision to donate a loved one's organs at the IKA National Service of Remembrance and Thanksgiving and she welcomed us to join them for the Mass in Ennis. Thank you Peggy.



*Peggy Eustace and Mary and Christopher Downes at the Clare Mass of Remembrance*



*Christopher Downes, Cathy Smyth, Mary Quinn and Mary Downes*



# DUBLIN EAST & WICKLOW

By **BERNIE DWYER**

## VOLUNTEERS AT THE BAG PACK DURING ODAW 2016



Hello to all our members and friends around Wicklow and East Dublin. Since the spring edition of *SUPPORT* our branch has been very busy indeed!

We started with a very successful bag pack in Tesco in Bray, followed by Organ Donor Awareness Week and then another bag pack in Dunnes Stores in Cornelscourt.

As always we are so thankful to our volunteers for their generosity. They include members and thankfully family members and friends, thank you all so much. A huge 'thank you' to the Transition Year students from St Gerard's Bray who gave up some of their precious hours on a very sunny Saturday.

One of our members Carol Daultery, through her gym Energie, hosted a pool party and a presentation will take place shortly. Well done Carol and Energie Nutgrove!

Thank you to our friends in St Patrick's Dramatic Society Dalkey for their continued support.

Two of our members Philip Kavanagh and Michael Dwyer took part in the 5 Nations Golf Competition hosted by Transplant Sport Northern Ireland. A very enjoyable weekend at a wonderful venue. Philip and Michael will also take part in The European Transplant Championship in July and we wish them every success as they promote donor awareness through sport.

We wish all our members a lovely Summer and for those who are not feeling well or going through a bad spell we are only a phone call away.

We finished our meetings with a very pleasant get together in Brady's Shankill and old and new members got a chance to get to know one other and have a good old chat. Have a safe and happy Summer and see you all in October.



The annual Organ Donor Awareness Week collection in Arklow came to €6,182. Sincere thanks to all the collectors and to everyone for their donations and support. Also sincere thanks to the Arklow supermarkets who gave us days to collect...they were Pettit's SuperValu, Applegreen and Aldi.  
GLORIA PROBY

# DUBLIN EAST & WICKLOW CONTD.



*Eileen Sheehan, Criss O'Loughlin*



*Bridgie Doyle, Theresa Chowdry*



*Mary & Maisie Dillon*



*Ann O'Neill, Dolores Hughes*



*Ann O'Reilly, Teresa Wynne*



*Anne Cornwall, Betty McKeown, Annie Nuzam*



*Betty Rose, Nancy Kenny*



*Carmel Cullen, Betty McKeown*



*Customers with John White, Racheal Byrne*



*David Proby, Darrinagh Marshall O'Brien*



*Francis Collier, Doris Tyrell*



*Gladys Stevens, Jennet Nolan*



*Laura Proby, Mary Byrne*



*Felix Byrne, Nora Byrne*



*Maggie Fay, Willie Doyle*



*Margaret Walker, Betty Power*



*Pat Byrne, Pat Walters*



*Pat O'Malley, Bridget Mellon*



*Maureen Leahy, Annie Keegan*



Hello from the Kingdom of Kerry. Firstly a big 'thank you' to all the volunteers who helped with the 'Forget-Me-Not' collection. It was one of our best collections to date.



Darni Pokojka, a little Polish girl in the Mercy School in Killarney, whose mom Anna is in kidney failure, volunteered to have her long hair cut short to raise awareness for the IKA. We would like to thank local hairdresser Mel

Barry and her teachers and friends for their support.

On May 4th Kilmoyley Hurling Club presented Ellen Flanagan with a

# KERRY

By THERESA LOONEY



cheque, following a local fundraiser in Kilmoyley. Ballyspillane Community and the Family Resource Centre held a very successful coffee morning and we are very grateful to everyone who provided home baking and their support. The Lady Captain in Dooks Golf Club also kindly nominated us for her Captains' Charity Day and we had a most enjoyable evening in their company.



Our next big event was our annual Summer outing with our dialysis patients. Over 60 people travelled to the Dingle peninsula for an overnight stay in Dingle Bay Hotel. A big 'thank you' to Elsie and Eibhlin Gleeson for their local knowledge as we toured around the peninsula over the weekend.

The little children at Naoinra Liospoil did a tricycle run for the IKA, organised by their teacher Mairead Bn.Ui Mhuirteartaigh and supported by their parents, and raised a whopping €645 for their efforts and presented it to Elsie Moore afterwards. We thank them very much.

Last Friday night transplant patient Jackie Healy celebrated his 70th birthday. In lieu of presents Jackie requested that donations be made to the Kerry branch, for which we are very grateful.

Our holiday home is in full swing and all our visitors are enjoying the fine weather and the beauty and hospitality of the Kingdom.

We wish Stephen Byrne and Alan Gleeson the best of luck as they prepare for the European Transplant & Dialysis Sports Championships in Finland in July.

Plans are underway for the biggest fundraising event of the year...the Ring of Kerry Charity Cycle which takes place on July 2nd. There are over 11,500 cyclists in training for the 170km round trip. We are looking forward, with anticipation, to being part of the team hosting this huge event and the amount of donor awareness it will also create.

Congratulations to Marian O'Shea on her recent transplant and we are delighted that her recovery is going well. Our condolences to the families of the late Rena Leane and Michael Fitzgerald. Also to Ellen Flanagan on the loss of her late husband John and her brother-in-law Brendan.

# ROSCOMMON

By MAURA QUIGLEY



*Presentation of cheque for €1,010, proceeds from the Kevin Doyle Memorial Pool Competition were (l-r): Fintan Burke, PJ Doyle, Ena Doyle, Marian Burke, Maura Quigley and Monica Finn (IKA Roscommon branch)*



The Roscommon branch would like to express their sincere thanks to all who assisted with their organ donor awareness day held on Friday April 8th. 'Thank you' to Niall Cunningham and the Transition year students of Roscommon Convent of Mercy, who were of great assistance with the collection; the collectors who volunteered on the day; our members who collected monies or manned the office; the various businesses in the town who promoted the event by selling merchandise and a sincere 'thank you' to Ann Hynes for the use of her premises.

Finally, to all the public who donated generously on the day, a huge thanks. Your support is much appreciated.

A total of €5008 was collected in Roscommon and Castlerea.





# MAYO

By LISA MELLON



It has been a successful year for the Mayo Branch for Organ Donor Awareness Week. The weather was good to us and we had the help of the Transition Year student from Scoil Mhuire agus Padraig, Swinford. These students add a great spontaneity to the week, and as well as fundraising they also promote the donor card to their peer group, which is what we need. Our takings for this year were raised due to their help. Thanks to all who gave their time and energy for fundraising during the week.

We held our AGM in April and it was suggested to rotate the meeting venue around the county to include patients from different parts of Mayo. We did this and there was a good turnout. Mayo is such a large county it makes it easier for patients if the meeting is held in their locality.

The officers in the Mayo Branch for 2016/2017 remain the same:-



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

We hold our Annual Remembrance Mass in the Fr. Peyton Centre, Attymass - this is in a beautiful setting with great hospitality and we try to make this an occasion where the patients can get together and socialise and honor their donors.



# DUBLIN SOUTH

By JAMES REYNOLDS



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## DUBLIN SOUTH IKA BRANCH

Hello and welcome from the Dublin South Branch. We had our branch meeting on Thursday June 9th before the Summer break. I would like to take this opportunity to thank all of our members for their continued support.

### ORGAN DONOR AWARENESS WEEK

During Organ Donor Awareness Week we collected funds and distributed donor cards in The Square Tallaght, Tallaght Hospital, Aldi on the Belgard Road and SuperValu in Lucan. Thank you to all of these businesses for their continuous support during the week. I would also like to take this

opportunity to thank all of our volunteers for their commitment during this time, your help is vital and we genuinely appreciate it.

### BINGO!

We ventured into the world of BINGO in St. Enda's GAA Club on Friday May 27th. Some serious bingo goes mixed with total novices to make a great night with some fantastic prizes in the raffle. Almost €600 was raised for the branch.

Thanks to all who attended and everyone in St. Enda's for making it happen.

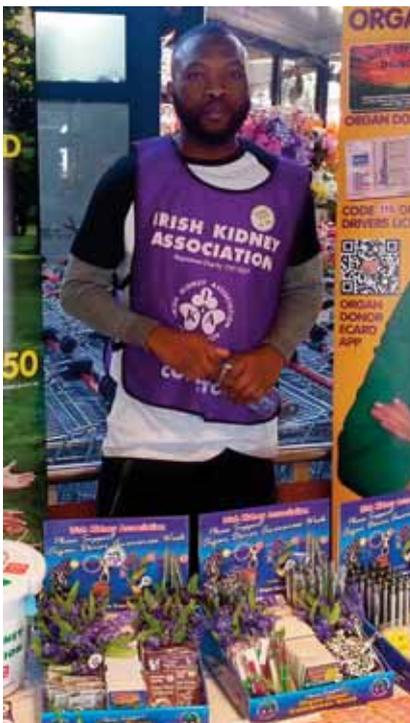
### SUMMER BREAK

To all our members, enjoy your Summer! If you are going abroad, enjoy the experience and please look after yourself – and remember to be careful in the sun, whether at home or abroad!



### DATES FOR YOUR DIARY:

- **Branch Day Out** – Saturday, July 25th – Mount Usher Gardens, Wicklow – If interested please contact James 085-2138309.
- **Annual Race Night** – August (Date & Venue TBC)
- **National Service of Remembrance & Thanksgiving** – Saturday, October 1st – Corpus Christi Church, Drumcondra.
- **Christmas Party** – Friday, November 25th – The Plaza Hotel,





Greetings to all our members, hope everyone is keeping well.

**ORGAN DONOR AWARENESS WEEK**

We were delighted to have our Organ Donor Awareness Week launched by the Leitrim Percy French Society in Lough Rynn Castle. Tish Dunleavy and Frank Cadam, Directors, and other members of the Society entertained us with song and recitations for the evening. A most enjoyable time was had by all.

**FUNDRAISING**

Again this year the North West

# LEITRIM

By HELENA O'NEILL



Members of the IKA with Frank Cadam

Vintage Club invited our branch to hold a cake sale at their annual fair in Manorhamilton. The proceeds of the sale were donated to the Support Centre in Beaumont Hospital, by the McTiegue family.

Annetha, Cathriona and Frank attended Sliabh an Iarainn Players

production of 'Moll' after which Frank Cadam and Tish Dunleavy presented a cheque for €400.

Thanks to all our volunteers who distributed organ donor cards and collected donations on behalf of the IKA...your efforts are much appreciated.



Charles Beirne



Louise Green  
Bank of Ireland  
Helena O'Neill



Tish Dunleavy, Cathriona Charles,  
Frank Cadam



Kathleen McTeigue  
Jacquie Keaney



Drumkeeran Friendship Club



Michael Lonican  
Mary Flynn & Kathleen McTeigue



O'Donnell family & Frank Cadam



Mary, Kathleen and Annetha



Dolores Hall



Paddy McTiernan, Mary Flynn

# GALWAY

By ANGELINA COOKE

## ORGAN DONOR AWARENESS WEEK

Our launch, on Thursday March 24th was well attended and our special guest was Pauline May, Organ Donation Nurse Manager for Saolta group hospitals.

She spoke to us about her role which involves talking to families of potential donors, to medical staff, and the public at large.

Pauline also helped out during Organ Donor Awareness Week by providing an information stand in the lobby of University Hospital Galway.

We'd like to thank all our volunteers and helpers, who assisted us throughout Galway City and County during ODAW, and especially those who volunteered to be interviewed by the media.

In particular, I must mention Peggy Hernon, a CAPD patient on Inis Mor who arranged a collection on the island (our first there in decades), spoke on radio, and appeared in the newspaper.

Michael Brennan kindly volunteered to be interviewed on Radio na Gaeltachta and subsequently, with his wife Rose, did some extraordinary fundraising in Connemara for the Support Centre at Beaumont, raising over €4,700.

Declan McDonnell and his brother volunteered to be interviewed by the *Connacht Tribune*. Two weeks later they, along with their mother Cherry, a great supporter of the IKA, led the selling of Forget-Me-Nots, etc in Loughrea.

## PATIENT INFORMATION SESSION

We held a patient information session on April 16th in the Clayton hotel. There were talks by Professor Matt Griffin and our own Mike Kelly. The talks were well attended, and of great benefit to patients. Following feedback, we hope to have a follow-up session in the third week of October, perhaps focussing on diet. More details will follow.

## CHURCH GATE COLLECTIONS

We held Church gate collections on May 27th and 28th in East Galway, and June 25th and 26th in the rest of the county. Many thanks to everyone who assisted. We wish everyone a sunny, healthy Summer!



## DATES FOR YOUR DIARY

Two upcoming events to be held at Hughes pub, Ballinamore Bridge are on **July 9th, 8.30pm sharp** – The Ultimate Girls Night Out (in aid of Mind our Men). This is a night of fashion and style with advice and tips from experts on hair, make-up, nails, jewellery, shoes, clothing, hats, holistic health, crafts, tarot card readings and a live fashion show. There will also be music.

Cocktails and prosecco special on the night, with raffle and spot prizes.

Proceeds from this event will go to Pieta House and the IKA (and in memory of Fiadh) and on **July 16th** –



The annual Ballinamore Bridge Charity Motor Bike Run with proceeds once again going to Pieta House and the IKA.

There will be music on the night by Dakota with a raffle and a BBQ.

## SYMPATHY

We extend our deepest sympathies to the extended family and friends of our founding member Maureen Murphy, particularly to her sisters Anne and Pauline.

## MICHELLE CURTIS (NEE SILKE) R.I.P.

We extend our deepest sympathies to the family and friends of Michelle Curtis on June 6th. Michelle was the Manager of the Peritoneal Dialysis Unit in Merlin Park, Galway for over ten years. She began her nursing career in St. Vincent's Hospital, Dublin. Afterwards she went to Germany where she became interested in Nephrology and studied the latest medical advancement in that field.

She prepared her clinics very meticulously and would have all relevant up-to-date information for the Consultants, about her patients, when they met them. She was always happy when one of her patients had a transplant. She also covered nephrology clinics in Castlebar Hospital.

Not content to rest her knowledge Michelle regularly attended in-service sessions on latest developments in kidney treatment.

Michelle was a most active person – being a cyclist, a runner and a very good squash player.

All of us in the Galway Branch of the IKA will also deeply mourn her passing together with her Consultant and Nursing colleagues in the Nephrology Department of Merlin Park Hospital and send our deepest sympathy to them all.

May her gentle soul rest in peace.

Ar dheis Dé go raibh a h-anam dílis.



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**OFFALY IKA**

### ORGAN DONOR AWARENESS WEEK LAUNCH

The Offaly Branch of the IKA got together on Wednesday March 30th for the Offaly launch of Organ Donor Awareness Week 2016 and a Patient Information Evening. A group of 65 members which consisted of dialysis and transplant patients and their families gathered for the yearly event now in its eleventh year.

It was opened by Chairman Jerome Burke, who welcomed all assembled and who went on to appeal to the Offaly people to give generously throughout the week. He also expressed a sincere 'thank you' for the support of the Offaly people over the last year and praised the spirit of volunteerism that exists throughout Offaly.

Jerome introduced the speaker: Mike Kelly, National IKA Co-ordinator of Counselling Services who spoke on 'The Psychology of Illness'.

# OFFALY

By **KEVIN GALVIN** and **JEROME BURKE**



Cllr. Eamonn Dooley, Cathaoirleach Offaly County Council, declared the week open and sought support from the people.

This was also the tenth year of our Achievement Awards, the purpose of which is to recognise the outstanding achievement, performed by an individual or a group in Offaly, towards the work of the Branch and the IKA nationally.

There were 3 people applauded this year and they were presented with their Awards from Cllr. Dooley. They were:

Mike Kelly (IKA); Mary Young (Hon. Treasurer of Offaly IKA) and Tullamore Cycling and Touring Club.

The night concluded with tea/coffee and light refreshments.

### ANNUAL GENERAL MEETING

The Chairman welcomed all members to the AGM in April. Minutes of the previous AGM were read, Proposed and Seconded. He addressed



the meeting and gave a lengthy report on the Branches' activities over the past year and outlined the plans for 2016-2017.

Jerome gave an outline of his role, for the last two years, and pointed to the direction of the IKA for the coming years.

All officers were re-elected with the exception of our PRO and a special word of gratitude was expressed to Alision Leahy, who stepped down as

## PEDAL THE PEAKS CHALLENGE



Noel Marsden, Matthew McNeive, Alan Brogan

Former Dublin footballer and All Star, Alan Brogan attended a photocall with members of Transplant Team Ireland, Matthew McNeive from Claremorris (the youngest team member) and Noel Marsden from Athlone to highlight the Tullamore Cycling Club's Pat Colgan 'Pedal the Peaks Challenge' which will take place on August 28th.

Last year's event raised in excess of €10,000 for the Offaly Branch of the IKA which has once again been chosen as the charity partner this year.

The sport will depart from the Tullamore Harriers Athletics Club and the longer distance routes on offer will take in the Slieve Bloom Mountains. There will also be a family cycle as well as a 'Couch to 50km' event.

For registration and more information visit the Tullamore Cycling and Touring Club on <http://tullamorecycling.com/> and Facebook.

PRO. Our new PRO is Kevin Galvin, Cloneyhurke, Portarlinton.

### GET WELL WISHES

Good wishes were extended to all the Offaly patients attending dialysis at Tullamore Midland Regional Hospital, and a word of appreciation to the continued dedication of the members of the medical team, nurses and staff of the Unit. 'Thank you' for your dedication.

### SYMPATHY

Sympathy was expressed to the following: David and Mary Cullinan, Ferbane, on the recent death of Mary's brother, Joe Hickey; Anne Egan, Five Alley, Birr, on the death of her brother Vincent Usher, and all members of the Usher family. A minute's silence was observed to remember all who passed away since our last AGM.

### ORGAN DONOR AWARENESS WEEK 2016

Organ Donor Awareness Week in Offaly was a successful event. The sum collected to date is €10,234.40, a plus figure compared to our total in 2015. Well done Offaly! On behalf of the Branch we express our grateful thanks to the general public of Offaly who supported us. We applaud the generosity of our many volunteers throughout the county who gave of their free time to collect on behalf of the IKA. To them we leave these final thoughts, Arthur Ashe, Professional Tennis Player and Civil Rights Campaigner once said,

*From what we get,  
We can make a living.  
From what we give, however,  
Makes a Life.*

To all involved across Offaly 'Thank you' all most sincerely for making the week a success.

### FACEBOOK

You can now access Offaly IKA on Facebook under OFFALY IKA. Many thanks to our new PRO Kevin Galvin and James Reynolds of Donor House for this achievement.

### UPCOMING EVENTS

**August 28th** – Pedal the Peaks Cyclathon and Race.

**September 20th-22nd** – National Ploughing Championships at Scraggan, Tullamore.

# LAOIS By ANGIE LYONS



Following on from the success of Organ Donor Awareness Week and our annual Churchgate collections we held our AGM in April. We were delighted with the turnout considering the change of venue and extend our appreciation to the Manor Hotel, Abbeyleix for complimentary use of their conference facilities. We didn't manage to elect a chairman (as we had no candidate) but have since been approached by both Joseph Molloy and Daniel Shiel for consideration. An EGM will be called on September 6th to facilitate an election and all members will be notified by post.

Our condolences are expressed to the family of the late John Cummins from Portarlinton. John was a long-standing member of our branch who had been attending Tullamore for dialysis for close to 20 years. May he rest in peace.

We are currently selling tickets for our summer draw that will take place on 15th August. Prizes are: 2 weekend tickets to Electric Picnic, B&B at 5\* Druid's Glen and €100 voucher for restaurant of winner's choice. Lines are sold at €2 each and are available from Angie and Rose. We've had a great uptake from members so far, but would really appreciate the support from those who have yet to come forward. A collective small effort comes together as a great big one, so help us to make this a success!

We have to thank the ladies of the branch for coming out in their numbers to support us at the mini marathon on the June Bank Holiday. Teresa and Linda Byrne and Patricia McDonald, Ballinakil, raised €670 in support of their niece

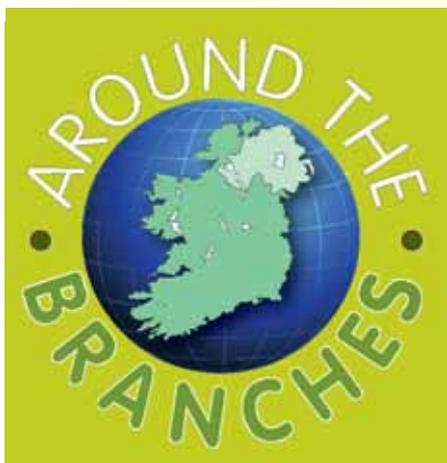


Fiona who requires home dialysis. Bibi Dalton, Stradbally was out on behalf of her cousin, Mary, who works full-time and attends dialysis 3 nights a week in Tullamore. She single-handedly raised €380! Rize O'Brien, from Mountrath, (and her friends) ran in support of her daughter Sheena, who attends Crumlin. The full proceeds are still being collected but the girls certainly look like they had a great time, well done all!

Due to popular demand, we will once again be hosting a fundraising ball at the Manor, Abbeyleix on October 8th. We are delighted to confirm that we have secured the services of Damien Bowe and his band, *The Vows*, to provide the entertainment. Tickets are €50 and include dinner with wine and entry to a draw for a prize of a weekend break. The Manor are providing B&B for a double room for €89 and can be secured by contacting the hotel directly on 057-8730311 and quoting IKA Ball. Tickets can be ordered from Angie on 087-7633438 or Dan on 086-1947700. If you can sell some tickets or would like to reserve a table, do let us know!

Finally, an anniversary Mass in remembrance of our dear friend, Martin Doody, will take place on July 9th at 6.30pm at SS Peter & Paul, Portlaoise. It would be a fitting tribute to our esteemed Chairman if there was a positive turnout from our members. In the meantime, have a lovely Summer!





# CAVAN/MONAGHAN

By RICHARD CONLON

The Run 4 Rioghnan, organised by Sasha Gannon, was held in Killeshandra on Sunday June 5th in memory of Rioghnan Flanagan who passed away at the tender age of three and a half while waiting on a heart transplant.

The run helped to raise awareness of organ donation in our community and donor cards were distributed on the day. The weather was perfect and a huge crowd turned out.



The route was 5km long and had two punishing hills, one at the start and the other 1km from the finish line. It was enjoyed by both young and old and may become an annual event.





# IRISH KIDNEY ASSOCIATION MEMBERSHIP APPLICATION FORM



BLOCK CAPITAL LETTERS PLEASE:

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

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

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

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

EMAIL:

ARE YOU A KIDNEY PATIENT:

*If yes, please indicate your current patient status. Please update our records when/if status changes.*

IF YES

- PRE DIALYSIS
- HAEMODIALYSIS
- APD
- CAPD
- TRANSPLANT

IF NO

- RELATIVE OF PATIENT
- FRIEND OF PATIENT
- GENERAL INTEREST

HOSPITAL OR DIALYSIS CLINIC YOU ARE ATTENDING: \_\_\_\_\_

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

AS A MEMBER YOU WILL AUTOMATICALLY RECEIVE OUR 'SUPPORT' MAGAZINE UNLESS THERE IS ALREADY ANOTHER ASSOCIATION MEMBER AT YOUR ADDRESS RECEIVING IT?

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

YES  NO

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

YES  NO

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

YES  NO

TO BECOME A VOTING MEMBER OF THE ASSOCIATION YOU MUST SUBSCRIBE TO THE MEMORANDUM & ARTICLES (Rules & Regulations) OF THE ASSOCIATION (copy available on request) OR ON THE IKA WEBSITE - [www.ika.ie](http://www.ika.ie)

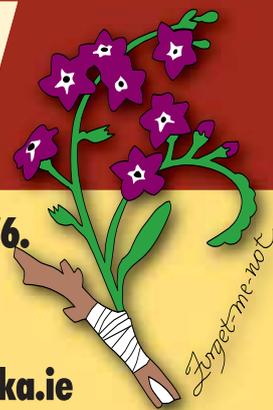
I SUBSCRIBE TO (sign up to and accept) THE MEMORANDUM & ARTICLES OF THE IRISH KIDNEY ASSOCIATION LIMITED.

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

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



# IKA DIRECTORY



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

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

**EMAIL: [info@ika.ie](mailto:info@ika.ie) • [www.ika.ie](http://www.ika.ie)**

**RENAL SUPPORT CENTRE, BEAUMONT HOSPITAL, D09 Y5R3 T: 01-8373952 E: [renalcentre@ika.ie](mailto:renalcentre@ika.ie)**

## LOCAL BRANCH SECRETARIES

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