Editorial...

indications are that the returns from Organ Donor Awareness Week might well be up by 10% on last year so, perhaps, we can begin to come off the floor and return to having an organisation that can commence thinking of new ideas rather than ways to keep our existing services alive with less and less funding.

The press response to our call for more organ donors is remarkable, driven as each story is, by Gwen O’Donoghue, who is tireless in grabbing every possible opportunity from the media’s interest in promoting the awareness campaigns.

You, the members, are the cornerstone of the awareness and fundraising activities. Thank you to so many of you who took to the streets and shopping centres, across the country, to distribute the organ donor cards and sell the IKA merchandise.

The good news that I included in the Spring edition of SUPPORT, from the Irish Skin Foundation, was described as “premature” by the HSE. Apologies to those of you who sought prescriptions from your consultants for sun screening products, only to find that the pharmacists are rightly unaware of their non-inclusion in the drug payment scheme. Medical card holders, who fill out a hardship form that every pharmacist seems to have on their premises, are being successful in obtaining the sun screen. So, not all bad news for some people! What is surprising however is the amount of transplant patients who only seem to want the products because it is Summer. If I could I would re-brand the products to say ‘Light Screen’ as it is very important to use these products every day, all year round.

The unofficial news that B. Braun has won the tender for the dialysis unit in Wexford is well-known throughout the county. I am sure the official announcement will...

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I am assured that plans are progressing well. However, I am too much of a pessimist about this project to dare to print a date when the first patient will receive dialysis treatment in the facility.

We have had many enquiries concerning the haemodialysis holiday proposal as mentioned in the previous SUPPORT. We have yet to confirm the haemodialysis treatment slots in Majorca. If you have indicated your interest, be assured that we will be in touch soon. However, if you have not yet done so, please do, and contact Deborah directly in Donor House. It is more probable that the holiday dates will be in October.

I was delighted to learn that Simon Harris, TD, is continuing his Ministry of Health role. The sector needs the stability of a long-serving Minister. He is planning to introduce a draft general scheme of a Human Tissue Bill and a public consultation on the proposal is expected before the Autumn.

The proposal will include legislation for consent and an ‘opt-out’ register for organ donation.

We look forward to the third opportunity to present our position publicly, in opposition to this change in consent for organ donation. It is good for organ donation that the subject is discussed so regularly. An ‘opt-out’ register, rather than a register of people opting in and out, would be a very odd register to develop. We look forward to the Autumn consultations.

I want to wish the best of luck to the athletes and supporters travelling to Spain for the World Transplant Games this month. This world event is a ‘golden’ opportunity to promote the value of organ donation to the public, using sports to create the competitive excitement which will abound.

As I am writing my editorial today I have learnt of the sudden passing of Teddy O’Neill RIP. Teddy was a kidney transplant patient who was the longest ever serving Board member of the IKA, 23 years from 1992-2015. He represented the Cork branch of the Association and he was an outstanding advocate for his fellow patients.

On behalf of the current and retired past Chairmen, Officers and Board members, together with the staff in Donor House, I extend our deepest sympathies to his wife June, their two children, Trevor and Maria and his extended family.

Ar deis Dè go raibh a h-anam dilis.

MARK MURPHY
Two doctors who work together in a busy medical practice in Salthill, Galway took their Hippocratic Oath to the extreme when one donated a kidney to the other last year.

Mother of three, Dr. Ruth Smith (46), originally from Douglas, Cork and Dr. Noel Howard (39), a Galway native and father of three, underwent their living donor kidney transplant at Beaumont Hospital in September 2016.

Working together for close to a decade their personal lives also had come to overlap more and more. Socialising with their spouses and having three young children each they regularly found themselves sharing common interests.

Ruth said, “When I was in my mid-twenties I was diagnosed with Chronic Kidney Disease (CKD) and I knew that it was probable that dialysis treatment was coming down the tracks. I took control of my condition and managed to stave off dialysis until the beginning of last year when my kidney function had deteriorated to a point where it needed intervention. I then started to undergo peritoneal dialysis which I took through the night for eight hours at a time. By nature I am a positive person and I was content that while I was feeling quite tired, I was able to continue doing what I love to do, caring for my patients. I was determined that my health would not impact on my children as I continued to bring them to and from school and their activities. However, I did worry about the unknown and how my kidney condition would progress and that if I became very ill how it might impact on my family life and financial obligations which my husband and myself were committed to. However we were optimistic and getting on with life.”

She explained, “Within weeks of me telling Noel that I would be going on dialysis and need a kidney transplant, Noel and his wife Róisín had reached a decision together and told me that Noel would go forward to be screened for living kidney donation. Obviously this came as a huge surprise to me and myself and my husband Alan were completely overwhelmed by their profound act of kindness. Once I was listed on the kidney transplant waiting pool Noel

Galway doctor donates kidney to colleague
quickly began the screening process for living donation. My husband Alan also went forward but wasn’t a compatible donor. However, Noel was deemed to be compatible after rigorous testing including blood and tissue typing as well as psychological assessment.

“The transplant went ahead at Beaumont Hospital last September. I can honestly say that I didn’t realise how unwell I had been feeling up until the transplant as I had just been plodding along. I feel so much better now. My family and I have so much to be thankful for and it’s thanks to Noel that I am at this point where I can look forward to the future with my family and continue to enjoy working as a doctor, a job I love to do.”

Noel has cared for numerous kidney patients down through the years. One of his patients, Peadar O’hHi, a retired teacher and Principal from the secondary school in Galway which Noel had attended, came to him for a medical examination some years ago.

Noel quickly recognised that his patient’s symptoms were pointing towards renal failure. His suspicions were confirmed and Peadar soon commenced dialysis treatment.

Noel has witnessed first-hand the difference that a kidney transplant in January 2013 made to Peadar’s health and life quality. Coincidentally, Peadar is the father of Noel’s old school friend Darach O’hHi’s, and they both went on to study medicine together. While Noel opted for general practice Darach is a cardiologist working in Berlin.

Noel said, “For me, donating a kidney was an easy decision to arrive at. I wanted to help my colleague and friend as I had seen how organ transplantation transformed the lives of some of my patients. I knew that Beaumont had been carrying out non-related living donor kidney transplants for some time. My family have always been very pro organ donation. Róisín’s cousin had cystic fibrosis and died while on a transplant waiting list. I felt that rather than just talking about it that this was my opportunity to step up and try to make a difference. After meeting the team in Beaumont I was confident to put my trust in them. The operation was a success and both Ruth and I were back to work within a number of weeks”.

For me donating a kidney was an easy decision to arrive at. I wanted to help my colleague and friend as I had seen how organ transplantation transformed the lives of some of my patients.

Left: Dr Ruth Smith and Dr Noel Howard in the ‘Circle of Life’ Garden in Salthill with Martina Goggin.

Pic: Andrew Downes
Congratulations to all involved in the long-awaited state-of-the-art new Dialysis Therapies Centre in Beaumont Hospital. The officers of the Association and I were delighted to be invited to the official opening of the facility by Finian McGrath, TD on Thursday June 1st, 2017.

The new Centre opened and the first outpatient haemodialysis treatments occurred on February 15th, 2017.

The increased capacity in the 34 stationed outpatient haemodialysis unit (previously 20 stations) has allowed the elimination of the early morning/late night dialysis sessions, ensuring that patients are now dialysed during more social hours between 7am to 11pm, thereby improving their and their family’s quality of life and wellbeing.

The Centre includes a new Home Therapies department which facilitates both peritoneal dialysis (PD) and home haemodialysis (HHD), and is the largest provider of both therapies nationwide. The additional capacity in this unit will facilitate patient training and the unique opportunity for patients to dialyse independently at home with minimal hospital contact.

The new facility offers a quality and comfortable personal space for patients not only meeting their medical needs but increased patient comforts include their own individual television with integrated controls that includes the smart TV, reading light and nurse call system. The size, layout, and functions of the new space meets the diverse care needs of patients. There are four purpose-built single dialysis rooms that enhance both the patient’s privacy and safety related to both infection control and risk. There is a bright spacious comfortable waiting area and dining area adjacent to the pantry.

The design of the Centre allowed for enhanced improvements to the work flow and infection prevention and control. The design of the treatment areas facilitates better patient monitoring and care with overall improvement to both nursing processes and practices. The Centre
was also designed to improve facilities and work environment for staff making it a very positive environment to work in.

The previous arrangements for dialysis services were well spread out throughout the hospital evolving over the last 30 years from when Beaumont took over the functions of the first Renal Unit in the country from Jervis Street Hospital.

The occasion of the opening was particularly pleasant by the inclusion of many of the retired nursing and medical staff and I thin it is fair to single out and congratulate Veronica Frances, the Senior Nurse Manager for driving the project to fruition.
Professor Jim Egan has found a new permanent office for the staff of ODTI. The Minister for Health, Simon Harris TD, opened the office on May 8th, 2017.

This is truly an unique office created within the restored St. George’s Church, beside Temple Street Children’s Hospital in Dublin’s north inner city. Hardwicke Place, the exact location, is also only a stones throw from the Mater Hospital. The offices are shared with other tenants and the ODTI are located on the top of the Church building, just below the ceiling.

There is no doubt that this new organ procurement service is creating the infrastructure to expand the opportunities in developing the organ donation process in Ireland, addressing the ever growing demand for deceased organ donors.

The key to this development is the co-operation required from the intensive care facilities across the acute hospitals network.

This 365/24/7 procurement service is the cornerstone of organ donation and the IKA is proud to be a part of this initiative and we look forward to promoting organ donation to the public in partnership with ODTI.
The following people have been proposed and seconded by members of the Association for the various National Officer positions, and as they are the only people who accepted the nominations in each case, they are unopposed and are therefore deemed elected. They will take up their honorary rolls after the AGM on July 8th.

Honorary National Chairman
John Whelan, Dublin East + Wicklow

Honorary National Secretary
Valerie Brady, Louth / Meath

Honorary Treasurer

The following special resolution, supported unanimously by the Board of Directors, requires a vote by the members of the Association at the AGM, or by proxy if the members are not able to attend the AGM.

Special resolution replacing article 9 and the addition to article 26 of a new subsection (d) in the Constitution of the Irish Kidney Association Company Limited by Guarantee.

Proposed by: Valerie Brady
Seconded by: John Whelan

Current Article 9:
Board of Directors
9. The Board shall consist of one representative elected from each branch of the Association (each a "Branch"). Branches may decline to elect a representative to the Board.

Replacement Article 9:
Board of Directors
9. The Board shall consist of one representative elected from each branch of the Association (each a "Branch").

Current Article 26:
26. All Branches will hold annual general meetings and in the appropriate year may elect a Chairman, Secretary and Treasurer and may elect at their discretion a nominee to the Board.

a. The Term of office for branch officers shall commence after the annual general meeting of the branch in the appropriate year and shall be two years or such longer or shorter periods as determined by the Board of Directors. The branch Secretary shall deliver the names of each officer to the Office within 7 days after the meetings.

b. If at any stage a branch officer is unable to fulfil his / her role, or resigns from his / her position as an officer, the branch may re-elect a replacement officer to the branch for the remaining term of office, as determined by the Board of Directors in accordance with paragraph (a).

c. Branch annual general meetings will be held within a time period directed by the Board

New subsection d:
d. If a Branch fails to observe any of the regulations of the Association, including failure of the Branch to hold an Annual General Meeting or failure of the Branch to nominate a representative of the Branch to the Board, the Board may at its own discretion take any steps as it deems necessary to rectify this situation by:
- electing an existing Board member to oversee the activities of the Branch;
- closing the Branch;
- requiring the Branch to cease all affiliation with, rights and interests associated with being a Branch of the Association including taking all steps to cease the use of the Association's name;
- amalgamating or merging the operations of the Branch with the operations of another existing Branch; or
- taking any other steps it deems necessary in order to ensure the regulations of the Association are adhered to and the [objectives] of the Association are protected.

All Branches and all Branch members shall be bound by the regulations of the Association and shall ensure compliance at all times with any obligations associated with being affiliated with the Association

All SIGNED Proxy Voting Forms must arrive, by post, to Head Office by noon on JUNE 30TH.

The agenda for the Patient Conference, prior to the AGM, and the audited accounts and current Constitution are available at www.ika.ie
And they’re off!

By COLIN WHITE

Sgt Stephen Lydon, Jack Donegan (12), Matthew D’Arcy (12) & Garda Gavin Dufy

Members of the Thomas & Grainger families

Member of the Casey family: Alison who had a liver transplant, Peino, Rebecca (15), Aaron (13), Sorcha (10)
This year’s Run was held on Saturday May 20th in Corkagh Park, Dublin 12. It was the 9th holding of the annual event and the 7th time it was organised by the Irish Kidney Association. South Dublin County Council has been very supportive of our holding of the event in their Park in recent years with their Rangers being particularly helpful.

It was truly heartening to see the level of continued support for the event with so many familiar faces showing up on the day. 240 people registered on the morning and with over 560 registered in total it was a record year for attendance. This year we tweaked how we managed a couple of things on the day and the changes were well received.

The great thing about the Run is the stories that it brings together. Members of the dialysis and transplant community get to meet socially and members of the public get to witness, first hand, the true success of organ donation for transplantation as showcased by the likes of 14 year old Jack O’Brien (kidney recipient) winning the 2.5km event.

IKA staff and a core team of IKA volunteers were ably assisted by a number of additional volunteers sourced by the South Dublin County Council Volunteer Centre. A willingness to get stuck in, despite very changeable weather, and good spirits throughout meant that our participants were warmly welcomed, supported throughout the event and well looked after when they finished.

Our now famous ‘soup and a sandwich’ for all finishers was again well received and the crisps provided by Keogh’s Farm were much appreciated too.

The feedback after the event was positive with many promising to return next year and bring more family and friends with them!
The Murphy family

Jordan family: Sadhbh (7), Denise & Grace (4)

James Reynolds, Dylan (1), Samantha Connor

Isabelle Keogh

Volunteers

Members of the Gleeson family: Mauro, Caroline & Alan

Gerry & Nicola Mckenna

Members of the Kinihan family: Sam (3) who is on dialysis, Chloe and Ali (6)

Runforalife.ie

Michael Keohane, Mike Kiely, Pat O'Sullivan

The Corran family
WORLD KIDNEY DAY
Temple Street Children’s Hospital
The staff in St. Michael’s C Ward in the Children’s University Hospital in Temple Street took the opportunity on World Kidney Day (March 9th) to showcase their services in the hospital and shine a light on how renal failure can impact on areas such as diet.

The IKA was invited to have an information stand to promote the services of the Association and highlight activities such as the annual TACKERS Ski Camp in Switzerland which is open to children who are transplant recipients.

UGADI CELEBRATIONS
Recently, the Ireland Telugus Welfare Association (ITWA) invited the IKA to join them in UGADI Celebrations to promote organ donor awareness. The event took place on April 1st in Phibblestown, Dublin 15 and there was a huge attendance. Other guests included Leo Varadkar, TD.

The ITWA team were keen to play their role in spreading organ donor awareness in the community. They allocated 5 minutes to address the audience and promote the work of the IKA as well as featuring our big organ donor card prominently and making donor cards available to all who attended.

UGADI marks the beginning of New Year. It is basically observed by people of Deccan region in India. States like Karnataka, Maharashtra, Rajasthan, Telangana and Andhra Pradesh celebrate the festival with lots of excitement and enthusiasm. The event in Phibblestown included lots of music, dance and general entertainment.
**BEAUMONT HOSPITAL TRANSPLANT INFORMATION DAY**

On Saturday May 6th Beaumont hospital hosted a Transplant Information Day in the hospital. It was well attended by patients and covered topics such as the psychological impact of transplantation, criteria for allocating deceased donor kidneys, practical implication of transplantation amongst others.

The Irish kidney Association was invited to have a stand and to promote our services and we also had an opportunity to promote the World Transplant Games Fit for Life initiative.

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**DIGITAL DONOR CARD**

Always keen to move forward with technology we were delighted to launch our new Digital Donor Card on the same day as we launched Organ donor Awareness Week this year.

The process is very simple; go to www.donor.ie on your smart phone and follow the instructions to download the Digital Donor Card which is hosted by iDly Systems. The app. offers you the opportunity to share your wishes about organ donation via text, WhatsApp and Facebook, amongst other social media platforms.

iDly Systems is an Irish startup specialising in digital ID products. Founded by two Trinity College Students, Finn Murphy & Dário Tavares Antunes, they solved their own problem of losing their student cards and not being able to access services on campus. During an accelerator program they took part in last summer they looked to other sectors where they could use the digital ID card software effectively and the IKA and Organ Donation jumped out as a fantastic launch partner.

They hope that as we transition from a physical to a digital wallet we can not only save time, money and frustration but also allow people to better communicate with the organisations they’re a part of and to better represent their identity.

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**PEDAL THE PEAKS PAT COLGAN CHALLENGE**

The Kilkenny All Star hurling great Michael Fennelly was happy to step in to a photocall to promote the Pedal the Peaks, Pat Colgan Challenge which will take place on Sunday, August 27th. The event is organised by the Tullamore Cycling & Touring Club which has chosen the Offaly Branch of the IKA to be its charity partner for the third year in succession. Over €23,000 was raised for our charity over the past two years.

The cycle starts out from the Tullamore Harriers Athletics Club in County Offaly. The sportive offers a number of distances so there is something for everyone and it offers a great day out for all the family. Some of the sportive’s more challenging routes take in the beautiful Slieve Bloom mountains. For more information visit www.tullamorecycling.com
The IKA West Clare Walk took place on Sunday April 30th on a warm and sunny afternoon in Kilrush. This was in contrast to the stark inclement weather predicted. The walk was well supported from the locality, the county and beyond the county boundaries. This was the second year of the new route which, last year, replaced the long-established route between Kilrush and Cooraclare.

The walk commenced at the Square in Kilrush went 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 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 PJ McCarthy, Labasheeda, at the sprightly age of 83, cutting the tape. PJ is a great supporter of the walk and has participated in every walk since its inception in 1999!

Thanks to the Garda 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 Coast Motor Cycle Club provided comfort and assurance to all the walkers. Sergeant Gerry Lernihan, from Kilrush Garda 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 cooperation and effort of all parties involved on the day, working in unison to achieve their goal. To this end we acknowledge the personnel and their roles played by the following: K&A Electrical (PA system); Francis Moroney family; IKA West Clare Walk Committee members: Carmel McCormack, Vincent O’Halloran and Peggy Easton with Vinnie O’Halloran and Bernie Tubridy following the walk.

BY MICHAEL MESCALL
Donnellan (traffic control); Vinny O’Halloran, Pa Kelly, Sharon McCormack (water station); Carmel McCormack, Peggy Eustace (registration); Bernie Tubridy (advertising); Chloe Cahill, Kathleen Lynch, Anne O’Halloran, Carmel McCormack (catering); Tom Prenderville (road signage); Anthony Henchy (stewarding); Paudie Neylon (promotion) and Mary Daly (provision of baked food).

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

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

The event is now in its 19th 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 the county.
For those of you who don't know, Sergio Garcia won the US Masters golf in April this year. Why do I mention this? Well, in an interview he gave afterwards he emphasised the importance of preparation. Many hours were spent exercising and on the practice range. Yet when he spoke of preparation he was not simply thinking of the preparation through practice but more importantly his mental preparation. What Garcia underlined in his interview was; how well he played depended as much on his mental preparation as it did on his physical.

This got me thinking about our mind and what an amazing 'piece of kit' it is. It can do so much; store, retain and retrieve so much information, from ordinary things like phone numbers to more detailed, dense or complex data. Some people we describe as 'walking encyclopaedias' or of having a 'photographic memory'. What we marvel at is their capacity to use their mind to take in so much, retain it and use it. As human beings we seem to have the capacity to absorb information and experiences at a phenomenal rate and, at times, without apparently much effort!

Our Multilayered Mind

Our mind is multilayered. A top layer – the rational thinking, logical part. Freud described this layer as secondary process thinking. A deeper or second layer called our emotional mind, which Freud named primary process thinking. This part of the mind is ruled by emotions and remote from any logic. These are the dual dimensions of our mind.

Top Layer

The top layer we use for ordinary everyday tasks, like remembering a phone number, recalling what we need to buy in the supermarket or something mundane like putting the bins out on bin day. All this and more we do with little effort and without much thought. Once this information is accessed and used the mind quickly forgets it or 're-files' it for future reference should it be required.

We can employ this top level – the logical, thinking, reasoning part of our mind when, for example, we lose something. This requires a little more sustained effort as we attempt to think our way to finding the lost item, which may prove productive provided we persist in the task of thinking. We can ask ourselves relevant questions;
“We do not see things as they are, we see them as we are”

what was I doing when I last had it? Was I alone or with someone else? When did I last see it? What was I wearing when I last had it? By going through this – step by step – in great detail can result in us remembering where we left it. This is using the top layer of our mind, bringing that practical part of our mind to bear on a particular issue.

Using this part of our mind allows us to tick the ‘task completed’ box, it does not in any appreciable way trigger or impact on our emotional mind. In other words it does not affect us at an emotional or gut level.

DEEPER LAYER

Our emotional mind, unlike the top layer, is much slower at assimilating knowledge but is usually more retentive. Where the emotional mind excels is in its capacity to retain and store emotional experience. How do we explain how in one moment we may be calm and reasonable and the next quite emotional and irrational? When our emotional mind is triggered it throws aside slow, deliberate, analytical thinking – the top layer – in favour of a more emotional response. It is as if our emotions sweep over us without us appearing to have any choice in the matter. When you then ask yourself the question; why did I do/say that…this is your rational mind awaking to the moment but at a much slower pace than the emotional mind.

If you have ever had occasion to speak to or try and support someone who is emotionally upset you will find that no matter how cogent, logical, reasoned your argument is, it does not have the desired effect. Why? Because you are using the top layer of your mind and this does not connect to the emotional mind of the upset person. To connect with the person who is emotionally upset is to engage them with our emotional mind primarily and secondly with our logical mind.

OUR MIND - THE INFLUENCE OF THE PAST ON THE PRESENT

Freud, Jung and others wrote extensively about the emotional experience of childhood and the impact this has on our lives. This experience creates the lens through which we view the world, how we relate to others, how we react to the different circumstances life throws up and the reactions we provoke or elicit in others.

These emotional experiences reside in the emotional mind. They remain dormant until activated by an experience that contains within it similarities to a memory in our past that is full of emotion. Then our emotional mind triggers the feelings associated with the past event in the present. In other words our emotional mind reacts emotionally to a present situation as if it were the past. Often we are not aware of this connection and we can be left wondering why our reactions are so strong to a particular experience.

CHANGE

It is only when we engage our emotional mind - this deep level of consciousness – that change can happen and real change can occur. When this change happens its impact is felt not just by us but by others as well. This cannot be achieved by an act of our logical thinking mind alone. To secure permanent change demands we embark on a journey, engaging with our emotional mind. This is never a short journey, it takes time, it will have its bumpy and difficult moments and for many it may take a lot of time.

SELF-DISCOVERY

We can be supported on this journey by others. Others may give advice or direction or accompany us as we journey but it is only in what we discover for ourselves on that journey that allows for the most effective change of all.

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.

My thanks to the Offaly branch for inviting me to talk at their Organ Donor Awareness Week launch in March and also to the Wexford branch for their kind invitation to give a presentation at their Branch AGM in April

SELF MANAGEMENT PROGRAMME

Both the Cork and Dublin branches have successfully completed self-management programmes.

The Cork programme ran one morning a week for six weeks in March/April. It was facilitated by two trained IKA members; Harry Ward and Peter Pardoe. Feedback from the programme was very positive with those who attended. Many found it of help in their day to day living with their illness. My thanks to the Cork branch for all the work they put in to organising such a successful programme and to Harry and Peter for facilitating the weekly meetings.

If there is any other branch or a cluster of branches that are interested in running a programme, please contact Mike at Donor House.
Our team ranges in age from 30 through to 79 years old and they will be competing in many different sports including both physical (athletics, cycling, golf, swimming, squash, tennis) and skill-based (darts, petanque, ten-pin bowling).

Many team members took part in our ‘Run For a Life’ on May 20th and on May 21st the team met up in the ALSAA Sports Complex, next to Dublin airport, to receive their official team kit and to listen to an excellent motivational talk from Kilkenny all-star Michael Fennelly. Michael spoke of the physical health benefits of regular participation in sport and he also highlighted the mental health benefits too.

After making contact with the Spanish Embassy in Dublin we were delighted to recently receive an invitation for representatives of our team to promote Organ Donor Awareness at a function on board the Spanish Training Ship ‘Juan Sebastián de Elcano’ hosted by The Ambassador of Spain, José María Rodríguez-Coso, and Navy Captain Victoriano Gilabert-Agote, the Commanding Officer.

With 28 athletes and 19 supporters travelling to Malaga for the World Transplant Games (June 24th – July 2nd) our sports team, Transplant Team Ireland, is ready to represent their families, their donors and their country on the international stage.

With 50 countries represented by over 2000 registered participants it will truly be a global celebration of the ‘gift of life’ through sport and will be the single biggest organ donor awareness event in the world this year.

By COLIN WHITE
The ship, built in 1927, was docked in Dublin and is the third largest tall ship in the world.

With messages of support coming in from so many people and organisations, our team is really looking forward to heading for Malaga on June 24th. Our competitors have been preparing for this opportunity for a long time. Every person has their personal goals but they are all united in the desire to promote a positive message about the success of organ donation for transplantation.

For some, it will be their first time to compete on the world transplant sport stage whilst others will be renewing old acquaintances. All of our athletes are shining examples of the benefits of keeping active.

Team member, Ron Grainger will not only be travelling to Malaga to compete, he will also be there as one of the first World Transplant Games Federation world ambassadors for their Fit for Life! initiative. The programme is aimed at empowering transplant recipients to become role models for others who have perhaps not yet considered the benefits of regular physical activity in their daily lives.

You can follow the team’s progress through our team website, www.transplantteamireland.ie on our team’s Facebook page (www.facebook.com/transplantteamireland) and also via our Twitter account (www.twitter.com/TeamIreland1).
The future looks ‘bright’ for a father and his son following a living donor kidney operation which took place in Vienna last March. Fintan Bright (67) from Avondale Drive, Wexford town travelled to Vienna to donate one of his kidneys to his ailing son Graham (41).

Graham had been living in Vienna for over a decade and decided to return home to Ireland as he had secured a job with Facebook. Sadly the prospect of an exciting career came to an abrupt end as within four days of him starting at the social networking giant, he suddenly became ill and ended up in St. Vincent’s Hospital with end stage kidney failure. The future didn’t look so bright for Graham for a while as he struggled with a form of home dialysis and some infections. He was then transferred to hospital haemodialysis which worked better for him. He didn’t return to Vienna immediately and continued his dialysis treatment in Ireland for six months.

When he returned to Vienna he once again underwent a form of home dialysis which worked for a while but then he progressed to hospital haemodialysis. His father Fintan visited him in Vienna at least six times that year and could see that his son’s health and outlook were deteriorating. He started to consider living donation for his son and got some initial tests done through Waterford Regional Hospital.

Fintan said, “while I went to see my son in hospital one Friday in October 2015, I asked to see someone about making an appointment to discuss living kidney donation. Within ten minutes a Consultant came to see me and took my blood pressure and asked me to do a 24 hour urine test over the weekend. The following Monday results of my blood urine samples were back within 2 hours. I travelled to Vienna twice more before the operation proceeded. In January I underwent some final tests including medical and psychological assessments and it was announced that I had a ‘full house’ confirming I was a perfect match to donate a kidney to my son. “The day of the transplant, March 15th, has particular significance, as my own father passed away on that date. My wife and daughter travelled over with me to Vienna to support both of us. The operation took place at AKH Vienna General Hospital and was a great success and both myself and Fintan made a swift recovery. Graham is now living a normal life away from dialysis and I feel fit and well with my one remaining kidney.

“I was humbled to receive South East Radio’s Outstanding Achievement Award ‘for those who make a difference to a local community’ in acknowledgement of my efforts in highlighting the planning issues around a new dialysis centre in Wexford, as well as my kidney donation.

Graham came home from Vienna to join me and my family for the presentation on January 20th at the Talbot hotel and I was proud to be photographed with him by my side. I would encourage everyone to consider organ donation as it has the power to save so many people who are in organ failure and touches their families and friends also.”
There was a congregation of over 2000 at a special Mass at Knock Shrine held on Sunday April 2nd to mark Organ Donor Awareness Week 2017. The inaugural Service was a celebration for organ donors and transplant recipients. The Mass, celebrated by Fr. Richard Gibbons, Parish Priest of the Marion Shrine Knock, was held in the newly refurbished Basilica.

The moving ceremony garnered a mixture of sadness and joy as well as gratitude and hope. It included a symbolic offertory procession with transplant recipients and members of deceased organ donor families, as well as personal testimony and distribution of purple ribbons in memory of all deceased donors.

The chief organiser of this event was Monica Morley from the Family Life Centre in Knock and the concept came from local woman, Bernadette McNeive, whose son Matthew underwent a kidney transplant at the young age of eleven. Matthew (18) is now an accomplished sportsman and member of Transplant Team Ireland as he enjoyed success in the European Transplant & Dialysis Sports Championships in Vantaa, Finland last summer. He was recently acknowledged as one of 20 finalists at the Pramerica Spirit of the Community Awards at a ceremony in Dublin for his commitment to organ donor awareness. As part of the offertory procession at the Mass, Matthew brought the silverware award he received, as Connacht Telegraph Male Sportsperson of the Year 2016, to the altar.

At the Mass, Bernadette McNeive gave a moving account of how life for her family had been affected, initially by Matthew’s kidney failure and how that improved following his kidney transplant and their profound gratitude to the family of Matthew’s deceased donor.

Bernadette said, “today at this Mass, I want to remember all deceased donors and their families, not just those who gave my son the chance of a wonderful life, but all families whose generous, selfless and compassionate decisions have given the ‘gift of life’ to people – people that they will never know.

“I also applaud and express sincere appreciation to all living organ donors and their families for their selflessness in donating to family and friends, when their health required an organ transplant.

Today we pray for them, we pray with them and we pray to them and for as long as we live, we will remember their goodness, generosity and compassion to us. And every day we live, we will thank God and Our Lady of Knock for the opportunity that all donors – living and deceased – give to help strangers to live full and satisfying lives.

“I came that you may have life and have it to the full” Jesus said. That’s what Matthew and several other recipients can now aspire to doing.”

The organisers of the Mass at Knock Shrine hope that it will become an annual event as part of Organ Donor Awareness Week.
April 29th saw the 28th running of the Annual Charity Race at the Punchestown National Hunt Racing Festival in aid of the Punchestown Kidney Research Fund. The race involved 25 amateur riders, battling it out over 1 mile 7 furlongs and, this year, it was won by Mr Boss Man with Ian Haughan on board.

Most of the riders will have made huge efforts to be fit enough to ride in the race, riding out every morning, learning to ride, work, losing weight and generally improving fitness. Additionally they raise a minimum of €1,250 for the privilege, which went to the Punchestown Kidney Research Fund (PKRF).

Over the past 27 years the PKRF, which is a registered Irish charity, has accumulated just under €1.4 million in funds. This money has been divided amongst various projects that fulfill the scope of their objectives: to improve the quality of life of patients on dialysis, support medical research projects that help people with the disease and increase organ donor awareness.

James Nolan initiated both the charity and the race having received a second chance at life when his sister Catherine donated one of her kidneys to him. Without this he was facing a life on dialysis. He has ridden in the race himself 13 times and won it on Nero’s Dancer in 2002, an experience he describes as one of the highlights of his life.

A milestone project in the history of the charity was the funding of a new Renal Ward for Temple Street Children’s Hospital, Dublin.

This year will see the charity...
continue to support the Art Therapy Programme in both Waterford and Tallaght Hospitals. Hours on dialysis can be tedious but with this scheme patients can pass the time learning and developing artistic skills.

The charity has also generously sponsored people to participate at the World and European Transplant Games since 2003 and this year they are supporting members of Transplant Team Ireland to go to the World Transplant Games in Spain.

The PKRF charity invested money in the Beaumont Hospital Home Haemodialysis Training programme that has proved to be a major success as it enables the patient to do their own dialysis in the comfort and privacy of their own home.

In 2016 they continued to support similar projects as well as sponsoring two major national projects; two kidney research projects under the guidance of The Irish Nephrology Society as well as committing €150,000 to the building of a new kidney ward at Temple Street Children’s Hospital.

Although monetary donations can help people living with kidney disease, a simple measure of carrying an organ donor card or informing one’s next-of-kin of one’s wish to donate organs can save someone’s life. The charity uses the race as a major organ donor awareness event in Ireland every year and they try to make people aware of the need to have the discussion with family about carrying an organ donor card.

SUPPORT THE WORK OF THE IKA

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

STANDING ORDER REQUEST FORM

To: The Manager of _______________________

(Your bank’s name and address)

We hereby authorise you to set up a Standing Order on my/our account as specified below:

Signed: __________________________ Date: ______________

Address: ____________________________________________

PLEASE CHARGE TO MY / OUR ACCOUNT: Name of Account: ______________________________

IBAN: ____________________________________________________________________________

Bank Identifier Code - BIC: ____________________________________________________________________________

These can be found, printed on your bank statement)

My regular __Month Monthly __Quarterly __Yearly DONATION of Amount € _____________

(Please tick as appropriate)

to start on Date: ____ / ____ / ____

AND CREDIT TO THE FOLLOWING ACCOUNT:

Name of account: IRISH KIDNEY ASSOCIATION at Bank of Ireland, College Green, Dublin 2.

IBAN NO.: IE06 BOFI 9000 1717 1934 35 BIC NO.: BOFII2IE

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

Please post to: THE IRISH KIDNEY ASSOCIATION CLG, DONOR HOUSE, BLOCK 43A, PARKWEST, FREEPOST, DUBLIN, D12 P5V6

(please do not post to your bank)

THANK YOU FOR YOUR GENEROSITY
Social media continues to be a very effective way for non-profit organisations like ourselves to promote our services and to connect with supporters. The platform also allows us to enter into two-way communication and engage with a vast number of supporters one-to-one.

There are a lot of reasons why the IKA has embraced social media. For example, it has become a great method to advertise for volunteers on platforms such as Twitter and Facebook, as it proved during Organ Donor Awareness Week when we put out a call to action for volunteers nationwide.

Fundraising is another way where a social media presence has proven to be helpful. Just Giving, for example, which has changed the face of fundraising in recent years, enables Irish charities to raise money by providing a number of ways to donate online and via texting. The site makes fundraising quick and easy for our supporters.

During this year’s Organ Donor Awareness Week (#Donorweek2017) – the IKA Facebook page reached over 1.4 million people. This number was very positive when you consider our average Facebook weekly reach is about 80,000-100,000. We also saw considerable activity from our Twitter and Instagram accounts during this time.

We were delighted to have been shortlisted for the final of the Social Media Awards for the second year in a row in the category ‘Use of Facebook by a Non-Profit Organisation’. The Sockies celebrate the best in social media in Ireland and we were delighted to get to the final. We lost out to a very worthy winner in Crumlin Medical Research Fund, we congratulate them on their win, and hopefully we will go one step further next year.

Finally I just want to mention our sports team, Transplant Team Ireland who are heading off soon to compete at the World Transplant Games in Malaga, Spain. The team have a great online presence. To ‘follow’ their progress find them on Facebook ‘Transplant Team Ireland’; Twitter @Teamireland1 and also their blog...www.transplantteamireland.ie. We wish them all the best!

If you have any enquiries please contact me: JAMES REYNOLDS in Donor House, Via email: james@ika.ie Or through our official Facebook page, www.facebook.com/irishkidneyassociation
The 35th VHI Women’s Mini Marathon took place on Bank Holiday Monday 5th June and was, once again, well attended by our IKA runners/walkers. This is the last Bank Holiday Monday the mini-marathon will take place on as next year the day moves to Sunday.

Deborah, in Head Office, sent out many sponsorship cards, with our very visible t-shirts and caps - many thanks to all participants who ran or walked for the IKA.

Many people made use of the IKA Harcourt Hotel facilities for changing beforehand and showering after the event as well as for the protection of their belongings. Well done to everyone!
On Tuesday March 28th we had the press launch of the 2017 Organ Donor Awareness Week campaign with Minister Simon Harris 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.

Ambassador for the second year in succession Vivienne Traynor, introduced five speakers who shared their health experience.

Caroline Sheridan, a 34 year old nurse from Dungarvan, Co Waterford has undergone two liver transplants, one when she was just 7 years old in the UK and her second took place at St. Vincent’s University Hospital Dublin in October 2016. Her first transplant allowed her to lead a normal childhood, go to college, pursue a career in nursing with transplant patients, and get married.

Cliona Marley from Donegal, underwent a heart transplant in the Summer of 2014. She is the second oldest of four siblings and the only one to have a congenital heart condition. The diagnosis came when she was a young child and she underwent her first major surgery when she was just 6 years old. Under the care of the Mater Hospital her condition was stabilised for over three decades which allowed her to lead a normal life. However by her late thirties problems associated with her congenital condition quickly accelerated causing her heart to begin to shut down. She spent 180 days in hospital away from her husband Paul and her family being kept alive with a heart pump until a suitable donor heart came along in 2014 which saved her life.

David Crosby from Cavan and a father of three, was catapulted into a world of uncertainty when, on just marking his 40th birthday, he suddenly became ill. The former Meath Minor footballer (a native of Meath Hill), who without any previous diagnosis, received the alarming news that he had a potentially fatal lung condition,
Idiopathic Pulmonary Fibrosis. It soon became apparent that he would need a double lung transplant. Such a diagnosis came as a huge shock as many years before three of his four siblings had passed away as young children from what, to this day, still remains unproven to be hereditary. He continues to be thankful to his deceased donor for saving his life as he underwent a double lung transplant at the Mater Hospital in March 2016.

Ron Grainger from Dublin, underwent a kidney transplant in 2003. He is a retired Urologist and all through his working life has treated kidney patients. Last year Ron was chosen as the Irish ambassador in a global initiative between the World Transplant Games Federation and Astellas called ‘Fit for Life!’ which encourages transplant recipients to live an active and healthy lifestyle post-transplant. Ron’s outstanding performance when he competed as part of Transplant Team Ireland at the European 9th Transplant & Dialysis Sports Championships in Finland earned him the name ‘the flying doctor’.

Niall Sheridan, a native of Dublin, now living in Virginia, Co Cavan, has many strings to his bow. The qualified nurse and medic spent many years living in Canada’s Yukon territory where he was a community’s coroner. He also worked in the UK before returning to Ireland where he settled down with his wife Collette. Sadly Collette took a sudden bad turn in November 2015. Niall was present but sadly, despite the swift measures that he and his paramedic colleagues took to try to revive her, she would never regain consciousness. Niall takes consolation in the legacy of Collette’s organ donation as her liver, two kidneys and heart valves benefitted others lives.

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. Once again 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.

The launch was rounded up by Professor Jim Egan, Director of Organ Donation and Transplant Ireland (ODTI), the national organ procurement service of the HSE. Many of the branches of the IKA send delegates to the national launch to be present for the national and local press in various interviews for the print and film media.
LAUNCH OF
ORGAN DONOR
AWARENESS WEEK

Minister for Health
Simon Harris, TD

St. Vincent University Hospital staff with Vivienne Traynor – Ann Devenish, Shauna Davitt, Vivienne, Emily Dowling, Aoife Coffey and Maire Ni Chinneide

Declan, Lexi, Dillon, Ali and Kim Murphy

Helen Gay, Vivienne, Cassandra O’Brien, Valerie Brady and Jack O’Brien

John Whelan, Vivienne, Kathleen Tyrrell, Andrea Fitzmaurice

David & Katie Cusack with Children Darragh, Erin & Keira

Michael & Aine McHugh, Vivienne, Marie Fowley, Ita Leydon

Annette Foley, Fintan Bright, Vivienne, Piers Kelty, Graham Bright

Frank Heslin, Adeneha Loughran, Vivienne, Catriona Charles
ORGAN DONOR AWARENESS WEEK

Organ Donor Awareness Week started with our launch night in the Rochestown Park Hotel in Cork. The week was officially launched by the Lord Mayor of Cork Des Cahill with special guest Dr Liam Plant. Despite the bus strike at the time a healthy crowd turned up on the night.

Volunteers manned stations in Mahonpoint Shopping Centre throughout the week and we had volunteers promoting in Crosshaven, Carrigaline, Kinsale, Skibereen, Dunmanway, Fermoy, Mitchelstown, Mallow and in Wilton and Douglas shopping centres in the city. A huge thanks to all those who manned the posts that week and took time from their busy lives to help promote organ donation.

WELLNESS PROGRAMME

Our Wellness programme finished on April 1st. The candidates, who participated in the course, were full of praise for the the course content and the course mentors. If there are other patients or carers looking to participate in this course we could organise another one for the Autumn.

ORGAN DONOR AWARENESS TALKS

On April 5th the Branch were invited to speak at Stryker Neuroethology. Annette Beston, Noreen O’Halloran and Pat O’Sullivan spoke to the employees about Organ Donation and told their own personal stories. They reminded everybody present about the importance of having the conversation with those around them, on their wishes for organ donation. The afternoon went very well and all the employees in Stryker were fully behind organ donation and having the conversation.

AGM

Our AGM was held on Tuesday April 11th in the Rochestown Park Hotel. Noreen O’Halloran, outgoing...
Chairperson, gave a report on the branch activities over the previous two years. The Committee was thanked from the floor for the work they had done in their term and was told that they were going to be a very hard act to follow. A presentation of flowers was made to Noreen, Helen and Margo after the meeting.

Elections for new officers followed and the following were elected for the next two years:
- Board Member: Michael Kiely
- Chairperson: Pat OSullivan
- Secretary: Geraldine Bowen
- Treasurer: Veronica Higgins

**FUNDRAISING EVENTS**

A Fashion Show was held in the Community Centre in Kilbrin, North Cork on April 7th with some of the proceeds going to the IKA. The event was organised by the Kiely family whose family member received a kidney transplant last year.

Above: Wellness programme candidates who completed the programme are pictured with course mentors Harry Ward and Peter Pardoe. Pictured are: (front): Ray O’Connor, Patricia McCarthy, Siobhan Buckley, Shenna McDonagh; (back): Harry Ward, Joe Kavanagh, Bar Kenny, Mary Barry, Michael Kiely and Peter Pardoe. Congratulations to Mary Egan who received a transplant soon after starting the programme.

Left: Presentation of flowers to the outgoing branch officers.
Easter Sunday at Mallow Races once again proved a great venue for promoting organ donation. This year they had record crowds attending their meet. Members of the branch were on hand outside the door.

SPORTS EVENTS

The ‘Run for a Life’ annual race took place again this year in Corkagh Park in Clondalkin, Dublin, and we had good representation from Cork taking part in the run and walk and volunteering to help with the organisation of the day.

There are four transplanted athletes from Cork representing the county at the World Transplant Games in Malaga. Michael Keohane, Rosscarberry (liver); Charlie Ryan, Cobh (liver); Michael Kiely, Mitchelstown (kidney) and Pat O’Sullivan Mallow (kidney) will be hoping to bring back some silverware.

The team were presented with their national gear in Dublin and later received a pep talk from Kilkenny hurler, Michael Fennelly, on how to prepare for a big occasion (see more on pages 20-21).

Keep an eye on our Facebook page for daily news beginning on June 24th when the team will leave from Dublin Airport. A full report will be in the next edition of SUPPORT. The Games are all about promoting organ donation, what can be done post-transplant and the benefits of transplantation.

Our now annual Golf Classic took place in Mitchelstown Golf Club on May 26th. Once again we were delighted with the response we got from teams entering the competition and to the many sponsors who contributed on the day. CEO Mark Murphy came to Mitchelstown on the day to see first hand the work that goes in to organising this event.

SUPPORT GROUP

Our next meeting will take place on Tuesday September 5th in Rochestown Park Hotel. We are hoping to change the format of our monthly get-togethers to make them more of a support meeting to help all those suffering with end stage kidney failure and their families through what is a tough time. We will have patients and staff on hand to talk to you, who have been there, whether it’s dialysis, diet, medication, health and fitness and most importantly we will have carers who have also gone through this and how they coped with it.

DATES FOR YOUR DIARY

Oct 3rd Support Meeting
8pm Rochestown Park Hotel

Nov 7th Support Meeting, 8pm
Rochestown Park Hotel

Nov 12th Annual Mass
of Thanksgiving
CUH Chapel Cork

Dec 3rd Christmas Lunch, 3pm,
Rochestown Park Hotel.

‘RUN FOR A LIFE’
Hello to one and all from the Offaly branch.

We held our annual launch for Organ Donor Awareness Week in the Tullamore Court Hotel on Thursday March 30th. There was a good turnout with a mix of dialysis and transplant patients, renal staff, branch members, invited guests and family.

Chairman, Jerome Burke, opened the proceedings by welcoming everyone and thanking the people of Offaly for their generosity and support. He gave a brief account of what these monies are used for. He then invited the guest speakers beginning with Mike Kelly, IKA Renal Counsellor, Donor House, who gave a very informative talk on the importance of communication.

Fintan Clooney from Birr, was next to speak on receiving a ‘living-related’ transplant from his brother, Joe, and what it meant to him.

Cllr. Eddie Fitzpatrick, Cathaoirleach Offaly County Council, officially launched the week in Offaly. Cllr. Fitzpatrick then proceeded to present our annual achievement awards to St. Bridgid's Credit Union, Clara; John Steinegger and James, Jim, Mark and Ted Lawlor from Lawlor Video Memories for their outstanding help and support to the branch.

The evening ended with light refreshments.
ANNUAL GENERAL MEETING
The AGM took place on April 20th. As this was an election year a new committee was elected with some new faces. Jerome Burke remains as Chairperson for another term, along with Mary Young as Treasurer and Kevin Galvin as PRO. Louise Galvin was elected as new Branch Secretary and Dermot Glynn as new Board member.

The branch would like to take this opportunity to thank Jerome for his outstanding services representing our branch at national level for the past six years. We would also like to thank outgoing Secretary, Maureen Allen, for her years of dedicated work for the branch.

GET WELL
Get well wishes are extended to Carol Stanley, Liam and Kathleen Swaine, Eamon O’Meara and Noreen Gleeson who are all unwell at this time.

CONDOLENCES
We would like to extend our sincere condolences to Mona Gleeson, branch member on the loss of her brother John Reed, Rath, Birr and also to Kevin Galvin, PRO on the passing of his uncle Eamon Hayes, Portumna, Galway. Ar dheis Dé go Raibh a anam dílis.

ORGAN DONOR AWARENESS WEEK
We would like to thank the people of Offaly, and our volunteers, for their generosity of time and money during ODAW. It was a very successful week in Offaly. Without your help this would not be possible. ‘Thank you’.

CONGRATULATIONS
Congratulations to John Glennon, Rhode on receiving his kidney transplant.

BEST OF LUCK
The branch would like to wish Kim Heavin and Tanya Tracey all the best as they take part in the Women’s Mini Marathon on the 5th June.

MEETING
Our next monthly meeting will be held on Thursday, September 14th at 8pm sharp in the Tullamore Court Hotel.

The Mayo branch is continuing to thrive, and had a very successful Organ Donor Awareness Week. The weather was in our favour, and, despite all the bad press nationwide that charitable organisations have received, the support from the public for the IKA was just as good as last year, which is very encouraging.

A special thanks to the Mayo Branch Secretary, Maureen Bourke, for coordinating ODAW in Mayo...we’d be lost without her!

During the week a Mass was held in Knock Shrine for all transplanted patients. The Mass was organised by Bernadette McNeive and Monica Morley, who is involved with the Faith Alive programme at Mid West Radio.

The celebrant was Fr. Richard Gibbons and the speaker was Bernadette McNeive, speaking about her son Matthew, who received a kidney transplant.

This event was well attended and the patients and relatives were able to appreciate the updated Basilica, with the splendid new mural of the apparition, a sight to behold.

We recently held our AGM and the members elected were:

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

Here’s to a lovely summer for all the IKA branches.
Hello to everyone, and welcome to the Summer issue of SUPPORT.

CONDOLENCES
Our branch committee extend our deepest condolences to our Chairman, Michael McHugh, on the passing of his father Tom on May 28th.

Deepest condolences also to the family of Martha Johnson who passed away on February 11th.

ORGAN DONOR AWARENESS WEEK
The amount raised during ODAW was €8277. The amount is made up from monies received from a Tractor and Car Run; the Blue Lagoon fundraiser, a donation from Dunnes Stores (Head Office); a Coffee Morning and our Town & County Collection day which was held on Saturday April 8th. Once again, we were blessed with a beautiful day, people were in good form and stopped for a chat as they donated.

€2341.59 was raised from the Tractor and Car run organised by Luke Kerrigan (16). Luke attended our March meeting, along with his father Damien and younger brother Eoin, to discuss the Tractor and Car event, which took place on Sunday April 2nd. Luke came across to everyone as a very confident young man who was full of enthusiasm about his fundraiser. The weather was very favourable on the day and the event was a great success.

I wish to thank the members of the public who contributed to our town and county collection on Saturday April 8th, and also to the many businesses who donated the fantastic spot prizes for the events held.

A special word of thanks to Supervalu (Ballisadare), Supervalu (Ballymote) Cannings Spar (Pearse Road, Cornageeha) and Aldi (Cranmore Road) for allowing us to sell our merchandise and hand out organ donor cards on their premises.

I also want to thank Gary Morehan in Abbey Foods for once again donating the food for the Blue Lagoon fundraising night.

Transition year students from Mercy College Secondary School held a Coffee Morning in the AIB Bank, Stephen Street on Friday April 7th and raised a total of €125.

At the cheque presentation for €125 raised at a coffee morning organised by The Build a Bank Team held in the AIB Bank, Stephen Street, were (l-r): Sharon O’Callaghan (Student Officer), Eimear Kearney, Michael McHugh (Sligo IKA Chairman), Cliona Jordan, Julie Gaine, Elizabeth Fahy, Aine Finnegan and Yvonne Dolan (teacher).
AGM

Our AGM was held on April 18th in the Sligo Park Hotel. It was with great reluctance that we accepted the resignation of Michael McHugh from the Board of Directors, but fully understand that Michael has a lot of other commitments to fulfill. Michael has done trojan work for our branch and we were delighted that he agreed to stay on as our Chairman. We welcomed the proposal to have our vice Chairperson, Marie Fowley, to take up the position as our new Board Member. We have every confidence that Marie will give 100% commitment in her new role.

Marie is such a fantastic ambassador for the IKA. She is very knowledgeable on the subjects of renal failure and transplantation, having been on dialysis herself and also undergoing a double transplant. Marie underwent a kidney and pancreas transplant six years ago and is now living her life to the absolute max. I don’t think I have ever met a busier woman!

The following officers were elected:

- **Board Member:** Marie Fowley (newly elected)
- **Chairman:** Michael McHugh (8th term)
- **Vice Chairman:** Marie Fowley (2nd term)
- **Secretary:** Geraldine Jenkins (8th term)
- **Treasurer:** Bernie McHugh (8th term)

THANK YOU

Thank you to the Sligo Diabetic branch for their kind invitation to attend a Civic Reception to celebrate 50 years of Diabetes Ireland. The event was held on May 11th in the offices of Sligo Co Council. A very enjoyable evening was had by all.

DONATION

A donation of €160 was received from the family and friends of the late Martha Johnson formerly of Gurteen Co Sligo, who passed away on February 11th, in Portugal. Martha had a kidney transplant 37 years ago. The kidney was fully functioning right up until Martha’s passing. Martha received the ‘gift of life’ from her brother Kevin Johnson who is still enjoying a very healthy and active life.

DIARY DATE

On Friday September 1st at 7pm we will have a Service of Remembrance and Thanksgiving at our Garden in Doorly Park. The date will also mark the first anniversary of the opening of the garden. Please come along with your family and friends.
Hello to all our members and welcome to the summer edition of SUPPORT.

ORGAN DONOR AWARENESS WEEK
We would like to thank everyone who gave of their time selflessly to make this another successful year. We would also like to thank everyone who kindly donated to our collection.

ANNUAL DINNER
We had a great evening at our annual dinner, held at The Woodlands Hotel, Dunmore Road, on Sunday April 23rd. The food was excellent and the entertainment, by Mike Kent and The Deise Boys, was most enjoyable. We would like to thank Joe Moynihan for all his help on the day and John Meade who acted as MC for the evening. We would also like to thank everyone who donated 'spot prizes' which added to the enjoyment of the evening.

NATURE’S WHISPERS
Waterford Healing Arts Trust (WHAT) has been running an arts programme in the dialysis unit of University Hospital Waterford since 2007. Artists Philip Cullen and Boyer Phelan work in the unit on a weekly basis engaging patients in art activities. The programme, which is funded by Punchestown Kidney Research Association, is supported by staff members of the unit who are keen to provide positive, creative and diversional activities to their patients.

Kate Quinn is one of the young patients and she told Philip Cullen of her love for photography and he encouraged her to document her story. Kate’s artwork is inspired by nature. She uses nature as a metaphor to express her emotional journey through dialysis. Her first love is photography and then poetry. Kate’s work entitled ‘Nature’s Reflection’ was first exhibited in University Hospital Waterford between May and June 2016.

Kate’s book of photography and poetry ‘Nature’s Whispers’ created through the WHAT programme was launched a few months ago. Proceeds from the sale of this book will go towards WHAT’s arts programme in the Renal Dialysis Unit, University Hospital Waterford and the IKA. We would like to thank Kate and WHAT for their kindness and generosity.

ANNUAL SERVICE OF REMEMBRANCE AND THANKSGIVING
Our annual Service was held at the UHW Chapel on Sunday May 28th. It was officiated by Rev. Jenny Crowley, Fr. John, Fr. Matthew and Fr. Richard. The Choir, from St. Mary’s Ballygunner, under the leadership of Ann Cody, were superb. They created a very moving atmosphere. Refreshments were served in the staff canteen, at the hospital, following the Service.

We would like to thank everyone who helped, in any way, to make this the very special day which it has become.

BOOK LAUNCH
Liz McCue has written a book, ‘Thursday’s Child’, of stories about growing up in Dublin in the Sixties, with the help of the WHAT programme in the dialysis unit. This book was launched on Thursday June 8th and we would like to wish Liz every success.

MADRIGALLERY CHAMBER CHOIR
We would like to thank the members of the Madrigallery Chamber Choir, Waterford for hosting a lunchtime concert recently and donating part of the proceeds to our branch.

RESPITE CENTRE TRAMORE
Our holiday centre opened in May and will run until October. We would like to wish all our patients and their families a very enjoyable holiday in Tramore, with plenty of fun and sunshine.

CONDOLENCES
We extend our deepest sympathy to the families of the late Mary Walsh, Ballysaggart and Paddy Mackey, Waterford. May they rest in peace.

DATES FOR YOUR DIARY
June 17th-18th: Church gate collections in Co Waterford
July 1st-2nd: Church gate collection in Tramore and Fenor
Sunday July 2nd: Family Fun Day, Newtown, Kilmacthomas
Sunday August 27th: Annual 10K Walk

Traditional music and jokes by The Deise Boys.
Lots of comedy from the Bachelors In Trouble.

Catriona, Theresa and Helena O’Brien

Mary Moynihan and PJ Caplis

Gemma Barrett, Catriona Callanan

Kathlyn, Sonia and Trevor Walsh

Molly Tyrrell, Bell Smyllie, Eleanor O’Keeffe, Tom and Joan Wall

Rita & Tony O’Meara

Colin & Theresa Kirkham

Mary Moynihan, Vicki Halligan, Peggy Egan

Cormac O’Han, Marion Roche, Betty Daly, Denis Moynihan, Joe & Francis Moynihan.

Eileen Walsh, Essie Collins and Bridget Smith

Pilot Conway and his sisters Marie & Eileen Nolan

Robert & Helen Peare, John & Bridie Lee
THE COMINGS AND GOINGS FROM OUR DIALYSIS UNIT

Dear readers,

Just a few bits of news from our Dialysis unit in University Hospital Waterford.

We have welcomed two new nurses, a care assistant plus a new secretary to our unit since my last notes. Judy is a Filipino nurse who joined us from Dubai, a lovely hard working lady. Like our other nurse Keira who worked upstairs on Medical 2 ward and decided on a change of nursing choosing to work in our Dialysis Unit. Some people may remember Keira from their stay on Medical 2? Both of these nurses are very conscientious workers, like all our nursing team.

We have a care assistant upgrade...well done to Cialadh who can now wear her green uniform with pride, we are very happy for our Cialadh. We welcomed another new care assistant Michael, or Mick as he likes to be known, a jolly and good-humoured new member of staff. We also have a beautiful new secretary, Ashley, helping Frieda in the office. Ashley joined the unit a short while ago. We are blessed with all our staff who run our unit with great precision.

For all the patients in hospital in Waterford, or in other county hospitals, we send best wishes for a speedy recovery. A big hello to Helen Durbridge our Tuesday, Thursday and Saturday patient. We send Helen all our love and to all who are sick.

For our departed patients, that have gone to heaven, prayers were said on Sunday May 28th at our Service of Remembrance in the hospital Chapel.

The comings and goings of a kidney patient is never done. No matter what problems turn up in our unit the nurses rally around and cope wonderfully well. We give sincere thanks to the amazing team of lifesavers.

I have been busy myself writing my memoirs ‘Thursday’s Child’. It is my life story of being born in Co Dublin in the early Sixties...glimpses of the poverty in parts of Dublin, funny stories from my childhood, how I coped with renal problems from birth, how I learned to cope with addictions going through three kidney transplants and hoping for a fourth. Never giving up hope or giving in to negativity it’s a heart-wrenching book in places. I am sure once you start reading the book you will get a glimpse of a past era, now forgotten due to technology. I’ve put my heart and soul into this book, every page will make you ponder and smile to yourself. It was a great privilege to get this book printed and to hold the first copy in my hand. Even if only one person reads this true life story it will be a wonderful achievement for me.

Without the people who believed in my ability to write my story it would not have happened. There are many trials and tribulations, short stories and about finding my angels! Without the help from Waterford Healing Arts Trust my book would probably have stayed on the long finger and never been published or even completed.

Thank you to Philip Cullen for all his dedication and keeping me focused and to Claire Meaney, Maeve Butler and not forgetting Stefanie Fleischer. I got great healing from writing my memoirs. When and if you read this book you will get a glimpse into the life of a feisty brave little Dublin warrior who was born fighting for her life and can still smile through her tears.

Liz
FUNDRAISING
The Longford branch wish to sincerely thank Kieran Woods, Paddy Dowd and Fergus Darcy for their extremely generous donation of €8,500 to the IKA in memory of Lilly Dodd. The three lads set off in a camper van with their bikes in tow on March 10th to take on the challenge to complete a charity cycle from Malin Head to Mizen Head. The route certainly was a challenge at times with poor weather conditions and arduous climbs, however they were determined to succeed and succeed they did.

The lads were completely overwhelmed with the support and generosity they received from the first launch night in The Castle Inn, Newtownforbes, on March 4th to their final return to Casey’s Pub, Newtownforbes, on March 17th.

Individuals and communities, throughout various counties, also offered their support and encouragement as they met Kieran, Paddy and Fergus, taking selfies outside each post office on the route from Malin to Mizen Head. In total they raised an amazing €17,000 which was shared between the IKA and Gortha/Self Help Africa.

Longstanding and dedicated members Michael and Bernadette Wall also headed off in their own camper van and followed the three men on their journey offering endless amounts of hospitality in the form of hot meals and drinks.

It is so important for us to acknowledge this substantial amount of money raised by these three men. The funds raised will benefit so many renal patients and their families during stressful and worrying times by helping with the Renal Support Centre in Beaumont Hospital.

Any money raised, through fundraising events like this one, go towards the day-to-day running costs of the Centre, as well as providing patient aid. Many of our Longford branch members have availed of the wonderful facilities of the Centre over the years and without continued financial support this would not be available.

Well done again lads and thank you so much for thinking of our branch.
Hello to everyone from the kingdom of Kerry.

ORGAN DONOR AWARENESS WEEK
A huge ‘thank you’ to all our members and volunteers who gave of their precious time during Organ Donor Awareness Week. Once again it was a huge success! People power and team effort you can’t beat it!

A big ‘thank you’ to the staff and students of Lissivgeen School who had a ‘no uniform’ day and raised €474.20 for the IKA.

FUNDRAISING
Killarney Valley Classic & Vintage Club have again chosen us as one of their charities for the South Kerry Ploughing Championship Harvest which will be held outside Killarney on September 3rd. The Club have spent the Winter months restoring an 1968 Massey Ferguson MF135. The carefully restored vehicle will be raffled later in the year. The IKA will be one of the beneficiaries.


Tickets cost €10 and are available from Theresa Looney on 087-2059205 or email; tlooney@eircom.net.

The Dwyer family have organised a walk in aid of the IKA, which will take place on Saturday June 17th. Registration is at 12pm at the Hub O’Dwyer Retail Centre Camp. After the walk a BBQ will be ready at the Junction Bar Camp.

ANNUAL OUTING
Our annual outing for dialysis patients was held on Saturday April 8th. We travelled to Waterville and stayed overnight in the Butler Arms Hotel. We had a superb night with lots of networking, songs and dance.

HOLIDAY HOME
Our holiday home is in full swing for the Summer months and it is great to be welcoming new, and some returning families. We are very grateful to Kerry University Hospital for accommodating dialysis treatments this year. The holiday home is wonderful and greatly appreciated by those lucky enough to get a week there.

WORLD TRANSPLANT GAMES
We are very proud of have our Chairman, Connie Brosnan, representing Kerry and Ireland on the Irish team in the World Transplant Games in Malaga this Summer.

This will be his second time to represent us at the Games. He won a silver medal when the European Games were held in Ireland in 2010.

Con is a tireless worker for the branch and we wish him the best of luck.

CONGRATULATIONS
We wish to congratulate Colm Clifford on his recent transplant and are delighted that his health is improving.

CONDOLENCES
We extend our sympathy to the McHale family on the loss of John and to the Breen family on the loss of Denis.

Finally we wish everyone a great Summer and hope the sun will shine!
Greetings to all our members. We hope everyone is keeping well?

The following officers were re-elected at our recent AGM:

Chairperson: Annetha Loughran
Secretary: Catriona Charles
Treasurer: Frank Heslin
PRO: Helena O’Neill

Thanks to all our volunteers who distributed organ donor cards and collected donations, on behalf of the Association, during Organ Donor Awareness Week. The fact that they give their time freely is much appreciated.

We will be looking for volunteers for the Church Gate collection in August and would appreciate any help possible.

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LEITRIM

By HELENA O’NEILL

Drumkeeran Friendship Group

Our AGM was held in the Annebrook House Hotel in Mullingar on April 25th. It is an election year and the branch voted to maintain the same board – with Eddie Flood as Chairman, Eileen Duncan as Treasurer and Cathy Smyth as Secretary.

Again, this year, we are dusting off our bikes and heading to Westport. The cycle will start in Achill and end in Westport – making it a little easier to cope with the headwinds! All branches are welcome to join in, and people can choose to do the whole route or part of the route.

If you are interested please contact any member of the board. Alternatively, if you live in the Westport area, call into The Helm Bar for details.

The cycle will be held on July 22nd. Hope to see you there.

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WESTMEATH

By CATHY SMYTH

We had a very successful Organ Donor Awareness Week in Westmeath so thanks to all the people who volunteered and got involved. We had stands in Athlone and Mullingar, including a stand in Athlone Institute of Technology. We also had a Church Gate collection in Moate parish during the week.
ORGAN DONOR AWARENESS WEEK
A big ‘thank you’ to all our volunteers who gave up their time during this year’s Organ Donor Awareness Week and to all the local businesses who allowed us fundraise on their premises. It proved to be a very successful week. If you are interested in helping out next year please contact James 085-2138309.

ANNUAL GENERAL MEETING
Our branch AGM took place in Head Office, Donor House on Thursday April 13th. ‘Thank you’ to Colin White, IKA National Projects Manager, for giving up his time to be our guest speaker.
This year was an election year and a new committee was elected:
Board Member: Peter Pardoe
Chairman: Peter Pardoe
Secretary: James Reynolds
Treasurer: Roderick Smyth

I would like to take this opportunity to thank our outgoing Treasurer Owen Kelleher and Board Member, Karen Concannon, for their service representing our branch over the last number of years.

‘RUN FOR A LIFE’
The 9th annual ‘Run for a Life’ took place in Clondalkin’s Corkagh Park with a crowd of over 550+ signed up. A large contingent of up to 40 runners from Tallaght Athletics Club took part to support fellow club members whose relatives had organ transplants. One of these was Dermot Delany from Clondalkin, whose daughter Michaela (17) underwent her second transplant last September, thanks to her donor mother Liz.
Dermot came in 2nd in the 10k race with a time of 40.18 – whilst Michaela was joined in the fun run by her cousins and friends.

Overall winner of the 10k was Kilnamanagh man Ronan Kearns from Rathfarnham AC with a time of 35.13. Tallaght Athletic Club member Sharon Tighe was the first lady across the line in the 5km distance (20.29) and the first male to win the same 5k distance was Paul Martin, also from Tallaght AC.
Well done everyone!

‘FORGET ME NEVER’ TREE
The ‘Forget Me Never’ Tree was officially unveiled in the atrium of Tallaght Hospital on Thursday, April 20 by Mayor Guss O’Connell, and was funded by the Punchestown Kidney Research Fund, The Meath Foundation and supported by the staff of the dialysis unit and Smyth family, who fundraised for the project.

TRANSPLANT TEAM IRELAND
The very best of luck to Transplant Team Ireland who fly out to Malaga to compete in the World Transplant Games this summer. In particular our very own Lenny Ryan from Tallaght. If you would like to keep in touch with the team’s progress do follow them on Facebook ‘Transplant Team Ireland’ or the team’s site www.transplantteamireland.ie

CONGRATULATIONS
Congratulations to Sinead Doyle-McConnell, from Ballyfermot, who recently received a kidney transplant, we wish her the best of health in the future.

NEXT MEETING
Our next meeting will be held on Thursday, 7th September at 8pm in Cheeverstown House Templeogue Dublin 6W.

SUMMER BREAK
To all our members, do 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!
ORGAN DONOR AWARENESS WEEK
The Organ Donor Awareness Week launch was marked by a Patients’ Information Evening at the Temple Gate Hotel on March 16th. The principal speakers were Professor Austin Stack, Consultant Nephrologist, University Hospital Limerick (UHL) and Aileen Counihan, Senior Transplant Co-ordinator, Beaumont Hospital Dublin. Professor Stack’s presentation dealt with ‘Kidney Disease in the Mid-West Region – What’s New’; and Aileen dealt with the theme ‘Kidney Transplantation in Ireland – a Success Story’.

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 Q&A session.

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

The National launch of ODAW took place in the Mansion House in Dublin and 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 21st for the branches annual Mass of Remembrance and Thanksgiving.

Mannix Berry, transplant recipient, speaking on behalf of the Clare branch IKA said: “the annual Mass of Remembrance and Thanksgiving fulfills the promise that those who have passed on, and their families, are acknowledged and remembered for the precious gift of an organ, to those in need – that is a most courageous and heroic gift of generosity.”

Mannix made special reference to Peggy Eustace. He commended her highly for her tremendous work and the huge organisational ability she demonstrates in bringing such a vast array of guests to the Service each year. She has been doing this work in a low key and dignified manner for decades.

We are very grateful to Fr Tom Hogan, who every year celebrates our Mass that means so much to the donor families and the recipients. The congregation each year commends his homily which is delivered with great eloquence and meaning.

In the congregation were Professor Stack; Mayor of Clare Cllr Bill Chambers; Sally Hogan and Brid Collins, staff nurses at the dialysis units UHL; Mairead Monaghan, staff nurse Unit 7 Dialysis unit Merlin Park Hospital, Galway; Andrea Fitzmaurice, kidney transplant co-ordinator, Beaumont Hospital; Siobhan Brosnan, organ donation nurse manager, UHL; Jean O’Reilly, donor co-ordinator ODTI; Valerie Brady, IKA National Chairperson; Mary Downes, Limerick branch Secretary; Sandra Dillon, Limerick branch Chairperson; Susan Cannon, Limerick Board Member; Jerome Burke, Offaly Board Member, IKA members from Limerick, Offaly and Clare.

The attendance was very appreciative of the choir of Ennis Cathedral with special mention of soloist Eimear Mungovan and organist Leon Walsh and director Michael Hennessy. Professor Stack and Sally Hogan participated in the readings.

AGM

The AGM took place on April 25th in Cois na hAbhann Ennis. A large attendance was present to review the season’s activities in the branch. The outgoing executive of the branch was returned namely:

- Chairperson: Peggy Eustace
- Treasurer: Gerard Moran
- Secretary: Michael Mescall
- Board Member: Peggy Eustace

BEREAVEMENTS

We extend our deepest sympathy to the families of the late PJ Daly, Cahercalla, Ennis; Martin John Browne, Kilrush, Ennis and Patrick McMahon, Newmarket on Fergus. May their gentle souls rest in peace.

RETIREMENT

We take this opportunity of wishing Aileen Counihan every success and happiness on her recent retirement. She will be greatly missed by her patients and their families.

WEXFORD

By MARIE DONLON

AGM

Our AGM was held on April 26th in The Riverbank Hotel. The existing officers were reinstated. A good crowd was in attendance. Mike Kelly, IKA Renal Counsellor, gave a short talk and presentation on the psychology of illness. His talk was very interesting. Refreshments were served afterwards.

ORGAN DONOR AWARENESS WEEK

The amount collected for ODAW in Wexford and county was €9,000. A big ‘thank you’ to those who gave their time to collect.

COFFEE MORNING

Bridget Cullen from Blackwater held a coffee morning recently and raised €1,250 for the branch. ‘Thank you’ for all the good work Bridget.

MASS OF REMEMBRANCE

Our local annual Mass of Remembrance will take place in Clonard Church on July 14th at 8pm. We hope that as many members as possible, along with their families and friends, will attend.

CONDOLENCES

Deepest sympathy to the families of Gladys Kloss and Charlie Murphy on their sad passing.
ORGAN DONOR AWARENESS WEEK
We looked forward to Organ Donor Awareness Week hoping to have a good week and we were not disappointed. Final figures take time but we expect a good result.

ANNUAL GENERAL MEETING
Our AGM was held on April 10th and the following officers were elected unopposed:
Chairperson: Colin Mackenzie
Secretary: Patricia Mackenzie
Treasurer: Brian Carney
Board Member: Colin Mackenzie

ICA CHARITY OF THE YEAR
The Portmarnock Guild of the Irish Country Women’s Association chose the IKA as their charity for the year and recently presented Colin Mackenzie with a cheque for €2000.
‘Thank you’ ladies for your generous support.

RED HURLEY CONCERT
St. Anne’s Church, Portmarnock, was the venue for a brilliant concert featuring Red Hurley plus band and backing singers, ably assisted by the Church choirs, all in aid of the IKA. €7000 was raised for the IKA. Our thanks to all involved and the generous support of the Church authorities and a special thanks to Red for making the evening possible.

PATIENT REPRESENTATIVE
Dublin North member Martin Cahill has recently been elected as a patient representative linked to Fresenius and will be voicing opinions and suggestions in Birmingham on behalf of Fresenius patients.
After a very successful Organ Donor Awareness Week launch in the South Court Hotel, Raheen, Limerick on Saturday March 18th, fronted by television personality and model Celia Holman Lee, the branch got busy recruiting volunteers and organising collection points.

Many people in Limerick city and county were willing to take part and thanks to the fine weather the week went very well. A big ‘thank you’ to everyone who took part in the awareness campaign. The activities ranged from music nights to organ donor awareness days in schools and the University of Limerick.

In Hospital, Co. Limerick a music night was held on April 8th, in advance of the ‘Lar O’Neill Tractor and Truck Run on Sunday April 9th. It was a spectacular display and raised in excess of €4,600 by the end of the day. As further monies were still outstanding, the total will be presented to IKA on Saturday June 24th June. ‘Thank you’ to the O’Neill family.

‘Thank you’ also to Mary Sheehan who presented a cheque for €500 to the branch. Mary’s late husband Robert was a very well known and respected member of the branch. Ar dheis Dé go raibh a anam dílis.

Another ‘thank you’ goes to retired dialysis nurse Rita Maher who is President of the St. Paul’s Bridge Club, Raheen, Limerick. As President Rita nominates a charity for assistance from the Bridge Club and this year she chose the IKA. They held a bridge game on February 14th and raised €525. Thank you Rita and members of the club.

The branch AGM was held in the day room of the Good Shepherd Convent, Pennywell, Limerick on Monday April 24th at 7.30pm.

The incoming committee are:

Chairperson: Sandra Dillon
Secretary: Mary Downes
Board Member: Pat O’Brien

There was no nomination for the post of Treasurer. Since the retirement of Michael Sheahan, the post has been vacant. Thank you to Susan Cannon who has agreed to act as Treasurer for the duration of this Committee.
CAVAN  By KARL CRONIN

Cavan General Hospital Celebrates World Kidney Day!
IKA SUPPORT SUMMER 2017

DONEGAL

By SIÓBHÁN BATES

We held our AGM in April at the Station House Hotel, Letterkenny and we were delighted to see such a good crowd. As the two year time frame was up for branch officers, with some of us having clocked up more than our two year stints, we were now looking forward to bowing out for a well-earned break.

Being conscious of the reality that, occasionally, officers can outstay their welcome or, indeed, that members may become unhappy hearing the same voices and/or seeing the same faces, however, in reality, when there appears to be no one willing to take on these roles – it is difficult for branches to keep going. It is recognised and acknowledged that new blood on board can greatly help.

Our current officers all stepped down, but as the meeting went on it was obvious to note that no one else wished to take on the positions. So, like many other branches who strive so hard to keep the local county branch going, some had to reluctantly go back to their seated positions. The following were deemed elected.

Chairperson: Siobhán Bates
Secretary: Karen Bradley
Treasurer: Kieran Murray
PRO: George Bates
Board member: Kieran Murray

We would like to take this opportunity to thank our outgoing Secretary, Sharon Gallagher (Buncrana) for all her help and patience. With Sharon having many family commitments, she felt she needed the time to commit to them and she has offered Karen, our new Secretary, a helping hand whenever needed. Thanks so much Sharon, Neil and Niall for your contribution to the branch.

It was lovely to see you all again while I was out on the Donegal roads, delivering the merchandise for Organ Donor Awareness Week and Church gate collections. ODAW was a great success and ‘thank you’ to all our volunteers. You go beyond the call of duty. We need all volunteers and turn no one down. So far a total of €15,600 has come in with a bit more to follow.

Our Aldi stores in Donegal were amazing and so accommodating to all of those who collected. And ‘thank you’ also to those who were lucky enough to get access to their village post offices, local shops and churches.

The Rathmullan Dualathon was organised by the Lynch family and a total of €2,973 was raised in aid of the IKA’s Renal Support Centre, in Beaumont Hospital. We thank the Lynch family and everyone who took part on the day, those who gave donations and helped in any way with...
marshalling and traffic control, tea making, massaging competitors and also the Rathmullan RDC for the use of their facilities.

We appreciate those who fundraise for the Renal Support Centre. The Centre is the key to the hearts of our renal patients and families who can stay there during their attendance at the hospital.

For those recently transplanted the branch would like to wish you all the best with your new ‘gift of life’ and many years of health and happiness. Enjoy and savour every moment for the beautiful gift, from the most generous people in this world – our living donors and our deceased donor families.

Another delivery of holdall bags for patients, containing earphones and telephone remote controls, was donated to the renal unit in Letterkenny. The bags can also hold their personal items like papers, iPad, radios or whatever they like to privately carry with them.

A massive ‘thank you’ to the patient comfort fund at the hospital and Sr. Geraldine McGrory and her team, together with our PRO, for all the shopping trips to the retailers, it was worth it!

To all of our volunteers, members, friends and staff of the renal unit, we are planning our summer outing so if you have any suggestions for the event please do contact me. If we have enough people interested we can get planning.

Finally, sincere condolences to any of our families and friends that have lost a dear one in recent times, our sympathies go to you and may their gentle souls rest in peace.

Until our next meeting...
Hello to you all from the Louth/Meath branch.

There are a number of people we need to thank for their continued support. Like all branches, without its members and volunteers, continuing as a branch 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 over the past few months:-

Christine Winters and the Bank of Ireland Drogheda Branch

Our volunteers who ran in the Women’s Mini Marathon in Dublin.

Dee Vintage Car Rally

Jackie & Maura Callan, Wedding Anniversary Party

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 more than €16,000 during the week.

Pictured above right are some of our volunteers for Organ Donor Awareness Week.

Many thanks to Premier Periglaze Ltd and B.D. Ltd. in Drogheda for inviting members of the branch to speak about organ donor awareness. The talks were extremely interactive and we endeavoured to answer all your questions on organ donation.

We held our branch AGM this year on April 18th. This was an election year and the outgoing committee were returned for a further two years.

The Louth/Meath branch was founded in 1987 by Tom Geary and Irene McDonald and this year is the 30th Anniversary of the Branch. The committee are currently organising a social for early November to mark this occasion.

The branch will take a break for the Summer months and our next meeting will be held in Muldoon's in Ardee on September 5th, 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) Ph: 086-3186757
Anne McGivney (Treasurer) Ph: 087-2976876
Mary Traynor (Secretary) Ph: 089-4348086

Alternatively, you can reach us by sending a message to our Facebook page Louth/Meath IKA page – @louthmeathika.
IRISH KIDNEY ASSOCIATION CLG
(Company Limited By Guarantee)

MEMBERSHIP APPLICATION FORM

BLOCK CAPITAL LETTERS PLEASE:

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

SURNAME: ______________________________________________________

ADDRESS: ______________________________________________________

POSTCODE: ______________ TEL: ______________ MOBILE: ______________

EMAIL: ______________________________________________________

ARE YOU A KIDNEY PATIENT: ☐ IF YES ☐ IF NO

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

☐ PRE DIALYSIS ☐ HAEMODIALYSIS ☐ RELATIVE OF PATIENT

☐ APD ☐ CAPD ☐ FRIEND OF PATIENT

☐ TRANSPLANT ☐ GENERAL INTEREST

HOSPITAL OR DIALYSIS CLINIC YOU ARE ATTENDING: ________________________________

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

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

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

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

☐ YES ☐ NO

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

☐ YES ☐ NO

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

☐ YES ☐ NO

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

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

SIGNATURE: ____________________________ DATE: ____________________________

Please return the completed, signed form to the
Irish Kidney Association CLG, (Freepost), Donor House, Block 43A, Park West, D12, P5V6.
There is no subscription charge.
# Irish Kidney Association CLG, Donor House, Block 43a, Parkwest, D12 PSV6.
Tel: 01-6205306 | Lo-Call: 1890-543639 | Email: info@ika.ie | www.ika.ie
Renal Support Centre, Beaumont Hospital, D09 Y5R3
Tel: 01-8373952 | Email: renalcentre@ika.ie

## LOCAL BRANCH SECRETARIES

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### DUBLIN EAST + WICKLOW
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### KILDARE
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### LONGFORD
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### CAVAN/MONAGHAN
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### KILKENNY
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### LOUTH/MEATH
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