

# SUPP



# RT

WINTER 2016



## IRISH KIDNEY ASSOCIATION CLG

(Company Limited by Guarantee)

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

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

CHARITY REGISTRATION NUMBER 20011260

# Editorial...



**A**s we come to the end of the year of commemoration of the 1916 rising, we are faced with international uncertainty in our case Brexit, and further afield, the slow halt to the European Union Project in general. The Trump era is upon us and hopefully we, as observers, will not be too affected by the economic implications of this new world shift. The status quo is up for examination everywhere you turn.

The people in Newstalk Radio interviewed me recently about the costs of taxis in the HSE. They were making a big issue of the fact that the HSE will spend 19 million euro on taxis this year. I think they were disappointed when I predicted that half of the sum, maybe 9 million was for haemodialysis patients transport. It is estimated that 9 million miles a year are consumed by haemodialysis patients on their 312 journeys for dialysis. I wonder how many of you manage your own transport or drive yourselves, due to frustration with the HSE provided service? A practical rate of reimbursement rather than an antiquated miniscule 5 cent per mile tax rebate is long overdue. This will save the HSE cash, and offer an alternative choice to patients but, we await the powers that be, to realise this. We are 4 years knocking on doors about this unresolved issue.

The good news of 2016 will be the number '50+'. The amount of living donor kidney transplants in Ireland for 2016. The '+' are the extra living donor kidney transplants made possible by the involvement of Irish donors and recipients in the UK paired living kidney exchange programme. You will see an article in this support about the annual report of the National Kidney Transplant Service 2015 and I recommend that you go online, if you can, to see the complete Report.



I first came in contact with kidney disease in 1981 and became a carer of a haemodialysis patient. At that time there

# Contents...



**FRONT COVER**  
*Pictured at the launch of Radio Snowflake 2016 were (back row, from left): David Baker, Manager, Radio Snowflake; Clidhna and Terry McElroy with their twins, Donagh and Caoila Harry Ward, Patricia McKenzie and Colette Fennelly. (Front row, from left): Conor and Sarah Dalton with baby Annabelle born in August 2016; Tadhg McElroy, Clidhna and Terry's son and Santa Claus.*

- 2 EDITORIAL**
- 4 A CHRISTMAS MESSAGE FROM THE NATIONAL CHAIRMAN**
- 5 A MESSAGE FROM THE PATIENT SUPPORT OFFICER**
- 6 NATIONAL KIDNEY TRANSPLANT SERVICE ANNUAL REPORT 2015**
- 8 SPORTS ROUND-UP**
- 10 21ST WORLD TRANSPLANT GAMES**
- 11 SOCIAL MEDIA & COMMUNICATION**

were about 250 people on dialysis nationally and the wait for a transplant was about 12 months. Treatment by haemodialysis was considered the most expensive treatment around for a chronic condition and was largely only offered to the young, transplantable patients.

The correlation today with the Cystic Fibrosis patients seeking a new treatment, is a reminder of how dialysis was seen as an ethical economic dilemma.

The struggle to fund Erythropoietin (EPO) when it first arrived, also comes into mind. The battle to get EPO funded, back then, was not as public as the 'Orkambi' campaign currently is. EPO was originally developed for renal patients to control their haemoglobin, but it is better known as a drug of choice for cheating athletes. The haemodialysis patients were given a unit of blood about every 6 weeks and EPO's arrival meant that common practice ceased. Ireland was one of the first countries to prescribe EPO for dialysis patients, ending the frequent use of blood transfusions. An understated consequence today, is the fact that we have one of the lowest amounts of hepatitis C across the world in a dialysis setting because we reduced using blood transfusions earlier than most countries.

Nowadays it is much more understood how blood and blood products are susceptible to passing on infections to patients and the safety requirements, in Ireland, in a dialysis setting, are some of the most stringent in the world. This might help current haemodialysis patients to appreciate the lengths their nurses undertake to adhere to strict protocols in haemodialysis centres. Any patient who has travelled abroad for haemodialysis treatments for holidays will be familiar with the levels of tests and paperwork before and after their trip. Ireland is one of the safest places in the world to have haemodialysis treatment

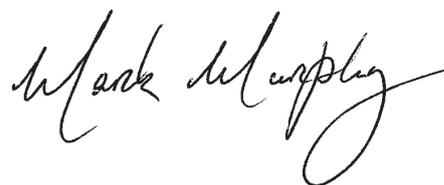
and your centre only want you to travel for treatments to places with similar standards to Ireland.

In January we will know the results of the planning appeal decision for the Wexford Haemodialysis Centre and like the Kidney & Pancreases Transplant programme in St. Vincent's University Hospital, I am beyond predicting when both projects will start. I remain optimistic, especially about the St. Vincent's project, but so many obstacles and traps now exist in bringing any new project to commencement, you have to wonder has Ireland become too bureaucratic, and are the British completely wrong in exiting the EU as both projects are affected by EU laws. However, the EU laws might not be the problem in these cases but they restrict you in your choice of solution to the problems.

Limerick has got its new Haemodialysis Unit and Beaumont patients will move across to their new facility, perhaps in January. So there is good news for some. I have yet to find any new renal funding in the HSE's latest plan. We will see early in the New Year how our patient growth numbers stand.

Christmas day on a Sunday saves a lot of rescheduling in the haemodialysis units, but, transplantation often occurs on Christmas day regardless of the day of the week.

May I take this opportunity, on behalf of the staff and myself, to thank you all, especially the nurses who recently assisted us with the Christmas gift cheques and the physicians and surgeons. We wish you all a happy Christmas and a peaceful New Year.



**MARK MURPHY**

- 12 REGRETS**
- 14 NEW KIDNEY DIET WEBSITE LAUNCHED**
- 17 9TH EUROPEAN TRANSPLANT & DIALYSIS SPORTS CHAMPIONSHIPS**
- 29 WORLD KIDNEY DAY 2017**
- 30 RADIO SNOWFLAKE**
- 32 AROUND THE BRANCHES**
- 59 MEMBERSHIP FORM**
- 56 BRANCH SECRETARIES**



# *A Christmas Message*

from

## The National Chairman



It is hard to believe that Christmas is almost here – where did this year go? As we look forward, once again to the Christmas season, I would like to thank everyone who has helped and supported the Irish Kidney Association over the past year. It has been a busy year with many and varied fundraising activities. We are truly thankful to the 25 branches of the Association, volunteers and supporters for their dedication and commitment.

Looking back over 2016 as National Honorary Chairperson, I have been privileged and honoured to represent the Association at various events and meetings throughout the year. A personal highlight for me was witnessing the amazing achievements of Team Ireland at the European Dialysis and Transplant Games. I would also like to extend my congratulations to Ron Grainger who has been chosen as the World Transplant Games Federation Ambassador ahead of the Games next year in Malaga.

This year, Vivienne Traynor from RTE, kindly agreed to act as an Ambassador for our Organ Donor Awareness Campaigns. Through her own personal connection with organ donation, Vivienne was more than willing to take part in this year's campaign.

We sincerely appreciate your participation and thank you for taking time from your busy schedule to do so.

I would like to thank each and every staff member for your continued commitment and hard work. Your excellent care and dedication ensures the smooth running of the Association.

Christmas is a time when families come together and we encourage families to take this opportunity to talk to each other about organ donation. The generosity of the donor families who have given so many the 'Gift of Life' will be in our thoughts over the Christmas period. I will be lighting a candle in memory of these donors and encourage you all to do the same.

Finally I would like to thank my fellow Board members and Branch Officers for their continued support throughout the year.

On behalf of the Board of Directors, may I wish you all a happy Christmas and a prosperous New Year.

**VALERIE BRADY**

### 2017 Organ Donor Awareness Week

*will take place from* **APRIL 1ST-8TH**



Lorraine Costello



*Seasons' greetings to all our members, patients, friends and medical personnel*



**Whilst all around us politicians and economists are assuring us that this dreadful recession is finally coming to an end, the reality is that the majority of our families are still encountering real hardship. The 85% restoration of the social welfare Christmas grant is welcome but does little to alleviate the financial difficulty people have been enduring these past twelve months. Just like our members the IKA, too, has had to come to terms with a vastly reduced income stream and we continue to rely on the goodwill and determination of our friends and supporters to raise much needed funds so that we can commit resources to those most in need.**

As was the practice in 2015 many members, this past year, woke up to letters informing them that their medical cards had been withdrawn. Also from the sound of recent disturbing political utterances even more medical cards are to be withdrawn in 2017. Since the IKA's foundation, the Association has actively campaigned, unfortunately without success, for renal failure to be placed on the long-term illness list and, in these harsh economic times it continues to be unlikely for this ever to happen. However I continue to attempt to support each patient's appeal upon withdrawal of their medical card, by writing a letter of support. May I please request those I have advocated for, in 2016, to please let me know if your appeal was successful or not as it would be helpful to acquire such information.

This past twelve months has seen an increased demand for patient aid and the IKA continues to valiantly attempt to maintain services, despite its reduced income. I would like to highlight that confidential patient aid is, as usual, available throughout the entire year and not simply at Christmas time. Indeed many patients contact me.

May I respectfully remind you of the various channels which can be used:-

Contact your local **Branch Officers**.  
Contact the **Sister in your unit, Patient Care Co-ordinator, or Hospital Social Worker** and of course you can contact me directly, **Lorraine Costello, Donor House, 01-6205306** or email: [l.costello@ika.ie](mailto:l.costello@ika.ie)

I would like to thank Regina Reynolds and her team in the offices of Organ Donation and Transplantation Ireland for their help in 2016. Additionally, Aileen Counihan, Senior Co-ordinator in Living Donation, Beaumont Hospital and her team, continues to advise

and guide us.

I would also like to thank the Patient Care Co-ordinators, hospital Social Workers, Nursing personnel and all those involved in the day-to-day care of our renal patients. Thanks to their vigilance, interest and support, patients' needs and concerns are brought to my attention. In turn, the IKA is pleased to offer its assistance, be it practical, financial or emotional support. Additionally IKA Branch Officers also continue to advise me of their local members' needs.

In conclusion, may I congratulate all our patients who were fortunate enough to receive a transplant in 2016 and wish them well. I also would like to encourage those who are still waiting for that most important call that, hopefully, it will be your turn in 2017 to receive the precious 'gift of life'. Each year I am privileged and humbled to converse with Donor Families whose generosity, at a time of great personal loss, never ceases to amaze me.

As Christmas approaches I hope and trust that Donor Families are aware and confident in the knowledge that their organ transplant recipients continue to remember them and thank them daily. I am conscious that Donor Families are greatly comforted (particularly at Christmas time when their own personal loss of a loved one is even more difficult) to receive anonymously, a letter, thank you note, Mass card or update on their recipients' lives. They are touched by the recognition of their family's courageous decision to donate, and the reality that they are being remembered, at this sad time, when families traditionally come together. However, for Donor Families, the reality is that there is an empty space at their own table.

Finally I wish all our members and readers a happy Christmas and a peaceful and healthy New Year.



# National Kidney Transplant Service

## Annual Report 2015

The National Kidney Transplant Service Annual Report for 2015 was published in November. You can read and download a copy from our website [www.ika.ie](http://www.ika.ie)

I include here the Foreword to the Report which gives a good overall view of the activity generated from Beaumont Hospital and I have also included some key highlight statistics.

**Mark Murphy**

### Foreword

The National Kidney Transplant Service (NKTS) has come a long way since the first deceased donor kidney transplant was performed in Ireland in 1964. Originally based in the old Jervis St. Hospital, transplant activity in Ireland grew slowly to about 20 per year over the subsequent decade. An important milestone was achieved 8 years later with the successful completion of the first living donor kidney transplant in 1972. Over the following 15 years, activity increased steadily to about 50 transplants per year. The NKTS moved to its current home in Beaumont Hospital in 1987, a move that allowed the service to grow and mature, and activity soon reached levels similar to today of approximately 140 transplants per year.

With a total of 153 transplants performed, 2015 was a productive year for the NKTS, and overall transplant activity levels have been consistent with recent years. However these figures conceal a major shift in the profile of kidney transplantation in Ireland. In particular, the rate of deceased organ donation has steadily decreased, albeit due to a number of welcome factors, most notably improvements in road safety and neurosurgical care.

Growth in the living donor programme in Beaumont has partially offset this decline, and the number of living donor kidney transplants has increased steadily over the past decade such that they now make up

approximately a third of all activity. Nonetheless, significant challenges remain.

First, the numbers joining the transplant waiting list continues to grow. With 171 new patients added to the waiting list in 2015, bringing the total number waitlisted to in excess of 560, the rate of transplantation is still not keeping pace with demand.

Second, the trend of fewer deceased donor organ donation is set to continue, and this brings with it the requirement to consider increasingly marginal organs for transplantation. This will undoubtedly impact on transplant outcomes.

Lastly, an increasing proportion of patients awaiting kidney transplant are 'highly sensitised', meaning there are

## Highlights

**566**

The number on the transplant waiting pool for kidney only transplants decreased from over 600 in 2014 to 566 in 2015.

**19**

The median waiting time for a kidney transplant for those transplanted in 2015 was 19 months.

**3.4%**

From 2014 to 2015, there was a 3.4% increase in the cumulative number of recipients with a functioning kidney transplant.

**89%**

Kidney transplant survival for living donor transplants was 89% at 5 years for adults and 92% for paediatric recipients transplanted between 2007 and 2014.

**17.1%**

The proportion of 'highly sensitised' patients transplanted was relatively static at 17.1%, with numbers of these difficult to transplant patients on the waiting list growing year on year.

**13.7**

Kidney transplant survival for adult deceased donor kidneys for the period 1991-2015 was 13.7 years, with outcomes continuing to improve by era. Patient survival for this group is 22 years.

**8**

Paired kidney exchange, a method for transplanting 'highly sensitised' recipients, has continued to grow with 8 such transplants occurring in 2015.

**+**

A kidney transplant survival and patient survival advantage is seen for living donor transplant recipients at all timepoints post-transplant.

**=**

Patient survival of kidney transplant recipients was similar to the rest of Europe.

**>**

Kidney transplant survival is significantly better in the Republic of Ireland when compared with European outcomes collected by the European Collaborative Transplant Study (CTS).

**↗**

The probabilities of transplant survival and patient survival have steadily improved among recipients of both living and deceased donor kidney transplants over the past 20 years.

**0**

No combined kidney pancreas transplants were performed in 2015 following the decision to transition the pancreas transplant program to St. Vincent's University Hospital.

**"The transplant gave us both our lives back."**



**Josephine Mulryan Evers and her husband John Evers**  
Kidney Donor and Kidney Transplant Recipient

**Josephine Mulryan Evers had been married to husband John for many years when he developed kidney failure.**

Life with kidney disease was tough on both of them, so in January 2010 Josephine made the decision to give one of her kidneys to John. Josephine says that not only did John get his life back following the transplant, but she got her life back too from being a kidney donor. With many shared interests and hobbies, they now enjoy their lives together to the full. In the last year John has retired from a very busy job and has joined Josephine in helping her to run her business.

fewer potential matching donors for them, and conferring an increased risk of rejection of the transplant.

Addressing these problems needs a multifaceted approach. In particular, support for further development of the living kidney donor programme is essential. Improved access to the paired kidney exchange programme in the UK and innovation in the immunological and surgical management of patients with high levels of circulating antibodies are also required. In this regard, we acknowledge the efforts of our colleagues in the UK, our partnership with whom has allowed 8 paired kidney exchange transplants to proceed in 2015. Lastly, progress in permitting altruistic living kidney donors to proceed to donation would be most welcome.

For a number of years, the NKTS has participated in the Collaborative European Transplant Study – this study, based in the University of Heidelberg, has enrolled and collated data from over 400 transplant centres across Europe. Contributing data to this study has allowed us to benchmark our patient and transplant outcomes over the last 30 years. We are pleased to note that our patient and allograft survival data compare very favorably with results from European centres across all time points, even out to 20 years post-transplant. Furthermore, our patient and graft survival data for re-transplanted patients, a challenging

patient group from a surgical and immunological perspective, significantly exceeds the outcome data from Europe. As clinicians, we recognise that every single transplant starts with an incredible gift of generosity. Whether it comes from the recently bereaved family of a deceased donor, who find the strength to see beyond their grief and reach out to another in their time of greatest loss, or from the heroism of a living kidney donor, who sees beyond their own fear of surgery and gives literally of themselves, so that another can be restored to better health. We acknowledge the extraordinary generosity that each and every donor brings to the transplant service and are continually humbled by their incredible acts of kindness.



**Dr. Conall O'Seaghda**  
Consultant Nephrologist

**Ms. Dilly Little**  
Consultant Transplant Surgeon

# SPORTS ROUND-UP

## Peak performance – Life after transplantation

The World Transplant Games Federation (WTGF) is involved in the promotion of recovery after surgery, the return to quality of life, and international collaboration and friendship, through sporting events for the transplant recipient community.

Accepting that the Summer World Transplant Games may not be for everyone, the WTGF is rolling out a programme aimed at encouraging EVERY transplant recipient to simply become **Fit For Life!**

The new Fit for Life! Initiative is designed to help recipients transition from a life of sedentary and protective behaviour immediately post-transplant to a full and active life centred on physical activity, regardless of additional or adjacent medical treatment.

As part of the initiative the WTGF is recruiting transplant recipient ambassadors from around the world to inspire others through their own commitment to remain fit and active



The logo features the words "fit" and "for life!" in a bold, orange, sans-serif font. "fit" is on the top line, "for" is on the second line, and "life!" is on the third line, all aligned to the left.

post-transplant. Fit for Life! ambassadors will represent the WTGF by speaking about their physical activity and fitness experience to transplant clinics, participating in sporting programmes and encouraging others to attend transplant games.

The first 12 ambassadors were recently selected from all over the world and they travelled to Chicago for the official launch of the programme which took place in the centre of the field, during the half-time break at the historic Ireland v

New Zealand rugby match!

We were very fortunate that one of the 12 ambassadors selected was our own Ron Grainger. He attended the launch in Chicago along with Colin White, our National Projects Manager, who attended in his capacity as WTGF Treasurer.

Ron's passion and commitment to the role of WTGF Fit for Life! Ambassador is very clear. He is living the message and he is keen that others get to experience similar positive outcomes.

Ron will be working closely with the IKA to roll-out this WTGF initiative. The intention is to get the transplant medical community on board so that they include regular physical activity as part of the rehabilitative process. Families will also be encouraged to get involved in becoming Fit for Life! with future projects such as the **Billion Step Challenge** being introduced in 2017.

You can read Ron's thoughts on the opposite page.

### SPORTS PROGRAMME 2017

**There's a lot on offer in 2017 and newcomers are always welcome.**  
**Contact Colin White in Donor House (colin@ika.ie / 01 620 5306) for more details.**

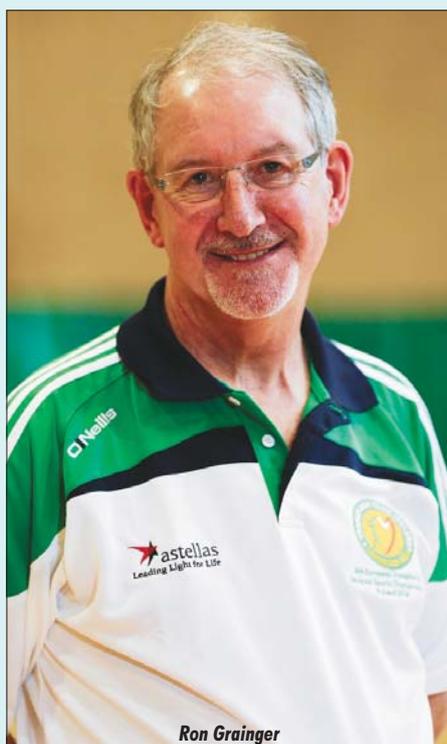
<b>Sunday Jan 15</b> Badminton Table Tennis, Bowling	<b>Sports / Social Session</b>	<b>ALSAA Sports Complex</b>
<b>Saturday Feb 4-11</b> 3 children will be travelling to Switzerland	<b>TACKERS Ski Camp</b>	<b>Anzère, Switzerland</b>
<b>Sunday Feb 19</b> Badminton, Squash Darts, Bowling	<b>Sports / Social Session</b>	<b>ALSAA Sports Complex</b>
<b>Sunday Mar 26</b> Badminton, Athletics, Bowling	<b>Sports / Social Session</b>	<b>ALSAA Sports Complex</b>
<b>Sunday Apr 23</b> Badminton, Swimming Athletics, Bowling	<b>Sports / Social Session</b>	<b>ALSAA Sports Complex</b>
<b>Sunday May 21</b> Handing out team kit to the team travelling to the World Transplant Games in Malaga Team Briefing Motivational Speaker Team photos (individual/county/sport/team)	<b>Team Kit Day</b>	<b>ALSAA Sports Complex</b>

66

Following transplantation, it is easy to continue to see yourself as a patient and remain introspective and protective of your transplanted organ. A more positive approach is to say "I have received a gift of new life and I am going to care for it and enjoy it to the full." This is not simply my opinion. Scientific journals have published data showing that exercise following organ transplantation is extremely beneficial for the transplanted organ and for the overall physical, mental, social and economic welfare of the recipient.

After I received my transplant, I was not given any advice about the place of exercise in my rehabilitation. My belief is that it is imperative to have recognised guidelines and structures in place to encourage and monitor exercise and fitness progression following transplant. Having a recommended personalised written programme for each recipient would be a great place to start. Following discharge from hospital, after my transplant, I mapped out my own exercise plan to aid and expedite my recovery but it would have been so helpful to have had definitive guidance on this from a professional source.

In the years thereafter, whilst I kept a reasonable level of fitness by working in a very busy job, taking the stairs rather than a lift etc and playing golf occasionally ("a good walk spoiled" according to Mark Twain), I wasn't seriously trying to achieve peak



Ron Grainger

fitness. However, not having trained in a gym setting for almost 50 years, I returned to the gym to see if I could get fit enough to run sprints as I did when in my teens. This required careful monitoring so that I avoided injury and didn't overdo things. The programme worked out well and I was able to compete in the European Transplant and Dialysis Games in Finland 2016, achieving the goal I had set myself.

I continue to exercise in the gym and I am enjoying a new level of health and fitness. This makes a

difference in my everyday life. Being stronger and fitter means that I am able to complete tasks around the house and garden such as lifting objects previously too heavy for me and being able to work at these tasks for longer periods of time. I can also walk for longer distances and hit the ball a bit further but no straighter in golf!

I was recently appointed from Transplant Team Ireland by the WTGF as an ambassador for their "Fit For Life!" campaign. In this role, my hope would be that working in conjunction with the IKA (Transplant Team Ireland) and other interested parties, nurses, doctors, dietitians, physiotherapists and others, we can, together, institute a programme of guidelines for exercise and fitness which will benefit all transplant recipients.

Peak fitness will mean different things for each individual. For one it may mean better ability to walk or swim. To another, taking part in organised sport either in a team or individual setting and for yet another, perhaps competing in transplant games at either European or World level. Whilst recruiting new members of Transplant Team Ireland is not a primary goal, it would be great to welcome new members to this wonderful group of people from many varied backgrounds who share similar experience of chronic illness and many of whom are "Loving New Life" with a successful transplant.

<b>June 25 – July 2</b> Registration has already opened Contact Colin White for more information	<b>World Transplant Games</b>	<b>Malaga, Spain</b>
<b>July 28 – 31</b> Registration will open in early 2017 – contact Colin White for more information	<b>British Transplant Games</b>	<b>North Lanarkshire Scotland</b>
<b>Sunday Aug 27</b> Sports Hall Track & Field, Swimming Pool, Darts, Bowling, Squash	<b>Family Sports Day</b>	<b>ALSAA Sports Complex</b>





**XXI MÁLAGA • SPAIN**  
WORLD TRANSPLANT GAMES 2017



# 21st World Transplant Games

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

Registration  
**NOW  
OPEN**

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

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

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

**[www.surveymonkey.com/r/TTIWTG2017](http://www.surveymonkey.com/r/TTIWTG2017)**

Don't forget to check out our team Blog, **[www.transplantteamireland.ie](http://www.transplantteamireland.ie)** and you will also find us on Facebook. Also, don't forget to watch out for our team training sessions in the **ALSAA Sports Complex** next to **Dublin airport**. *Our next session is on **Sunday January 15th** and it will be a great chance to meet up with others and get motivated to be active and be healthy.*





# Regrets



By MIKE KELLY

*“May I wish all of you a very enjoyable and restful Christmas and may 2017 be a year of peace for you all.”*

**M**any of you reading this will recall a song made famous by Frank Sinatra entitled 'My Way'. One of the lines in the song goes: 'regrets I've had a few but then again too few to mention'. The famous French singer Edith Piaf sang another memorable song entitled '*I regret nothing*'.

I doubt that any of you reading this article can say, that over the course of your life, you regret nothing. Nicholas Hytner in his reflection about regrets put it in these terms; 'virtually all of my regrets concern eyes across a crowded room whose owners I have failed to make any contact with. I can't believe I am alone in this'.

All of us have regrets, perhaps for the opportunity not taken, for the job not applied for, for the relationship that might have been but wasn't, for the loss of a loved one who is not here to see how we have developed and matured, for what might be described as the stupid things that probably all of us have done and now regret.

## **'IF ONLY'**

Regrets are expressed through the phrase 'if only'. If only I had done this or that, if only I had risked...whatever. The 'if only' can work for or against us. The author Katherine Mansfield was forthright in her view when she commented; 'regret is an appalling waste of

**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.**

energy: you can't build on it, it is only good for wallowing in'. There is some merit in Mansfield's view as we can use 'if only' to justify not doing something. The chatter in our mind tells us; 'if only such and such...then I could do/be/succeed in whatever. To wallow in this 'if only' casts us in a victim role and in doing so we disable ourselves. By casting ourselves in the victim role we are blind to the payoffs of remaining in this role. One of the obvious payoffs is that we do not have to take responsibility as we can blame someone or something else for the predicament we find ourselves in.

A more positive way to see regrets is to view them as moments in which we gained or learned something. In this case they can provide a kind of compass leading us on the road of life that lies ahead. Seeing it from this perspective allows us to use the experience of the falls and bumps of life as a challenge to let go, to take the risk, to wobble and to grow. In practice, this means taking responsibility for working out what we

want in life and putting in place the structures to achieve it.

#### NEW YEAR

A 19th century American poet wrote 'for all sad words of tongue and pen, the saddest are these: 'it might have been'. 2016 is coming to its end. As the New Year beckons many of us sit down and make New Year's resolutions. If part of our thinking is 'what might have been' or 'if only', can we challenge ourselves to see this in a more positive light and use it to risk and to grow?

Quotes taken from 'The Book of Regrets' compiled by Juliet Solomon, published in 2007 by JR Books, London.

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

**My thanks to the Galway Branch for their invitation to make a presentation at their successful Information Day in late October.**

**"WHEN ONE DOOR CLOSSES, ANOTHER OPENS; BUT WE OFTEN LOOK FOR SO LONG SO REGRETFULLY UPON THE CLOSED DOOR THAT WE DO NOT SEE THE ONE WHICH HAS OPENED FOR US."**

**– Alexander Graham Bell**



# 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)

I/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  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.:  BIC NO.:

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.



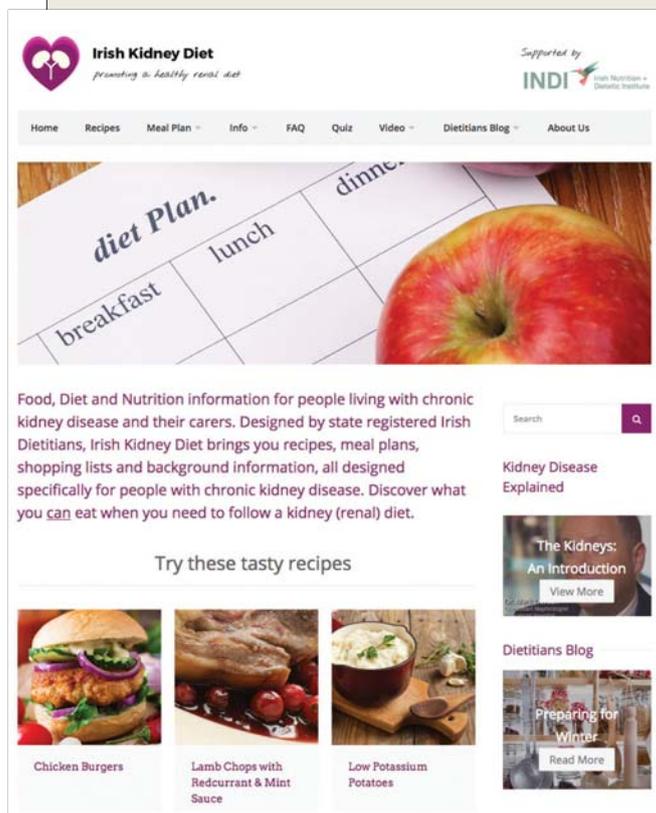
Charity Registration No. 20011260

**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**

# www.irishkidneydiet.ie

## New kidney diet website launched



**Pauline Connolly is a Senior Renal Dietitian, Cavan and Monaghan Hospital and is a member of the Renal Interest Group of the Irish Nutrition and Dietetic Institute.**

### Correction:

"We would like to acknowledge Briega O'Kane, Senior Renal Dietitian, Department of Nutrition and Dietetics, Letterkenny University Hospital as the author of the Renal Interest Group article in the last edition of SUPPORT.

www.irishkidneydiet.ie, a **NEW** website created for patients with chronic kidney disease has been launched by the Irish Nutrition and Dietetic Institute (INDI).

www.irishkidneydiet.ie is the brain child of a small group of state-registered Dietitians from the Renal Interest Group (RIG) of the INDI. The vision behind the website was to create a patient education website covering all aspects of the kidney diet for people with chronic kidney disease and their carers.

It is estimated that up to 280,000 individuals in Ireland and more than 70 million individuals worldwide have Chronic Kidney Disease (CKD).<sup>1</sup>

The importance of dietetics in CKD is well referenced<sup>2,3</sup> and it is the role of the Renal Dietitian to educate the CKD patient to manipulate their diet sufficiently to;

- Minimise the complications of progressive CKD (e.g. malnutrition, hyperkalaemia, hyperphosphataemia, Mineral Bone Disease),
- Slow disease progression,
- Achieve a nutritionally balanced diet and also
- Ensure that their diet enhances quality of life and limits disease burden!

To date, this has typically been achieved through regular dietetic assessment and review and, usage of educational material that is predominantly paper-based diet sheets with hand written individualisation. However, with the growth of information technology, increased availability of handheld devices and access to the internet, there is a trend to move away from paper-based reading materials in favour of more information technology based learning applications.

For the last number of years renal patients have been required to move with the times but the only websites available for this patient group were often American or Canadian and therefore were not 100% suitable for our patient group (due to differences in teaching methods, renal diet allowances used and availability of food items in recipes).

It was timely that, following the provision of an education bursary to the RIG from Shire Medical, work commenced on the project in 2014.

The team behind the website comprised of: Theresa Rennick, Senior Renal Dietitian, Midland Regional Hospital, Tullamore; Bernice Moore, Senior Renal Dietitian, Beaumont Hospital, Dublin; Pauline Connolly, Senior Renal Dietitian, Cavan and Monaghan Hospital; Orla Power, Senior Renal Dietitian, St. Vincents University Hospital, Dublin; Celene Sands, Senior Renal Dietitian, Mayo University Hospital; Jean Savage, Renal Dietitian, Tallaght Hospital; and Grainne Corrigan, Dietitian, Beaumont Hospital, Dublin.

The developing team behind this initiative are extremely aware that the kidney diet places challenging restrictions on adults with kidney disease, and requires planning, imagination and practical ideas. It is not a simple process to switch from a normal diet with no limitations to one with many, and those with kidney disease and their carers often struggle to inject a little variety into their day-to-day renal diet.

With a vision to 'create a patient education website covering all aspects of the renal diet for people with CKD and their carers' and ultimate aims of 'helping our kidney patients and their carers to understand the kidney diet better, to help them to explore new avenues with regard to cooking on a kidney diet and to improve the food choices and variety available to them' achieving this was always going to be a challenge. However, with a shared vision, a very clear project scope and content determined by the end user, the final outcome was a website consisting of the following sections:

### RECIPES

41 nutritionally analysed recipes, suitable for patients with CKD, with both the total analysis per portion and the number of 'Renal allowances' per portion (i.e. protein exchanges, dairy, fruit, vegetables and potatoes) reported and allergens identified where relevant. The recipes are printable and searchable within the recipe finder function.

### MEAL PLANS

9 fully analysed suggested meal plans and a 'meal plan builder' section where the user can build their own daily meal plan by choosing from the recipes within the site. The 'meal plan builder' calculates the total 'Renal diet allowances' for the recipes chosen.

### INFORMATION

11 information topics covering vitamins to phosphate load.

### FAQ's

24 FAQ fully explained.

### QUIZ

A selection of printable word searches and cross words to test knowledge of the renal diet.

### VIDEO

5 explanatory videos kindly reproduced with permission from Beaumont Hospital.

### DIETITIANS BLOGS

8 Dietitians Blogs.

### ABOUT US

Background information about the project.

### CONTACT US

A standardised 'contact us' form that filters into a monitored email address.

### RECIPES

Mailchimp account where a mail list is created and those who sign up will receive our newsletters during the year.

### FACEBOOK AND TWITTER

Linkage to a Facebook fan page and twitter.

It is hoped that the irishkidneydiet.ie website will inspire and motivate the renal community to enjoy great tasting food while staying within their dietary guidelines.

### REFERENCES

- 1) HSE Performance Report (2009)
- 2) KDOQI Clinical Practice Guidelines for Nutrition in Chronic Renal Failure, National Kidney Foundation (2000)
- 3) European Best Practice Guideline on Nutrition (2007).



## CHICKEN BURGERS

**Serves 4**

### Ingredients:

285g ground chicken meat, your butcher can assist you with this.  
 100g fine breadcrumbs  
 1 medium onion, finely diced  
 1 level teaspoon Dijon Mustard  
 ½ lemon juiced  
 1 teaspoon of fresh thyme, finely chopped  
 1 tablespoon Olive oil  
 1 level teaspoon freshly ground black pepper  
 4 burger buns

### To Garnish (per burger)

One slice of tomato 17g  
 One slice of red onion 20g  
 Two slices of cucumber 12g  
 3 lettuce leaves 15g  
 1 level tablespoon Mayonnaise  
 1 teaspoon wholegrain mustard

### Method:

In a large bowl combine the chicken, breadcrumbs, onion, mustard, lemon juice and thyme.

Season the mixture with freshly ground black pepper.

Shape into 4 equal sized patties.

Cover and place in the fridge. Refrigerate for about 1 hour.

Fry in a small amount of olive oil over a medium to high heat until browned on both sides.

Transfer to a pre-heated oven 180°C / Gas mark 4 for 15-20 minutes.

Ensure burgers are cooked thoroughly prior to serving.

Slice and lightly toast the burger buns, and put the patties in the bread.

Ensure all lettuce leaves etc. are thoroughly washed prior to use.

Garnish burgers as above.

### Per Portion:

This dish provides 2 portion of vegetables, and 3 protein exchanges.

Calories	Protein	Fat	Carbohydrate	Salt	Potassium	Phosphate
480kcal	30g	19g	50g	1.7g	16mmol	363mg

This is an example of one of the recipes on Irish Kidney Diet. For more inspiration please see [www.irishkidneydiet.ie](http://www.irishkidneydiet.ie)





# 9TH EUROPEAN TRANSPLANT AND DIALYSIS SPORTS CHAMPIONSHIPS

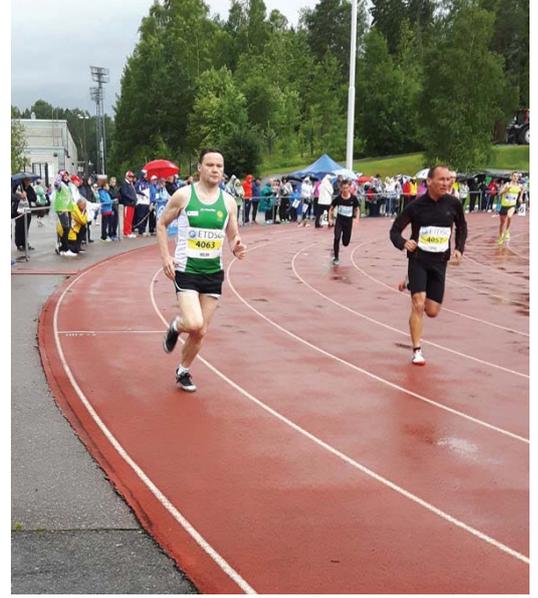


**Vantaa, Finland**

**10-17  
JULY 2016**



# WHY TRANSPLANT AND DIALYSIS SPORT?



By **COLIN WHITE**  
TEAM MANAGER



If you have never been to a European Transplant & Dialysis Sports Championships you might well wonder what the fuss is all about?!

If I was to try and summarise it in one sentence it would be: it is about people and it is about making a difference. Our team of 46 people that travelled to Finland for this year's Championships was made up of 27 competitors and 19 supporters but the network of people behind them was vast.

When you realise the value that travelling supporters (family members and friends) put on their loved one's involvement, in transplant and dialysis sport, you realise that its impact goes beyond the 7 days of competition. Having a goal such as the European or World events motivates a healthy and active approach to day to day life resulting in so many positive outcomes not only for the individual but for their families too.

When you look at the wider impact of the existence of our sports team you realise that the value of the project extends beyond those immediately involved. At our recent Service of Remembrance and Thanksgiving I witnessed a member of

a donor family approach members of our team to acknowledge their accomplishments but also to express appreciation for what they represent. My favourite tweet associated with our involvement in this year's European Championships read; "Seeing the Irish team return from the Transplant & Dialysis European Championships so happy makes me glad to be an organ donor." It truly is about people and about making a difference.

Our team could not travel if it were not for the support of the transplant and dialysis medical community. Whether it is completing a medical form or simply giving words of encouragement, the support of an athlete's medical team can make all the difference when it comes to confidence building.

With a growing realisation that healthcare should not only be reactive (healing the sick) our physicians can help inspire their patients to take a more proactive role in their own healthcare by encouraging and supporting them to lead an active and healthy lifestyle that includes participation in events such as the European Transplant & Dialysis Sports Championships. *continued next page....*

“

**Transplant and dialysis sport is a way of life, not just 7 days in a year**



When I look at the number of new enquiries about our team that we received after coverage of our time in Finland it is clear that our team members are not only reaping the personal benefits of an active and sporting lifestyle, they are also having a positive influence on others who are travelling a similar path through life.

The World Transplant Games Federation has recently launched a new initiative, *Fit For Life!*, aimed at highlighting the value of regular physical activity and sport in daily life with a view to encouraging more transplant recipients to take that first step off the couch to start a positive and enjoyable journey in the world of sport. I am particularly delighted that a member of our team, Ron Grainger, has been chosen as one of the first 12 World Ambassadors who will promote this initiative.

The message from this year's Championships, and every event our team attends, is simple: transplant and dialysis sport is a way of life, not just 7 days in a year.

Our back room team rose to the challenge once again this year making my job as Team Manager so straightforward. I view my role more as a facilitator than a manager in the Irish set up because we have such excellent people on board. The natural order of

things within the team is based around positivity and support and all of the new people buy into it straight away – with Harry Ward as Captain how could you not?!

I cannot put into words what it means to me personally to be a part of Transplant Team Ireland. The people I have met, the friends I have made and the constant inspiration I draw from



**A proud Colin presenting Chikoyo with one of the medals she won in Finland.**



everyone is such a positive and life affirming experience. I was delighted that my wife, Chikoyo, was again a member of the team – she is my daily inspiration and to have been given the opportunity to present her with one of the medals she won in Finland is a wonderful memory of a truly shared experience that will stay with me for a very long time.

# Vantaa = Fantastic

Sunday July 10th saw Transplant Team Ireland meet in Dublin Airport to travel to Vantaa, Finland for the **9th European Transplant & Dialysis Sports Championships**. The buzz of excitement and anticipation amongst us all, competitors and supporters alike, was very noticeable for all to see.

Having our competitors travel in full team kit and our supporters also wearing their tops ensured that we turned heads at the airport. The many good wishes we received were much appreciated.

As Team Captain it was great to see how the team interacted. To see the old members and the new members coming together so easily it was a real reminder that we are like one big happy family and we were setting off on another great adventure. What an adventure it turned out to be...!

As a competitor it is always reassuring to know that there is strong team support no matter where you finish. Everyone was celebrated as if they had won the Grand National! Our supporters are inspirational and, without them, we would not achieve what we achieve. This level of support is always encouraging to see but, equally, I enjoy seeing our team support EVERYONE at the Championships.

The reason I look forward to the European Championships so much is that we have members on the team who are on dialysis. They come to the Championships and go and have their dialysis in a strange country and when they are finished it is back to training for their next event. Each and every one of our dialysis athletes give it their all and more.

I would strongly advise anyone who is currently on dialysis, even if you do not want to go and take part in the next Championships, just to come to the ALSAA Sports Complex at Dublin airport. Our next training day is January 15th at 11.00 am.



I would like to thank all of our team members and our wonderful supporters for putting up with me and being on time for all our meetings!

A special word of thanks to Colin for all the hard work and effort he puts into the Championships to make everything go as smooth as it can for us.

Thanks also to Mark, Sarah, Claire and Valerie for all the support shown to all the team members. I am looking forward to next year's World Transplant Games in Malaga, Spain and I hope to see you all back again.



By **HARRY WARD**  
Team Captain



9TH EUROPEAN

# TRANSPLANT

# DIALYSIS

# SPORTS CHAMPIONSHIPS

## TRANSPLANT TEAM IRELAND – MEDALS

Name	Event	Medal	Name	Event	Medal
Bridie Nicholson	Darts Singles	Bronze	John McAleer	Golf	Silver
	Petanque Singles	Bronze	Lenny Ryan	Petanque Singles	Silver
	Petanque Doubles	Bronze	Marie O'Connor	100m Track	Silver
	Bowling Singles	Bronze		Ball Throw	Silver
Edward Crowe	Darts Singles	Bronze	Michael Dwyer	Golf	Silver
	Petanque Doubles	Bronze		Darts Singles	Silver
	Badminton Doubles	Bronze	Mike Keohane	5000m Race Walk	Silver
Edward McAuliffe	Petanque Singles	Bronze	Orla Hogan	50m Breaststroke	Silver
Finian Farrell	Table Tennis Doubles	Bronze		50m Freestyle	Silver
Harry Ward	Badminton Doubles	Bronze	Peter Heffernan	100m Backstroke	Silver
John McAleer	Petanque Singles	Bronze		50m Freestyle	Silver
Kieran Murray	800m Track	Bronze	Philip Kavanagh	Golf	Silver
Lenny Ryan	5000m Race Walk	Bronze	Zimele Brown	Darts Singles	Silver
Linda Waters	Petanque Doubles	Bronze			
Matthew McNeive	100m Track	Bronze	Alan Gleeson	100m Track	Gold
	Table Tennis Singles	Bronze		200m Track	Gold
	Table Tennis Doubles	Bronze	Bridie Nicholson	Petanque Doubles	Gold
Michael Dwyer	Petanque Doubles	Bronze	Charlie Ryan	Darts Singles	Gold
Mike Keohane	Badminton Doubles	Bronze	Deirdre Faul	50m Freestyle	Gold
Noel Marsden	50m Breaststroke	Bronze		100m Freestyle	Gold
Orla Hogan	Ball Throw	Bronze		400m Freestyle	Gold
Peter Heffernan	100m Freestyle	Bronze		50m Breaststroke	Gold
Richard McEvoy	Darts Singles	Bronze	Edward McAuliffe	Darts Singles	Gold
	Badminton Singles	Bronze	James Nolan	Golf	Gold
	Badminton Doubles	Bronze	Kieran Murray	Golf	Gold
Ron Grainger	Ball Throw	Bronze	Marie O'Connor	Golf	Gold
Zimele Brown	Petanque Singles	Bronze		Petanque Singles	Gold
	Bowling Singles	Bronze		Petanque Doubles	Gold
			Mike Keohane	Discus	Gold
Alan Gleeson	Long Jump	Silver	Peter Heffernan	50m Backstroke	Gold
Bridie Nicholson	Petanque Singles	Silver		400m Freestyle	Gold
Charlie Ryan	Petanque Singles	Silver	Ron Grainger	Golf	Gold
Deirdre Faul	100m Breaststroke	Silver		100m Track	Gold
Edward McAuliffe	Golf	Silver		200m Track	Gold
James Nolan	400m Track	Silver		Long Jump	Gold

### MEDAL TABLE – 62 MEDALS – 5th Place

**Gold**  
20

**Silver**  
19

**Bronze**  
23



## THE FULL IRISH TEAM WAS:

NAME	COUNTY	NAME	COUNTY
Alan Gleeson	Dublin	Marie O'Connor	Clare
Bridie Nicholson	Sligo	Matthew McNeive	Mayo
Charlie Ryan	Cork	Michael Dwyer	Dublin
Chikoyo White	Dublin	Mike Keohane	Cork
Deirdre Faul	Dublin	Noel Marsden	Westmeath
Edward Crowe	Tipperary	Orla Hogan	Tipperary
Edward McAuliffe	Offaly	Paul Prendergast	Dublin
Finian Farrell	Westmeath	Peter Heffernan	Dublin
Harry Ward	Dublin	Philip Kavanagh	Wicklow
James Nolan	Kildare	Richard McEvoy	Limerick
John McAleer	Antrim	Ron Grainger	Dublin
Kieran Murray	Donegal	Stephen Byrne	Kerry
Lenny Ryan	Dublin	Zimele Brown	Galway
Linda Waters	Galway		



# HEL-YEAH!

## The European Transplant & Dialysis Sports Championships – *A PERSONAL ACCOUNT*



By DEE KEOHANE



During the cold and dark month of January 2008, Transplant Championships seemed like a million miles away and an impossible ask. Following his transplant on Christmas Day, my husband Mike had suffered major rejection of his new liver. It was a very challenging time but the mention of the Transplant Games seemed to promise a future without pain. Often times, as he struggled down the corridors of St. Vincent's Hospital, in Dublin, we would say: "We'll look back on this when you win a medal and it will be all worthwhile".

It seemed an eternity away and indeed an empty promise. But now, after eight Transplant Games and several medals later, I thank God for all donors and for the gift of good health. And yes, it has all been so worthwhile, not for the medals won – which, of course are treasured – but the experience of these Transplant Championships that is so much more than medals. It is the people we have met, the friends we have made, unique places we have travelled to

and the life stories that we have been honoured to hear and share. In the middle of all of this, there is a lot of laughter, fun and camaraderie, maybe even some disagreements...Transplant Team Ireland is, in all senses, a family.

Supporters are as much part of Transplant Team Ireland as the athletes and this surprised me, in a good way. We go to all the nightly team meetings, support at all the events and help out in any way we can – it is fully inclusive and we are all made feel that we play a valuable part in the week. This is the team ethos promoted so positively by Team Manager Colin White. Always unflappable and calm in every situation (I have seen him tested in the extreme), Colin's professional approach and capable manner make him the ideal negotiator and mediator. He organises, advises, consults, placates and is on constant call during the week. It is not surprising that other teams often seek him out to fix their issues also.

Colin is ably assisted by Team Captain Harry Ward. whose unique

humour and warm personality has endeared him to all he meets and every year people from other nations ask Is Harry here? Surprisingly, they can all understand his strong Dublin accent (well all except Mike!).

We also have a team doctor Claire Kennedy whose professionalism and dedication is of huge comfort to those travelling with a variety of medical baggage. PR 'guru' Sarah May records all the events of the week – hugely important in highlighting the need for Organ Donation and all these vital aspects of Transplant Team Ireland are overseen by IKA CEO Mark Murphy, who must be congratulating himself on a 'dream team'.

This year, we travelled to Helsinki, in Finland for the 9th European Transplant & Dialysis Championships. Helsinki is an unusual city and whilst it may not have been on my wish list, it has a certain quirky charm. Built around its coveted harbour, there is a strong sense of its violent past. Everywhere is clean and tidy and the constant brightness, throughout the summer nights, is unusual and at times disconcerting.

The food is different with fish a key staple...we resisted the Rudolph Special Pizza made with reindeer meat! But, the people are very friendly – quite reserved and they seem to be used to living life to a strict routine. So during our week in July, they had to adjust to the raucous laughter of the Irish well into the early hours. But by the end of the week, it was funny to hear them join in to the chorus of Molly Malone.

I firmly believe that Transplant Team Ireland does more for Irish tourism than any brochure ever could –

everyone loves the Irish and they look on with envy at the strong team spirit evident throughout the week.

Being a supporter, be it at the World, European or UK Championships is a unique experience – both humbling and inspiring. All the athletes have faced enormous personal challenges, most had undergone transplant operations and others have to undergo dialysis for several hours. Yet this never diminishes the enthusiasm and excitement as they participate in their chosen sports – I can only look on with great admiration. They are all winners already.

Whilst all the athletes want to do well, it is always the donor that is the centre of their thoughts. It would be so heartening for donor families to experience the deeply felt emotional tug that each has to their donor and the donor's family and this is openly spoken about during the week. It is clear that Organ Donation works – you can see it in the faces of the athletes as they proudly carry their country's flag in the opening ceremony, as they compete in their sports, as they step on the podium to receive their medal.

This 'Yes We Can' attitude of Transplant Team Ireland must surely give encouragement for others on a similar health journey, it must surely comfort all donor families who get to see the impact that the 'Gift of Life' can have and it definitely changes lives. I would encourage everyone to carry a donor card and have that conversation with a loved one – organ donation is vital as over 600 people await a transplant in Ireland. Organ Donation works – it was vividly evident in Helsinki where the athletes and teams from all over Europe showed us the awesome power that transplant sport has to change lives – Hel-Yeah!



# What the Games mean to me...



By  
**CHIKOYO WHITE**

In 2004 I participated in my first sports event organised by the Irish kidney Association (IKA). I will never forget the day – the rain was horizontal! I am not a very sporty person but I wanted to meet other people on dialysis and transplant recipients also and I hoped to become part of a community. I was delighted to have been met with warm friendship.

Rolling on a few years, I had the opportunity to travel to Germany in 2008 to compete in the 5th European Transplant & Dialysis Games. By this time I was seven years on dialysis and I already counted many of the people on the Irish team as my friends. The Games were something to look forward to and during the week we were in Germany, I really enjoyed the friendship and sense of fun in the team and with all the competitors and supporters from across Europe. Much to my surprise I came home with two medals!

I also took part in the European Games in Dublin in 2010 and I was delighted to travel to Poland for the 2014 Championships in Krakow. At both events my friendship circle grew and it was very motivating to meet other people on dialysis and hear about all they were managing to achieve in their lives.

When we were leaving Krakow in 2014 I was already looking forward to travelling to Finland in 2016. It was a great

motivator to keep involved with Transplant Team Ireland and to look after myself because I wanted to be fit enough to take on the trip.

I was delighted that there were six



of us on dialysis on the team this year and I hope that our example will show others what can be achieved even when you are on dialysis. It is not only about the competition, it is about travelling, meeting new people and being part of something special.

I really enjoyed our time in Finland and I managed to pick up some medals too – a big 'thank you' to my dialysis partner Linda Waters. We teamed up to win a bronze medal in doubles petanque! The food in Finland was 'interesting' but the Irish team is always good at coming up with plans to cope so we ate well throughout the week.

The dialysis facilities were excellent and the staff were really friendly. I am on home haemodialysis normally but I was able to attend a dialysis unit and they let me needle myself so all was good.

Every single person on the team helped make my experience in Finland a wonderful one and for that I am truly grateful. I hope that I added something to the team also!

I strongly recommend the European Transplant & Dialysis Sports Championships to anyone on dialysis, and transplant recipients too. I would also encourage you to travel with a supporter or two (family or friends) so that you can share the experience and when you get home you can also share the memories. I am fortunate that I get to share the experience with my husband every time – though as Team Manager he is usually busy but it adds something special to the experience to be able to share it with a loved one!



# VANTAA - A reflection



By  
**PETER HEFFERNAN**

This year I have been very lucky to participate in my 7th international transplant/dialysis sports event. My first was in Germany in 2008 when I was on dialysis.

After every Championships I return home full of thanks to my donor, and their family, for giving me this 'Gift of Life'. I am also thankful for being a member of Transplant Team Ireland, who are a group of people I call my friends and they are also my extended family.

I always return home excited and want to do better in my sport at the next competition. These feelings were the same in 2016. However, I thought there was something different and special this

year and that was the impact of our new members, their families and friends and all they contributed to the week.

There were 14 new faces this year and each of them, in their own right, brought a new excitement and dynamic to the team. In my view the Championships give the new participants a chance to compete in their chosen sport(s), but more importantly, it lets them know that they are not isolated in their situation - they and their families are part of a bigger Irish and world transplant/dialysis family.

It was great to see everyone compete to the best of their ability in Finland. The greatest achievement is to put in a performance in which one can take pride.

The medals, whilst a great honour, are secondary to the feeling that comes with knowing that you were the best that you could be on the day - wherever you finished.

Listening to everybody after the Championships it seems that all the competitors are thinking about possibilities for 2017 and 2018 and what they intend to do to try to improve their performances. I believe that by participating in sport it helps us to keep fit and by being fit, it will benefit us, whether transplanted or waiting for the call.

As a team of supporters there are none better than Transplant Team Ireland. We support each, both in competition and generally throughout the week. It was great to see the new people buy into this straight off. We also have a reputation for supporting participants from other countries in competitions.

I would like to say a big 'thank you' to Claire, our team doctor. It was her first time to travel with the team yet she fitted into the role immediately. She was a great supporter and friend to everyone. Her presence gave a quiet reassurance to all that we had a consummate professional looking after us.

At all the Games that I have attended I always take time out to see the city we are visiting. I believe that it is a golden opportunity to see other places in the world and meet people from different cultural backgrounds. As I say to many of my friends, have kidney failure and see the world!

Transplant Team Ireland is a wonderful group of individuals, who have a unique, caring and entertaining Team Captain in Harry Ward. We also have a Team Manager who totally believes in Transplant Team Ireland and what it stands for and what it does. Colin and Harry are two very nice people and we say a BIG 'thank you' to them both.



“AT ALL THE GAMES THAT I HAVE ATTENDED I ALWAYS TAKE TIME OUT TO SEE THE CITY WE ARE VISITING. I BELIEVE THAT IT IS A GOLDEN OPPORTUNITY TO SEE OTHER PLACES IN THE WORLD AND MEET PEOPLE FROM DIFFERENT CULTURAL BACKGROUNDS.”



**IRISH KIDNEY ASSOCIATION CLG**  
 Donor House, Block 43A,  
 Park West, Dublin D12 P5V6  
 Tel: 01-6205306 | Lo-Call: 1890-543639  
 Email: info@ika.ie | Web: www.ika.ie  
 Charity Registration No. 20011260





The mission of World Kidney Day (WKD) is to raise awareness of the importance of our kidneys to our overall health and to reduce the frequency and impact of kidney disease and its associated health problems worldwide. The theme for WKD 2017 is

### **KIDNEY DISEASE & OBESITY HEALTHY LIFESTYLE FOR HEALTHY KIDNEYS**

Obesity is defined as abnormal or excessive fat accumulation that may impair health. In 2014, worldwide over 600 million adults were obese.

Obesity is a potent risk factor for the development of kidney disease. It increases the risk of developing major risk factors of Chronic Kidney Disease (CKD), like diabetes and hypertension, and it has a direct impact on the development of CKD and end stage renal disease (ESRD): in individuals affected by obesity, the kidneys have to work harder, filtering more blood than normal (hyperfiltration) to meet the metabolic demands of the increased body weight. The increase in function can damage the kidney and raise the risk of developing CKD in the long-term.

The good news is that obesity, as well as CKD, is largely

preventable. Education and awareness of the risks of obesity and a healthy lifestyle, including proper nutrition and exercise, can dramatically help in preventing obesity and kidney disease.

This year 'World Kidney Day' promotes education about the harmful consequences of obesity and its association with kidney disease, advocating healthy lifestyle and health policy measures that make preventive behaviours an affordable option.

If you would prefer to run your WKD campaign with a different theme you are welcome to do so. Therefore we ask Healthcare professionals, in particular, and Branches if they wish, to plan a WKD campaign in their hospitals and branch areas.

CAMPAIGN MATERIAL FOR YOUR EVENT CAN BE FOUND ON...

[www.worldkidneyday.org](http://www.worldkidneyday.org)

World Kidney Day is a joint initiative of



International Federation  
of Kidney Foundations  
Improving kidney health worldwide

# Radio Snowflake



*Clidhna and Terry McElroy with twins Donagh and Caoila and Santa*



*Santa asks you to 'Carry a Donor Card'*



*Conor and Sarah Dalton with baby Anabelle, David Baker and Santa*

**W**ith the season of goodwill now upon us, the Irish Kidney Association is partnering with Radio Snowflake in inviting the general public to reflect on the ultimate gift, the Gift of Life that is organ donation.

Radio Snowflake promises to provide the perfect mix of sounds this Christmas while also bringing into focus the importance of organ donation by encouraging families to discuss their wishes about being an organ donor when they come together to celebrate the festive season.

The online radio station, on air from 1st December for 26 days, has chosen the IKA. People can listen online live to Radio Snowflake [www.radiosnowflake.com](http://www.radiosnowflake.com) and also take it wherever they go by downloading Radio Snowflake's free official App (search Radio Snowflake) from the Google Play Store and iTunes.

Sprinkled amongst the festive music are testimonials from people expressing their gratitude to their organ donors at Christmas for having received the ultimate gift, the gift of life through transplantation. Listeners will be encouraged to get the organ donor card by Freetexting the word DONOR to 50050 or downloading the Donor Card App on their smartphone or by ticking their wishes on their driving licence application.

Among those attending the launch at the Renal Support Centre, Beaumont Hospital were families touched by organ failure.

Proud parents Sarah Dalton and her kidney donor husband Conor from Castleknock, Dublin were happy to support Radio Snowflake with their three month old 'miracle' baby Anabelle. Sarah was diagnosed with kidney problems at the age of six and has undergone two kidney transplants. She expressed gratitude to the deceased donor for her first transplant which she received when she was 17 and which lasted over a decade in which time it allowed her to finish school, graduate from music college and meet her future husband Conor.

In October 2013 they underwent a 'living donor' kidney transplant in Beaumont Hospital. Sarah said, "Anabelle is

our miracle baby. I wouldn't have been able to have children while on dialysis. We are besotted with her and it is all thanks to organ donation."

Five year old Tadhg McElroy from Bray was delighted to meet Santa at the photocall along with his family including his kidney donor mother Clidhna, his father Terry and six month old baby sibling twins Donagh and Caoila. Tadhg had been receiving dialysis treatment at Temple Street Children's Hospital since he was just six months old until April 2014 when Clidhna donated a kidney to him. Another happy family event followed when Clidhna gave birth to twins in May this year. Since then Tadhg's grandmother, Evelyn, has been put on the transplant list waiting for a kidney.

Speaking about his son Tadhg's kidney transplant, Terry McElroy said, "our family has been affected twice by kidney failure. First, from the day our son, Tadhg, was born in 2011 and now with my mother Evelyn, aged 69. For both of them haemodialysis was required to keep them alive and while it does that, it is no substitute for what is really required to live a normal life and that is a kidney transplant. In Tadhg's case we were exceptionally lucky that my wife, Clidhna, was a match for a lifesaving kidney donation to Tadhg who was successfully transplanted in 2014 at the age of just 2½ years old and he is now thriving. It is also thanks to the amazing teams at Temple Street, Beaumont and the IKA that helped to make this possible. My mother is on the transplant waiting list since October 2016 and desperately needs a kidney from a matching donor to improve her quality of life. Having seen first-hand the difference a kidney transplant makes, I would like to urge everyone to carry a donor card so that other people, including my mother, can be given a chance to live their lives to the full."

Also attending the photocall and grateful to their deceased donors for their kidney transplants were Dubliners Harry Ward from Baldoyle, Patricia McKenzie from Portmarnock and Colette Fennelly from Bishopstown, Cork who stayed at the IKA's Renal Support Centre, when her husband Don was undergoing a kidney transplant at Beaumont Hospital, in September 2016, his second transplant from a deceased organ donor, having undergone his first transplant in 2002.

Proud to be Ireland's original Christmas station, Radio Snowflake enjoyed a large following in the 1980s broadcasting on FM and AM. With the emergence of online broadcast platforms, the station resurrected in 2013 under the management of David Baker who is best known in his native Ireland for his nightly shows on Kfm in Kildare and he has also worked for several years on radio in the UK.

Radio Snowflake has supported other worthy causes with The Samaritans chosen as last year's charity partner. David said, "I'm looking forward to bringing the sound of Christmas back. I believe our style is unique and it is different. Whilst we will play great favorites that everyone knows, the sound won't be tacky and predictable and full of Christmas cracker jokes. It is a station everyone will enjoy and is the perfect mix for Christmas with top quality presenters. We are supporting a fantastic cause in



the IKA and we plan to create great awareness about the work it does over the station's 26 day run. From all accounts by the people who work there, day to day, to families who have been called for a lifesaving organ transplant, there will be some real heart rending stories to hear. We hope that people will share in our celebration of Christmas by enjoying everything the station has to offer."



**DIT Rowing Club were out in the cold on Saturday November 26th fundraising for the IKA, with a Rowathon. Passersby were challenged to row as fast as they could for 100m, with some producing impressive results.**

**"It is great to be able to help such a worthwhile organisation. The IKA provides crucial assistance to families who are affected by kidney failure. Some of our own members have experienced the wonderful support provided by them, so we were delighted to be able to use our sport to help fundraise," said Vice Captain Rebekah Tunstead.**

**€470 has been raised to date - and a final total will be announced in the next issue of SUPPORT. Well done to everyone!**



At the Medtronic Open Day

Greetings to all our members. There has been great activity in the Branch over the last number of months.

### CHURCHGATE COLLECTION

Our annual Churchgate collection was held on the weekend of August 20th/21st and as always our sincere thanks to all the volunteers.

### HEALTHY EATING PLAN

Congratulations to our members Mary and Annetha who both won 'Person of the Year' awards in their local slimming clubs inspiring the rest of us to get active.

### TESCO COMMUNITY FUND

The Leitrim branch was lucky to be chosen as one of the charities to benefit from the Tesco Community Fund this year. We would like to thank Tesco Carrick-on-Shannon for the cheque for our share of the Community fund. The amount was €406.98 and we thank all the customers who supported us and the other charities.



# LEITRIM

By HELENA O'NEILL

Sarah Beckett and family



### AFTERNOON TEA

Thank you to Sarah Beckett and her family for a lovely afternoon tea, held in Lough Allen Hotel. The event was well supported by family and friends and the proceeds went to the IKA. Many donor cards were distributed and donor awareness was raised.

### FUNDRAISERS

A barbeque fundraiser was organised by our Chairperson Annetha Kieran and her husband John Loughran. It took place in Taylors Bar, Drumsna on July 31st. It was a great success and €1700 was raised for the IKA. We had collection boxes on the door and had a monster raffle on the night. We are very grateful for the generosity of the people of Drumsna, Carrick-on-Shannon and those from further

afield, such as Kilmainhamwood in Meath, who were with us on the night. A sincere 'thank you' to Liam and Fionnuala Taylor who were our hosts and who provided us with their marquee and cooking facilities.

Our DJ for the night was Damien McGuinness who provided his services free of charge. His humour and choices of music certainly added to the fun atmosphere of the occasion. The master chefs were John Loughran, Martin Branagan and Frank Haupt. Martin also provided the burgers and Stephen Faughnan contributed the jumbo sausages. These went down very well with the punters and we really appreciated their kind acts of generosity. Dugdals, of Mohill, sponsored sauces and serviettes.

Our sponsors for the raffle included Heslin Antiques, Carrick-On Shannon, Kieran's Totalhealth Pharmacy, Carrick,



## LEITRIM BRANCH – BARBEQUE FUNDRAISER

the Bush Hotel and Cathriona Charles, to name but a few. Thanks to all our sponsors. A great night was had by all and we partied til the wee hours of the morning. People are already asking when we are doing the BBQ next year.

Mary Flynn presented a cheque for €5000, to the Beaumont Foundation Trust, which she raised by having her head shaved. Well done Mary!

The Mann family presented a cheque for €2500 to the Renal Support Centre in Beaumont.



# LEITRIM BRANCH – SERVICE OF REMEMBRANCE AND THANKSGIVING

The Leitrim Branch held its first Service of Remembrance and Thanksgiving in the Bush Hotel, Carrick-on-Shannon, on Sunday November 13th. Annetha Loughran, Chairperson, welcomed the clergy and a large number of members, including donor families and transplant recipients, to the Service.

Music was provided by the 'Sweet Spirit' Gospel Choir accompanied by Trish Dunleavy. Readings and Prayers of Thanksgiving were read by branch members and all present were invited to place their lighted candles on the table at the top of the room. The 'Book of Remembrance' with the names of organ donors inscribed was on display for viewing by donor families.

Light refreshments were served afterwards.

We are grateful to all participants and look forward to this Service being an annual event in Leitrim.





# LONGFORD

By BERNADETTE WALL



The Longford branch held our annual Christmas party on Sunday, December 4th in the Rustic Inn, Abbeyshrule. We all had a beautiful meal, with lots of chat and a great time meeting with everyone involved throughout the year. It was great to see a number of kidney patients and donor families and the event was thoroughly enjoyed by all. We wish you all a very merry Christmas and a prosperous 2017.



Hello to everyone, and welcome to the Winter edition of *SUPPORT*.

### CONDOLENCES

We extend our sincere condolences to the family of Betty O'Carroll on her recent passing. May she rest in peace.

### NEW CONSULTANT

Our branch Committee would like to take this opportunity to welcome Dr James Lineen, the new Consultant Nephrologist in Sligo University Hospital. We intend to extend an invitation to James, some time in the New Year, to attend a branch meeting. Hopefully James will accept, and a date can be decided.

### DONATIONS

I wish to acknowledge the following donations to our branch:  
 €600 from the family and friends of the late Florence Connolly Boyle.

# SLIGO

By **GERALDINE JENKINS**

  
 Find us on **FACEBOOK**  
**SLIGO IKA Branch**



At the presentation of the cheque for €1,600, proceeds from the Geevagh Charity Cycle were back, (l-r): Ann O'Rourke, Tom O'Rourke, Geraldine Curran and front, Michael McHugh, Gerry Brehony. Missing from photo are Tony Curran, Fintan Conlon, Maura Cullen and Jimmy Cullen.

A few weeks ago, I received a lovely letter from Florence's daughter, also named Florence. She expressed herself beautifully in the letter, and was fulsome in her praise for the staff in the Renal Unit in SUH, and for the dedicated care her mother received during her illness.

### COFFEE MORNING

Brenda Kearins, manager of Carraig Donn shop in O'Connell Street, Sligo, very kindly offered to host a Coffee Morning on Friday, November 14th. Brenda contacted Charlene Davey, Committee Member, Sligo IKA, and Charlene very gratefully accepted the invitation. I want to acknowledge Charlene, her mum, Mary Davey and

## SLIGO BRANCH BAG PACK IN DUNNES STORES, CRANMORE ROAD



# SLIGO BRANCH COFFEE MORNING – CARRAIG DONN

also Eileen Nolan, for the work they put into arranging the fundraiser. The event was a great success and, as always, we were very well received by members of the public. Our donor cards were on display and we were delighted to see so many people taking one. Brenda also had the clever idea of popping a card into each customer's bag, with their permission, of course. €538.35 was raised.

## BAG PACK FUNDRAISER

As always Dunnes Stores, Cranmore Road, was the venue for our second bag pack of 2016. Once again, I wish to thank Gillian McClean, HR manager for allocating, so willingly, the dates for the pack. Gillian commented that the IKA are a great charity, and the public love to see us at the tills. A total of €1260 was raised in a day and a half.

'Thank you' to all the volunteers and to all who supported our charity.





**CHRISTMAS DINNER**

Our dinner was held in The Sligo Park Hotel on Sunday December 4th. A very enjoyable day was had by all, and compliments to the hotel for the beautiful meal and great service. We had some lovely spot prizes donated for our raffle, and congrats to those who were lucky in the draw.

Liz Gilligan, a former Committee member, presented a banner bearing the 'Forget-Me-Not' flower, to our Chairman, Michael McHugh. Liz is a very gifted seamstress, and made the banner for a fashion show we had back in April of this year. Liz has now retired from our branch monthly meetings, but is still a very willing volunteer. It is her wish that the banner be displayed in Renal Support Centre in Dublin.

**ORGAN DONOR AWARENESS WEEK**

As this week is the biggest fundraiser in the IKA calendar, our branch will require a lot of volunteers to help us fundraise and more importantly, to raise more awareness of organ donation. I am always on the lookout for new volunteers so I can give the regular ones a break. I seem to call on the same people year in, year out. If you have some spare time during the week (April 1st-8th) in 2017, please think about helping out?

Our branch has had a very good financial year, and on behalf of our branch Committee, I wish to thank everyone who so generously donated to our branch.

**CHRISTMAS GREETINGS**

A very happy Christmas to our renal patients, their families, and to the wonderful doctors, nurses and staff in the renal unit, for their care and dedication to our patients. We wish you and all our readers a happy, healthy 2017.





# Christmas Party





**EILEEN O'HALLORAN MEMORIAL SCHOOL QUIZ**

The annual quiz, in memory of the late Eileen O'Halloran, took place on October 23rd in Teach Ceoil, Kilrush. The winners were Cree N.S. with Clohanes in second place and Moveen N.S. in third place. Seventeen schools entered the quiz and the music venue was packed to capacity with supporters, parents and teachers of the competing schools.

We congratulate Anne and Vincent O'Halloran on their organisation and smooth running of the event. They were assisted by our Chairperson Peggy Eustace and Carmel McCormack on the day.

Ann Hayes proved to be a very capable and entertaining quiz mistress on the afternoon. The quiz is an annual event in the calendar of the Clare branch of the IKA and has grown in popularity over the years. Major credit for this goes to Vincent and Anne who pioneered the quiz in memory of their late daughter Eileen.

**CHRISTMAS SOCIAL**

Our annual Christmas social was held on December 4th at the Old Ground Hotel, Ennis. Chairperson



*Jedi McHugh, Mary Sheehan, Sally Hogan, Mary Downes, IKA Limerick branch Secretary and Sandra Dillon, IKA Limerick branch Chairperson.*



*Mayor of Clare Bill Chambers, Sally Hogan, Joseph McCarthy and Martin Keogh at the Clare branch Christmas social.*

**CLARE**

By **MICHAEL MESCALL**



*Members of the West Clare Walk Committee: Michael Mescall, Vincent O'Halloran, Carmel McCormack, Colin Mackenzie (IKA National Treasurer) and Peggy Eustace.*

Peggy Eustace extended a warm welcome to the renal patients, transplant recipients, their carers, branch members and our volunteers. The invited guests were Mayor of Clare Bill Chambers and his wife Marian, IKA interim National Treasurer Colin Mackenzie and his wife Patricia, Brother Isadore Cronin, Guardian at Ennis Friary and Sally Hogan, staff nurse in the haemodialysis department at University Hospital Limerick.

The meal, music and dancing was enjoyed by all who attended. Peggy gave a brief outline on the work of the IKA. She thanked our branch members and the volunteers for their support during the year with our donor awareness campaign and fundraising initiatives. Peggy made specific reference to the new haemodialysis unit which recently opened at University

Hospital Limerick. There has been positive feedback from the patients who have acknowledged the support and encouragement rendered by the nurses. It is a wonderful facility, she concluded, which branch members had been campaigning for over many years.

Sally spoke along similar lines, in particular on the benefits available to the patients.

The Mayor commended the branch for the work they do in fundraising especially in relation to the West Clare Walk. He had a special words of praise for Peggy who spearheaded and organised the social with her Committee and he wished the branch all the best for 2017.

On behalf of the Board of the IKA Colin Mackenzie spoke about the ongoing work of the IKA, particularly organ donor awareness, patient



**Gerry Moran, Patricia Mackenzie, Michael Mescall, Vincent O'Halloran, Mayor of Clare Bill Chambers, Carmel McCormack and Colin Mackenzie**

support for renal patients and their families, and he emphasised that the success of this work is only brought about through the hard work of the individual branches. He thanked all the members of the Clare branch for their hard work in their fundraising projects and in promoting organ donor awareness and he thanked, in particular, the IKA West Clare Walk Committee for their hugely valuable contribution through the walk over the past 17 years.

Colin's wife Patricia is one of the Managers in the IKA Renal Support Centre at Beaumont Hospital. She spoke at length on the facilities available at the centre, the format of the centre and how it functions on a daily basis. Coincidentally on the night Vincent O'Halloran, Chairman of the West Clare Walk Committee presented a cheque for the sum of €11,079.81 to Colin, which is earmarked for the

Centre at the direction of the Committee.

Among the attendees at the social were Executive members of our neighbouring Limerick branch, Sandra Dillon, Chairperson and Mary Downes, Secretary together with Transplant Games medallist Mary Sheehan and her sister, Jedi. Following the presentation and speeches a long night of dancing ensued which was thoroughly enjoyed by the packed audience.

#### CONGRATULATIONS

Congratulations to our Treasurer Gerard Moran and his wife Martina on becoming grandparents for the first time recently, with the arrival of beautiful twin boys namely Evan and Jack. Not to be outdone congratulations are all also in order to our Chairperson Peggy Eustace and her husband Val who became grandparents for the second time when their daughter Bernadette,



**Nancy and Patsy Riordan**

who is actively involved in the branch, gave birth to a baby girl named Nora. We congratulate both sets of parents on their wonderful and delightful events and extend best wishes for a long and happy life to all the newborn infants. Comhghairdeas agus go maire siad I bhfad.

#### BEREAVEMENTS

We extend our deepest sympathies to the family of the late James Davis, Kilcoran, Ennistymon. May he rest in peace. Ar dheis Dé go raibh a anam dílis.

#### CHRISTMAS GREETINGS

The branch wishes to take this opportunity to thank all our members and supporters for all their help and support throughout the year. We wish everybody a happy Christmas and a peaceful New Year. Nollaig faoi shéan agus faoi mhaise daoibh go léir.



**Linda Fitzgerald, Martin and Mary Abbott**



**Mayor of Clare Bill Chambers with Ann and Paddy Bradley**



## LADIES' DAY OUT



# DUBLIN NORTH

By PATRICIA MACKENZIE



Seasons Greetings to all.

### NEXT MEETING

The next branch meeting of Dublin North will be held in the Renal Support Centre, Beaumont Hospital on Tuesday January 30th, 2017 at 7.30pm. All members and friends are invited to start the New Year with us.

### LADIES' DAY OUT

The White Sands Hotel, Portmarnock, provided the setting for this year's 'Ladies' Day Out' on October 20th. 130 beautifully dressed ladies enjoyed a Champagne reception, followed by a 4-course lunch, Fashion Show and 'Best Dressed Lady' Competition. This was to be followed by entertainment featuring *Red Hurley* and *Sisters of Sound*, BUT suddenly the lights went out and we were left in candlelit gloom. This was due to a

massive black-out affecting a large area of Fingal.

Just as we were about to 'abandon ship', the lights came on again. In spite of this unexpected 'blip' the show went ahead and the afternoon was a great success.

Our thanks to Red Hurley and the artists who coped with all difficulties, and were willing to return on a later date if the show could not be completed because of power cuts.

Our thanks to the White Sands Hotel and staff for their excellent catering and service and not least to all our ladies who so generously supported us.

We raised over €5000 for the IKA as a result of this brilliant event. Yet again, a truly memorable event.

Our thanks to Ann Burke and her team for all their dedication and hard work.



## LADIES' DAY OUT



Dublin North members at the monthly meeting

### PARTY TIME

Our Annual Dublin North Christmas Party was in the Skylon Hotel on Tuesday December 6th. Our special guest for the evening was Red Hurley who was joined by his brother Fran.

We enjoyed an excellent 3-course meal followed by a brilliant Raffle. 1st prize was specially made for us by Des Halpin - a beautiful inlaid wooden box for keepsakes.

We also had a Kris Kindle so no one went home empty handed. A great evening for all.

### RADIO SNOWFLAKE

Congratulations to all our 'stars' who are appearing on Radio Snowflake during the month of December. Every day we hear a new voice all representing the IKA and its varied activities.

Well done, to all our broadcasters. And don't forget to tune in!

### CHRISTMAS CARDS

Our IKA Christmas cards are in great demand and ALL profits from these charity cards go to the IKA.

### ORGAN DONOR AWARENESS WEEK 2017

We are already thinking about Organ Donor Awareness Week which will run from April 1st-8th next. We need more collectors and venues in most areas of North Dublin. Local knowledge and contacts are so important towards getting permission to collect, so please consider supporting the week.

### THANKS

We thank all who supported and helped Dublin North branch during 2016 and also all medical professionals for their continued care. We recall those who are not with us this Christmas time. Finally, to all members, supporters and staff of the IKA, a very happy Christmas and a healthy and peaceful 2017.

## CONGRATULATIONS

Congratulations to Dublin North Branch member Brian Carney and his wife Louise on the arrival of Elyssa in early October. Sean (10), Jack (3) and now Elyssa are all miracles post-transplant. Having had two transplants Brian realises the huge role they have played in him receiving a new life and giving life. Describing the pictures Brian says, "without a donor these pictures would be empty, that's the effect of an organ donor...Some we can't thank no matter how much we wish we could."

Louise, Elyssa and Brian



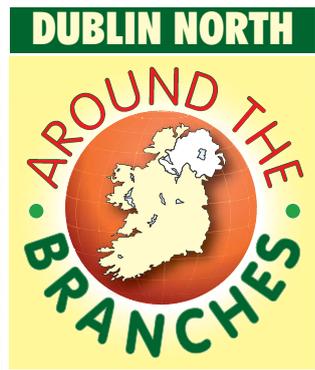
Sean with Elyssa



Jack with Elyssa



# Dublin North Christmas Party





# WESTMEATH

By CATHY SMYTH



Hi to all our members.

In November we held a Churchgate collection in Athlone. 'Thank you' to everyone who volunteered on the day. On December 4th we had our

annual Remembrance and Thanksgiving Mass. This year it was held in the Annebrook House Hotel, Mullingar. This is always a very special occasion. It is a chance for members

to reflect on the year gone by and to catch up with each other and enjoy a meal together.

I hope you all have a very happy Christmas and that Santy comes!

# WEXFORD

By MARIA DONLON

The Wexford branch held their annual Christmas Party on Saturday, November 27th, in the Riverbank House Hotel, Wexford. 90 people attended including CEO Mark Murphy and more than half were our transplant and dialysis patients from across the county.

A great night was had by all and nearly everyone attending went home with a spot prize.

We would like to send best wishes to Charlie Murphy who is unwell at the moment.

Nicola Gregg and family are organising the Wexford 5k Night Run again next year on February 2nd. More details will follow on Facebook... 'Wexford Credit Union Night Run.

Happy Christmas to all in the Wexford branch and we look forward to seeing you all in the New Year.



*Frazer Waters, DoneDeal, Renata Marini, DoneDeal, Joe Costello, County Wexford Hospice Homecare, Dan Whelan, DoneDeal, Eamonn Buttle, IKA, Clare McKiernan, Purple House Cancer Support and Conor O'Leary, Bray Cancer Support.*

Every second month three charities are chosen by members of staff at DoneDeal.ie and for the duration of that month, 10% of the cost of placing a paid ad on DoneDeal goes directly to the designated charities. The DoneDeal Charity Month Initiative for September reached a grand total of €34,195 and the nominated charities...the Irish Kidney Association, Purple House Cancer Support and County Wexford Hospice Homecare each received €11,398 to invest in important projects over the coming months. Our donation from DoneDeal will be used to support the free services we provide to patients, including financial support, counselling, accommodation in our Support Centre and raising vital awareness for organ donation.

# AROUND THE BRANCHES

# LIMERICK

By MADELEINE DONAGHY

The Limerick Branch are delighted to report that the new Dialysis Unit has now opened on the first floor of the new extension block in University Hospital, Limerick. This is a state-of-the-art unit. The feedback from patients is very good and they are very happy with it.

The annual Table Quiz once again took place in Bobby Byrne's pub on Thursday November 7th. Sean Dalton was again quizmaster and MC on the night.

A great night was had by all. Thanks to everybody who helped and a big 'thank you' to Sandra who bullied, cajoled and charmed spot prizes from a host of companies. Everybody loves to win and there was no shortage of prizes on the night.

Thanks also to Mary and, at this stage, most of the Downes family who helped out on the night by collecting answer sheets, writing up score sheets and many more chores!

We also thank the staff at Bobby Byrnes who provided beautiful finger food and especially to Shay who looked after everybody's needs on the night!

The Christmas Dinner was held at the South Court Hotel and we would like to thank them for a lovely relaxed meal, in the beautifully decorated



Table Quiz 1st Prize winners



Sandra and her brother Kenneth helping out at the Quiz



Shane and friends at the Table Quiz



Geraldine Nardone

seasonal dining room.

Siobhan Brosnan, Organ Donor Co-ordination nurse, was the special guest and gave a brief and comprehensive description of her role. Siobhan also promised to attend future Information Evenings. 'Thank you' Siobhan.

We would like to wish all patients, their families, medical teams and the staff in UHL, a very happy Christmas. We thank you for the help and support during 2016.

Corinna Downes working hard at the Table Quiz



Siobhan Brosnan



Enjoying the Christmas Dinner

# ROSCOMMON

By MAURA QUIGLEY



Grace, Geraldine, Tina



Evelyn Byrnes  
Geraldine Nardone  
Mary O'Gorman



Tom Gallacher, Ann Murphy



Mary & Richard Boyle  
Jim Kirby, Gudrun Di Caslo



Christopher & Mary Catherine Downes



Darragh Hopkins, Mary Kennedy, Helena Halikias



Our branch held our annual Christmas lunch on Sunday, November 27th in the Stonehouse Restaurant, Ballinlough, Co. Roscommon.

There was a good attendance of members who thoroughly enjoyed the day.

On Saturday, December 3rd, members of the branch underwent a half day's training seminar with local journalist and training facilitator Miriam Kerins. It was an Introduction to Public Speaking (Getting the Basics Right).

Miriam included tips and techniques to deliver a speech, talk with ease, overcoming nerves and fears, speaking with confidence, using body language and the sound of your voice to speak calmer and more effectively. Those who attended declared they 'enjoyed the morning'.

Thanks goes to our members, their families and all our volunteers who helped out with fundraising throughout the year.

We wish you all a very healthy, happy and peaceful Christmas and continued blessings for 2017.





### THANK YOU

We had a very successful year of fundraising events. Our Chairman and Committee would like to say a very big 'thank you' to all our loyal members and volunteers, who are always available to help. Without you we could not continue to make our fundraising projects so successful and help to promote organ donor awareness. We really appreciate all the support which we receive throughout the year.

Thank you to Joe Moynihan, who organised our second annual bag packing event at Dunnes Stores,

# WATERFORD

By **VERA FRISBY**

Dungarvan, recently, and all our helpers and those who supported this excellent fundraiser.

### ANNUAL SOCIAL

We will have our Annual Social early in the Spring and look forward to meeting everyone.

### BRANCH MEETINGS

Just a reminder that our branch meetings are held at Edmund Rice Heritage Centre, Barrack Street, Waterford, monthly on Tuesday nights. Please try and come to some of the meetings, it is a great way of meeting fellow patients and hearing the latest information. Our next meeting will be held on Tuesday February 7th, 2017 at 7.30pm.

### SYMPATHY

We would like to extend our deepest sympathy to John and Patsy Meade on the death of their beloved

sister Maureen, who was a great supporter of our branch and to Alma Hennessy on the death of her beloved brother John. We also extend our sympathy to families and friends who have lost loved ones throughout the year. Our thoughts and prayers are with you. May they rest in peace.

### CHRISTMAS GREETINGS

Christmas wishes and much gratitude are sent to Sr. Brenda and the staff of the Renal Dialysis Unit, University Hospital Waterford, for all the care they give to our patients throughout the year. It is very much appreciated by all.

We would like to wish a very happy and healthy Christmas and a peaceful New Year to all patients especially those in hospital at this time, to all our members and their families, and to everybody who helped and supported the Waterford branch during the year.

# LOUTH/MEATH

By **VALERIE BRADY**

Hello to you all from the Louth/Meath branch. May we take this opportunity to wish all our members and volunteers a very merry Christmas and a happy and healthy New Year. We would like to thank all those who helped and supported the Association over the past 12 months. Your kindness was very much appreciated. Keep up the good work!

The Enfield branch of Macra Na Feirme raised €1000 for the Association during two events held recently...a Mr & Mrs Night in Trim and a summer event in Longwood. Well done to all involved!



Gerard Bradley, Navan recently took part in the Dublin City Marathon, in aid of the IKA. A personal family connection with renal failure prompted Gerard to undertake this amazing challenge. Congratulations and well done from everyone in the branch.

We held our Christmas meeting/social in Muldoons in Ardee on December 3rd. A great night was had by all in attendance.

As 2016 draws to a close, we remember those branch

and family members who passed away during the year. Our thoughts and prayers are with you all. Our donors and their families are also never far from our thoughts and we will remember them in a special way this Christmas season.

The next meeting of the Louth/Meath branch will be held in the Balreask Arms (Teach na Teamrach) on Tuesday January 10th, 2017. If you need to contact the branch over the Christmas period our Committee members can be contacted on:-

<b>Valerie Brady</b>	(Chairperson)	086-3186757
<b>Anne McGivney</b>	(Treasurer)	087-2976876
<b>Mary Traynor</b>	(Secretary)	089-4348086

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

We look forward to seeing you all in 2017.

*Nollaig Shona Daoibh.*



# TIPPERARY

By ORLA HOGAN-RYAN



## *Tipperary Christmas Dinner*





Greetings to you all in Dublin East and Wicklow. This Autumn and early Winter has thankfully been so different from last year, so Spring doesn't seem that far away. Firstly, we wish everyone a peaceful, happy and healthy Christmas and we are always mindful of those in the branch who are saddened by the loss of a loved one or who may be unwell at this time

Once again this year we were invited by the lovely Committee of the Kilmacanogue Horse Show to receive a cheque for €1,000. Michael Dwyer (below) received this from Georgina Masterson and we thank them very much for their hospitality and generosity. By the way they have asked for our support for their annual Show next year, so anyone who could help please let us know.

Michael Dwyer



# DUBLIN EAST & WICKLOW

By **BERNIE DWYER**



The Lady Captain and Committee of Leopardstown Ladies Golf Club nominated the Irish Kidney Association to be the beneficiary of their annual charity golf competition, which took place on Sunday, October 16th.

The Leopardstown Club, which is affiliated to the Irish Ladies Golfing Union, is in its 10th year, having been founded in 2007, and now has a membership of over 160 ladies.

The Charity Day was a very successful event with over 90 members taking part, and the competition was followed by a very enjoyable gala dinner.

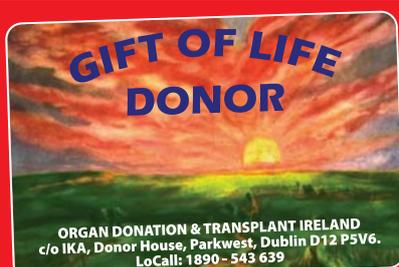
At a subsequent event our Branch Chairman, National Secretary John Whelan, was presented with a cheque for €1320. The above picture

shows the members of the club committee with Vice Captain Deirdre Burke and Lady Captain Geraldine Vance on either side of our Branch Chairman, at the presentation of the cheque. The IKA is very appreciative of the interest and support of the Leopardstown Club.

Our Christmas lunch took place on Sunday 11th December in the Ocean Bar and Grill, Bray.

Our next meeting will be on the first Tuesday of February and we kindly ask all members to give an hour or two during Organ Donor Awareness Week next April. Volunteers are the life blood of the IKA, so we look forward to welcoming new members also.

Once again, happy Christmas and all the best in 2017.



**For Donor Cards  
Freetext**

**DONOR to 50050**

# CARLOW

By **PATRICIA MAY**



Left:  
*Annette Flynn (centre) presenting the cheque to Patricia May, Chairman, Carlow branch IKA and Tommy Hughes, Treasurer.*

## JJ CONNOLLY MEMORIAL TOURNAMENT

A big 'thank you' to the family of JJ Connolly, and to Tony Doran, team trainer, who organised a 7-a-side ladies soccer tournament and family fun day in Tullow, Co Carlow and also to Sean O'Brien who donated a signed rugby jersey for the raffle. They raised a total of €3,450. The Connolly family organise this fundraiser each year to keep the name of their son JJ alive. JJ died in 2014 and his family donated his organs.

## CHURCHGATE COLLECTION

A big 'thank you' to all the volunteers who helped this year with our Churchgate collections. We rely each year on the same people to come out and they don't let us down. The total this year was €2,651, an increase from last year of €500.

Annette Flynn (nee Nolan) organised a Table Quiz in Carlow Tennis Club, to raise funds for the IKA,

in memory of her brother Padraig, whose organs were donated. She raised a total of €1,100.

We remember with sadness all our members who died during the year. Their families are in our thoughts at this time. We would like to thank all our members and volunteers for all their hard work during the year. To all our members and particularly those who have been ill during the year, we wish you a happy Christmas and a happy and healthy New Year.

# OFFALY

By **KEVIN GALVIN**

Seasons greetings from the faithful county. As we are writing this we are looking forward to our Annual Mass of Remembrance and Thanksgiving and Christmas Dinner on Sunday December 11th, in the Tullamore Court Hotel.

More in the next issue of SUPPORT.

## DONATIONS

We would like to thank Jimmy and Alice Lowry, Ferbane, for their generous donation of €1500 to our branch. Jimmy raised the money by holding a fundraising Barn Dance for his 60th birthday. We would also like to thank Pearl Lawrence and her family from Rochfordbridge for their generous donation of €850 which they raised with a Whist Drive.

## ART EXHIBIT

Members of the branch attended the annual Art Exhibition and launch of their Christmas cards by the dialysis patients in the Midland Regional Hospital, Tullamore. We were amazed and impressed by the standard of talent on display.

## UPCOMING EVENTS

March 2017 – Richie Young Memorial Table Quiz, Ballyboy.

## BRANCH MEETING

Our next meeting will take place in the Tullamore Court Hotel on Thursday February 16th, 2017 at 8pm.

New members are always welcome.

**ORGAN DONOR AWARENESS WEEK**  
**1st-8th**  
**APRIL 2017**



Happy Christmas to all our readers, members and friends. It has been another busy year for the branch and our many volunteers throughout the county. The work of the branch is never done and the officers are constantly striving to benefit those patients, in the Cork area, suffering from End Stage Kidney Failure. As a patient advocate group our sole aim is to look after their interests.

#### A LOOK BACK AT 2016

Our year has been hectic as normal. We have participated in talks with Medical Students in UCC, in schools all over the county and in industry as well. At each of these talks we have been promoting organ donor awareness and giving personal experiences to emphasise the importance of organ donation.

We were privileged to have a stand at the Independence Music Festival in Mitchelstown, where volunteers had the opportunity to speak to a very young audience.

Our first Golf Classic was held in July. We were delighted with the response we received from sponsors and golfers alike. Once again we had a very successful day promoting organ donor awareness.

One of our highlights of the year was when one of our members, Eilish Leader, whose father Pdraig is a transplant recipient, swam the English Channel to raise funds and promote organ donor awareness. Eilish and her fellow swimmers received both local and national coverage during the preparations and the swim itself.

A tree was planted in Mallow to start Organ Donor Awareness Week. The tree was to say 'thank you' to all of those families who have made the decision to donate organs. We were very privileged on the day, to have some pretty special families with us. It is hoped that in time we may be able

# CORK

By HELEN O'SULLIVAN



Ken Savage and Sean Burton from Musgraves present the cheque to Margo McCarthy



to expand this area into a little Garden of Remembrance.

Well done to our branch members, Siobhan Buckley and her husband Aidan who held two very successful coffee mornings earlier this year. Your efforts are much appreciated.

We also held our annual BBQ which was well supported, and the weather was reasonably kind to us.

In July Dr. Sinead Kinsella passed away. Sinead was a wonderful doctor and a wonderful friend to all who knew her.

The branch provided 170 sets of earphones for the patients in the dialysis ward, and they were recently delivered to the ward.

Margo McCarthy, our Treasurer, was presented with a cheque for €1,400 which was raised by Musgrave's Cycle Group in September.

#### INFORMATION DAY

On Saturday October 8th we held our bi-annual Information Day. This year we were privileged to have five excellent speakers. A large number attended both the morning and afternoon sessions.

Nurse Eileen Phelan spoke on the benefits of home dialysis and the various types of dialysis available to patients. Peter Pardoe and Harry Ward spoke on the 'Wellness' Programme. They explained how the programme works and the benefits to patients and to those suffering from a chronic illness.

Regina Reynolds brought us right through the transplantation process. This was a fascinating and informative presentation both for those who have been transplanted and those waiting for that magic call. Regina explained what happens from the moment they get a call from a donor hospital to the time the patient is transplanted.

Dr. Catherine Gleeson spoke on the importance of skin care before and after transplantation. This presentation had generated a lot of interest and Catherine certainly gave everybody present plenty to think about, from explaining the different types of skin cancers to advice on the use of sun protection. This was information everyone could benefit from, not just renal patients.

Dr. Liam Plant finished the day off with a presentation on what is coming

# CORK BRANCH INFORMATION DAY



Seamus, Mary, Richard Boyle



Colin, Teresa Kiram



Elsie Moore, Teresa Looney



Eilish Leader



Denis, Helen Cullinane



Donal & Helen O'Flynn, Mary Barry



Willie & Joan Gavan



The Doherty family



Mike & Dee Keohane



Helen O'Sullivan, Margo McCarthy



Lorraine & Vera Doherty



Miriam & Noreen O'Mahony



Morning session



Louise Kleiser



Arran Doherty



Patricia May, Teresa Looney



Joe & Brid Kavanagh



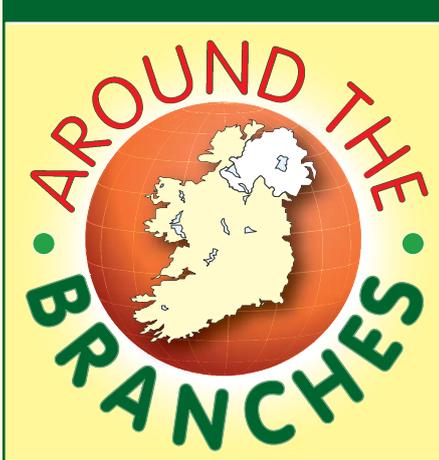
Jamie & Jenny McCarthy



Chairperson Noreen O'Halloran



Eilse Dineen



**CORK BRANCH MASS OF THANKSGIVING**



*Christmas cards on sale*



*Willie, Annette and Brendan smile for the camera*

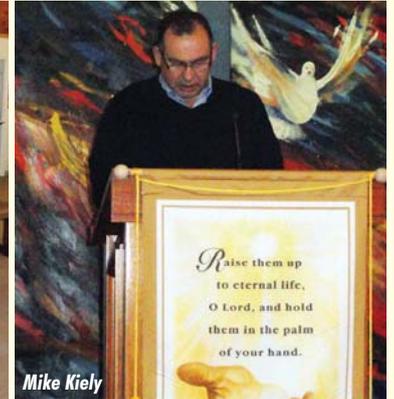
down the road with regard to ESKD. This included a talk from the development of a new portable haemodialysis machine to a new drug that is being trialed for PKD patients. The Q&A sessions, at the end of each presentation, provided an opportunity for those attending to query anything relevant to them if they wished.

**MONTHLY BRANCH MEETINGS**

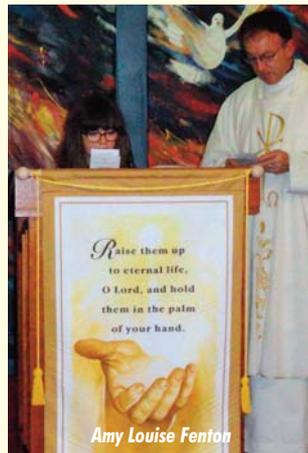
At our October branch meeting our Board member Michael Kiely advised the branch that for personal reasons he had to step down from his position on the board. The Chairperson thanked Michael for his work in the time he had spent on the Board and announced that an EGM would be held prior to our monthly meeting in November. At the monthly meeting in November Pat O'Sullivan was nominated to fill the vacancy on the board.



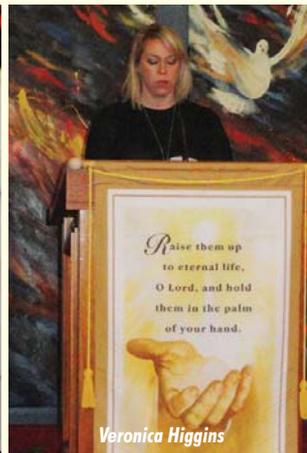
*Douglas Harmonia Singers*



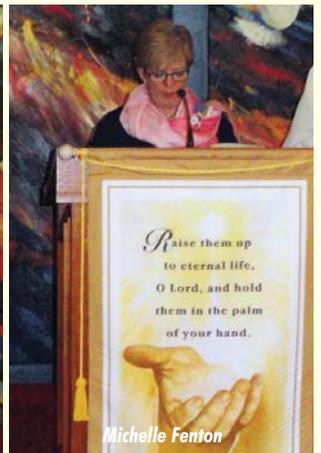
*Mike Kiely*



*Amy Louise Fenton*



*Veronica Higgins*



*Michelle Fenton*

**ANNUAL MASS OF REMEMBRANCE & THANKSGIVING**

We held our annual Mass of Thanksgiving in the CUH Chapel on November 13th. A large attendance participated in the Service and our Priest, Fr. Pierce Cormac and the Douglas Harmonia Singers made it a very personal and inspiring celebration. We would like to thank all those who participated in the Mass, our readers, Michael Kiely, Veronica Higgins, those that read the Prayers of the Faithful, John Hurley, Donal O'Flynn, Michelle Fenton, Amy Louise Fenton, the Canty family who brought the gifts to the altar and a special thanks to the Committee who organised the day.

When the Mass was over we headed to the canteen where we enjoyed some wonderful home baking provided by many of our talented



*Nurse Abina Harrington*



*The Canty family*

members. There was a large selection to choose from and all tastes and dietary requirements were catered for. A huge 'thank you' to all those baking volunteers, your contribution certainly added to the occasion. We would also like to thank the canteen staff in CUH.

The sale of Christmas cards was also brisk as it is every year. Thanks to everyone who patiently waited in line.

**ORGAN DONOR AWARENESS WEEK 2017**

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

# DONEGAL

By SIOBHÁN BATES



Hello from Donegal. Hope this winter edition of *SUPPORT* finds you all well? Our last Donegal branch meeting of 2016 was held on November 28th. Christmas cards were also sold on the night.

Our 2017 meetings will resume at the end of January or mid-February depending on our Donegal weather.

I would like to take this opportunity to thank everyone who volunteered their time to the Branch during the year. Whether it was a coffee morning, a quiz or any fundraising / awareness event, your help is very much appreciated.

Thank you to all who help during Organ Donor Awareness Week each year and with the Churchgate collections. Without your help we would not have such a successful branch.

We were very sad to hear of the passing of Ralph Thomson who was a dear friend and long-time Treasurer of the Donegal branch. Ralph dedicated much of his time, voluntarily, to his role as Treasurer, making sure the books were delivered on time. Condolences to his wife Ann and family and friends. May you rest in peace Ralph and 'thank you' for all you did for the Donegal branch. Condolences also to all those families and friends who will be missing a loved one this year at the Christmas family table.

Congratulations to those who received the 'gift of life' and please God may it bring you years of health and happiness.

A happy Christmas and many thanks go to all nephrologists, nurses and staff in the dialysis units and to the staff in Donor House and the Renal Support Centre, from the Committee and members of Donegal branch.



Fr Pierce Cromac



Donal O'Flynn



Willie O'Halloran



O'Leary Family

the year for promoting organ donor awareness and it requires your help. We need people in every town and village in the county. If you can organise to collect at your local shopping centre or supermarket make sure to request their permission to do so well in advance.

## AGM 2017

Next year's Cork AGM is an

election year for Branch Officers. The AGM will take place in April (date to be confirmed) and any member who might be interested in becoming involved in the branch and running for election as a Branch Officer or as Board Member, at national level, can contact any one of the Officers to discuss further and obtain more information as to what is involved.

## DATES FOR YOUR DIARY 2017

Organ Donor Awareness Week – April 1st-8th.  
Annual Golf Classic – Mitchelstown Golf Club – May 26th.  
World Transplant Games – Malaga, June 25th to July 2nd.

# DUBLIN SOUTH

By JAMES REYNOLDS



Find us on:  
**facebook®**

## DUBLIN SOUTH IKA BRANCH

Hello and welcome to the Dublin South Branch. As always I wish to "thank you" for your continued support and I would like to welcome all our new members.

### RACE NIGHT

We held our annual Race Night and Karaoke in Morton's Pub, Firhouse, Tallaght on Friday, October 21st. It was a great night and we raised €613. I would like to thank all who turned up and made it fun and enjoyable, the volunteers who helped us run the night, and the staff of Morton's Pub for once again hosting this event.

### CHRISTMAS PARTY

Our annual Christmas Dinner Dance was held in the Plaza Hotel, Tallaght on Friday, November 25th. We were delighted to see such a big crowd again this year, in particular the many dialysis patients from the Dublin South area. At last year's party we had a photo booth, which was such a huge success that we

decided this year to have something similar, so we opted for the 'Selfie Mirror'. The guests could personalise their selfies using the unique paint feature to scribble a message, sign their name or add a stamp to their selfie. It turned out to be very popular with everyone. We are now under pressure to top that next year!

During the party we also had a raffle... "thank you" to those who donated spot prizes and well done to all the winners!

### CHILDRENS CHRISTMAS PARTY

On Sunday, December 11th we held our Children's Christmas party in Cheeverstown House, Tempelogue. It was great to see the children having so much fun, especially when Santa arrived with a lot of presents!

### VOLUNTEERS

We have many fundraising events planned for 2017 and we are always on

the lookout for volunteers to help us out, and to help spread organ donor awareness. If you are interested in helping us in any way, particularly around Organ Donor Awareness Week (April 1st-8th) in 2017, please contact me, James on 085-2138309.

I want to take this opportunity to thank the volunteers who have helped and gave up their time this year..we would be lost without you!

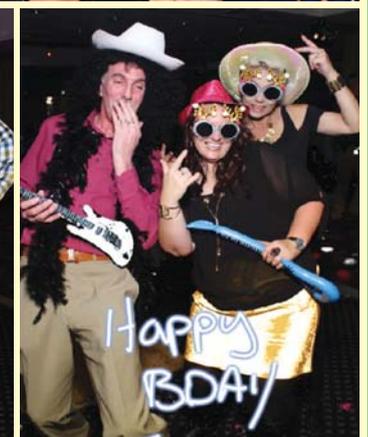
### DATE FOR YOUR DIARY

Our next meeting will be held in Cheeverstown House, Templeogue on Thursday, January 12th at 8pm. We hope to see some new faces for a cup of tea and a chat.

### HAPPY CHRISTMAS!

Finally, I would like to take this opportunity to wish all our members and readers a happy Christmas and a peaceful New Year.

See you next year!





*Dublin South Christmas Party*



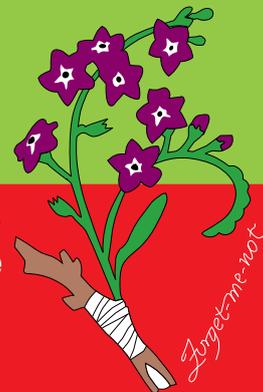
# Children's Christmas Party







# IKA DIRECTORY



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

**Tel: 01-6205306 | Lo-Call: 1890-543639 | Email: [info@ika.ie](mailto:info@ika.ie) | [www.ika.ie](http://www.ika.ie)**

**Renal Support Centre, Beaumont Hospital, D09 Y5R3**

**Tel: 01-8373952 | Email: [renalcentre@ika.ie](mailto:renalcentre@ika.ie)**

## LOCAL BRANCH SECRETARIES

### **CARLOW**

Susan Tobin,  
6 Woodgrove Ave,  
Rathvily,  
Co. Carlow  
**Phone:**  
**087-6635910**

### **DUBLIN EAST + WICKLOW**

Bernie Dwyer,  
40 Granville Road,  
Cabinteely,  
Co. Dublin  
**Phone:**  
**086-1673467**

### **KILDARE**

Philip Meagher,  
Thomastown,  
Enfield,  
Co. Meath  
**Phone:**  
**083-4877091**

### **LONGFORD**

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

### **SLIGO**

Geraldine Jenkins,  
96 Doorly Park,  
Sligo,  
Co. Sligo.  
**Phone:**  
**086-0873552**

### **CAVAN/MONAGHAN**

Richard Conlon,  
Drumnaveil North,  
Station Road,  
Cootehill, Co. Cavan  
**Phone:**  
**087-6478851**

### **DUBLIN NORTH**

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

### **KILKENNY**

Seamus Carrigan,  
Burnchurch Viper,  
Kells,  
Co. Kilkenny.  
**Phone:**  
**085-7683179**

### **LOUTH/MEATH**

Mary Traynor,  
9 Blackhill Crescent,  
Donnacarne,  
Co. Meath  
**Phone:**  
**089-4348086**

### **TIPPERARY**

Orla Hogan-Ryan,  
17 Hawthorns,  
Nenagh  
Co. Tipperary.  
**Phone:**  
**087-2806068**

### **CLARE**

Michael Mescall,  
Lissenair,  
Kilmihil,  
Co. Clare.  
**Phone**  
**087-2933963**

### **DUBLIN SOUTH**

Peter Pardoe,  
57 Monastery Dr,  
Clondalkin,  
Dublin 22.  
**Phone:**  
**087-2424350**

### **LAOIS**

Angela Lyons,  
Cloverfield,  
The Swan,  
Co. Laois.  
**Phone:**  
**087-7633438**

### **MAYO**

Maureen Bourke,  
St. Anthony's,  
Carrowcushlaun,  
Ballina, Co. Mayo.  
**Phone:**  
**087-6604133**

### **WATERFORD**

Patricia Meade,  
1 Brook Road,  
Knockboy,  
Waterford City.  
**Phone:**  
**087-9647231**

### **CORK**

Helen O'Sullivan,  
25 Aldworth Heights,  
St. Joseph's Road,  
Mallow, Co. Cork.  
**Phone:**  
**086-2755754**

### **GALWAY**

Eoin Madden,  
Carnakelly North,  
Athenry  
Co. Galway.  
**Phone:**  
**086-6794008**

### **LEITRIM**

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

### **OFFALY**

Maureen Allen,  
St. Mary's Road,  
Edenderry,  
Co. Offaly.  
**Phone:**  
**086-1982024**

### **WESTMEATH**

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

### **DONEGAL**

Sharon Gallagher,  
Pillar Park,  
Buncrana,  
Co. Donegal.  
**Phone**  
**086-3459112**

### **KERRY**

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

### **LIMERICK**

Mary Downes,  
6 The Gardens,  
New Rd., Pennywell  
Co. Limerick  
**Phone:**  
**087-9612-133**

### **ROSCOMMON**

Maura Quigley,  
Creevy,  
Roscommon,  
Co. Roscommon.  
**Phone:**  
**086-8969670**

### **WEXFORD**

Dora Kent,  
Newtown, Ramsgrange,  
New Ross,  
Co. Wexford.  
**Phone:**  
**086-3745788**