

SUPP RT

WINTER 2017



IRISH KIDNEY ASSOCIATION CLG

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Editorial...



April 9th, 2018 is the 40th anniversary of the founding of the IKA. We will of course mark this landmark occasion throughout 2018 and I am hoping that there will be local and national celebrations. We are looking for ideas, from across the membership, so that both local and national events can be co-ordinated.

There is a patient survey in the centre of this edition of *SUPPORT* and I would ask all kidney patients to complete the questionnaire and slip it into the post to us (FREEPOST). The EU are funding the survey, which is being translated into about 20 languages across all of Europe. It is going to inform a research project on the differences in access to the choice of treatment options in each European country.

I am optimistic in anticipating that the transplant figures for 2017 will be very good with, hopefully, some records broken. I am particularly delighted that the pancreas transplantation programme has taken off again in St. Vincent's Hospital. There are many development plans for Organ Donation and Transplant Ireland (ODTI), the procurement service which, when enacted, will bring Ireland into line with the best transplanting countries in the world.

Denis and Martina Goggins are the inspirational couple behind the Strange Boat



Martina and Denis Goggins

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Vivienne Traynor, IKA ambassador 2016-2017 with Luke Herlihy (10) Sandycove, Dublin and his kidney donor father, Shane at RTE Donnybrook at the recording of the Christmas radio advertisement.

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Vivienne Traynor and Luke Herlihy

Donor Foundation. Their 'Circle of Life' Garden in Salthill, Galway is a "must see" initiative for all transplant recipients. It was the location for the recent event celebrating fifty years since the world's first heart transplant.

I would like to pay a special tribute to Vivienne Traynor who has been the IKA Ambassador for organ donation for the last two years. Vivienne attended every time she was asked and did countless interviews. As you can see from the front cover she was more than willing to do photo shoots at short notice. This photoshoot, in the grounds of RTE, was taken at the same time as Vivienne was recording the IKA Christmas radio advert, asking families while they are together at Christmas to discuss organ donation.

Our new media Ambassador for 2018 I can now announce is TV Presenter, Claire Byrne and

we are all delighted that she is willing to take part in our Organ Donor Awareness Campaigns. The 2018 week commences on Holy Saturday March 31st – Saturday April 7th.

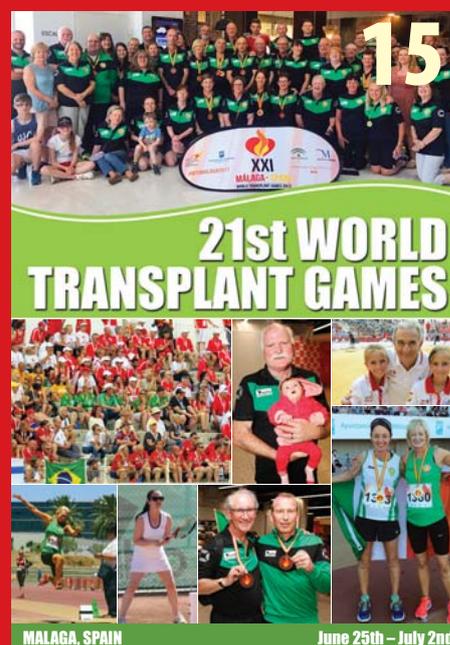
2017 has, thankfully, seen the financial fortunes of the Association turn around after many years of deficits in our accounts. Indeed, there are many people generous in remembering the IKA in wills and particularly so in 2017.

Thanks, of course, goes to all the fundraising that happens locally across the country, within the branches of the Association. We are all conscious that the branches are the cornerstone of our organisation in the support and advocacy they provide to the patients and families. Enormous gratitude is extended to all the volunteers who provide invaluable services to their fellow patients.

May I take this opportunity, on behalf of the staff and myself, to thank all the members of the IKA and the medical professionals, doctors, nurses, the auxiliary staff across the country and wish you all a happy Christmas and a peaceful and healthy New Year.

MARK MURPHY

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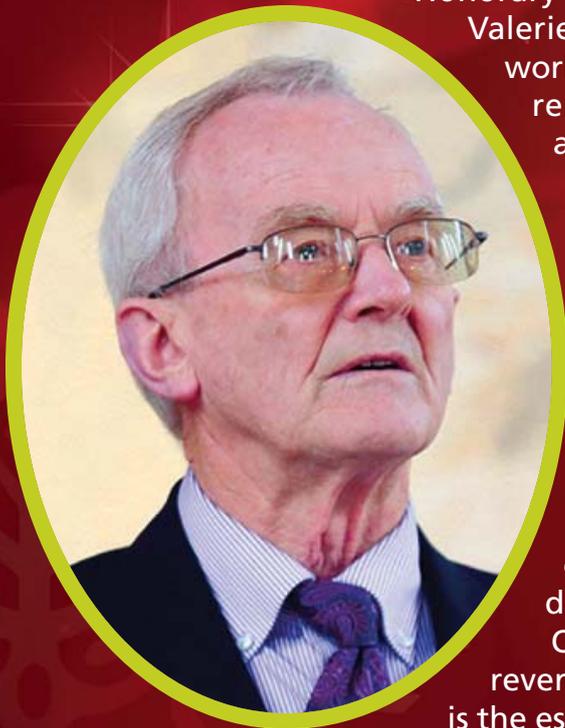


A Christmas Message

from

The National Chairman

As we approach Christmas I would like to take this opportunity to send greetings and good wishes to our members and friends everywhere. Almost six months ago, last July, you, our members, did me the honour of electing me as your Honorary National Chairman, and since then my fellow officers, Valerie Brady and Colin MacKenzie, and myself have been working hard on your behalf to ensure that your Association remains faithful to its aims of providing support and assistance where needed to all renal sufferers. In this we rely as ever on our loyal and hard-working staff at Donor House without whose constant commitment we could not even start on the journey.



We are all only too painfully aware of the enormous damage that the scandals over the past few years have done to the charity sector, with the result that the general public has become suspicious of all charitable endeavours. This has inevitably affected our Association as it has so many others. This means that we must now work to restore the public's respect and confidence in our efforts, and everything we do must be done from this perspective.

One recent development which is helping greatly to reverse the negative attitude of the public towards charities is the establishment of the Charities Regulatory Authority. We in the IKA are following closely the recommendations and directives of the Charities Regulator's Office to ensure that in our charitable work we will always operate at the highest standards of integrity. In this we are also greatly assisted by the guidance provided by The Wheel, which is the umbrella body established to help and support all charities to achieve better governance, and we are working towards achieving full compliance with the Good Governance Code for Charities.

Finally, might I wish all our members, staff and friends a happy and blessed Christmas and a successful and peaceful New Year.

JOHN WHELAN



Lorraine Costello

Whilst our economy has definitely improved over the last twelve months, the reality is that the majority of our families are still encountering real hardship. Illness places enormous pressure on families and, particularly so if the patient is the family's bread earner. It is never easy to come to terms with a vastly reduced income stream. Hence 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 2016 many members, this past year, unfortunately woke up to letters informing them that their medical cards had been withdrawn. The withdrawal of a medical card causes immense anxiety and distress. The appeal process is arduous and requires tenacity, innovation and above all determination. One piece of advice I would impart is the importance of keeping a copy of all supporting relevant documentation as, frequently, health offices report applications have gone missing which results in the patient having to start the process again from scratch.

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, once again, request those for whom I have advocated, in 2017, to please let me know if your appeal was successful or not as it is helpful to acquire such information.

I am also frequently approached to write supporting letters for housing applications. I endeavour to convey the human side of renal failure in my documentation and to portray the courage required daily by the patient living with their illness. I derive enormous personal satisfaction when I hear that their application has been successful. May I also request that those, who were awarded housing or change of housing, let me know if they have been fortunate in their application and the timescale involved. It guides me regarding subsequent applications.

This past twelve months has seen an increased demand for patient aid and the IKA continues to valiantly attempt to maintain services. 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 directly.

As in previous years, may I respectfully remind you of the various channels which can be used:-

Contact your local **Branch Officers**.
Contact the **Senior Nurse 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

I would like to thank each member of the team in the offices of Organ Donation and Transplantation Ireland (ODTI) for their help in 2017. Additionally, the Living Donor Co-ordinators, in Beaumont Hospital, continue to advise and guide me.

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. The IKA is pleased to offer its assistance, be it practical, financial or emotional support. I am not forgetting our IKA Branch Officers who, voluntarily, continue to advise me of their local members' needs. They are truly the backbone of our Association.

Next year we will be celebrating the fortieth year of the establishment of our organisation. As the staff member, with the longest service in Donor House, I have witnessed many developments and changes down through the years. I am looking forward to meeting and renewing old friendships as we celebrate this momentous occasion.

In conclusion, may I congratulate all our patients who were fortunate enough to receive a transplant in 2017 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 2018 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 these 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. Accordingly, may I respectfully encourage transplant recipients to consider sending a remembrance note to the ODDTI team who will gladly send it on to the relevant donor family. We are all mindful that for donor families the harsh reality is that, sadly, 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.



Global Organ Donor Commemorative Event

The end of November marked the 50th anniversary of the first heart transplant performed by Dr Christiaan Barnard at Grootte Schuur Hospital in Cape Town. This was celebrated internationally by a Global Organ Donor Commemorative Event, involving four cities worldwide Cape Town, Melbourne, Barcelona, and Boston. In each case there was a presentation by the Strange Boat Donor Foundation of the Candle of Life, a stone sculpted copy of the original Candle of Life in the 'Circle of Life' Garden in Salthill, which many of you will have visited on the occasion of our Service of Remembrance and Thanksgiving which was held in Galway a number of years ago. The purpose of the celebration was to give expression on a world stage to society's appreciation and gratitude for the life-giving gift made possible through organ donors and their families.

There was also our own special celebration at the Salthill garden on Thursday November 30th, again organised by Denis and Martina Goggin, the inspiration behind the Garden, to commemorate all organ donors within Ireland with an acknowledgement to the respective transplant hospitals.

There was a very large attendance, including many organ donor families,



and their participation was not lessened by the seasonal soft rain from the West!

Each patient group associated with transplantation presented a special commemorative plaque to their relevant hospital: Cystic Fibrosis to St Vincent's and the Mater, the Irish Heart & Lung Society to the Mater Hospital, and the Irish Kidney

Association to Beaumont Hospital. I had the privilege and honour to make the presentation of the plaque on behalf of the IKA to Ms Dilly Little, transplant surgeon in Beaumont.

The plaque is headed Global Organ Donor Commemorative Event, and the text of the IKA plaque reads:

*To commemorate those who have given the gift of new life to others through organ donation and to celebrate the universality of this life-giving cause.
Presented in appreciation by the Irish Kidney Association to the staff of Beaumont Hospital in recognition of their contribution to the advancement and support of organ donation and transplantation in Ireland.
30th November 2017.*



It was a truly memorable and moving event.

JOHN WHELAN
IKA Honorary
National Chairman

“To commemorate those who have given the gift of new life to others”



Denis and Martina Goggins



Ms Dilly Little (Senior Transplant Surgeon), Beaumont Hospital and John Whelan, IKA National Chairman



Mayor of Galway, Cllr. Pearce Flannery



Dr. Emer Curran, Consultant Intensivist at GUH who represented the ODTI.



Martina Goggin with James Harrold, Galway City Arts Officer who was MC for the event



Barcelona

Gregory Savona, nephew of Denis Goggin, who represented Strange Boat Donor Foundation with Nessa Lynch and Fiadhna McMonagle of the ODTI at the presentation of the commemorative plaque at the Hospital Clinic in Barcelona.



Belfast

Mia Carter whose mother, Denise's organs were donated following her death in child birth in 2009, lighting a candle of remembrance for organ donors and their families at the event in Belfast.



Melbourne

Brian Stynes (right), brother of the late Jim Stynes, who represented Strange Boat Donor Foundation, Barb Mortimer who donated her son's organs in 2004, and Richard Bryant, friend of Australian, David Gumbleton, whose organs were donated in Galway some years ago and whose daughter, Iseult participated in the event at the 'Circle of Life'.



Derry

Siobhán Brosnan, Organ Donor Nurse Manager at Limerick Regional Hospital, Diarmuid O'Leary, brother-in-law of Denis Goggin who represented Strange Boat Donor Foundation, Breda Doyle, Organ Donor Nurse Manager at Cork University Hospital who with Siobhán represented the ODTI at the commemorative event with Karen McFarland, Director, Health and Community Department, Derry City and Strabane District Council.



Cape Town

Peadar Ó hIci, Secretary of the Galway Branch of the IKA (third from left) at the unveiling of the candle sculpture in Cape Town.



Boston

The Boston commemoration took place at the Brigham and Women's Hospital

Global Organ Donor Commemorative Event

Open letter of appreciation and gratitude to Organ Donors and their Families

Today, as we approach the golden jubilee of the world's first heart transplant in Cape Town, South Africa, we wish to acknowledge the gift of life that is made possible by organ donors and their families. The ripple effect of this gift reaches beyond the individual recipients to benefit their families and society at large.

Through this commemorative event the island of Ireland is reaching out to share its voice with major continental cities and world leading transplant centres in expressing society's appreciation and gratitude of your courage and selfless generosity.

We recognise that the decision to donate a loved one's organs is made at a time of trauma and great personal loss. However, if family members share their wishes in advance it can make this decision a little easier and give purpose and meaning to a situation that is otherwise inexplicable.

It is an act of true humanity that can, at an almost impossible time, shine a ray of light into what is otherwise an extremely dark place. This act offers enduring consolation that a loved one's legacy will be a mantle of heroism, generosity and compassion.

At this special commemorative event we express profound gratitude for your extraordinary generosity that enabled you, in your moments of deepest grief, to reach out so selflessly to strangers.

We would like to express our sincere wish that your lives might be forever blessed by your decision and that the gift by your beloved family member shines a continuous light of consolation and joy that will enrich your lives and humanity at large.



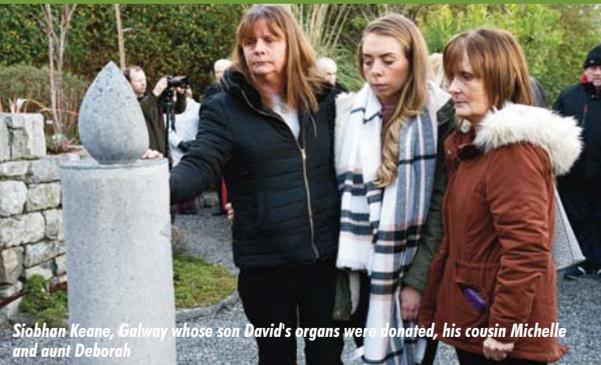
Martina & Denis with Cllr. Frank Fahy, Galway City Council with Valerie Moriarty, acting Chairperson of Galway Civic Trust



Jack Mulveen, Galway Civic Trust with Martina & Denis. The Trust plays an important role in the ongoing maintenance and upkeep of the Circle of Life Garden



Robert McCutcheon, Chairman of the IHLTA (left) and Philip Watt, CEO, Cystic Fibrosis Ireland (third from right) with heart and lung transplant recipients.



Siobhan Keane, Galway whose son David's organs were donated, his cousin Michelle and aunt Deborah



Lars Nölke, Consultant Cardiothoracic Surgeon, Mater Hospital with Dr. Emer Curran



Padraig and Marian Moloney, whose son Colin's organs were donated with Tony Gavigan, Pat O'Sullivan and Peter Heffernan, Transplant Team Ireland





Why do we find it so difficult to forgive ourselves?

Life is rarely straightforward is it? Life presents us with a multitude of experiences; the experience of loving and being loved, of growing and developing to failing or falling down at times, of embracing opportunities or bypassing them, of facing challenges of different magnitudes that will build our resilience or undermine it, of behaving maturely and sometimes immaturely.

None of us travels the road of life without experiencing moments when we have felt hurt by someone or when we have hurt another. We have all done it, perhaps not often but we have all done it; said the wrong word or had the wrong word said to us, made the wrong decision or having a decision taken out of our hands, taken the wrong turn, blamed others or ourselves for our misfortune. Most of the time hurting or being hurt happens accidentally but, sometimes, we do it on purpose, we set out to hurt someone.

Life is demanding with its own set of pressures and stresses. These, and other factors, contribute to how we view life and to the way we behave. There may be moments when, through our anger or frustration, we behave irrationally and it is within this that we can hurt or be hurt. The end result of our lashing out at others – even when we didn't mean to – is embarrassment and guilt. Recognising this we may seek and receive forgiveness from others. While we can accept the forgiveness of others what is often more perplexing and often more difficult to do is to forgive ourselves.

WHY CAN'T WE FORGIVE OURSELVES?

What is it in us that fuels our desire to withhold forgiveness of self and to punish ourselves? Why do we place this burden of guilt on our shoulders and feel in some way content to carry it around...in some cases for many years or even a lifetime? Do we feel

that by forgiving ourselves we are in some way condoning our actions or what we have done? Do we use our difficulty in forgiving ourselves as a mechanism to confirm the way we – and only we – see ourselves? In other words seeing ourselves as people who have little worth and value? This is a form of self-condemnation which undermines our sense of self and positive self regard. Rather than see and accept ourselves as we are – with all our talents and limitations – we opt or prefer to see ourselves in a lopsided way seeing only that part of ourselves that confirms our view of self. We trick ourselves into believing this is who we are rather than broadening our perspective and taking a more balanced view.

ARE THERE STEPS I CAN TAKE TO ENABLE ME TO FORGIVE MYSELF?

To forgive ourselves is a process, something that may not happen immediately but may, depending on

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.

circumstances, take a lot of time. What follows may be of some help to you.

If you find it difficult to forgive yourself, ask yourself why? What is it that blocks you from taking the step of forgiving yourself? Sometimes it can be helpful to reflect on your life and relationships. Is there a pattern there that might point to self-forgiveness being an issue? Have you in life – for as long as you can remember – always blamed yourself for whatever has befallen you?

It can be helpful to keep in mind that, generally, we try and do our best in life, albeit there are times and circumstances in which this may be difficult. It is helpful to be honest with yourself but also FAIR.

Not one of us have walked the road of life without making a mistake and probably many mistakes. Mistakes are part and parcel of life. 'Learn from your mistakes' is a well-known and often heard phrase which underlines that mistakes can be positive, particularly when we are open to learn from

them.

If our mistake affects someone else, then we may feel it appropriate to apologise and ask the other to forgive us. This not only reflects our maturity but can also enhance our sense of self-value. In addition, if we can do this, we are giving ourselves permission to close this chapter in our life and leave it in the past. We can then move on with life and face the next and the many future challenges life will present.

It is traditional, at Christmas, to give and receive gifts. Perhaps this year we might include ourselves on our gift list and consider the most appropriate gift we can offer ourselves is the gift of self-forgiveness. It may take some time to unwrap but it is a beginning.

Happy Christmas to you all.

My thanks to the
DUBLIN NORTH BRANCH for their
invitation to make a presentation
at their monthly branch meeting
in November.



By MIKE KELLY



*May I wish all
of you a very
enjoyable
and restful
Christmas
and may
2018 be a
year of
peace for
you all*



WHEN YOU FORGIVE,
YOU DON'T CHANGE
THE PAST,
BUT YOU DO
CHANGE THE FUTURE

Mike can be contacted
at **Donor House** on **01-6205306**
or by email: **mike@ika.ie**

'Gift of Life'

DAN'S STORY



Dan Shiel with his kidney donor Mary Moore. This photo was taken at Dan and his fiancée Hazel's wedding which took place on July 21st July this year. They all had a great day.

On May 24th 2013 my father died suddenly from a heart attack. He had kidney problems for 4 years and was on dialysis. He was attending Tallaght hospital 3 days a week initially but this went to 4 days. Within a few weeks of my father's death I got very ill and was referred to Tullamore hospital where I was diagnosed with kidney failure. It is not proven what caused this - if it was hereditary or high blood pressure? I was transferred to Tallaght hospital under Dr Mellotte.

By August, 2013 I was on CAPD dialysis which continued for 16 months when I had to have an operation for a hernia. As my blood results were not good I had to change to haemodialysis before the operation. I remained on haemodialysis until my transplant on March 21st, 2016.

From 6 months of being diagnosed I was put on the transplant list. The team had always told me it wasn't going to be easy for me to find a donor with my blood group.

My fiancée Hazel's nephew, David, rang her one day as she was leaving work to say their neighbour Mary Moore was considering donating a kidney to me. She wanted more details of how she could do this. Hazel was very shocked that someone would do this for someone they hardly knew. Mary had only met me on one occasion at this stage. Hazel suggested that Mary should firstly read the IKA Beaumont Hospital Book 4 '*Thinking of Donating a Kidney?*'. Mary did this and was still determined to donate and pursued the whole procedure herself with Beaumont.

Although I was aware that Mary was still pursuing being my donor it was totally to the back of my mind as I never expected it to happen. We did meet, one evening, as requested by Beaumont, for coffee and a chat so we were at

least acquainted beforehand. Approximately 6 months later Beaumont rang me to say that Mary was a good match and they were very happy to go ahead with the transplant on March 21st.

I had to undergo more tests which went well. Both Mary and I had to attend Beaumont on the same day for more tests and to ensure there was no change of mind regarding the transplant. Mary's husband, Johnny and my fiancée Hazel also attended. Mary was very adamant to donate knowing that she could change her mind at any time.

We were both admitted on March 20th and the following morning Mary was taken down first for surgery and, shortly after, I received my kidney transplant. Everything went as well as we could have wished and straightaway the benefits of my new kidney were obvious in me.

For Mary her recovery was much slower but, thankfully, there were no major problems and she made a great recovery. She tells me she never felt better.

MARY'S STORY

One morning, in May 2015, I awoke with an overwhelming sense that I should offer to be tested as a possible kidney donor for Dan Shiel. It was totally out of the blue and a thought that I tossed aside as quickly as I could. After all there was no possible way I could be a match or compatible. If we were related to each other of course I wouldn't hesitate, but Dan was a total stranger. I had met him at his fiancée's birthday party, and following his diagnosis asked about his health, now and again, when chatting to her mother but otherwise I knew nothing about him.

Hazel's family and my husband have been good friends and neighbours for over fifty years, and when I moved down the lane thirty odd years ago I was still included in that warm circle. So when the notion of donation kept nudging me,

topped with a huge certainty that I was to trust in God's will, I finally made contact with Hazel on May 23rd and offered to be tested. And from there on began a long, but very worthwhile and fulfilling journey.

With Dan's consent I contacted the Beaumont transplant co-ordinators and, having confirmed that my blood group was suitable, the ball was rolling for a non-related kidney donation. Questionnaires were forwarded for completing, supporting documentation supplied and appointments made and kept for a battery of

tests and examinations. Every few months I was recalled for further blood, urine tests and tissue typing. The transplant team were adamant that my children were informed and consulted (a step I had been reluctant to take so early in the journey in order to protect them from worrying) and that my husband would attend for a meeting so that his support could be confirmed.

Well into the journey we met the welfare officer and psychologist for assessment of my state of mind and to ensure we understood the possible risks, the surgical procedure, recuperation process and supports necessary at home throughout. More blood and urine tests followed and, finally, the appointment arrived to meet the surgeon. It looked like the end of the road might be in sight.

Dan and I were asked to attend together for final testing and, at last, we were told that unless there was a change to the antibody situation we were compatible. Ten months from the start of the journey the surgery took place.

From day one the transplant co-ordinators and transplant team were kind and welcoming, always reassuring me that if at any stage, right up to surgery time, I changed my mind there was no problem. They were extremely anxious to ensure I was under no pressure to donate. Dan and Hazel deliberately avoided contacting me so that I would never feel obliged or pressurised to continue. Every precaution was taken from beginning to end to make sure that this kidney donation was freely made with no payment sought or received and that no pressure or obligation was felt to follow through with the surgery.

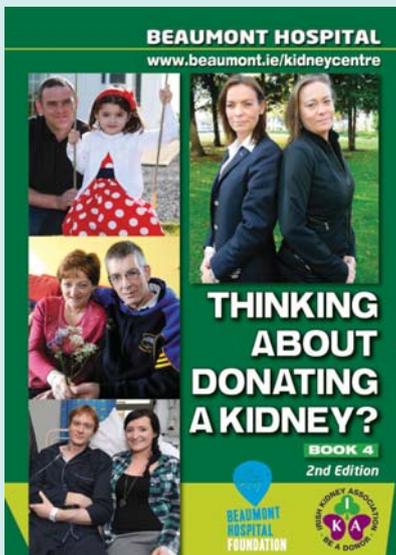
On March 20th, 2016, Dan and I were admitted to Beaumont for surgery the following day. The hospital chaplain visited me and very kindly prayed with, and for me. I slept soundly, never doubting that this was the right thing to do. Around eight o'clock in the morning I was wheeled into theatre still reassured that it was okay to change my mind. Kindness and professionalism reassuringly surrounded me.

After the surgery the care and comfort I received was amazing. I felt shattered and vulnerable but, at the same time, nurtured and cosseted. I was reassured that Dan's surgery had been successful and the kidney was functioning. The day after surgery Dan himself came to visit me – he looked far better than I and positively glowed with pride at his kidney's performance. The sense of joy and pride I felt could not be measured. To see the result of the donation so quickly and at first hand was an absolute gift.

My family got to know Dan during our time together in hospital and a relationship was quickly established. And that really was the icing on the cake – we received far more than we gave because not only have we the knowledge that on this occasion we did the right thing, and gained a new and lasting friendship into the bargain but also, as a family, we experienced at first hand the blessing and miracle that comes from organ donation – it was like observing a bloom open into its full glory. That was a wonderful gift to us.

Six weeks after surgery I visited Beaumont hospital for my post-op check up and was greeted like an old friend by the staff. By that stage I had fully recovered and was bouncing with energy. Every year I will receive a recall appointment to see a Consultant Nephrologist – the care continues long after the surgery.

This is a journey I will never regret, but rather will always treasure. I would like to take this opportunity to thank each and every member of the transplant co-ordination, surgical, nursing, welfare and psychological teams for their professionalism, wisdom and kindness.





“Better Health, Better Living”

PROGRAMME

This self-management programme, known as the “Better Health, Better Living” programme by the IKA, is designed to help people learn ways to manage many of the symptoms common to those living with kidney disease.

WHERE DOES THIS COURSE COME FROM?

The course was designed by Stanford University in California. It has international research to show that the course works for people with a chronic health condition. It is used by many organisations in Ireland, e.g. HSE, Arthritis Ireland, Irish Kidney Association, as part of their support to their members.

WHAT ARE SELF-MANAGEMENT SKILLS?

Self-management skills include the following:

- Solving problems and responding to your illness as it gets better or worse
- Maintaining a healthy lifestyle
- Managing common symptoms
- Making decisions about when to seek medical help and what treatments to try
- Working effectively with your healthcare team
- Using medications safely and effectively
- Finding and using community resources
- Talking about your illness with family and friends
- Adapting your social activities

- How to communicate effectively with your health care team
- Problem solving and decision making
- How to set manageable goals
- Managing your medications

WHO IS THE PROGRAMME FOR?

Anyone diagnosed with or on treatment for kidney failure. Family members can also participate in the programme.

IS THE PROGRAMME EFFECTIVE?

Arthritis Ireland have been running this programme for a number of years. A piece of research they conducted showed the following results:

- 50% improved ability to cope with their pain
- 72% increased amount of regular exercise
- 63% better attitude towards living with their condition
- 59% increased knowledge of their condition.

(Source: Self-management Arthritis Ireland - www.arthritisireland.ie)

WHAT IS INVOLVED IN THE PROGRAMME?

Six weekly meetings, each lasting two and a half hours.

WHAT TOPICS ARE COVERED?

The following topics comprise the six week programme:

- Managing pain, fatigue and difficult emotions
- Nutrition and exercise methods

WHO RUNS THE PROGRAMME?

Each session is run by 2 trained leaders - Harry Ward and Peter Pardoe. The leaders understand the challenges of living with the condition.

CAN AN IKA BRANCH ORGANISE A COURSE?

Yes. A branch in consultation with the trained leaders can organise and run a course. The Cork branch and two of the Dublin branches have already run successful courses.

If your branch wishes to organise a course, please contact Mike Kelly (mike@ika.ie) at Donor House.





21st WORLD TRANSPLANT GAMES



MALAGA, SPAIN

June 25th – July 2nd



Garry Campbell wins Gold in golf!



Marie O'Connor (centre)



Michelle Reinhardt McCabe, James Nolan, Kieran Murray, Tony Garland



Sinead McGowan



Deirdre Faul



Irish supporters in action



Lenny Ryan, Charlie Ryan



Peter Heffernan



Mike Keohane (left)



Rose & Paul Prendergast



Spanish team entering the Opening Ceremony



By **COLIN WHITE**
TEAM MANAGER

“You have the **OPPORTUNITY** to be **PART** of something very **SPECIAL** – **TRANSPLANT TEAM IRELAND.**”

Transplant Team Ireland is the name given to the Irish Kidney Association’s sports programme. However, any time I talk about the team I find myself talking of an extended family rather than an organisational structure. You will see this theme repeated through the other articles written about our 2017 World Transplant Games experience.

Our team is open to people on dialysis and transplant recipients and supporters (family and friends) are also welcome to get involved and they are also considered part of the family. I am often asked how one qualifies for the team, particularly

when it comes to travelling to overseas events. It is quite simple, if your medical team is happy for you to engage in your chosen sports, at an agreed level, then you are in. A good sense of humour and a spirit of adventure also help as well as a basic understanding of the rules of your chosen event(s).

The ‘Games experience’ is about so much more than being competitive. Our team is looking to simply inspire people to simply get active. If your goal is to complete the 5km road race at next year’s European Transplant & Dialysis Sports Championships in Sardinia (June 17-24) you are in. If you are aiming for gold in badminton, you are in. If you want to try a new sport or return to a sport of years ago, you are in. If you want to meet others who are also on the dialysis / transplant journey, you are in. Together we are stronger and together we can make an impact in terms of the promotion of organ donation.

Our team is not just a group of people who come together for one week a year to travel to a European or World event. Our team is an extended network of friends that is active 52 weeks of the year - a network of advocates for the importance and success of organ donation for transplantation and if you are not already a member, the door is always open...



contd. next page



Mike Keohane



Sheila Grogan



Angela Sherlock



Orla Hogan Ryan

In a traditional model, as Manager, my role would be to lead the team but I do not need to do this. The drive and motivation to move forward comes from within the individuals and the collective who make up the team. My role is as facilitator – to open the programme to as many people as possible and to put in any supports I can to allow people to achieve their goals.

Our programme is fortunate to have so many wonderful people involved. Our team captain, Harry Ward, is a force of nature! He makes things happen and gets people engaged and is always there for a friendly chat or a new introduction – and there is always laughter! There are so many others across the team who inspire by their actions, encourage with a quiet word or a loud holler when others are competing and who watch out for others so that everyone knows that they are valued.

Our 'back-room' team for the trip to the Games in Malaga were excellent, as always. Claire Kennedy, our team doctor, has a wonderful way of balancing the responsibility of looking after us all whilst being a friend and a supporter. During the week she would suddenly appear beside me with an ice cream or a drink just to make sure that I was looking after myself in the heat and this attentiveness was shown to all.

Sarah May has been our travelling reporter for many years now and she has seemingly perfected the ability to be everywhere and covering all stories and always with a smile! With Gwen O'Donoghue back in Ireland we were

assured that the team's exploits would be spread far and wide and more importantly the importance of organ donation for transplantation would be driven home in a very public and positive way. Mark Murphy covered all the bases. Whether it was transporting people, providing necessities (the shade at the athletics was great) or keeping everyone entertained - the Duck Race was a memorable event! He is ever present and always willing to slot in where he is needed.

As an executive member of the Council of the World Transplant Games Federation I had a busy run in to the Games in Malaga and had to travel out ahead of the team. I and a small number of other team members were in the team hotel in advance of our main travelling party's arrival. Watching the bus pull in and seeing how the team had clearly gelled brought a smile to my face and I knew

that we were going to have a good week! On a personal note, I was delighted to be re-elected to my Federation role at the General Assembly.

From the other articles in this magazine about our Games experience you will see that our team indeed had a wonderful time! I always find it very moving to listen to our athletes and their sense of appreciation to their donors and donor families. Everyone's donor has a special place always and many find that their participation in the Games is a small way in which they can give thanks to their donor by leading a healthy and active life and playing a part in the promotion of organ donation.

If you are on dialysis or are a transplant recipient you have the opportunity to be part of something very special – Transplant Team Ireland. In 2018 you have the opportunity to



Gwen O'Donoghue, Sarah May

represent your country at the European Championships in Sardinia. I am looking forward to sharing the Games experience with my wife next year as she competes in the dialysis category. Get in touch and grab your opportunity...!

“We had plenty to cheer about...”

Saturday June 24th had finally arrived and Transplant Team Ireland met in Dublin airport at the start of another adventure that would see us take part in the World Transplant Games in Malaga, Spain.

All the team members were there early to check-in suitcases, golf clubs and bikes. Our wonderful supporters were ready and willing to help if anyone needed it. With everyone in full team kit we turned heads at the airport and with Transplant Team Ireland in large print on our team tops it was clear who we were.

I am always amazed at the level of excitement and happiness of all the team and our supporters. When we meet new team members for the first time, within a few minutes they are just like part of the happy family that is Transplant Team Ireland.

Just to mention at this time, I always think of our fellow team members who are on dialysis and unable to take part in the World Transplant Games – this could be your year, fingers crossed!

When we pulled up to our team hotel in Malaga it was right on the beach and it turned out to be perfectly located in terms of local amenities and proximity to the sporting venues.

Games week was busy for both competitors and supporters with early starts and a few late nights! We had plenty to cheer about as each day the medal tally continued to grow – well done to all on medals won and personal goals achieved.

The Irish team is well-known for our sportsmanship, fairness and for supporting teams from all over the world. The Games were a great success for our team. I would like to thank family members of some of the team who maybe only came over for a day or two to support their loved one but ended up supporting us all.

At the end of a long and busy week it was time to say goodbye to old



By **HARRY WARD**
Team Captain

friends and new. We will see some at the European Transplant & Dialysis Sports Championships in Sardinia next year and others we will see at the World Transplant Games in Newcastle, England in 2019.

I would like to thank Colin White for all the hard work, time and effort he puts into making Games week special for so many people. I want also to mention his lovely wife Chikoyo for her understanding and

‘lending’ Colin to the team so he can look after us all.

I would also like to thank Mark Murphy who is always on call and ready to do what is necessary to ensure that the team has the best possible experience at the Games. Claire Kennedy, it is a great comfort for team members (competitors and supporters alike) to know that you are watching over us, thank you.

As for our news reporter Sarah May, what can I say...? Great job making us all sound very good on paper! It was great to have Valerie Brady back with us again – thank you Valerie for all your words of encouragement and being there at all the events.

We are already actively looking to 2018 and the European Transplant & Dialysis Sports Championships that will be held in Cagliari, Sardinia in June. If there is anyone on dialysis who would like to get involved, please get in touch. You will be more than welcome and given the wide range of sports on offer, you do not necessarily need to be super fit.

Take it from me as one who went to the Europeans whilst on dialysis, you will not regret making that first move!



WORLD TRANSPLANT GAMES 2017



Sinead McGowan, Michelle Reinhardt McCabe



Rachel Eagleton



Tony Gartland

TRANSPLANT TEAM IRELAND – MEDAL TABLE –

Name	Event	Medal
Garry Campbell	Golf Team	Gold
Garry Campbell	Golf Singles	Gold
Michael Dwyer	Golf Team	Gold
Michael Dwyer	Ball Throw	Silver
Rachel Eagleton	Tennis Singles	Silver
Deirdre Faul	Squash	Gold
Deirdre Faul	100m Breast Stroke	Gold
Deirdre Faul	200m Freestyle	<i>World Record</i> Gold
Deirdre Faul	400m Freestyle	<i>World Record</i> Gold
Tony Gartland	5000m Race Walk	Silver
Ron Grainger	100m Track	Bronze
Sheila Gregan	Virtual Triathlon	Bronze
Peter Heffernan	50m Back Stroke	Bronze
Mike Keohane	Discus	Silver
Mike Keohane	5000m Race Walk	Silver
Mike Keohane	Darts Triples	Bronze
John McAleer	Golf Singles	Bronze
Michelle Reinhardt McCabe	100m Track	Gold
Michelle Reinhardt McCabe	Long Jump	Gold
Sinead McGowan	400m Track	Gold
Sinead McGowan	Virtual Triathlon	Gold
Sinead McGowan	1500m Track	Silver
Sinead McGowan	5km Road Race	Silver
Kieran Murray	Golf Singles	Bronze
Marie O'Connor	Golf Singles	Gold
Marie O'Connor	Petanque Singles	Bronze
Pat O'Sullivan	Long Jump	Bronze
Charlie Ryan	Petanque Singles	Gold
Charlie Ryan	Darts Singles	Gold
Charlie Ryan	Darts Triples	Bronze
Leonard Ryan	Darts Triples	Bronze
Leonard Ryan	Petanque Singles	Bronze

MEDAL TABLE – 32 MEDALS – 13th Place

Gold
14

Silver
7

Bronze
11



THE FULL IRISH TEAM WAS:

NAME	COUNTY	NAME	COUNTY
Connie Brosnan	Kerry	John McAleer	Antrim
Anthony Byrne	Dublin	Sinead McGowan	Australia (via Galway)
Garry Campbell	Wicklow	Kieran Murray	Donegal
Michael Dwyer	Dublin	Aoife Murray	Dublin
Rachel Eagleton	Meath	James Nolan	Kildare
Deirdre Faul	Dublin	Patrick O'Sullivan	Cork
Patrick Anthony Garland	Carlow	Marie O'Connor	Clare
Tony Gavigan	Meath	Paul Prendergast	Dublin
Ronald Grainger	Dublin	Michelle Reinhardt McCabe	Monaghan
Sheila Gregan	Tipperary	Charlie Ryan	Cork
Peter Heffernan	Dublin	Lenny Ryan	Dublin
Orla Hogan	Tipperary	Angela Sherlock	Spain (via Dublin)
Michael Keohane	Cork	Harry Ward	Dublin
Michael Kiely	Cork		



Pat O'Sullivan, Sheila Gregan, Sinead McGowan, Kieran Murray, Rachel Eagleton



Charlie Ryan, Marie O'Connor, Lenny Ryan



By **PAT O'SULLIVAN**

“We **CONGRATULATE** the person who crosses the line **LAST** as much as we **HUG** the person who comes **FIRST.**”

On Sunday October 23rd, 2016, I attended my first Transplant Team Ireland get together in the ALSAA Sports Complex next to Dublin Airport. From the time I walked in I was made feel welcome and very much part of the team.

Team captain, Harry Ward, encouraged me to play his favourite sport, badminton, a game I had never played before. Harry is the perfect Captain, he introduced me to everyone and each month after that when I made the trip up from Mallow to attend these sessions Harry made sure I knew anyone new that was there. These sessions are great bonding sessions for competitors going to the Games so you do not turn up cold to the airport on the way not knowing who your team-mates are.

May 21st was the presentation of our gear for the Games. The team gathered for the presentation and a wonderful motivation speech by Kilkenny hurler Michael Fennelly - even as a Cork man I was impressed with the insights from Michael, on how athletes should prepare for a big event.

Saturday June 24th I left Mallow heading for Dublin airport to represent my country for the first time, butterflies in my stomach. I stopped in Mitchelstown to pick up another first-time competitor in the Games, Michael Kiely. Michael and myself arrived in Dublin airport to meet the rest of the team and board our Ryanair flight to Malaga. World Transplant Games here I come!

When I was put on the transplant list first my goal was to compete in the World Games in Argentina in August 2015. In August 2015 I got

the 'gift of life'. Going to the 2017 Games was to honour my donor, their family and my own family who had gone through so much with me.

I had been an athlete in my younger days. I ran, jumped, and played rugby and soccer at various different levels so coming to the Games was my chance to relive those days. I was going to run in the 100m, 200m and compete in the Long Jump all in my own age category. I had also entered the Golf, both singles and team, but my focus and training was all about the track.

The Opening Ceremony was held in a bull ring in the centre of the city of Malaga - a wonderful amphitheatre. Just before we left our hotel I was asked by our Team Manager, Colin, and Team Captain, Harry, to carry the tricolour into the stadium. Walking into the fantastic atmosphere carrying my national flag was a wonderful



Pat O'Sullivan, Rachel Eagleton



Mike Keohane



honour. Sitting in the hard seats watching the rest of the Opening Ceremony not so great!

Our hotel in Malaga was fantastic, right on the beach. Straight away little friendships were developing amongst us. Each day after our 6am starts we would unwind on the beach for a half hour before going to dinner. These were long days. The buses for most events would leave the hotel at 7.05 each morning so it was up at six, have breakfast and out the door.

The golf tournament was played in Guadalahorca Golf Club on the edge of Malaga. The rounds were played in 35 degrees of heat and lasted between 6 and 7 hours, even the practice round took 6 hours.

My first event was the singles golf – standing on the first tee I took a moment to look to the blue sky, thank my donor, their family and everybody else that had helped me to get here. That night after the event I was so tired I could not keep my eyes open during dinner, I thought I would have to be spoon fed! I was in bed at 9pm!

Wednesday night was culture night. We went to the Automobile and Culture Centre. This was brilliant with all 51 countries that were competing in attendance, some in national costume and some of the Irish in their O'Neills GAA jerseys. We all soaked up the music and the food. The golfers were the first to leave - as with Tuesday they had an early start and the prospect of a long day in the sun on the golf course.

My wife and two children arrived to watch and support me compete on

Thursday. This was a huge deal for them because they had seen how I had suffered over the years through my illness and now I was healthy enough to compete at the Games.

On Friday morning I was up again at 6am, my first event on the track had been brought forward to 8am. I needed to eat and get to the stadium as soon as I could. We arrived there at 7.40, the bus journey was a nightmare, I thought we would never get there. I couldn't miss my first event, not after the year long training I had put in to get there.

I arrived at registration and went straight down to the track getting there just before start time as I thought. I did a few quick warm-up stretches, a couple of jumps into the pit and decided I needed one more jump before the event started just to get my run-up perfect. I jumped into the pit and pulled a muscle. The short warm-up had come back to haunt me. I was in tears, why, after all the training was I going to be denied a chance to compete. Our Doctor Claire Kennedy came down, we spoke about what I wanted to do, I just wanted one jump. I knew competing in my two sprint events was now out of the question so I wanted to put everything I could into the Long Jump and deal with the consequences later.

We strapped up my leg, I took two Panadol and took my first jump, a foul jump, second jump foul, I had no idea how to hit the board as I was carrying one leg, Team mate, Kieran Murray, from Donegal came up to me and gave me enough encouragement to

get my third jump in.

Standing on the podium to collect my bronze medal with the tricolour raised in the air and my family, friends and other competitors from the team roaring me on with encouragement was a very proud moment for me.

The Transplant Games is a wonderful way to show how the gift of transplantation and organ donation can change a person's life. I met some wonderful courageous people from all over the world. These competitors had heart, lung, liver, pancreas and bone marrow transplants as well as others with kidney transplants, like myself. I hope to be meeting these friends for many more years at future Games.

The publicity I received from local media before, during and after the Games all concentrated on the fact that not so long ago they were writing and talking to me about being on dialysis or the transplant list. Now they were talking about me being a world medallist - people are still stopping me in the street congratulating me on getting there and saying how great it was that I could compete.

As a first-time competitor all I can do is encourage all of you to think about competing at a future Games. There is a sport to suit all, nobody expects you to break world records even though we did have a few of them. We congratulate the person who crosses the line last as much as we hug the person who comes first. It is a wonderful second family to have. I look forward to meeting each and every one of them every time. Roll on Sardinia 2018 and Newcastle 2019.



Monty Summers (Australia) with James Nolan, Michelle Reinhardt, McCabe, Kieran Murray



Claire Kennedy, Rachel Eagleton



Darts triples team Charlie Ryan, Lenny Ryan and Mike Keohane with Australian competitors/friends.



Mags and Aoife Murray



Deirdre Faul on the medal podium at the pool



Peter Heffernan

“Being part of **TRANSPLANT TEAM IRELAND** allowed me to **CHALLENGE** myself...”



By
KIERAN MURRAY

My name is Kieran Murray. I have had two kidney transplants, the first in 2000 and my most recent in 2013. I first got involved in transplant sports in January 2014.

A college friend told me all about the Transplant Games and the different sports that are on offer (running, darts, bowling, golf, swimming, petanque and more). Having a great interest in sport and realising that my involvement in the Games would give me a good opportunity to create awareness of the benefits of organ donation, he had my attention.

I met up with members of Transplant Team Ireland for the first time in the ALSAA Sports complex in Dublin where I was immediately made feel welcome. Transplant Team Ireland is not just a team but a family who share the same goals. Before meeting Colin White (Team Manager) I played golf and after the meeting I decided to challenge myself by signing up to compete in the 5km road race, and the 1500m, 800m and 100m relay on the track as well as the golf.

Being part of Transplant Team Ireland has also allowed me to travel the world meeting people with similar circumstances from other countries, making lifelong friends along the way. I have travelled to Poland, Argentina, Finland and Spain (2 European and 2 World Games). The Games experience is more than just one week a year, it is also about life-long friendships spanning the globe.

MOST RECENT GAMES

My most recent Games was the World Transplant Games in Malaga this year. Everyone in our team of 27 athletes mixed very well and supported each other throughout every event.

My first event was the 5km Road Race in which I competed against old friends that I had competed with before, along with new competitors that had moved into my age category from two years previously. Finishing only



11 seconds off my PB, I was delighted with my time and a 7th place finish.

I feel that anyone who completes a 5km after having an organ transplant is amazing - a winner by just being there and being able to take part to the best of their ability. During the rest of the Games I competed in two golf competitions winning bronze in the singles and even though I didn't win anything in the doubles competition I enjoyed the experience and met some great people.

Friday and Saturday saw me compete in my final events, the 1500m, 800m and the 400m relay races. I really love these events as they are all on the track and the atmosphere is just electric.

FAVOURITE PART OF THE GAMES

My favourite part of the Games is meeting with friends, old and new, and seeing so many inspirational people compete in sport they love that is only made possible by the generosity of their donors. Even though Malaga had long days which went from 7am to 10pm it was the most enjoyable week in the year for me and I am already looking forward to going to Sardinia in 2018 for the European Championships. I love running and every day I train I thank my donor for giving me the opportunity to be able to run and to enjoy my new lease of life.

My advice to anyone considering joining Transplant Team Ireland is to just do it. It is the best thing I have ever done. I have seen my health go from strength to strength, so much so that I feel that even after having two kidney transplants I am the fittest and healthiest that I have ever been in my life. I have met the most wonderful and inspirational people.

Joining Transplant Team Ireland has given me a reason to exercise with a goal to aim for at the end of it. I feel now that I have joined a second family and am so proud to be part of it.



James Nolan, Michelle Reinhardt McCabe, Kieran Murray, Tony Gartland



By
AOIFE MURRAY

“Becoming part of **TRANSPLANT TEAM IRELAND** is one of the **BEST** and most **SPECIAL** things I have done.”

Before I met the group it was daunting as I didn't know what to expect. I felt like I would be 'the new person' joining an established group. But this really was not the case. From the first trip to ALSAA I knew I was part of something really special and this was the friendliest group of people to be sharing this journey. I was made part of the family from day one.

Becoming part of the Games all became real when myself and my mam turned up at Dublin Airport to fly to Malaga. It's only when you see everyone in team tracksuits, athletes and supporters that you realise what is just about to happen.

We are going to be competing for our country on a world stage at these Games, promoting the benefits of organ donation and doing it for our donors. Proving to ourselves, and others, that there is an amazing life after transplantation if we just grab it. The excitement and anticipation was unreal!

My event was first up on the schedule, this is when it hit home that this was a world event. I got on the bus at 7.15am and travelled to the grounds with 5 other nationalities. It's such an amazing experience to be interacting and competing with people from so many different countries. Plus, everyone has one thing in common, somebody somewhere has donated them an organ and saved their lives.

It's one of the biggest things for me personally to be surrounded by people that have been through what I've been through, all with their own stories to tell or not tell and to just be normal in a group for the first time ever.

So much of your support throughout the week comes from the team itself. We have a great background team behind us all the way. If there are questions, worries or confusion about absolutely anything, Colin and Harry are on hand to give answers, reassurance and the best advice while having great fun along the way!

We are lucky enough to travel with our own team doctor, the amazing ever present Claire who looks out for all of us throughout the week without us even realising. As does Sarah May our very own Blogger/Buddy to all, sending our important message and the team's progress throughout the week back home to Gwen to work her magic and spread to our followers and the general public in Ireland.

As for the other members of the team, they really are another family. When they're not competing themselves, they are out around stadiums supporting those of us that are.

Becoming part of Transplant Team Ireland really does mean you have a team support behind you before, during and after the games.

There is always someone on the team WhatsApp group celebrating good news and sometimes getting bad news. Everyone gets behind everyone else through the good and the bad, which is what families are all about!



Sinead McGowan, Sheila Gregan

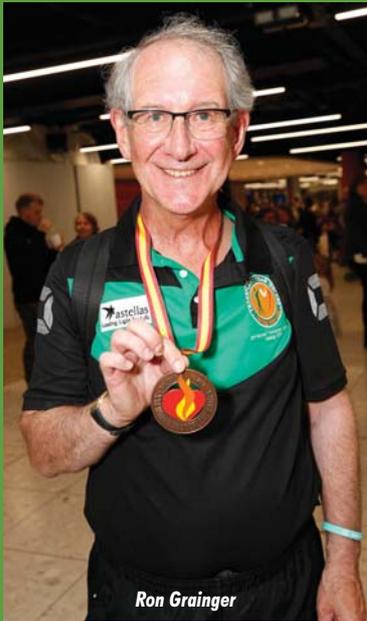
For anybody considering taking part in the Games for the first time, from a first-timer, I would just say do it, you won't regret it for a second. It's a wonderful experience with special people and I intend to continue my involvement for many years to come!



Connie Brosnan, Mike Keohane, Mike Kiely, Aoife Murray, Anthony Byrne, Pat O'Sullivan, Marie O'Connor



Patricia Carty and Peter Heffernan



Ron Grainger



Orla Hagan Ryan, Sheila Gregan



Rachel Eagleton, John McAleer, Deirdre Faul



Charlie Ryan



Charlie Ryan, Michael Dwyer, Garry Campbell



Pat Looney, Teresa Looney, Connie Brosnan



Lenny Ryan



Michelle Reinhardi, Sinead McGowan



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CLARE

By MICHAEL MESCALL

EILEEN O'HALLORAN MEMORIAL SCHOOL QUIZ

Teach Ceoil Kilrush was the venue for the IKA School Quiz in October. The 2017 winners were Clohanbeg N.S. in first place, Moveen N.S. second and Cree N.S. in third place. Thanks to all the pupils that participated and thank you to their parents and teachers who travelled to Kilrush to support the school teams.

We are grateful to Ann, Vincent and Vinny O'Halloran who instigated the quiz in memory of their beloved daughter Eileen, RIP.

Thanks are also extended to Kathleen Lynch, Chloe Cahill, Carmel McCormack, Val Eustace and Branch Secretary Michael Mescall for their kind assistance. May I also extend thanks, once again, to quiz mistress Ann Hayes.

CHRISTMAS SOCIAL

Our Christmas social was held on December 3rd at the Old Ground hotel in Ennis. Deputy Mayor of Ennis Ann Norton, IKA Honorary National Chairman John Whelan, Fr Tom Hogan, Ennis, Eileen Cassidy, B Braun Wellstone Clinic Galway, and Staff Nurse Sally Hogan, UHL renal unit were all invited guests.



Vinny O'Halloran presents the Eileen O'Halloran Memorial Shield and trophies to the students from Clohanbeg N.S. who took first place in the IKA School Quiz. Also pictured is their teacher Mr Pat Comber,

A warm welcome was extended to the renal patients, transplant recipients, their carers, branch members and our many volunteers.

Our Chairperson, Peggy Eustace, spoke about the main aim of the Association and she thanked the branch members and volunteers for their support throughout the year in promoting organ donor awareness whilst also supporting our various fundraising initiatives.

She also acknowledged and thanked the medical and nursing staff, in the renal units who, due to their commitment and dedication, have enhanced the lives of our patients.

Fr Hogan was thanked for his sensitivity and compassion in celebrating our annual Mass of Remembrance and Thanksgiving in Ennis.

Transplant recipients were invited to light a candle over the Christmas period in memory of their donor.

Following a delicious meal all enjoyed an evening of fun, great music and dancing.

CHEQUE PRESENTATION RE WEST CLARE WALK

On the night Vincent O'Halloran, Chairman of the IKA West Clare Walk Committee, presented a cheque for €11,355 to IKA Branch Treasurer, Gerry Moran.

Thanks to all who took part in the walk and a special thank you to all who contributed so generously. Be assured your continued support is greatly appreciated.

Sunday, 6th May is the date selected for our Walk in 2018, a date to note in your diary.



Michael Mescall, Clare IKA branch Secretary presented second place trophies to the students from Moveen N.S.



Peggy Eustace, Clare IKA branch Chairperson presented third place trophies to the students from Cree N.S.

SYMPATHY

We extend our deepest sympathy to the families of the late Esther McGrath, Annaghneal O'Callaghans Mills and the family of Danny Hayes, Lisbawn, Kilmihil. May they rest in peace.

CHRISTMAS GREETINGS

May I take this opportunity, on behalf of the branch, to wish our renal patients, transplant recipients, their families, members of the medical profession and nursing staff of the renal units and transplant centre, branch members and volunteers áir gcáirde go léir san IKA Nollaig faoi shéan agus faoi mhaise daoibh go léir.



Clare branch treasurer Gerry Moran accepting a cheque for €11,355 from Committee Chairman Vincent O'Halloran. Also pictured is Peggy Eustace.



Noretta Clifford and her husband Shane with their son Seamie



Chloe Cahill and Aoife Drummy



Aaron and Ria Higgins



Mary Abbott and Nancy Riordan



Joe and Geraldine Grace



Mary and Martin Abbott with Martin Fitzgerald



Eoghan and Angela O'Neill, Sally Hogan, IKA National Chairman John Whelan and Eileen Cassidy



Clare IKA branch Chairperson Peggy Eustace, Deputy Mayor of Ennis Ann Norton, IKA National Chairman John Whelan and Gerry Moran, Clare IKA branch Treasurer,

CLARE CONTD.



Ruth Kelly, Mary and Dan McCarthy



John Quinn (living kidney transplant recipient) and Maureen Organ took time out for a photo at Quinn Fruit & Veg store in Ennis recently.



Declan, Garry and Catherine Forde and their friend Tom Connolly from Galway. Well done to the Galway folks who all went home with a spot prize following the Clare branch Christmas social.

CARLOW BY PAT MAY



Katie Gleeson, Ned Gleeson, Niall O'Meara, Kay Farrell, Susan Tobin, Secretary, IKA Carlow branch accepting the cheque from Bob O'Meara and Christy Farrell.



Bob O'Meara, Tommy Hughes, Ned Gleeson, Pat May, Susan Tobin, Nessa O'Meara

I would like to send a big 'thank you' to all the members and volunteers who helped us with our Church Gate Collection. Your help is really appreciated.

BEREAVEMENTS

We extend our deepest sympathies to the family of Robert Howard, Maganey and to the family of Johnathan Burroughs, Carlow who both died recently. May they rest in peace.

We would like to wish all our patients and volunteers a very

healthy and happy Christmas and New Year.

BARROWHOUSE/KILEEN TRACTOR RUN

The Tractor Run took place this year on the June Bank Holiday weekend. A total of 83 tractors took part and €2,900 was raised for the IKA. Organiser, Ned Gleeson, chose the IKA to benefit this year in memory of his brother Michael, a long-term kidney patient who passed away last year. Ned was ably assisted by Bob O'Meara, Nessa O'Meara, Niall O'Meara and Michael Moran and



were greatly facilitated by local publicans Kay and Christy Farrell, both on the day and on the night of the presentation of the cheque.

Welcome to this survey for dialysis and kidney transplant patients!

The European Kidney Patients' Federation would like you to give your opinion on treatment choices you have or had for end-stage kidney disease.

The aim of this survey is to learn from your experience when choosing dialysis or kidney transplantation.

We are researchers from the AMC hospital in Amsterdam conducting this survey as part of a large European research project (EDITH) (<http://edith-project.eu/>). The European Union strives for equal access to different forms of treatment for all European patients with end-stage kidney disease. The results of this survey will help to understand the current situation to improve quality of care.

Important to know: This survey is anonymous and takes 10-15 minutes to complete. Feel free to make a copy and give to other patients on dialysis or with a kidney transplant. You can also access and complete this survey online at...www.ika.ie

1. What type of treatment for end-stage kidney disease do you receive NOW? Choose one option.

- | | |
|---|--|
| <input type="checkbox"/> Haemodialysis (in hospital or dialysis centre) | <input type="checkbox"/> Kidney transplant from a living donor |
| <input type="checkbox"/> Home haemodialysis | <input type="checkbox"/> Kidney transplant from a deceased donor |
| <input type="checkbox"/> Peritoneal dialysis (APD/ CCPD or CAPD) | |

2. In which year did you start your CURRENT treatment? (Please fill out the year)

3. Are you on the waiting list for a kidney transplant from a deceased donor AT THIS MOMENT?

- | | | |
|--|--|--|
| <input type="checkbox"/> Yes Go to question 5 | <input type="checkbox"/> No Choose one of the 7 reasons below. | <input type="checkbox"/> I do not know |
| <input type="checkbox"/> I currently have a kidney transplant | <input type="checkbox"/> I do not want to have a kidney transplant | |
| <input type="checkbox"/> I cannot have a kidney transplant for medical reasons | <input type="checkbox"/> I cannot afford to have a kidney transplant | |
| <input type="checkbox"/> I expect to receive a kidney from a living donor | <input type="checkbox"/> My hospital does not offer kidney transplantation | |
| <input type="checkbox"/> I expect to be on the waiting list later on | | |

4. Have you EVER been on the waiting list for a kidney transplant from a deceased donor?

- Yes No I do not know

5. Did you ever undergo HAEMODIALYSIS (in hospital or dialysis centre)? Yes No

If Yes, why?

Tick the most important reasons with a maximum of 5.

- No other treatment possible
- I had to start treatment immediately
- My previous treatment failed
- Life expectancy
- Social life
- Quality of life
- Possible to work or study
- Possible to travel or go on holiday
- Flexibility to adjust the treatment schedule
- Treatment is affordable
- I feel safe in a dialysis centre
- Dialysis free days
- Professionals take care of me
- Company of other patients
- My doctor did not give a choice to me
- Other reason _____

If No, why not?

Tick the most important reasons with a maximum of 5.

- A kidney transplant was already available
- Treatment is not available in my hospital
- Lack of information about this treatment
- Haemodialysis was technically impossible
- Life expectancy
- Quality of life
- Many hospital visits
- Expensive
- Many dietary restrictions
- Negative impact on social life
- Difficult to work or study
- Difficult to travel or go on holiday
- Treatment schedule is not flexible
- Dislike of fistula/graft
- Fear of blood or needles
- Dislike of being with other patients
- My doctor did not offer this treatment to me
- Other reason _____

6. Did you ever undergo HOME HAEMODIALYSIS?

If Yes, why?

Tick the most important reasons with a maximum of 5.

- Effect on life expectancy
- Effect on social life
- Effect on quality of life
- Possible to work or study
- Possible to travel or go on holiday
- Flexibility to adjust the treatment schedule
- Limited number of hospital visits
- Independence with this treatment
- Dialysis more comfortable at home
- Treatment is affordable
- My doctor preferred this treatment
- No other treatment possible
- Other reason _____

Yes No

If No, why not?

Tick the most important reasons with a maximum of 5.

- A kidney transplant was already available
- Treatment is not available from my hospital
- Lack of information about this treatment
- I am medically not suitable for this treatment
- I did not want to have treatment at home
- Expensive
- Many dietary restrictions
- Effect on social life
- Difficult to work or study
- Difficult to travel or go on holiday
- Treatment schedule is not flexible
- Discomfort with no supervision
- Fear of self-needling
- No assistant available
- My doctor did not offer me this treatment
- Other reason _____

7. Did you ever undergo PERITONEAL DIALYSIS (APD/CCPD or CAPD)? Yes No

If Yes, why?

Tick the most important reasons with a maximum of 5.

- Effect on life expectancy
- Effect on social life
- Effect on quality of life
- Treatment is affordable
- Possible to work or study
- Possible to travel or go on holiday
- Flexibility to adjust the treatment schedule
- Limited number of hospital visits
- Independence with this treatment
- Dialysis more comfortable at home
- My doctor preferred this treatment
- No other treatment possible
- My previous treatment failed
- Other reason _____

If No, why not?

Tick the most important reasons with a maximum of 5.

- A kidney transplant was already available
- Treatment is not available in my hospital
- Lack of information about this treatment
- I am medically not suitable for this treatment
- I do not want to have treatment at home
- Effect on life expectancy
- Effect on quality of life
- Expensive
- Effect on social life
- Difficult to work or study
- Difficult to travel or go on holiday
- Treatment takes too much time
- Discomfort with no supervision
- Dislike of abdominal catheter
- Fear of peritonitis (peritoneal infection)
- Fear of gaining weight
- My house is not suitable
- No assistant available
- My doctor did not offer me this treatment
- Other reason _____

8. Did you ever receive a kidney transplant from a LIVING DONOR? Yes No

(It is possible that you are now on another treatment)

If Yes, why?

Tick the most important reasons with a maximum of 5.

- Effect on life expectancy
- Effect on social life
- Effect on quality of life
- Treatment is affordable
- Possible to work or study
- Possible to travel or go on holiday
- Possible to become pregnant
- Few dietary restrictions
- Limited number of hospital visits
- Lower risk of rejection
- I did not want to wait for a kidney from a deceased donor
- Independence with this treatment
- My doctor preferred this treatment
- Other reason _____

If No, why not?

Tick the most important reasons with a maximum of 5.

- No living kidney donor was available for me
- Deceased kidney donor was available for me
- Treatment is not available in my hospital
- Lack of information about this treatment
- I am not healthy enough for transplantation
- I am too old for transplantation
- I am preparing for transplantation
- Expensive
- I do not want to ask my family or friends to donate
- Concerns about the health of a living donor
- Fear of kidney transplantation surgery
- Fear that my body would reject the donor kidney
- Dislike of taking immunosuppressive medication
- I am against living organ transplantation
- My doctor did not offer me this treatment
- My doctor says dialysis is better for me
- Other reason _____

9. Did you ever receive a kidney transplant from a DECEASED DONOR? Yes No

(It is possible that you are now on another treatment)

If Yes, why?

Tick the most important reasons with a maximum of 5.

- Effect on life expectancy
- Effect on social life
- Effect on quality of life
- Treatment is affordable
- Possible to work or study
- Possible to travel or go on holiday
- Possible to become pregnant
- Few dietary restrictions
- Limited number of hospital visits
- Independence with this treatment
- No living kidney donor was available for me
- My doctor preferred this treatment
- Other reason _____

If No, why not?

Tick the most important reasons with a maximum of 5.

- Treatment is not available in my hospital
- Lack of information about this treatment
- I am not healthy enough for transplantation
- I am too old for transplantation
- I am currently on the waiting list
- Expensive
- Kidney lasts for less time than kidney from living donor
- Living kidney donor was available to me
- I do not want to wait for a kidney
- Fear of kidney transplantation surgery
- Fear that my body would reject the donor kidney
- Dislike of taking immunosuppressive medication
- I am against deceased organ transplantation
- My doctor did not offer me this treatment
- My doctor says dialysis is better for me
- Other reason _____

10. What was the **FIRST** treatment you received for end-stage kidney disease? Choose one of the 5 options.

- Haemodialysis (in hospital or dialysis centre) Kidney transplant from a living donor
 Home haemodialysis Kidney transplant from a deceased donor
 Peritoneal dialysis (APD/ CCPD or CAPD)

11. In which year did you start your **FIRST** treatment?

12. How long before the start of your **FIRST TREATMENT** were you told about different treatment options?

Choose one of the options below.

- No information received before the start of my first treatment 4-12 months before the start
 Less than 1 month before the start More than 12 months before the start
 1-3 months before the start

13. Please mark **ALL SOURCES** where you received information from. Mark all that apply.

- Nephrologist Nurse Brochure/booklet Kidney patients organisation
 Other doctor Other kidney patients Website/internet

14. Please rate your satisfaction with **ALL THE INFORMATION** provided for each treatment at any point in time.

Also rate your satisfaction with information for treatments you never received. Choose one option per treatment.

	No info received	Very good	Good	Neutral	Bad	Very bad
Haemodialysis	<input type="checkbox"/>					
Home haemodialysis	<input type="checkbox"/>					
Peritoneal dialysis (APD/CCPD or CAPD)	<input type="checkbox"/>					
Kidney transplant from a living donor	<input type="checkbox"/>					
Kidney transplant from a deceased donor	<input type="checkbox"/>					
Conservative management <i>(treatment including medication and diet instead of dialysis or kidney transplantation)</i>	<input type="checkbox"/>					

15. In general, how was **THE DECISION** about the type of treatment you receive, made? Choose one option.

- I make the decisions alone
 I decided, but I took my doctor's opinion into serious consideration
 My doctor and I decided together
 My doctor decided, but took my opinion into serious consideration
 I left the decisions to my doctor
 My doctor decided without considering my opinion

16. Please mark **ALL PEOPLE** that influenced your decision about the type of treatment you receive. Mark all that apply.

- Husband/wife or partner Other kidney patients Employer/ supervisor at work
 Other family members My doctor Another person
 Friends My nurse Nobody

17. Please rate your satisfaction with the way **DECISIONS** are made on the types of treatment you receive.

Choose one option.

- Very good Good Neutral Bad Very bad

18. What was or is **YOUR EXPERIENCE** with each type of treatment for end-stage kidney disease you ever received? Please tick 'No experience' if you never received this treatment. Choose one option per treatment.

	No experience	Very good	Good	Neutral	Bad	Very bad
Haemodialysis	<input type="checkbox"/>					
Home haemodialysis	<input type="checkbox"/>					
Peritoneal dialysis (APD/CCPD or CAPD)	<input type="checkbox"/>					
Kidney transplant from a living donor	<input type="checkbox"/>					
Kidney transplant from a deceased donor	<input type="checkbox"/>					

19. In your opinion, what is important when deciding about choice of treatment? Choose one option per row.

	Very important	Important	Neutral	Unimportant	Very unimportant
Survival	<input type="checkbox"/>				
Quality of life	<input type="checkbox"/>				
Costs	<input type="checkbox"/>				
Social life	<input type="checkbox"/>				
Work or study	<input type="checkbox"/>				
Travel or holidays	<input type="checkbox"/>				
Flexibility to adjust the treatment schedule	<input type="checkbox"/>				
Dietary restrictions	<input type="checkbox"/>				
Independence	<input type="checkbox"/>				
Safety	<input type="checkbox"/>				
Convenience	<input type="checkbox"/>				
Body appearance	<input type="checkbox"/>				
Frequent contact with health care professionals	<input type="checkbox"/>				
Company of other patients	<input type="checkbox"/>				

20. Which country do you live in? Choose one option.
 Ireland Malta United Kingdom Other country, namely

21. What is your gender? Male Female

22. Year of birth

23. Which full-time education have you completed? Choose one option.
 No school Secondary school Vocational training/apprenticeship
 Primary school Higher education

24. What is your current marital status? Choose one option.
 Married Widowed Living together Single Divorced

25. What is your current employment status? Choose one of the 7 options below.
 Student Skip to Question 30. Unemployed Skip to Question 30.
 House wife/ house husband Skip to Question 30. Receiving a disability allowance or pension Skip to Question 30.
 Employed (including self-employed) and working Retired Skip to Question 30.
 Employed but on sick leave

26. In a normal week, how many hours do you have a paid job (including self-employed) for? hours

27. How do you rate your current work ability with respect to the **PHYSICAL** demands of your work?
Please circle the correct number.
0 1 2 3 4 5 6 7 8 9 10
(very poor) (very good)

28. How do you rate your current work ability with respect to the **MENTAL** demands of your work?
Please circle the correct number.
0 1 2 3 4 5 6 7 8 9 10
(very poor) (very good)

29. Assume that your work ability at its best has a value of 10 points. How many points would you give your current work ability? (0 means that you currently cannot work at all)
Please circle the correct number.
0 1 2 3 4 5 6 7 8 9 10
(very poor) (very good)

30. Did your employment status change due to starting treatment for end-stage kidney disease?
 Yes. If Yes, please choose one of the 7 options below. No
 I stopped working/retired I changed my job I reduced my working hours
 I was fired I restarted working I increased my working hours
 I received a disability allowance or pension

31. Do you currently have one of the following conditions? Choose Yes or No per condition..

	Yes	No		Yes	No
Diabetes mellitus	<input type="checkbox"/>	<input type="checkbox"/>	Glomerulonephritis	<input type="checkbox"/>	<input type="checkbox"/>
Polycystic kidney disease	<input type="checkbox"/>	<input type="checkbox"/>	Malignancy	<input type="checkbox"/>	<input type="checkbox"/>

32. When starting your **FIRST** treatment, did you understand that your kidneys had (almost) stopped working?
 Yes No

33. What is the average one-way travel time to your current hospital or dialysis clinic?
 Less than 30 minutes 30-60 minutes 1 -2 hours More than 2 hours

34. Did you get help to fill out this questionnaire?
 No, I did it myself Yes, a doctor or nurse helped me Yes, another person helped me

35. Where did you find this questionnaire? Choose one option.
 Via my kidney patients organisation Via my nephrologist Via another kidney patient
 Via internet or social media (Facebook, Twitter) Other

Remarks

Please return this completed questionnaire to:
IKA, DONOR HOUSE, FREEPOST, BLOCK 43A, PARK WEST, DUBLIN D12 P5V6
Thank you very much for your participation!



We wish all our member in Tipperary a happy Christmas and all the best in 2018.

We held our Christmas party on Sunday, December 3rd and there was a great turnout. We had a raffle and met some new people which is always great to see.

We thank all our volunteers who have helped us all year long and wish them a happy Christmas.

We hope everyone stays safe and well for the New Year.

TIPPERARY

By ORLA RYAN





COMMUNICATION AND SOCIAL MEDIA

Our Facebook page now has over 1000 followers. This allows us to get the message on organ donor awareness out to a wider audience. We feel the articles we post could be of benefit to all of you. It is also used to help promote events that the branch are organising for you. Photos are published of events or of our members giving talks or raising much needed funds for patient aid. We also have a twitter account for daily updates on events. If you have not done so already, please follow us on Facebook and Twitter.

We want to be able to communicate with all of you on a more frequent and less expensive basis. We are setting up a dedicated WhatsApp group for the Cork branch so that we can advise all of you instantly on any news, stories or events we are organising. For those of you that do not have WhatsApp you may prefer email to allow us to do the same. We will continue to use letters and notices posted to your homes for those of you who may not have access to the other options.

CORK

BY PAT O'SULLIVAN



October Support Meeting



More tea Tom?

We will, as always, try and post upcoming events in the *SUPPORT* magazine...see "'Dates for your Diary'". Postage has become very expensive so we would like to encourage as many of you as possible to give us your most up-to-date email address and a telephone number at which you can receive WhatsApp messages. WhatsApp is the most secure form of communication in the world at the moment.

To update your details to us please contact us below as follows:

Text or WhatsApp your number and name to 086-2755754.

Email: secretarycork.ika@gmail.com
- if you would prefer to receive all

communication via email instead of the expensive postage option.

The *SUPPORT* magazine is also available to view online via the IKA website - www.ika.ie

SUPPORT MONTHLY MEETINGS

Our monthly support meetings have really grown over the last number of years, much has gone into these meetings to encourage members and potential members to attend and encourage people to get involved with the branch. These support sessions are proving very beneficial to all patients whether they are newly diagnosed or transplanted.



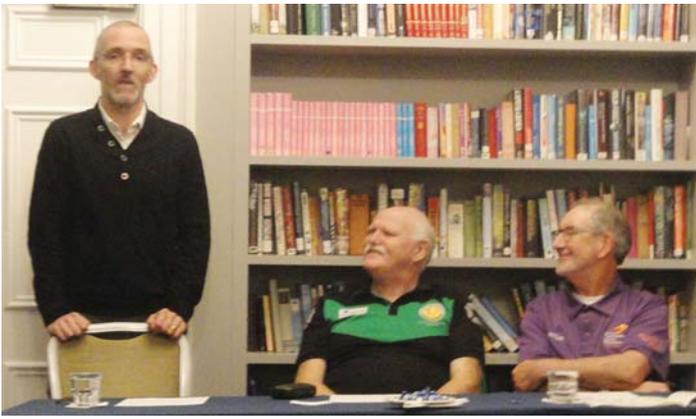
Enjoying the chat at October meeting



Mike Kelly



"I got the night right!"



November meeting - Colin White, Harry Ward, Ron Grainger



November meeting - Ron Grainger giving some helpful hints and advice

Our October meeting had a presentation from IKA Counsellor Mike Kelly. Mike gave his presentation of coping with your initial diagnosis for both you and your family and later dealing with transplantation itself. Mike can be contacted at any time through Donor House in Dublin. Mike also produces very interesting articles in each edition of this magazine.

Novembers meeting could not be more different. Colin White, IKA Projects Manager, along with Harry Ward, Team Captain, Transplant Team Ireland and Ron Grainger, 'Fit for

Life' Ambassador gave a presentation to a large enthusiastic audience. The talks were all based around keeping yourself fit before and after transplant and what was available to transplant patients at the Transplant Games.

Ron gave a demonstration on little exercises patients could do to keep themselves active and it was great to see one of our newest and oldest transplant patients, Tom O'Hanlon, replicating everything Ron was showing the group.

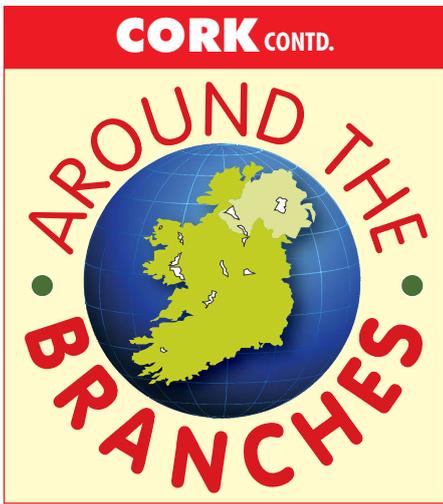


MASS OF SERVICE AND THANKSGIVING

Our annual Mass took place again this year in the Christ the Saviour Chapel in CUH. Once again a large

crowd was in attendance at this beautiful ceremony. This is a very important event in the calendar of the branch and all the officers would

like to thank all those who participated in the Mass and baked for the over 200 people that came in later to the canteen.



Gaelscoil Uí Riordáin presentation and tree planting.



PRESENTATIONS

We were lucky enough to be invited to Gaelscoil Uí Riordáin, Ballincollig where they planted a remembrance tree in memory of parents, grandparents and friends of school who have passed away.

A cheque was presented to the IKA – a donation on behalf of the Coiste na dTuistí (Parents Association), the proceeds from a Fun Run held in May, in memory of Eithne Lydon Hammond. Eithne's family in Galway have close links to the IKA. She passed away in 2016 and her husband, Richie, was there on the day with her two sons Eoin and Micheal and ribbons were hung on the tree.

CORK CHRISTMAS LUNCH AND SANTA



Mary, Mike, Mary, John



Michelle, Aimee Lou, the O'Flynn's and grandchildren



Middleton group



The Barry's



The Kiely's



All smiles



Liz and the gang

CHRISTMAS LUNCH

We held a Christmas lunch on December 3rd in the Rochestown Park Hotel, we broke with our usual Christmas night time social tradition to an afternoon lunch and were delighted with the uptake. A huge word of thanks to Veronica Higgins and Geraldine Bowen for all the hard work that they put into organising a great day – we even had a special visitor who went down a treat for all the younger members on the day.

Days like these are very important as all of us know how important it is to have family around us during our days of ill health. Special thanks to Denis Hyland for all the photographs he has taken during our last few events.

Dates for your Diary

FEBRUARY SUPPORT MEETING – February 6th, 2018 at 8pm Rochestown Park Hotel. Talk on 'Living Donor Programme' and the 'Paired Exchange Programme'.

MARCH SUPPORT MEETING – March 6th, 2018 at 8pm Rochestown Park Hotel. Talk on 'Dietician and Chef'.

ORGAN DONOR AWARENESS WEEK LAUNCH – March 29th, 2018 – more details will follow.

ORGAN DONOR AWARENESS WEEK – March 31st to April 7th.

If you or any member of your family can help with promoting Organ Donor Awareness Week please contact us at:

secretarycork.ika@gmail.com as we may have to look for permits.

CHRISTMAS HAMPERS/MUSIC ON THE WARD

We will be doing Christmas hampers again this year. As usual the hampers will be for hospital dialysis patients, home dialysis patients, transplanted and other patients. The draw will be conducted by the nurses in the hospital who will contact the winners. We will have music on the dialysis ward on the

Wednesday and Thursday before Christmas at approx 2pm. This has proved very popular with patients and nursing staff over the years. Pictures will follow in the Spring edition.

We would like to wish all our members, family, friends, the medical staff in CUH a happy and peaceful Christmas.

CORK CHRISTMAS LUNCH AND SANTA





OFFALY

By KEVIN GALVIN

Seasons greetings to all from the Offaly branch.

Our annual Mass of Thanksgiving and Remembrance and Christmas lunch took place on Sunday December 10th in the Tullamore Court Hotel. Fr. Joe Gallagher celebrated the Mass. Once again Thomas Kennedy, Portarlinton, provided the music during the Mass. Our Candle of Remembrance was lit by the Mahon family from Mountbolus. Sophie Mahon received a living related kidney transplant from her father Hugh earlier this year. Our guest of honour was our very own Jennifer Byrne, 2017 International Rose of Tralee, to which our chairman, Jerome Burke, made a small presentation.

All who attended enjoyed a combination of good friends, new and old, good food and good music which helped make it a success. Santa Claus again took time out of his busy schedule to pop in and say hello. We finished the evening dancing away to *Unity*.



GET WELL

Get well wishes are extended to branch members Valerie McDermott, David Cullinan, Liam and Kathleen Swaine and Noreen Gleeson who are all unwell at this time. Our thoughts and prayers are with you and your families.

CONGRATULATIONS

Congratulations to branch members Dermot Glynn and Graham Young on graduating from their studies.

TRANSPLANTS

Congratulations to Jim Farrell, Cloghan and Julie Nugent who both received a recent transplant.

FUNDRAISING

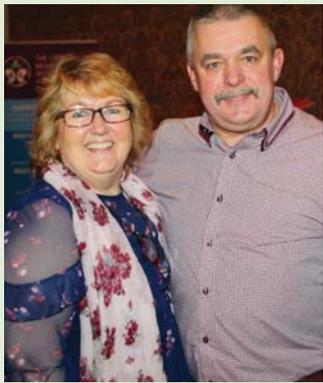
We would like to take this opportunity to thank all our sponsors, helpers and collectors throughout the year for all their help and support, generosity and giving of their time. Once again a huge thanks to the Tullamore Cycling and Touring Club for their ongoing generosity to the branch from their annual Pedal the Peaks Pat Colgan Memorial Race.

SYMPATHY

We would like to extend our sincere condolences to the families and friends of branch members Jerry Schouler, Birr and Oliver Craughwell, Birr on their passing. Ar dheis Dé go raibh a anam dílis.



Offaly Mass and Christmas Lunch



2018
 The New Year is fast approaching and it will be a big one for the branch as it is our 30th Anniversary. Plans are in operation to celebrate the occasion. More to follow in the next issue.

DATES FOR YOUR DIARY
February 15th:
 Offaly branch meeting.
March 15th:
 Offaly branch meeting.



Season's greetings to everyone from the Kingdom. Busy, busy times these past few weeks. At the end of September Astellas Pharmaceutical Company again invited our Chairman, Con Brosnan and myself to join them in judging the annual art competition, held in conjunction with the local schools, and sponsored by Astellas. The winning paintings were then printed on 2018 calendars which are being sold and the monies raised will be presented to the branch at a later date.

Our next fundraising event was organised by Pat Sheehan from the Loft Fitness Studio in Millstreet. Pat organised a brilliant boat trip through the lakes of Killarney to Lord Brandon's Cottage and, following some wonderful refreshments there, we hiked through the Gap of Dunloe. The Gods of sunshine were with us throughout a memorable day. A highly recommended trip for anybody visiting Killarney.



Boat trip at the start of the fundraising walk

KERRY

By THERESA LOONEY



At the presentation of the cheque from the Killarney Valley Classic & Vintage Club, proceeds from the South Kerry Ploughing and Harvest Show were: Pat Looney, Pat O'Sullivan, KVCV Club, Theresa Looney and Debbie Templeton.

Pat and his friend, Niall Dennehy, plan to climb Kilimanjaro in Africa at the end of this month to raise funds for the IKA and this was just one of their fundraising events.

Local woman, Norrie Sheehan, represented the branch at the Dublin City Marathon and we thank her for fundraising on our behalf and raising awareness.

Killarney Valley Classic and Vintage Club presented us with a cheque for €13,755 which were proceeds from the South Kerry Ploughing and Harvest Show held in September. To show the KVCV club where any

monies raised are spent, we invited them to hold their monthly meeting in our holiday home in Tralee where they were very impressed to see some of the work, which the branch is involved in.

Last, but not least, we rounded off the year with a great Christmas party on December 3rd. The attendees arrived laden down with spot prizes, which is typical of the great spirit that exists in the branch.

Eileen Phelan, Renal Dialysis Nurse, who manages the Home Dialysis programme for Cork and Kerry, was our guest speaker.



Dr. Patricia Cronin, Gerry Knightley and Pat Looney



Refreshments at Lord Brandons cottage before the walk through the Gap of Dunloe

Eileen delivered a heartwarming and positive speech which gave hope and reassurance to our patients. She spoke about the benefit of holiday breaks for dialysis patients and advocates very much for this fundamental right.

We had many new patients attending on the day, they derived great benefit from being introduced to other patients and families who are on the same journey. Four year old Michael Dowd, from Dunquinn in Dingle, who will shortly start dialysis, stole all our hearts as he jumped up and down dancing with Santy. We wish Michael and all the other patients and families good health in the years ahead.

Finally, as the festive season begins we remember with great sadness patients and members who have passed on. We congratulate those who have received the 'gift of life', long may it last. To all our other patients, remember we are here for you at any time to offer support.

We thank all those that care for our patients and those who support our ongoing work.

We are looking forward to the New Year and to the challenges ahead.

Wishing all our families and friends a happy and peaceful Christmas.



Kerry branch Chairman Con Brosnan and transplant recipient Kathleen Daly, who gave us great support on the day of the Gap of Dunloe walk.

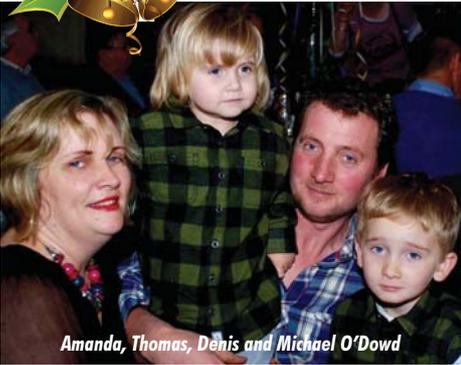


Niall Dennehy and Pat Sheehan



Theresa Looney, Sheila McCarthy and Betty Dennehy

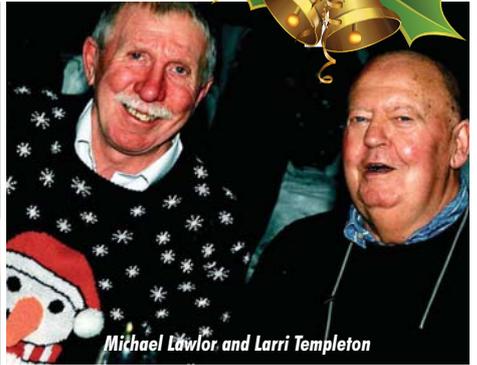
KERRY CHRISTMAS PARTY



Amanda, Thomas, Denis and Michael O'Dowd



Santy and helpers Ava O'Shea, Godagh O'Shea, Theresa and Cian O'Gorman



Michael Lawlor and Larri Templeton



The Porter family



Santy and Clodagh O'Shea



Cadola, Trish, Michael and Shane O'Connell



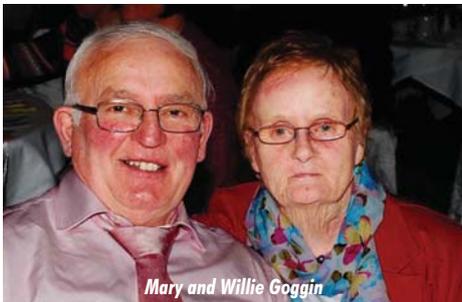
Santy and Mrs Claus



Cian, Brian O'Gorman, Peter O'Shea and Mary and Tony O'Gorman



Josephine Lawlor and Debbie Templeton



Mary and Willie Goggin



Colm and Nicola Clifford



Pankaj Sharma and Eileen Phelan



The O'Sullivan family



Dawn O'Sullivan and family



We held our branch meeting on November 13th where we sold Christmas cards and discussed starting our Facebook page, which is now up and running. Everyone is welcome to join either our branch and/or Facebook page.

Our local radio station Highland Radio had an Open Day and the IKA Renal Support Centre was chosen as one of the beneficiaries. A big 'thank you' to Yvonne McFadden, Producer of the 9 till 12 programme and all the staff from Highland Radio.

We were over the moon when Yvonne presented Siobhán Bates, Donegal IKA Chairperson and PRO George Bates, with a cheque for €500. We are very grateful to everyone who turned up on the day and donated.

We always appreciate all who fundraise for the Renal Support Centre. The Centre is of so much help for those living in Donegal. It is a great relief to know that our families are closely looked after at those worrying times.

DONEGAL

By KAREN BRADLEY



Presenting the cheque to Siobhán Bates is Yvonne McFadden, to the left is Joe Duffy and George Bates and to the right is Caroline O'Connor.

There was an Officers' meeting in Dublin in November and Siobhán, George and our Treasurer Kieran Murray attended.

Eileen McFadden presented Siobhan with a cheque for €2,620, proceeds from a Fair Day organised by Gweedore Bar. Cathal Gallagher, Donal Call and Hughie Montgomery organised a sheep sale and they presented Yvonne with the cheque. We would like to thank everyone involved who took part on the day.



Presenting the cheque to Yvonne McFadden is left, Cathal Gallagher and right Donal Coll, organisers.

The Donegal branch would like to wish all the staff in Letterkenny Dialysis Unit and our branch members and families a very merry Christmas and happy New Year.

LIMERICK

By MADELEINE DONAGH

Thank you to Susan Halvey Hurley who walked the Camino de Santiago de Compostella in September this year. She undertook this walk both for personal reasons and as a fundraiser for the IKA.

Susan raised the fantastic sum of €1,275.00 in sponsorship for the Association.

The walk started from Sarria to Santiago which was a distance of 118 kilometres.

Susan says: "The walk was a wonderful spiritual experience

even though challenging at times. I am very grateful to the IKA for the support to Hugh and my family over to the years, which continued after Hugh passed away in November 2011."

Thank you Susan for your very generous support.



The Limerick Branch would like to wish all our members, friends and family a very Happy Christmas and a peaceful, healthy and happy New Year.



Susan Halvey Hurley



WEXFORD

By MARIA DONLON

Our annual Christmas Party took place on November 25th in the Riverbank House Hotel. It was a great success and well attended.

John Whelan, IKA National Chairman, was the guest speaker on the night. *Blue Lace* supplied the music and there were plenty of spot prizes. Liam Buttle, our Chairman, thanked everybody who made the night such a success.

The Byrne family from Bunclody held a Classic Car Run in August, in memory of their son Aaron, and raised €10,300. The money was divided evenly between the IKA and Crumlin hospital.

Many thanks to the Byrne family for all their hard work.

Kathleen Tomkins and family ran a Cabaret and raffle in Clonhamon on Friday, November 24th and raised €1,407.80. Many thanks to Kathleen and her family.

We extend our deepest sympathy to the families of the late Celine Looby, Clonard, Tom Kelly, New Ross and Pat Sinnott, Blackwater on their recent sad loss, R.I.P.

Christmas is nearly on top of us now and our branch would like to wish all our members and their family's best wishes for Christmas and the New Year.

Below: The Byrne family and friends, Bunclody presenting cheque for €5,150 to Liam Buttle and Dora Kent, Wexford Branch IKA, proceeds from the Aaron Byrne Memorial Classic Car Run held in August.





Wexford Christmas Party





Greetings to all. We hope you enjoy the photographs of recent events and maybe find yourself in one of them?

MIKE KELLY

On Monday, November 20th, our guest speaker was Mike Kelly, IKA Renal Counsellor. Mike, as ever, gave us a stimulating talk on the renal journey from diagnosis to transplant, explaining with clarity the feelings and emotions that can be experienced by

DUBLIN NORTH

By **PATRICIA MACKENZIE**

patients. This was followed by relevant questions from the audience. After the meeting we enjoyed refreshments in the kitchen where Mike joined in our discussions. Thank you Mike. Your visit was much appreciated.

LADIES DAY

Once again our Ladies Day, organised by Ann Burke, our tireless fundraiser, was held in the White Sands Hotel, Portmarnock and was a great success. The afternoon began with a Champagne Reception followed by a 4-course lunch, Fashion Show and Best Dressed Lady competition. Entertainment was provided by Tenor Mark Walsh and Mezzo Soprano Rachel Whelan, the Sisters of Sound and Red Hurley.

Many thanks to Kay's Kitchen for

providing the wine and our generous supporters. Over €6000 was raised for the IKA. We all had a brilliant day.

ORGAN DONOR AWARENESS WEEK

We are already alerted to Organ Donor Awareness Week (March 31st – April 7th 2018) having received notice that all ALDI stores are available for collectors on the first Saturday of the week. Please do get in touch if you can support us, at any time, during Organ Donor Awareness Week.

GOOD WISHES

Let's hope that our changing climate is kind to us over the Christmas season and New Year. We wish all our members and friends in Dublin North and in all branches of the IKA a very happy Christmas and New Year and please drive carefully.

Dublin North Ladies Day Out



Dublin North Ladies Day Out





DONATION

Hubert McHugh, Leitrim Guardian Person of the Year and Ambassador for the IKA Leitrim branch presented us with a cheque for €4,000 which was part of the proceeds from the Charity Concert organised by Hubert in collaboration with music legend Mick Flavin. We are very grateful for this donation and thank Hubert for his support during the year.

SERVICE OF REMEMBRANCE AND THANKSGIVING

This was the second year of this memorial service, held by the Leitrim

LEITRIM

BY HELENA O'NEILL



Cheque presentation by Hubert McHugh to the Leitrim branch

branch. The Bush Hotel, Carrick on Shannon was the venue on November 12th and Annetha Loughran welcomed the clergy and the large attendance of members including

donor families and transplant recipients.

Music was provided by the Sweet Spirit Gospel Choir accompanied by Trish Dunleavy.



Angela & Charlie Flynn



Frank Heslin, Margo Charles



Rosie & Joe Dolan



Hugh McGarry, Jean Carroll



The Children



John & Kathleen McTeigue



Helena O'Neill, Hubert McHugh



Michael and Marian White



Christina McHugh, Mary Flynn

WATERFORD

By VERA FRISBY



Annetha Loughran, Fr. Brendan O'Sullivan, Rev. Linda Frost and Cathriona Charles

Readings and prayers were read by branch members and all present placed lighted candles on the table at the top of the room.

We thank all who participated and wish everyone good health for the future.



Helena, Niamh and Siobhan O'Neill



Ann Power & John Joe Bagge, (Newtown fundraising committee) presents a cheque for €3,000 to Ray Halligan, representing Waterford IKA branch (l-r): Tony Fitzgerald, Ann Power, Kevin Walsh, Mary Bagge, Ray Halligan, Martin McNamara and John Joe Bagge. The money was raised from a family fun field day and raffle.



Pictured at Bridge Terries where a cheque for €4,411 was presented to the Waterford IKA branch are (front, l-r) Aaron Hayes, Michael Daly, who on behalf of Bridge Terries presented the cheque to Mary Moynihan, IKA, Conor O'Mahony and Sarah Hayes; (back) Chopper Hayes, Conor Hayes, Nicky Hayes, Maria Cliff, Tom Veale, Pat Connors and Fiona Power, who organised the event.

We would like to take this opportunity to thank all our members and helpers who continue to make our fundraising events so successful, without you these occasions would not happen. Thank you to everyone who helped and supported our branch during the year.

FUNDRAISING

Madrigallery Chamber Choir, Waterford presented a cheque to our branch part of the proceeds from a lunch time concert held during the summer.

Thank you to Fiona Power, Bridgie Terries, The Pike Dungarvan, for organising a 'Head Shave' in October, raising a substantial sum of money for our branch. 'Thank you' Fiona and everyone involved in this event

SYMPATHY

We would like to extend our deepest sympathy to the family of the late Nuala Dunford, may she rest in peace.

We also extend our sympathy to families and friends who lost loved ones during the year, our thoughts and prayers are with you.

CHRISTMAS GREETINGS

We extend Christmas greetings to Sr. Brenda and all the staff at the Renal Dialysis Unit, Waterford. 'Thank you' for all the care you give our patients throughout the year, it is very much appreciated.

We would like to take this opportunity to wish all our patients, members, families and friends a healthy and happy Christmas and a peaceful New Year.



KILDARE BRANCH – THE REVIVAL

You will not have seen much in *SUPPORT* from the Kildare branch in many years but we are still here. The last eight months have seen Kildare reinvent itself and in so doing we have seen active attendance and participation at meetings greatly increased. This has been achieved by being aware that the best type of support comes from shared experience and working to deliver it effectively to the IKA's Kildare members.

Information Evenings were regularly arranged and held at different locations within the county. So far we have held get-togethers in Naas, Newbridge, Maynooth and Athy but intend to make it to other towns in the coming year. It was very encouraging that these get-togethers were increasingly well-attended as time went on.

Another reason for the increased participation by members was the decision to include in all meetings some information important to kidney patients such as diet, nutrition, dermatology, IKA sports for transplanted patients and the psychological aspects of kidney related illness.

We invited expert speakers and there were lots of opportunities for members and attendees to increase their knowledge whilst getting support and advice from fellow members and patients. An important message that was often repeated this year was for patients to 'know your numbers', i.e. know your vital kidney-related blood numbers and understand what they mean for you, asking your medics/doctors to clarify them for you, when you need to.

INFORMATION EVENINGS/BRANCH MEET-UPS

In Newbridge Colin White joined

KILDARE

By PHILIP MEAGHER



Branch meeting - Glenroyal Hotel, Maynooth, 26th June

our group and told us of the opportunities for patients in competitive and participation sports. He emphasised the importance of the hope offered to many by seeing the achievements at events like the Transplant Games.

In Athy, Mike Kelly from Donor House, provided his audience with a very interesting presentation on the psychological aspects of kidney failure, during dialysis and pre/post transplant from the patients perspective. Mike was open to answering questions during the presentation which allowed all attendees to engage with the discussion. A lot of useful information was imparted on the night. Thanks Mike – we all enjoyed your presentation and the discussion that fed from it. We look forward to your future visit to discuss things from the family/carers point of view.

In Naas – Mary Byrne, one of the renal dietitians at the Mater Hospital, kindly spent an evening with us and provided attendees a useful insight into the importance of diet for kidney patients. Again lots of opportunity was there to ask questions and Mary very patiently answered all our queries.

'Thank you' Mary for your time and for providing so much valuable information on the night, and at very short notice.

At every meeting this year we have been very encouraged to see good numbers attending and we were particularly delighted to see that bringing the meeting to different locations, within the county, allows many people the opportunity to engage with branch officers and fellow members at a location closer to their home. We intend to continue this practice for our branch meetings in 2018.

Thanks to all members, new and old, and everyone who attended and contributed to the success of the meetings with their questions and discussions around their own experiences as patients.

ORGAN DONOR AWARENESS WEEK

Local TD and Chairman of the Fine Gael Parliamentary Party, Martin Heydon, alongside the Kildare Ladies Gaelic Football team launched Kildare IKA's Organ Donor Awareness Week in Hawkfield GAA Club, Newbridge this year.



Attendees at IKA Counsellor, Mike Kelly's Presentation, Athy – July 31st



Dietary Information meeting with Renal Dietitian Mary Byrne



Organ Donor Awareness Week

During Organ Donor Awareness Week itself, more than 66 volunteers around the county gave of their time to provide information, distribute donor cards, and raise funding and awareness of the need for more kidney donors. Many people walked away from the stands having acquired new information, and of course a donor card intent on discussing their intentions with their family.

A very successful bag packing in Dunnes Stores, Newbridge on Holy Thursday raised awareness and a lot of funds. Thanks to all our volunteers

on the day. It was probably the most effective Organ Donor Awareness Week that Kildare IKA has had in many a year. We will burn bigger and brighter again next year.

All volunteers are welcome for next year's crusade. Please contact Branch Secretary, Liz O'Sullivan on 086-8263284 or Chairperson Philip Meagher 085-2501718 if you would like to volunteer or participate in meetings and activities in the coming year.

GIFT OF LIFE

Highlight of the year for one of our members, Gerry McKenna (Naas) was the life-saving, life-changing gift of a kidney from his sister, Nicola on April 10th of this year. We are delighted that both siblings are in great health and fighting fit as we come to the end of the year.

CHRISTMAS PARTY

Held in Newbridge on December 9th our Christmas support celebration drew a great crowd on the night. Everyone enjoyed the food and festivities. Congratulations to the spot prizewinners.



Nicola (donor) and Gerry in Beaumont Hospital just before the transplant.

Guest speaker on the night was Dr. Anne Marie Tobin (Consultant Dermatologist at Tallaght Hospital) who provided a very informative evening for us.

We will provide photos and a more extensive review in the next issue of *SUPPORT*.

We will continue in 2018 to bring expert speakers in to meet our membership so why don't you join us in the New Year to see what the Kildare branch can do for you.

Our next scheduled meeting is Feb 5th, 2018 in Celbridge and we look forward to seeing some new faces there and at other venues during the coming year.

Happy Christmas and a healthy New Year to all.



Peter Kearney

ORGAN DONOR AWARENESS – MAYNOOTH UNIVERSITY

One of our members, Peter Kearney, a student at Maynooth University set up a 4-day information and awareness event for the students at his college. Peter writes below on the background and success of the event.

“SURE IT'S THE RIGHT THING TO DO?”

The encouraging words being echoed by Maynooth University students recently. When I was told that I would have to return to dialysis after over 20 years of successful transplantation I had two very distinct feelings. Firstly, what lay ahead of me in the coming weeks and months. Secondly, what can I do?

With support from friends, staff at Maynooth University and my local Kildare IKA branch, I organised a very successful 4-day Organ Donor Awareness campaign in college. It ran from November 13th-16th with

information points throughout the campus.

The campaign had two objectives. To get as many donor cards signed and into people's wallets and to simply raise awareness of the importance of organ donation. It is challenging to value success of awareness, however, with over 300 cards signed up and out there, I feel that makes it very successful.

After such a great event I hope to make this an annual event.

PETER KEARNEY



LONGFORD

By SUSAN MARTIN

CHRISTMAS PARTY

We held our annual Christmas party in the Longford Arms Hotel on Sunday December 3rd. We had a really enjoyable day with a beautiful meal and great atmosphere. It was lovely to see such a large turnout again this year and in particular our kidney patients and donor families.

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

We held a minute's silence to remember members of our branch who sadly passed away during the year.

THANK YOU

Thank you once again to all our volunteers who help out at our Annual Church Gate collections throughout County Longford and during Organ Donor Awareness Week. Your continued support is greatly appreciated.

We also wish to thank all those who generously donated to the IKA during 2017 and those individuals and groups who considered the Longford branch of the IKA for the proceeds of their fundraising events during 2017, in particular Kieran Woods, Paddy Dowd and Fergus D'Arcy who completed the Malin to Mizen Head Challenge in March this year. Thanks also to the Colmille Vintage Club who held their Annual Tractor Run in aid of the IKA in July.

FACEBOOK

Please note we set up a Facebook page during 2017 and would encourage all members and readers to like our page which is set up as follows: Irish Kidney Association Longford branch.

We offer help and support to our members and families through the



page during the year and will keep you up-to-date with any upcoming events.

CHRISTMAS GREETING

Finally, I would like to take this opportunity to wish all our members and readers a very healthy, happy and peaceful Christmas and a prosperous

2018.

We would also like to send Christmas wishes and much gratitude to all the staff in the Renal Dialysis Units and in Beaumont Hospital for all the care they gave our patients throughout 2017. It is very much appreciated by all.



LONGFORD CHRISTMAS PARTY





MAYO BY MARIE MELLON

Mayo Annual Remembrance Mass

2017 is nearly over and all in all it has been a successful year for the Mayo branch. Our Church Gate collections and Organ Donor Awareness Week monies are on par, with other years, so, thankfully the national negative press in relation to other charities hasn't affected the generosity of the Mayo people.

The Renal Unit in Mayo University Hospital is working at full capacity. Thankfully, we have had five transplants this year which is encouraging for those waiting for 'the call'. The renal staff also try to accommodate holiday patients whenever possible.

We held our annual Remembrance Mass in November, which allows all who attend a moment of respite in the peaceful spiritual surroundings of the Fr Peyton Centre. The Fr Peyton Centre is at the foot of the Ox Mountains, and is dedicated to telling the fascinating story of Fr Patrick Peyton CSC, the Attymass man who brought his simple message of peace and family unity to 26 million people around the globe. This is a lovely day for both transplanted and patients on dialysis. Father Gibson, the resident priest, makes the whole experience very personal to all the patients and family members. It is a really lovely occasion and a great opportunity to catch up.

The branch officers attended an Information Day in Donor House. This was an enjoyable and informative day and again gave the different branches a chance to catch up with the other officers and swap ideas which is always helpful. Our members do not always come out to meetings, so new ideas to increase participation is always welcome.

I would like to wish you all a happy Christmas from the Mayo branch.





f Find us on: facebook®

SLIGO IKA BRANCH

The Sligo Branch held a very successful Cake and Raffle sale at University Hospital Sligo (UHS) on Thursday, December 12th. The support from the general public and staff of the hospital was fantastic and a special word of thanks to Domhnall McLoughlin, Asst. Manager of the hospital and his staff...Sheila Fowley and the kitchen staff and also to Eileen Slevin and staff of St John's Hospital, Sligo and of course to all for the lovely cakes...Cáca Willis Cake Designer, Lurgan, Ballintogher; O'Hehirs Bakery, Wine Street, Sligo and to all who baked and donated 'thank you'.



Marie Fowley, Noel M Kennedy, Bernie McHugh
IKA Sligo branch



Selling raffle tickets on Black Friday at Quayside Shopping Centre were Ita Leydon and Helen Sproule



Also on duty selling tickets were: Aine and Bernie McHugh and Sean and Marie Fowley



Thomas Fallon, Helen Sproule, Sean Fowley

SLIGO

By NOEL KENNEDY



IKA Sligo branch members Marie Fowley, Sean Fowley, Helen Sproule and Bernie McHugh with Domhnall McLoughlin (2nd from left), Asst. Manager, Sligo General Hospital

The branch also held a draw on the day with great prizes and the winners were picked by Domhnall McLoughlin.

- 1st Prize:** Catherine Jinks
- 2nd Prize:** Anna McIntyre
- 3rd Prize:** Martina Flynn
- 4th Prize:** Sheila Fowley
- 5th Prize:** Gerry Clancy
- 6th Prize:** John Henry
- 7th Prize:** Jim Doherty

Thanks to Arrotek for their continued support again this year. A donation of €1000 was made to the Sligo branch.



Ger O'Carroll, MD, Arrotek and Michael McHugh, Sligo IKA Chairman

HEALTH AWARENESS EVENING

An Health Awareness Evening will be held on Thursday January 25th in the Sligo Park Hotel, 7 30-9 30pm.

There will be a talk on the connection of diabetes and renal malfunction given by Dr J Linneen (Nephrologist) and Dr McHugh (Diabetologist).

This will make for a very interesting and informative talk with a question and answer session.

Refreshments will be served.



The Geevagh Honda 50 Club raised a fantastic €3,380 from an event which took place on June 18th.



DUBLIN EAST & WICKLOW

By BERNIE DWYER



Hello to all our members and friends in Dublin East and all over Wicklow. As we near the end of another year we wish you all a very Happy and peaceful Christmas and hope we arrive safe and well into 2018. We think of those who have passed away during the year and any of you in hospital or not feeling the best. Very best get-well wishes to our own chairman John Whelan who is currently in hospital, Noleen Cleary recovering from an operation and Alan Proby...we wish you all a speedy recovery.

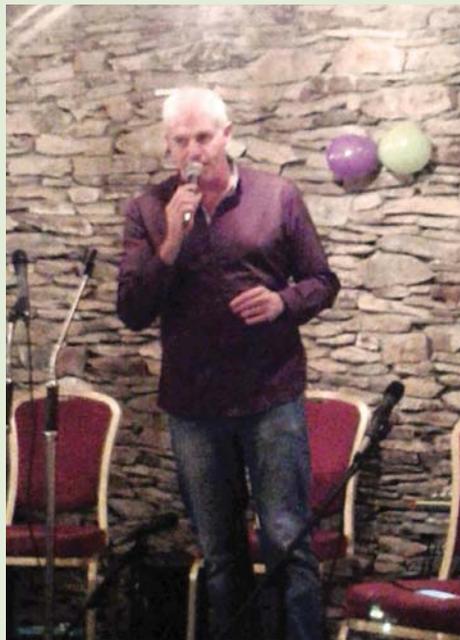
Brownyn Castles from Tinahely organised an event in Murphy's Hotel in Tinahely. It was a huge success and so well organised by Brownyn herself. Musicians came from far and wide and a raffle was held with many businesses and people contributing.

They raised €4,050 on the night. Well done to all involved.

On Sunday December 10th the branch met at Ocean Bar and Grill, Bray, for our annual Christmas lunch. As usual it was very enjoyable, the food was really delicious and the staff were so nice and helpful. Although our group was slightly smaller than usual due to illness etc, it was a happy fun time and we held our raffle and had a chance to mingle and chat.

A huge 'thank you' to all our volunteers and our sponsors and those who have loyally attended Branch Meetings.

Also 'thank you' to our friends and staff in Donor House, hope you enjoy

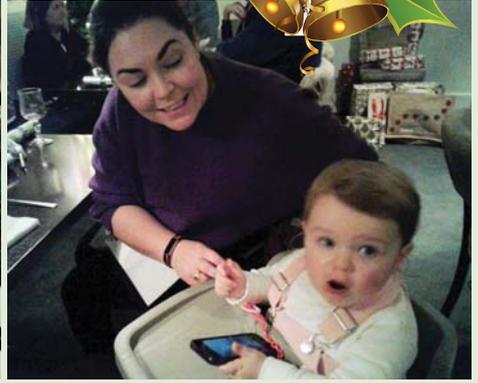


a nice rest with your families over the Christmas.

A joyous Christmas to all in the

Branch and best wishes from the Branch Officers, John, Catherine and Bernie.

Dublin East & Wicklow Christmas Lunch



2018 ORGAN DONOR AWARENESS WEEK
will take place on
Saturday 31st March to Saturday 7th April



Find us on:
facebook

LOUTH/MEATH IKA BRANCH

Season's greetings to all from the Louth/Meath branch. As another busy year for the branch draws to a close, we would like to thank all our volunteers and fundraisers who gave so freely of their time throughout the year.

THANK YOU

There are a number of people we need to thank for their continued support. Like all branches, without its members and volunteers, continuing as a branch would not be possible. Our members and volunteers have been busy over the past year and we would like to acknowledge their contribution:-

Macra Na Feirme Longwood; Premier Periglaze; the Mulholland family; Dee Vintage Classic Club; Jackie & Maura Callan and their family/friends; Andiamo Scooter Club; John Laverty; Scoil Rince Mona na Rochaigh; the Darcy family and Brenda Wesley; Croagh Patrick Climbing Group, Kells; our volunteers for Organ Donor Awareness Week; and members and volunteers in the Women's Mini Marathon.

LOUTH/MEATH

By VALERIE BRADY



MASS OF REMEMBRANCE AND 30TH ANNIVERSARY SOCIAL NIGHT

30 years! That's how long the Louth/Meath branch is in existence. It all began in October 1987, when a small number of patients and their families came together to support each other. The founding members Tom Geary and Irene Kelly could not have foreseen, that their vision of forming the Louth/Meath Branch, would expand and today boast almost 300 members, 30 years later.

To mark this momentous occasion the Branch hosted a social evening on November 18th in the Ardboyne Hotel in Navan. The evening began with the Annual Mass of Remembrance and Thanksgiving celebrated by Fr. Robert McGivney. His personal connection with organ donation and work with the Hospice in Mullingar assisted Fr. Robert in delivering a very insightful homily on the night.

Many thanks to the Ardee Folk Group, who for many years now have been part of our Mass and provided the wonderful singing and music on the night.

As the hotel served a hearty buffet meal to everyone, Branch Chairman Valerie Brady took time to recognise three very special members of the branch. Founding members of the branch Tom Geary and Irene Kelly were honoured with a plaque in gratitude of their years of service to the branch.

Tom gave his personal insight into the formation of the branch and spoke of his own personal story. As many will agree Tom has been a rock to so many members of the branch down through the years.

Christopher McLoughlin is celebrating 45 years of the 'gift of life' having received his life-saving transplant on December 8th, 1972.

He is an inspiration to all renal patients.



LOUTH/MEATH MASS AND 30TH ANNIVERSARY SOCIAL NIGHT



In accepting his gift Christopher spoke about life on dialysis in the early 70's and how truly thankful he is for his donor and the second chance at life he was given.

As you can imagine there have been many events and occasions celebrated over the last 30 years. Our 'Reeling in the Years' table displayed hundreds of photos taken over the years and gave the opportunity for all members to see the evolution of the branch. It was also a chance for some of us to see how kind time has been to us and to remember those who are no longer with us.

Our musician on the night was Darren McElhinney, his collection of music from several decades ensured many took to the floor to throw a few shapes and let their hair down. There

were a few skilled dancers on the night who taught some of us less talented dancers a few moves.

After many months of planning the Committee were overwhelmed and delighted to see so many come and celebrate on the night. The Organising Committee would like to thank John Whelan (National Chairman) and his wife Una, Colin MacKenzie (National Treasurer) Mark Murphy (CEO) and Tommy Reilly (Lord Mayor of Navan) for attending, we were delighted you took the time out to help us celebrate.

We think all will agree it was a truly wonderful night and its success can be attributed to the 150+ members who attended.

The Organising Committee were: Valerie Brady, Anne McGivney, Mary Traynor, Tom Geary, Olive Lowth

and Helen Gray.

REMEMBERING AND BEST WISHES

We fondly remember those members who have passed away during the year. We are thinking of their families at this time. To those in our branch who have been in hospital recently or are unwell at home, we wish you a speedy recovery.

Let us not forget our donors at Christmas and remember to light a candle at this time for them.

And, finally, to all members of the IKA a very happy Christmas and a healthy and prosperous New Year 2018.

The next meeting of the Branch will take place in Muldoons in Ardee on January 9th, 2018.

Nollaig Shona Daoibh.

Renal Support Centre

The staff of the Renal Support Centre would like to wish all our guests a happy and peaceful Christmas

Right are members of the Brennan family, who presented a cheque for €3,200, to Tony Ryan, Renal Support Centre, in memory of Mary. Pictured are husband Michae, daughter Michelle and granddaughter Ailbhe.



Breda Finnerty from Turloughmore, Cloonfad, Athenry, Co. Galway presented a cheque to the Centre for €600.



Members of the Mann family from Knockacullion, Leitrim, presented a cheque for €2,500 to the Centre.

BELOW: The team from VHI Medical who spent a day cleaning, painting and cutting trees and bushes at the Renal Support Centre, and have volunteered to do the same again next year.

They also brought along a €1000 to spend on the garden. Members of the crew were: Jen, Tricia, Ciara, Michael, Fiona, Mick and Garrett. Thank you all.

Kidneys & Women's Health

Include, Value, Empower

8 March 2018

World Kidney Day

www.worldkidneyday.org

World Kidney Day is a joint initiative of the International Society of Nephrology and the International Society of Kidney Transplantation

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IRISH KIDNEY ASSOCIATION CLG

(Company Limited By Guarantee)

MEMBERSHIP APPLICATION FORM



BLOCK CAPITAL LETTERS PLEASE:

Mr. Mrs. Ms. FIRST NAME: _____ INITIAL: _____

SURNAME: _____

ADDRESS: _____

POSTCODE: TEL: _____ MOBILE: _____

EMAIL:

ARE YOU A KIDNEY PATIENT:

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

IF YES

- PRE DIALYSIS
- HAEMODIALYSIS
- APD
- CAPD
- TRANSPLANT

IF NO

- RELATIVE OF PATIENT
- FRIEND OF PATIENT
- GENERAL INTEREST

HOSPITAL OR DIALYSIS CLINIC YOU ARE ATTENDING: _____

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

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

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

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

YES NO

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

YES NO

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

YES NO

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

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

SIGNATURE: _____ DATE: _____



IKA DIRECTORY



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OFFALY

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Cloneyhurke,
Portarlinton,
Co. Offaly.
Phone:
086-3435975

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