

# SUPP



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SUMMER 2018

1978-2018  
4  
Organ Donation Works



## IRISH KIDNEY ASSOCIATION CLG

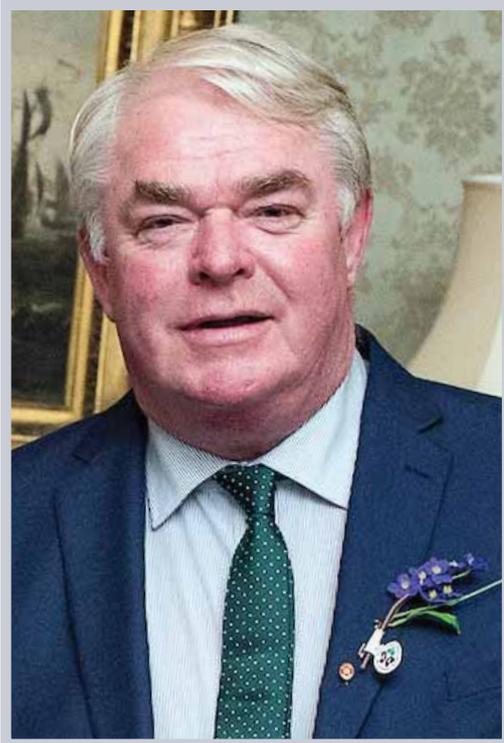
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CHARITY REGISTRATION NUMBER 20011260

# Editorial...



I hope you all have managed to get a well-deserved rest following the extraordinary efforts required for Organ Donor Awareness Week. 'Thank you' to all of you and, in particular, to those who assisted Gwen O'Donoghue to bring the public awareness of organ donation to a new high in the press, radio and TV media. Gwen's outstanding success this year has to be the RTE 'Nationwide' programme on the 40th year of the IKA. I want to give a special mention and thanks to three companies...Aldi, Clear Channel and the Irish Times.

Aldi support the Awareness campaign every year, and right across the country the kindness of their staff is outstanding. The offers of canteen facilities, chairs, key positions and friendliness in their welcome is refreshing. It means so much not be taken as a burden to them. A big 'thank you' to Aldi and their wonderful staff.

We received the use of over 200 free outdoor poster sites, via Pdraig Mangan from Clear Channel. This is an enormous addition to our Awareness campaign. This year the Irish Times supported our campaign with free advertisements - Thanks to all.

I have never mentioned a new haemodialysis unit as much as I have the B. Braun Wellstone Unit in Wexford. It was the longest wait, from the decision by the HSE to the opening of any unit in the country. But yes indeed it was worth it, as it is the best commercial facility in the land (further details inside).

Paired kidney exchange is a wonderful idea and Irish patients can avail of joining the UK programme. In short if you are transplantable and have a willing living donor but they are not compatible to donate to you, this programme gathers all the similar people across the British Isles, and, if you are lucky enough, you will find a compatible opposite pairing, see Book 4 on donation on our website [www.ika.ie](http://www.ika.ie)

Ireland links with Coventry, where the operations take place. It is a wonderful option, especially for those who are more difficult to transplant due to high antibody levels.

Not everybody can afford the personal expenses involved in these operations and the Department of Health's expenses for living donors are simply not adequate.

Both these programmes are adequately funded, the rules are the restricting factors. If the HSE and the Department cannot change their ways, I am sure the IKA would be more than willing to administer these funds in a much more humane way.

# Contents...



**FRONT COVER**  
*Ireland's Fittest Family...Dearbháile, Keith and Jonathan Beirne and their father Michael with Tara Madigan, age 11, a liver transplant recipient from Castleconnell, Co Limerick, Darragh O'Haire, age 9, a kidney transplant recipient from Johnstown Bridge, Enfield and Éabha Devitt, age 7, a liver transplant recipient from Dunboyne, Co Meath.*

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In general Ireland can be quite proud of our various kidney transplant programmes because of the public and individuals' willingness to donate organs. Paired exchange is the one area we are letting people down and badly! When I had finished writing my editorial I opened the post to find the Department of Health is reviewing the expenses for the living donors but not the expenses of the recipients of the transplants.

We look forward to the next addition to haemodialysis facilities in Portlaoise in 2019 and, hopefully, the oldest dialysis facilities in the country, in Tallaght, learn soon about a building start date, it is badly needed!

As our 40th year continues, we are looking for volunteers to man our stand at the National Ploughing Championships in Offaly in September (please contact Head Office). Many branches are having get-togethers for their local birthdays or celebrating the 40 years of the IKA. Reasonable weather is required for all these events, as was the case for the annual 'Run for a Life' in Clondalkin and



*Tramore Dialysis Unit*

the West Clare Walk in Kiltrush.

The Board of the IKA recognise for many years the need for more holiday dialysis treatments in Ireland. The staff in Waterford and Tralee dialysis units do what they can for us

each year, but there is no national commitment from the HSE to regularise holiday treatments in Ireland. It is a fact that it is far easier to organise treatment abroad than at home! So, those who cannot financially consider going abroad, are left out. We have more capacity to accommodate the Irish holidaymaker than we have available treatments for them. With that in mind, the Board of the IKA have requested me to complete the development of the facility we have in Tramore to become a 4 station holiday dialysis facility. This will require significant cooperation from the HSE in a tendering process for the treatments and a significant investment from the IKA in equipping and finishing the capital development of the buildings. So far the soundings from the HSE are very positive on the project both locally and nationally.

We look forward to seeing many of you attending the Kidney Patient Conference and the Annual General Meeting of the IKA on September 1st. The AGM will take place from 10.00-11.00am and the Patient Conference 11.30am-16.00pm including lunch – see page 7.

**MARK MURPHY**



**2019**

**Organ Donor Awareness Week  
March 30th - April 6th**

- 18 WEST CLARE WALK**
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# WELLSTONE WEXFORD

January 17th, 2018 was the day haemodialysis came to County Wexford. This was the longest wait for a dialysis unit after the HSE decision was made to do so. The project suffered from legal and bureaucratic difficulties via the European procurement process required for this type of contracted facility.

The location is 'Drinagh' at the Rosslare end of the Wexford town bypass road.

'Wellstone Wexford' is run by B. Braun who also run the dialysis clinic in Ballybrit, Co. Galway. B. Braun have also won the contract to build and run the Portlaoise dialysis clinic which is due to open in 2019.

The Wexford clinic has 15 treatment bays including 3 isolation bays and a novel 3 patient self-care area which will be commissioned at a future date. This is the first purpose built self-care facility in the country and patients who wish to take a far greater part in their haemodialysis treatment, short of having it at home, will be selected for this novel treatment. Typically, patients enjoy a more flexible timetable for haemodialysis to suit their work or lifestyle choices. It is wonderful to see a novel choice for patients being provided in this outstanding facility.

Many thanks to all at B. Braun for the invitation to the opening of the facility on May 16th and the best of luck to Debbie MacDonnell, Clinic Manager of the facility, and all the patients in getting accustomed to their new surroundings.



**Consultant Nephrologist  
Dr Frank Kelly**

**Cutting the ribbon...Cllr Frank Staples, Liam Buttle, Chairman IKA Wexford branch, Paul Kehoe, TD, Markus Strotmann, Chairman of the Board, B. Braun Avitum AG, Leo Halpenny, Managing Director, B. Braun Avitum Ireland, Cllr Jim Moore, Mayor of Wexford and Cllr Ger Carthy.**





*Alice Mernagh*



*Mark Murphy, CEO, IKA and Vera Frisby, Waterford branch*



*Liam Buttle, Dora & Frank Kent*

# ASTELLAS PHARMA

## at the RENAL SUPPORT CENTRE

A number of staff from Astellas Pharma took time out of their busy schedules recently to spend a day in the Renal Support Centre doing some internal decorating. It is always encouraging to see corporate social responsibility going beyond simply writing a cheque.

The team from Astellas Pharma took the time to engage with the IKA at grassroots level and came away from their full day at the Support Centre with a better understanding of and appreciation for the work of the Association. Over the years they have supported the Association through sponsoring the annual Run for a Life, supporting the involvement of transplant recipient children in the annual TACKERS ski camp in Switzerland and sponsoring the team kit for Transplant Team Ireland in recent years.

From the photos you will see that they really rolled up their sleeves and got stuck into some serious painting.



They have really brightened up the areas in which they worked and their work in the sitting room was quite timely as we have recently put in a new carpet and new furniture will be arriving soon!

We very much appreciate the support from Astellas Pharma and look forward to future engagement with them in similar projects. With our

hosting of the European Transplant & Dialysis Sports Championships in 2020 we will be actively encouraging corporate social responsibility collaborations whether it be through supplying volunteers to cover a sport or sponsoring aspects of the Championships, there will be plenty of opportunities to follow the lead shown by Astellas Pharma.



# NOTICE OF THE IKA



# AGGM

The Annual General Meeting of the Irish Kidney Association CLG will be held in the **RED COW MORAN HOTEL DUBLIN, NAAS ROAD, DUBLIN 22,** on **Saturday September 1st** at **10.00am**

The **Annual General Meeting** of the **Irish Kidney Association CLG** will be held on **SATURDAY SEPTEMBER 1st, 2018** at 10.00am and will conclude at 11.00am.

Members can propose Motions and Resolutions for the AGM, which must also be seconded by another member. These **SIGNED** Motions and Resolutions must arrive, by post, at Head Office, by **FRIDAY, JULY 13th, 2018.**

By **FRIDAY, JULY 27th, 2018,** Donor House will send, by post, Notice of the AGM, including the Agenda, Accounts, Motions, Resolutions and Proxy Voting Forms to all Branch Officers. These will also be sent electronically to members who have given us their email address and will be available to all members from the IKA website.

All **SIGNED** Proxy Voting Forms must arrive, by post, to **Donor House** by noon on **FRIDAY, AUGUST 24th, 2018.**

**THE AGM IS ONLY OPEN TO MEMBERS OF THE ASSOCIATION.**

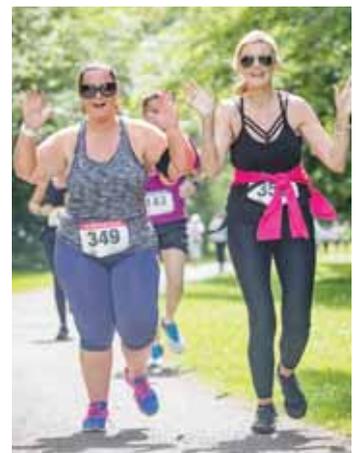
## PATIENT CONFERENCE

The **Patient Conference** will commence at **11.30am,** after the AGM of the Irish Kidney Association CLG, in the **Red Cow Moran Hotel, Naas Road, Dublin 22.**

The Conference is going to be directed at dialysis and transplant patients, coupled with those not yet on either treatment. It is expected that the process of making a decision between the various dialysis modalities will be a significant part of the Conference.

The Programme for the Conference will be published on our website and sent to the branches, in plenty of time for you to make your decision to attend. Patients, carers and healthcare professionals are all welcome. You do not have to be a member of the Association to attend the Conference. Numbers will be limited so we would kindly ask you to register your intention to attend, which will include lunch between **1.00-2.00pm.**

There will be a place on the website to register for the Patient Conference but if you would prefer communication by post please make your interest known to Ashling at Donor House, **01-6205306.**





This year we hosted the 10th Run for a Life in Corkagh Park in Dublin. South Dublin County Council Parks Division has been very good to us in recent years allowing us to use the beautiful setting of Corkagh Park as the back-drop for our popular annual family oriented event.

This was the first year for the event not to be sponsored by Astellas Pharma. I want to take this opportunity to acknowledge the staff of Astellas for initiating the Run for a Life back in 2009. The concept was well received from the outset and it was a pleasure to work with them in developing the event the following year and subsequently taking on the management of it (with their financial support) from 2011.

We were extremely fortunate that the weather was very much on our side for the day which made for a very pleasant experience. From the pictures you will see that the event attracted all ages and abilities. Having the range of distances available has always been popular as it makes the day accessible to a very wide audience.

We must also tip our hat to the South Dublin Volunteer Centre who helped us with volunteers for the day. They were extremely helpful and did everything with a smile. It is in community based

activities where one gets to meet inspirational people such as our volunteers – people with real community spirit, people who want to make a difference.

Speaking of inspirational people, my favourite aspect of the Run each year is the many wonderful stories that are shared. People who have the lived experience of organ failure coming together to support each other and to make a difference and others coming to show their solidarity.

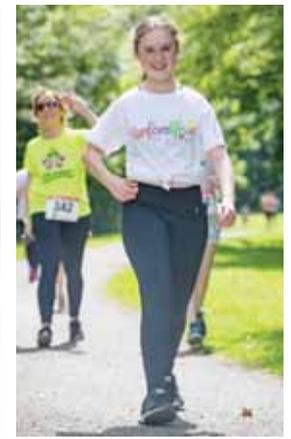
Having only watched last year's event I decided to take part this year. As the start time approached the sense of anticipation mounted and it was interesting watching how everyone prepared themselves for the off. Corkagh Park is a beautiful place to be on a sunny day and to be with others all bonded by a common cause made the experience all the richer.

There is something about the camaraderie that comes from having taken part in a shared run/walk that is very appealing. Strangers cheering each other on and sharing tales of 'the hill'...It is a real tonic and one I would highly recommend. Whether you start walking, join a couch to 5k group or sign up for your local (free) Park Run, there are so many opportunities to get up, get out and be active. You will thank yourself...



# Runforalife.ie







Pic: Paudie Bourke

# Tipperary Rose

**T**he newly crowned Tipperary Rose of Tralee is aiming to increase organ donor awareness while honouring the memory of her late grandfather from Mayo who lost his battle with kidney failure six years ago.

Pharmacist Laura Durkan (26) from Glenconnor, Clonmel was delighted to have won the title of 'Tipperary Rose' at a Rose of Tralee event which was held in Thurles over the Easter weekend at the beginning of 'Organ Donor Awareness Week'. She will represent her county and the Irish Kidney Association at the

International Rose of Tralee Festival which will be held in August.

Laura explained, "I'm absolutely thrilled and feel honoured to have been selected as the 'Tipperary Rose' while representing the IKA and for my timely selection at the beginning of Organ Donor Awareness Week.

"I hope that I can use my profile in this international competition to raise awareness about the plight of people in organ failure and the undisputable benefits of organ donation and transplanted while honouring the memory of my dear grandfather, Paddy Durkan from Ballybeg, near



Tipperary Rose Laura Durkan with her sister Grace and parents John and Anne Durkan. Pic: Paudie Bourke



Laura on her Communion day with her grandparents Paddy and Mary Durkan

Ballina. I have received lots of encouragement in this goal from my parents John and Anne Durkan, my sister Grace and brother Jack as well as my employer Pfizer in Kildare and of course the IKA who I represented in the competition.

"I have seen first-hand the benefits of organ donation while working as a locum pharmacist in the community and witnessing how organ failure impacted on patients' lives, including a colleague of mine, and the transformational benefits some experienced through organ transplantation for all organs





Don Hannon



# DON HANNON COMPLETES EPIC RUN

**W**orn out, battered, hungry and cold but euphoric, after running over 1000 kilometres of woodland, farmland, bog land and seven mountain ranges along The Ireland Way, was Dubliner Don Hannon who reached his final destination on the Beara Peninsula on Sunday April 15th. He was justly awarded with a Garda escort into the Town Square in Castletownbere and a large gathering of supporters.

The 45-year-old, who lives in Sandyford in Dublin, undertook this arduous journey to raise organ donor awareness and this challenge was less than two years after he donated part of his liver to his ailing sister Therese who lives in the Isle of Man. The successful operations took place in the UK in July 2016. Following the operations, Therese, who had previously undergone a liver transplant from a deceased donor, asked Don, an avid trail and long-distance runner, to take up the challenge once he had recovered.

As he took his final laboured strides into Castletownbere, an exhausted Don's spirits were lifted by the Garda escort leading him into the Town Square and the rapturous welcome he received fifteen days after he embarked on his journey out from the Giant's Causeway on the first day of Organ Donor Awareness Week 2018 (31st March). Not only is he understood to be the first man to undertake this challenge to run the full distance of The Ireland Way, he also smashed his goal to get over 1000 people to sign up for organ donor cards.

Among the many supporters who showed up to greet Don was his proud mother Sally as well as local artist and musician Tim Goulding, himself a liver transplant recipient. Tim and his wife Georgina, like so many others who had never met Don before, have been deeply inspired by Don's adventure. The couple invited Don to spend the auspicious journey's end night at their home in Castletownbere and rallied the local community to come out to support him as his weary body made its way into their town. Other people touched by organ failure and transplantation turned out to applaud Don including members of the Cork Branch of the IKA.

Don said, "It was an epic journey filled with fear and excitement in equal amounts. I'm very relieved to have made it to the finish. Hopefully I have inspired many people to register for Organ Donation cards."

In anticipation of Don's impending arrival Tim said, "My wife Georgina and I are so excited to be meeting Don at the end of his epic run from top to toe of the country. There are few men or women in the whole of their health that would undertake such a venture. What makes Don doubly special is that he is inspiring many on the way to consider carrying a donor card, having successfully donated a part of his own liver to his sister. As a recipient of a new liver nearly 3 years ago, I am naturally aware that I have been given a second chance in life due to a family's generosity and foresight. Out of



someone's tragedy has sprung a new life. Us, recipients, share one overriding emotion, gratitude."

Colin White, National Projects Manager, IKA said, "We have been following Don's progress since the start of his journey and the ups and downs he experienced along the way. It is not only a tremendous physical achievement for Don, but it has also caught the imagination of people who had never met him but were inspired by his challenge and were motivated to think positively about organ donation and take steps to sign up for organ donor cards."

For more information on Don's epic challenge visit [www.runningdonor.com](http://www.runningdonor.com) or Facebook page 'Running the Ireland Way'.



It was an epic journey filled with fear and excitement in equal amounts. I'm very relieved to have made it to the finish. Hopefully I have inspired many people to register for Organ Donation cards."



**Photos: JOHN ALLEN**

Top left opposite page:  
Don arriving into Castletownbere.

Top right: Don Hannon (centre) with liver transplant recipient Tim Goulding (left) and fisherman Dan Healy, liver transplant recipient  
Bottom Left: Don Hannon is hugged by his mum Sally.





# Organ Donation Mass

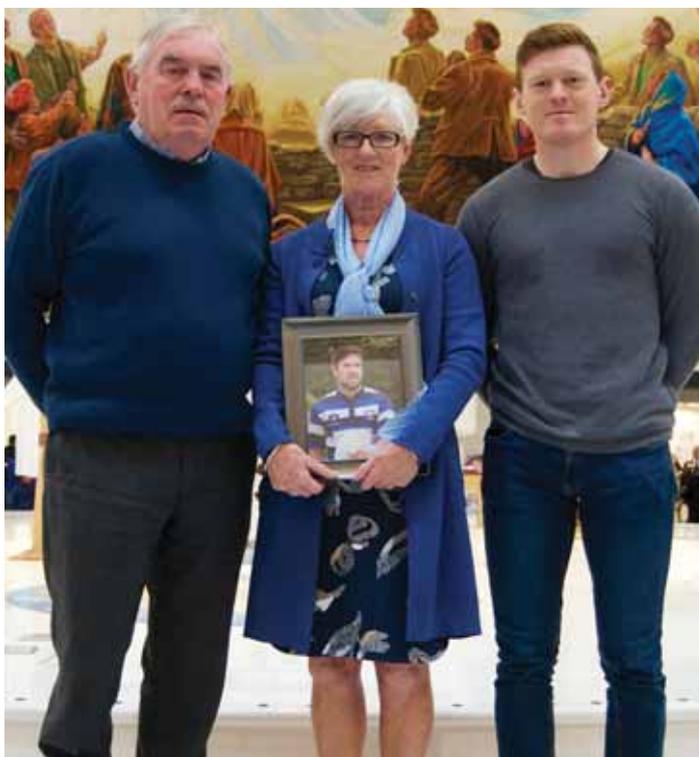
The second annual Organ Donor Mass of Thanksgiving was held in Knock Shrine, Co. Mayo, on Sunday, April 8th, to coincide with Organ Donor Awareness Week, 2018.

Over 3000 people travelled from various parts of the west of Ireland for this special occasion, which was being held to give thanks for the gift of new life for those who have received organs in the past, and also to remember with gratitude all those who died and whose organs were donated by their families following their death, and also in solidarity with those awaiting an organ transplant.

The Mass was celebrated by Fr. Richard Gibbons, PP, Knock Shrine. Families associated with organ donation were involved in the liturgy and guest speaker at the ceremony was Westport native, Darren Cawley, himself a kidney transplant recipient after many years of waiting.

The event was coordinated by Monica Morley from the Family Centre, Knock Shrine.





**PHOTOS THIS PAGE (clockwise from top left):**  
*The Feeley family, William, Kate and Alan with a photo of their late son/brother.*  
*Bernie Osgood, Renal Nurse and Monica Morley, co-ordinator of Mass.*  
*Mike Byrne, Runagh Bourke.*  
*Group pictured outside the Basilica.*  
*Helena & Mike Byrne.*



**PHOTOS OPPOSITE PAGE:**  
*Top: (Front row): Mike Byrne, Runagh Bourke, Iarlaith Cawley, Bernie Osgood, Dillon Burke, Katie Bourke, Emmet Bourke, Monica Morley, Billy O'Toole, Pat Doherty. Back (row): Brian Bourke, John Morley, Darren Cawley, Fr. Richard Gibbons, Terry Coleman, Geraldine Coleman, Bernie Ferrins, Shane Halligan, Kathleen Feeley.*  
*Middle: Transplant recipient Darren Cawley, his son Iarlaith and wife Aoife.*  
*Bottom: Transplant recipient Katie Burke*

*Photos by SINEAD MALLEE*





# WEST CLARE WALK



*Aine May O'Mahoney cutting the tape to get the walkers on their way with the help of her fiancé Tommy Crowley*

**T**he IKA West Clare Walk took place on Sunday, May 6th on a warm and sunny afternoon in Kilrush. The Walk was well supported from the locality, the county and beyond the county boundaries. This was the third year of the new route which replaced the long-established route between Kilrush and Cooraclare.

The Walk commenced at the Square in Kilrush, went out the N67 Ferry/Moneypoint national road, through part of the Wild Atlantic Way and returned to Kilrush via Cappagh. Splendid views of the Shannon estuary, Scatterry and Hog Islands, Loop Head Peninsula and Kerry were

## BY MICHAEL MESCALL

available en route.

The route echoed a positive response from the participants and, in particular, the first time visitors to the Cappagh area. The Walk was set in motion by Aine Mae O'Mahoney who is a kidney/pancreas transplant recipient.

Thanks to An Garda Síochána, members of the Red Cross and the West Coast Motor Cycle Club who, together, took great care of road safety. Each of these organisations executed their duties in a calm and orderly manner.

In their actions and presence John Murphy and his team in the West Coast Motor Cycle Club provided comfort and assurance to all the walkers. Sergeant John Moloney from Kilrush Garda Station lent his support to the event. His overall stewarding of the event is much appreciated and acknowledged.

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



*Peggy Eustace, Michael Mescall and Vincent O'Halloran, Chairman, Walk Committee with Sergeant Tom Maloney whose late father Garda Joe Moloney served in Kilrush. On the day Sergeant Moloney mentioned to the Walk Committee that his dad was on haemodialysis in UHL before he passed away. He was thankful to all the staff who took care of his late father.*



*Members of the Red Cross with Clare branch secretary Micheal Mescall and branch Chairperson Peggy Eustace.*



(directional traffic control); Vinny O'Halloran, Anthony Henchy, Clare and Ashling McCormack (Water Station attendance); Carmel McCormack and Peggy Eustace (Registration); Bernie Tubridy (Advertising); Peggy Eustace, Sharon and Carmel McCormack (Catering); Tom Prenderville (provision of road signage); Anthony Henchy (stewarding); Paudie Neylon (Promotion); Mary Daly (who provided baked food); and Noretta Clifford who set up and administered entries on the Clare IKA Facebook site.

The Walk concluded at the Teach Ceoil where a reception took place, followed by the provision of drinks, and hot and cold food.

We thank Comhaltas Ceoltóirí Éireann for making the Teach Ceoil premises available.

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

The event is now in its 20th year and began at the instigation of Tom Prenderville and the late Flan Carmody. It has grown in popularity over the years and is now an annual fixture on the calendar.

Proceeds from the Walk go to many wonderful IKA projects for the benefit of all renal patients in the county.





# PUNCHESTOWN CHARITY RACE 2018



**T**his year's Punchestown National Hunt Racing Festival saw the 29th running of the Annual Charity Race in aid of the Punchestown Kidney Research Fund (PKRF). The race involved 25 amateur riders, battling it out over 1 mile 7 furlongs. The riders all made huge efforts to be fit enough to ride in the race and also to be competent enough to look after themselves, and their respective horses during the race. Additionally, they raised a minimum of €1,500 for the privilege, which went to the PKRF.

Over the previous 28 years the PKRF, which is a registered Irish charity, has accumulated over €1.4 million in funds.

This money has been spread across various projects that fulfil the scope of their objectives: to improve the quality of life of patients on dialysis, support medical research projects that help people with the disease and increase organ donor awareness.

James Nolan initiated both the charity and the race having received a second chance at life when his sister Catherine donated one of her kidneys to him on July 25th, 1987. Without this, he was facing a life on dialysis. He has ridden in the race himself 13 times and won it on *Nero's Dancer* in 2002, an experience he describes as one of the highlights of his life.

A milestone project in the history of the PKRF charity was the opening of the new Renal Ward at Temple Street Children's Hospital on December 5th, 2017 by kidney donor, Catherine Doyle. This year will see the charity continue to support the Art Therapy Programme in both Waterford and Tallaght Hospitals. Hours on dialysis can be tedious but with this scheme patients can pass the time learning and developing artistic skills.

The charity has sponsored many people on dialysis and transplant recipients to participate at the World & European Transplant Games since 2003 and this year they are sponsoring 2 people to go to the European Dialysis & Transplant Sports Championships in Italy in June.

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

The charity uses the race as an organ donor awareness event in Ireland every year and uses its profile to make people aware of the importance of the family discussion about organ donation.





# HOW MY ROOTS INFLUENCE WHO I AM



By **MIKE KELLY**

It was the ancient Greek philosopher Socrates who said 'the unexamined life is not worth living'. An interesting thought. If you think about it, it actually makes a lot of sense. Why? One reason is that for all of us, the way we think, feel, and behave is to a large extent related to and conditioned by our past. A second reason is, whether we realise it or not, we all carry around scripts. We have feverishly been writing scripts all our lives, as we have grown up, matured and developed into adults. They are important as they condition the way we view ourselves and the way we view the world. However these scripts are not neutral. The perceptions and attitudes we hold through life are coloured by the scripts we have written.

## THE SCRIPTS WE WRITE

Is this important? Well, yes it is because, to put a more positive spin on Socrates, it can contribute to making life worth living. Our history - our past - and the scripts we have written influences who we are now

and who we have become. Stop and think for a moment and our mind will be filled with all sorts of thoughts, feelings and memories, some related to the present and others relate to our history or past. Not only that, the memories evoked will fall into a number of categories.

Those positive images and memories may bring a smile to the face, make us feel happy and perhaps comforted.

A second category are those memories that make us feel sad, lonely and in some cases may reduce us to tears. Others will fall into the category of memory we prefer to ignore. These memories, often painful to recall, are repressed in the hope that by doing so they will disappear and vanish from memory. Unfortunately it does not usually work out that way. If we only focus on the positive and repress and ignore those other painful memories we actually do ourselves a disservice.

## WHY

The painful memories are part of us, not ALL of us, just part of us. This



is important; they are one PART of us. Sometimes what we fear is that if we engage with the painful memories and the often strong emotions they engender then they will take over and define us. In other words they will become ALL OF US. Sometimes we avoid the painful memories out of a distorted view of loyalty, whether that is to do with family, our image and the face we show to the world.

The journey to mature emotional health involves incorporating those painful memories into our way of viewing ourselves so that we then become another part of who we are. This is not an easy journey, it takes time, maybe a lot of time and may involve seeking the help and support of others. It is, to put it another way, rewriting the script.

### ONE VIEW OF SELF

Most of us in life are goal driven. We set ourselves goals to achieve and standards to meet. What do we do when we don't achieve our goals and fail to meet the standards we set for ourselves? Often we deal with the disappointment by becoming quite self-critical. This self-criticism can go

from the mild to the finger waggingly harsh.

Take a moment and ask: what do you say to yourself when you don't achieve a goal or meet your set standard? Are you overly self-critical and harsh? This may indicate that one of the scripts you carry round needs to be revisited and perhaps revised and rewritten.

### KINDNESS TO SELF

We all have a need for affirmation. Affirmation is not simply the affirmation we receive from others but also self-affirmation. Another way to describe self-affirmation is to call it kindness to self. If we can embrace the affirmation of others and affirm ourselves, then the message we give ourselves is; I am okay, I am fine.

Feeling fine and okay indicates that we can hold those two parts of ourselves - the positive and negative - in healthy tension.

Feeling fine and okay brings with it a sense of relief and affirms our value as a human being. It is examining our lives, rewriting the script and making life worth living.



## SELF MANAGEMENT PROGRAMME

The IKA has organised a number of successful self management programmes in various branches. The programme runs once a week for six weeks, each session lasting two hours. The programme is facilitated by two IKA members; **Harry Ward** and **Peter Pardoe**. Feedback from those who have participated in the programme is positive, commenting that they found it of help in their day-to-day living with their illness.

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

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

**The Irish Kidney Association provides a FREE and confidential counselling service for those on treatment, their families and carers, either through their counsellor, based at Donor House, or through a nationally registered, locally-based counsellor network.**

**If, as a person on treatment, family member or carer, you feel it would be of benefit to you to speak to a counsellor or if you would like a referral to a counsellor in your local area please contact Mike at Donor House.**

# WOOD TURNING for Charity



Willie with the spectacular replica bell cement mixer

**A** highly skilled and respected wood turner of national renown, Willie Creighton, from Aghamore, Mayo, who has kidney disease and gradually declining kidney function, has, together with a group of other craftsmen (many retired) from Craobh Eo Mayo Woodturners, produced fabulous pieces of work to raise money for worthy causes including Mental Health, Enable Ireland, Pieta House, the Centre for Alzheimer's in Ballindine and Cancer Mayo.

This year their chosen charity strikes a chord with Willie's

personal health journey as proceeds raised will go to the Irish Kidney Association. The craftsmen will soon be commencing a new project 'chapter' for another charity to benefit next year making an intricate wooden ferris wheel.

Willie is the National Chairman of the Irish Woodturners Guild and hopes to help raise awareness about organ donation and people with organ failure, by supporting the IKA with proceeds from the group's activities this year, which includes a once-off replica piece made entirely of wood, to benefit the IKA.

Willie and nine others have produced a spectacular replica of a bell cement mixer made entirely out of wood. It is being exhibited at various locations around Mayo before its final destination in the National Museum of Ireland in Turlough. Proceeds from public contributions for the exhibitions go to the IKA and when the art piece is eventually sold some of the proceeds will also go to the IKA.

The highly accomplished wood turners have also donated several smaller crafted wood items this year to the Mayo Branch of IKA for auction or raffle which include a bowl, clock, candle holders and many other items of work.

Willie, who runs his own wood-turning and carpentry business in Mayo, has worked on various important projects including the restoration of the 1916 Boland's Bakery building in Dublin and also the ceiling and roof at St Muredach's Cathedral in Ballina. Last year the Craobh Eo group presented a carved wooden gaelic football to the Mayo team who won five-in-a-row.

Cancer Mayo was the charity that benefited from their previous Chapter activity which members of Craobh Eo group undertook resulting in a full-size bicycle, made entirely out of wood which now takes pride of place in the foyer of Mayo General Hospital.

Willie said, "The work we do as a group is very therapeutic and it is nice to be able to help others with the fruits of our labour.

When you put your hands to work, your brain gets to work. I was diagnosed in 2007 with kidney disease but, thankfully, my condition was spotted early enough so that its progression could be slowed down by medication and adopting lifestyle and dietary changes. However, it is to be expected that I will be in end stage kidney failure and, like almost 2000 other people, will end up receiving dialysis treatment.

"I know people who have benefited greatly from organ donation. I would encourage people to carry a donor card as, God forbid, anything might happen and they may be able to give something back and save lives. An Irish phrase which I think sums up the importance of giving something back when translated is "will get back eight times from God, if we give a little of what we've got, back."

# Sally marks 10th anniversary of kidney transplant with Charity Ball

A young woman has organised a 'Gift of Life' Ball which will mark the 10th anniversary of her life-changing kidney transplant and to raise funds for the Irish Kidney Association.

Sally Nagle (26) from Montenotte, Cork hopes that, the already sold-out 'Gift of Life' Ball, which will take place at the Clayton Hotel, in Cork City on Saturday, September 22nd, will increase organ donor awareness while honouring her donor and all deceased organ donors and their families.

With three months still to go to the sell-out Ball, the part-time Cork College of Commerce student has already demonstrated her flair for a career in her chosen subject Event Management as she has already managed to sell all 270 tickets for the event. The event will include a drinks



reception with entertainment, a four-course dinner, band and DJ as well as inspirational guest speakers who will share their organ donation health stories.

Sally also enjoys signing and performs at charity and other events. Combining her organisational skills, outgoing personality, her musical performance experience, enjoyment of meeting new people, she hopes to pursue a career in Event Management.

Sally was just 15 years old when she received a kidney transplant from a deceased donor. This followed two and a half years of her undergoing peritoneal dialysis, a form of home dialysis treatment, which she underwent for 12 hours every night. Sally was born with an underlying genetic condition which led to health issues including her kidneys becoming damaged.

"I'm really excited about organising the 'Gift of Life' Ball and am delighted with the support it has received with tickets already sold out. It promises to be a really enjoyable event for all attending and I'm confident that the 'after dinner' inspirational guest speakers who, themselves, have suffered organ failure, will further reinforce to all the guests the vital importance of organ donation."

Sally said, "I feel fortunate that some family made the decision to donate a family member's organs so that I could benefit. It is a huge privilege to be given the gift of life and I am grateful to my donor for giving me a much better quality of life for the past ten years and I hope long into the future. I have a genetic condition which causes other health issues, but my kidney transplant has given me freedom away from dialysis and the motivation to honour my donor by embracing life."

Sally would like to advise that anyone who wishes to support the organ donor awareness event can still do so through sponsorship and spot prizes for a raffle as well as donations to the Cork Branch of the IKA. She can be contacted by email [giftoflifeball@gmail.com](mailto:giftoflifeball@gmail.com)



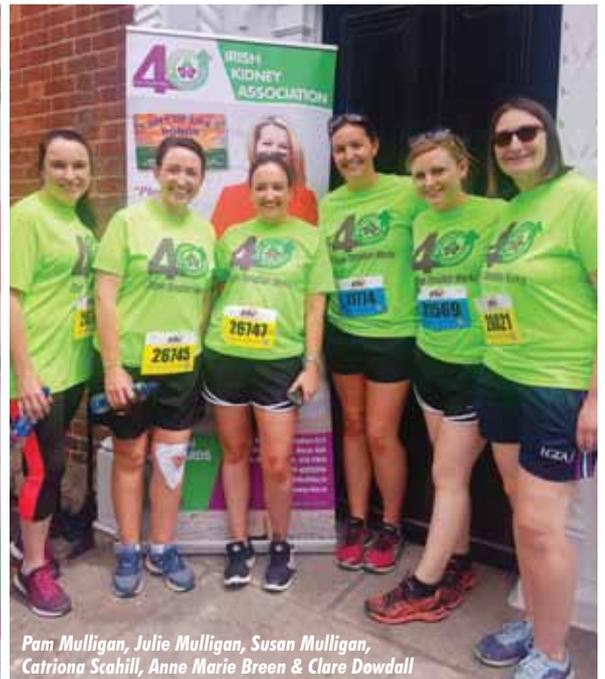
# VHi Women's Mini Marathon

The 36th VHI Women's Mini Marathon took place on Sunday 3rd June and was, once again, well attended by our IKA runners/walkers. Deborah, in Head Office, sent out many sponsorship cards, with our very visible new '40' t-shirts and caps - many thanks to all participants who ran or walked for the IKA.

Many people made use of the IKA Harcourt Hotel facilities for changing beforehand and showering after the event as well as for the protection of their belongings. Well done to everyone!



Caitriona Graham, Gorey, Co. Wexford



Pam Mulligan, Julie Mulligan, Susan Mulligan, Caitriona Scahill, Anne Marie Breen & Clare Dowdall



Brid Mulkeerin & Margaret O'Hallozan



Lisa and Rebecca before the start



Lisa and Rebecca with their medals

Lisa Earlie and her sister Rebecca Mehigan after completing the VHI Women's Mini Marathon to raise awareness for organ donation. Lisa's husband David Earlie spoke at the launch of Organ Donor Awareness Week in the Mansion House in March. David is a liver transplant recipient.

## Mini-Marathon Special Lady

A big congratulations and 'thank you' to Noeleen Doyle, pictured after completing the VHI Women's Mini-Marathon.

Noeleen's husband of 56 years died 6 weeks ago. Joseph was a dialysis patient in Tallaght for 7 years.

Noeleen has been supporting the Irish Kidney Association for years and she was determined not to let us down this year, in particular.

'Thank you' Noeleen for your courage in what has to be a very difficult time for her and the family.



Noeleen & Joseph



**A**mong the 30,000 participants in the VHI Women's Mini-Marathon were some of the nurses who care for children with kidney disease at Temple Street Children's Hospital.

To take part in the 10km, "is quite simply proof of their pure and good intentions towards the children entrusted to their care," said Chloe Kinahan whose son Sam (4) is waiting for a kidney transplant.

Sam, from Baldoyle, Dublin, was born with a defect in his ureter and immediately transferred to Our Lady's Children's Hospital in Crumlin after being born at 38 weeks.

Chloe said, "We thought we would get a year before he needed dialysis but sadly his kidneys failed fully within 4 months and he commenced peritoneal dialysis treatment."

After some training Chloe and husband Ivan were able to perform this dialysis at home and "he was on dialysis 11.5 hours per night for 6 nights a week. We switched from being parents to nurses and carers."

However, last Summer, while in hospital for a small surgery "he started displaying signs of an infection called peritonitis. This infection causes scarring of the cavity and sometimes makes peritoneal dialysis ineffective. As a result he was put on to haemodialysis which is only



*The dialysis nurses and friend from Temple Street Hospital at the Women's Mini Marathon...Laura Doolan, Nicola Hanlon, Staff Nurse, St. Michael's C Ward, Vanessa Ryan, Ward HCA, Mairead Kinlough, Renal CNS, Orla Buckley, Staff Nurse, St. Michael's C Ward, Suzanne Kernan, CNM1 and Maria Raftery, Haemodialysis CNS.*

### By ELAINE KEOGH

administered to children in hospital.

His care was transferred to the Haemodialysis unit at the Children's University Hospital, Temple Street and Chloe said "The early days were very scary as we got used to a new hospital, new staff, new treatment and to letting go of some of Sam's care needs. The haemodialysis unit is a nurse led unit and we really cannot praise them enough. They are shoulders to cry on, friends to laugh with, pals to gossip with, fountains of knowledge and banter galore but all the while, they have their professional hats on and Sam's welfare at the centre of all they do.

"It is difficult to administer the dialysis to Sam. He likes throwing his toys around, gets frustrated easily from sitting for so long, shouts for his croissants, and yet regularly ignores many of the staff. Yet the staff get on with it and take no offence when he has a bad day.

"It's an exceptionally busy unit and the nurses rarely sit down. The team in Michael C ward, the haemodialysis unit and the Renal clinic are an

exceptional bunch of people who are invested, dedicated and dare I say, devoted to their little patients and their families."

Ivan explained that, "Sam had been lethargic, tired and very nauseous and vomited regularly while on peritoneal dialysis but he is much brighter and more alert and well on haemodialysis."

The family hope Sam will get a kidney transplant later this year and that either Chloe or Ivan may be suitable as a donor.

Until then Sam has his treatment 3 times a week for 3 hours at a time and the family, including Sam's big sister Ali (7) are not surprised at the nursing staff taking part in the mini-marathon.

"We are truly humbled but not really surprised that these ladies are running for the kids in the unit. It's quite simply proof of their pure and good intentions towards the children entrusted to their care," Ivan added.

The family is calling for more people to discuss organ donation.

"The more people that opt to be organ donors, the more chance of a normal life, families like ours have. It's a very difficult subject to talk about but it needs to be talked about.

"The decision to donate organs is not made by the person themselves, even if they have an organ donor card. It's made by the next of kin at an incredibly difficult time."

The family said "we get fantastic support from the IKA. There is a peer group for us there and we get empathy, sympathy and encouragement."

**Left:** Rachel Kelly, the Miss Carlow contestant for Miss Ireland took part in the VHI Women's Mini-Marathon in aid of the Irish Kidney Association.

*The Tipperary Rose of Tralee contestant Laura Durkan also took part in the mini-marathon, on behalf of the IKA.*

# 40 YEARS transplanted



*Edel with her brothers Ciaran and Joe at a rugby match*

*Above: Edel with her mother Moira.*

*Below top: President Patrick Hillery visited Edel and her mother.*

*Below bottom: Edel with her parents and siblings.*



In 1978, the same year the Irish Kidney Association and kidney donor card was founded, forty years ago, a nine year old girl called Edel O'Brien underwent a life-saving kidney transplant thanks to her donor mother, Moira. Moira had just given birth to her fifth child, a 12lb baby boy, four months before donating her kidney. She was deemed to be a more suitable donor match for her ailing daughter than her husband Patrick. Thanks to the transplant, Edel (now 49) from Mullingar, hasn't looked back since and is a busy businesswoman and mother of four children ranging in age from 15 years to 29 years. Moira, who lives in Tyrrellspass, is now 76 years old and still going strong and she and Patrick are the proud grandparents of 13 children. Edel said she was gravely ill before her transplant and spent "a year in hospital surrounded by elderly patients as she was the only child

there" before undergoing her transplant. Times were very different then as dialysis treatment had only begun with only three places in the country that you could undergo dialysis treatment. There are now 23 locations around the country. She spent her time "being spoilt by staff in Jervis Street and St Mary's at the Phoenix Park, as she was the only child. I used to play dress up when my cousin from Dublin came to visit and the hospital photographer was always there to take photos of us including one of us dressing up as nurses. The transplant took place on December 15th, 1978 and on St Stephens Day President Hillery came to visit her in hospital and the transplant story made local and national headlines. Edel is part of a family business and runs a very busy service station and shop and car dealership in Mullingar, while her husband John Farrell runs a car dealership in Tullamore.



# CHARITY HEAD-SHAVE

## WESLEY COLLEGE, DUBLIN



**E**arlier this year a teacher (Karen Rivas) from Wesley College in Dublin contacted Donor House expressing an interest in doing a fundraiser for the Association – her dad is a transplant recipient. As always, we were delighted to have an offer of a fundraiser and when Karen shared her proposed event it certainly caught our attention. She planned to have her head shaved in front of a whole school assembly!

Having shared the fact that we offer school talks about organ donation and transplantation it was agreed that Karen's gesture opened the possibility to not only raise funds but to also raise awareness amongst students and teachers at the school. We arranged for one detailed talk for the Transition Year students and two shorter talks for assembly in advance of the date for Karen's shave. In that way the

students would have a better idea of what they were being asked to support.

The warmth of the welcome from the school and seeing how the school community rallied around Karen's gesture was fantastic. Not only that, some of Karen's family also attended the shave! Seeing one of your teachers getting their head shaved on stage is something that is likely to stick with you and something you are likely to mention at home. Having that gesture associated with a positive message about the importance of organ donation really increased the probability that the message would spread to the families of students and those associated with the school.

Well done to Karen and well done to Wesley College and all its students and staff for showing great community spirit. The total sum raised was a staggering €7315!



Left: Karen and her family and right: Karen visited the Renal Support Centre with her mum and brother and met with Colin White, National Projects Manager.

# Interested in being a **LEADER** in **SELF-MANAGEMENT?**

**W**e are delighted to be partnering with Beaumont Hospital in a project to roll out greater access to a well-tested and recognised Chronic Disease Self-Management Programme for the broader renal patient community.

The Chronic Disease Self Management Programme (CDSMP) helps people with ongoing physical and mental health conditions to become informed and active partners in their own health care, increasing their skills in self-management of all aspects of health including managing symptoms, healthy eating, communicating with loved ones and health care providers, and physical activity.

It is a structured six week programme that must be led by a patient who is managing a chronic condition themselves.

To this end, we are looking for patients willing to train as leaders in the Programme and to go on and help deliver future sessions for other patients. The CDSMP is an evidence-based programme that has been run successfully internationally for over 30 years, and here in Ireland with HSE and IKA patient organisation support for

over 15 years. It is demonstrated to improve patients' management of their symptoms, their health and their quality of life.

The IKA already has a small number of trained leaders, and they have run a number of programmes through our Branch network. The feedback has been very positive and this is why we are seeking to train additional members to help develop a network of peer leaders to provide the six-week course in Dublin but also in locations across the country.

The plan is that the leader training will run in Dublin in October and will take four full days. No specific dates have yet been set but we are looking for expressions of interest. More information on the programme itself can be seen at [www.selfmanagementresource.com](http://www.selfmanagementresource.com)

If you are interested in finding out more and potentially being part of the CDSMP support team, please contact Mike Kelly ([mike@ika.ie](mailto:mike@ika.ie)) in Donor House – your contact details will be shared with the staff in Beaumont who are leading the programme.

## ANNUAL SERVICE OF **REMEMBRANCE & THANKSGIVING**



WILL TAKE PLACE ON

**SATURDAY**  
**6th OCTOBER**  
at **12 NOON**

in

**CORPUS CHRISTI**  
**CHURCH,**  
**HOME FARM**  
**ROAD, DUBLIN 9**

# Flying high in the sky

**A** Mayo man has raised €7,750 in a charity skydive for the Irish Kidney Association to honour his late mother who passed away six years ago. Stephen Roche from Belcarra, a small village on the outskirts of Castlebar, was delighted that the weather conditions finally proved favorable for him to carry out his skydive in Kilkenny on Saturday, May 26th. His skydive of 10,000 feet had to be deferred four times because of unsuitable weather since the first time it was scheduled to take place during Organ Donor Awareness Week 2018.

Stephen, the third eldest of a family of four, is an active young farmer who farms a small suckler herd along with his father Joe. Stephen is also an employee at Aurivo's Agribusiness animal feed mill in Ballaghaderreen, Co. Roscommon. He had committed to 2018 being the year he would fundraise for the IKA and help to raise awareness about organ failure which contributed to his mother Marian's untimely death.

Stephen, who completed the skydive said, "I am delighted to have raised almost €8,000 in the memory



of my mother and to benefit a worthy cause - the Irish Kidney Association. I would like to thank everyone who supported me including family, friends, work colleagues and my local community."

In March this year, and just before Organ Donor Awareness Week 2018, when Stephen had intended to undertake his skydive, Stephen said, "I'm looking forward to my first Skydive and I'm not afraid of the challenge. It's a wonderful way to honour my Mother's memory, while supporting a worthy charity, the IKA, and the work that it does in helping kidney patients as well as raising awareness about the plight of people with kidney failure and the importance of organ donation."

My mother was a very active person and the onset of her illness came on very quickly and we had no warning that she was suffering kidney failure. She

suddenly became ill on St. Patrick's Day in 2012 and she was brought to Mayo General Hospital. Some days later she was transferred to Galway, and by this time, she was gravely ill. Just over two weeks later my mother passed away at a young age of 57 years.

"My family's lives were turned upside down six years ago when my mother had an untimely death. It was too late when my mother presented in hospital suffering from kidney failure and despite the best efforts of medical and nursing staff and our numerous prayers she passed away on April 4th. She had retention of fluid caused by kidney failure which also led to other health complications which, ultimately, caused her body to shut down.

Unfortunately, my mother's silent illness took hold of her so quickly in the end that our family did not have the luxury of extended time with her.

However, I hope that in the future and because of this awareness activity I am undertaking, that other families, with a loved one suffering organ failure, will have the opportunity to enjoy more precious time with them than we had.





# LAUNCH OF ORGAN DONOR AWARENESS WEEK



Ken Mulherrins



Val Kennedy



Aine Mae O'Mahony

**O**n Tuesday, March 27th the press launch of the 2018 Organ Donor Awareness Week campaign took place with Minister of State for Health Promotion and the National Drugs Strategy, Catherine Byrne, TD, deputising for Minister for Health, Simon Harris. The launch, to the media, began with patient presentations from the rostrum of the Oak Room, Mansion House, Dawson Street, Dublin.

Our Ambassador, **Claire Byrne**, introduced six speakers who shared their health experience.

**Ken Mulherrins**, a heart transplant recipient living in Lucan, Dublin is a former Irish Freestyle Kayaking champion and father of two. He spoke of his appreciation for his 'super hero heart donor', which came after seven false calls. Following his heart transplant in 2016, he achieved his goal of completing his first 5km run, just six months after receiving a call (for the eighth time) for his life-saving transplant. He continued completing more 5k runs including the IKA's 'Run for a Life' in the months that followed along with other members of his family including his kidney transplant brother-in-law, Joseph Dunne.

Determined to embrace his second chance of life and honour his deceased donor, Ken has since undertaken

triathlons, duathlons and adventure races and, later this summer, to raise organ donor awareness he will undertake a 212km cycle from Dublin to Galway arriving at the destination, the 'Circle of Life' Garden in Salthill.

When **Val Kennedy**, from Portarlington, delighted in winning a golf competition at his local Tullamore Golf Club in April 2015, he could not have predicted that only four days later he would suffer a dramatic health decline. Although in the initial stages it was thought that Val's heart was under attack, further tests and scans revealed that he had an irreversible lung condition called Idiopathic Pulmonary Fibrosis (IPF). Within 6 weeks of first becoming ill his lungs stopped working and he became dependant on a 24-hour oxygen supply. He was told his only hope of survival was a lung transplant.

Val was disappointed when, on two occasions, in December 2015 and February 2016, he was called to the Mater Hospital for a lung transplant, but the transplant operations did not proceed as the donor lungs were incompatible. However, it was third time lucky for him when he received his life-saving transplant in March 2016, eleven months after first becoming gravely ill.

'You don't have to have sight to have vision' - those are the words of Lahinch woman, **Aine Mae O'Mahony**, whose

determination never to quit in the face of adversity provided inspiration to others at the national launch. Aine Mae, who lost her sight in her twenties, underwent a combined kidney and pancreas transplant in April 2017. She is now enjoying a life without diabetes and dialysis treatment as a result of been given the 'gift of life'.



*Claire Byrne, Noretta Clifford and her son Seimi*

In early February 2018, mother of one, **Noretta Clifford** from Ennis, Co Clare (a native of Cahersiveen, Co Kerry) underwent a life-changing kidney transplant following two years of dialysis treatment which followed the birth of her young son. She is now bouncing back to good health thanks to the 'gift of life' which she received from a deceased organ donor.



*Claire Byrne and Shane Moloney*

Garda Shane Moloney, from Tipperary, spoke about his family's decision to donate his mother, Rose's organs in February last year and three strangers benefited from her organs being donated.

Also attending the launch was Shane's fiancée Natalie Maloney and



*David & Lisa Earlie with their children and Claire Byrne*

his father Larry Moloney, a former Ireland and Munster rugby star who was part of the winning team against the All-Blacks in 1978.

In March 2017, **David Earlie**, a busy financial manager at Davys, married to Lisa and father of their two toddler children (then aged 2 and 1), received the shocking diagnosis that he had a liver tumour and would require a liver transplant in order to survive. Following his successful life-saving liver transplant at St.Vincent's University Hospital, which took place last August, David was advised by medics to exercise through rowing to aid his recovery.

He has now made a remarkable recovery and to honour his donor and raise awareness about the vital importance of organ donation, he has made a commitment to row a million metres in a year!



*Claire with IKA National Chairman John Whelan*

Claire Byrne introduced Caroline Lynch, National Donor Co-Ordinator, Organ Donation and Transplant Ireland (ODTI) who outlined her role and the organ donation system.

Mark Murphy, CEO, IKA, who detailed a statistical analysis of the current situation for transplant and dialysis patients.

About 100 people, from around the country, attended and were acknowledged for their commitment to organ donor awareness. The donation, by Clear Channel, of the poster, which featured Claire Byrne, advertising on outdoor poster sites around Dublin, again this year, was very much appreciated.

The National Chairman of the IKA, John Whelan, gave the Press and the Minister an overview of the IKA's awareness activities of the previous year. The Minister then gave a very informative speech.

The launch was concluded by Professor Jim Egan, Director of Organ Donation and Transplant Ireland (ODTI), the national organ procurement service of the HSE.

Many of the IKA branches sent delegates to the Launch to be available for various national and local press interviews for the print and film media.



*Caroline Lynch, National Donor Co-Ordinator and Prof. Jim Egan, Director of (ODTI)*

Claire Byrne

LAUNCH OF

# ORGAN DONOR AWARENESS WEEK



Stacey Kavanagh (paired exchange kidney donor)



Claire Byrne, Feile Marley (8)



Tipperary branch members Doris Cantwell, Orla Hogan Ryan, Willie & Joan Gavan with Catherine Byrne



Claire Byrne, Bernie Quinn, Kilsallaghan



Crystal and Emmett Spollen, Lucan, parents of deceased organ donor child Nevaeh, with Claire Byrne



Catherine Byrne, TD, Caroline Gilligan



The Davis Family, Athy, Co Kildare...Niamh (12), Barry, Grace (8) and Lauren (17)



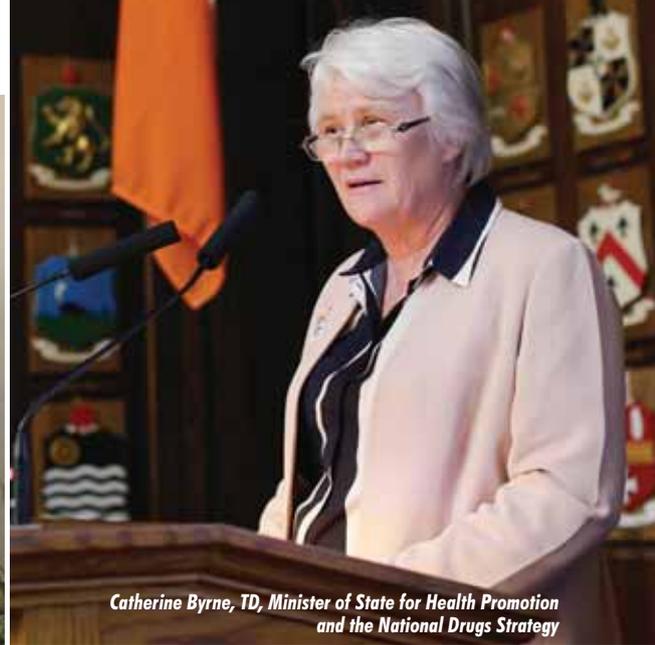
Claire Byrne, Aine Mae O'Mahony, Tommy Crowley



Minister Catherine Byrne with Wexford branch members Annette Foley, Dora Kent, Liam & Catherine Buttle



*With broadcaster Claire Byrne, the Power family from Bansa including Kevin, Richard, Theresa, Shane and Ann*



*Catherine Byrne, TD, Minister of State for Health Promotion and the National Drugs Strategy*



*John Whelan, Catherine Byrne, Marie Fowley, Sligo*



*Catherine Byrne with Westmeath branch members Cathy Smyth, Eddie Flood and Eileen Dunican*



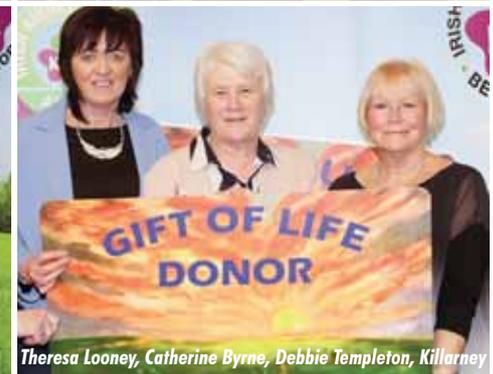
*Aoife Coffey & Maibe Nichinella, Pancreas Transplant Coordinators St Vincent's Hospital with Catherine Byrne*



*Catherine Byrne with Leitrim branch members Annetha Kiernan and Cathriona Charles*



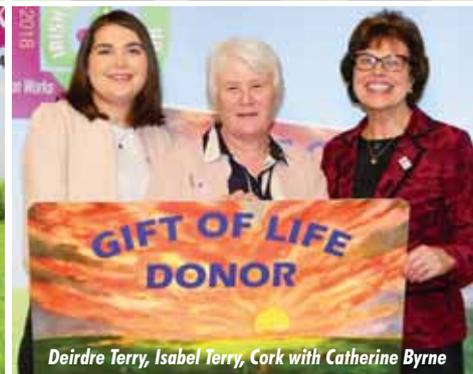
*Bernadette Wall and Briedge McGrath, Longford branch with Minister Catherine Byrne*



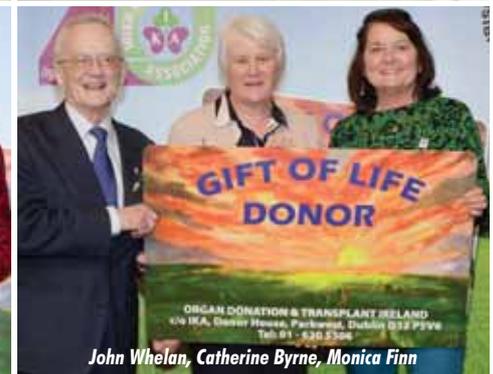
*Theresa Looney, Catherine Byrne, Debbie Templeton, Killarney*



*John Whelan, Catherine Byrne, Patricia May*



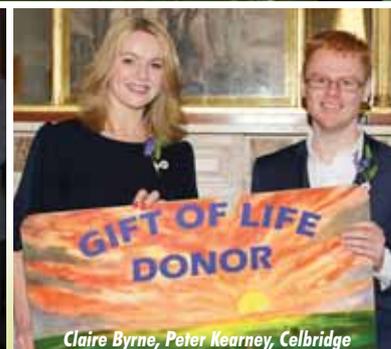
*Deirdre Terry, Isabel Terry, Cork with Catherine Byrne*



*John Whelan, Catherine Byrne, Monica Finn*



*Dublin East + Wicklow branch members...Una & John Whelan, Fred & Ann Rountree and Bernie & Michael Dwyer with Catherine Byrne*



*Claire Byrne, Peter Kearney, Celbridge*



*Cork branch members with Claire Byrne Michael Kiely, Mitchelstown, his sister Annette Betson, Patrick O'Sullivan*



Left:  
David Graham, Helen Turley with her children Evie, Sadie and Hugo,  
Broadcaster Claire Byrne and Dr. Atif Awan, Temple St Children's Hospital.

Below:  
Angela Kirwan, IKA board member from Borris on Ossory  
with fellow Laois native, Claire Byrne



# LAUNCH OF ORGAN DONOR AWARENESS WEEK



Claire Byrne is pictured with sisters Feile Marley (8) (left) and her twin sisters Zoe and Mollie (5) from Letterkenny, Co Donegal



David Crosby, Cavan and Val Kennedy, Portarlinton with Claire Byrne



Ken Mulkerrins, Claire Byrne, Robert McCutcheon, Irish Heart and Lung Transplant Association (IHITA), Cliona Marley, Val Kennedy.



Larry Moloney, Thurles (formerly Limerick), Claire Byrne, Garda Shane Moloney and his fiancée Natalie Maloney.



Back: Charlie Ryan, Paul Prendergast, Tony Gartland, Pat O'Sullivan, Ron Grainger, Peter Canavan, John McAleer, James Nolan, Sheila Grega, Peter Heffernan, Chikoyo White, Harry Ward, Linda Waters, Orla Hogan Ryan. Front: Colin White, Mike Keohane, Emma O'Sullivan, Rachel Eagleton, Deirdre Faul, Aoife Murray, Lenny Ryan, Finian Farrell.

# 10th European Transplant & Dialysis Sports Championships

**T**his year's European Transplant & Dialysis Sports Championships are taking place in Sardinia, Italy from June 17th–24th. You can follow the exploits of our Ireland team on our team blog; [www.transplantteamireland.ie](http://www.transplantteamireland.ie).

On the blog, as well as details of the various events, you will find profiles of the 24 participants who stepped forward this year to represent Ireland at the 10th European Championships. We have 10 ladies and 14 men with 3 people on dialysis, 5 people with liver transplants and 16 people with kidney transplants. Each of these team members has their own story and their own reason for taking part in the Championships but what unites them all is a desire to make a difference.

The positive role of regular physical activity in healthcare has been gaining more prominence in recent years. Our team members have embraced sport as a means to play a part in their own healthcare. For some it will be the more skill-based sports such as French boules, darts and ten-pin bowling whilst for others the interest is in the more physical sports such as swimming, athletics, golf and racquet



Young and oldest members of Transplant Team Ireland Rachel Eagleton and John McAleer with Peter Canavan

sports. An important element of the whole experience is developing confidence in one's own physical abilities, at whatever level they may be. In our sports programme we follow a simple mantra, 'Be the best that you can be.' It may lead to medals but then again it may not but put in an honest effort and you are as important a team member as anyone else – no one is special and no one is side lined.

On May 13th when we handed out the team kit to this year's squad this is

the message that our guest speaker Peter, 'the Great' Canavan shared with us. With his long and distinguished career with Tyrone he knows as well as anyone the importance of honest effort and the benefits that come from being part of a team.

When we travel away our team is an extended family for each of us and the support and friendship go far beyond the week we are away. I am excited that my wife will be participating again this year. It will be her fifth time to participate at the European Championships whilst on dialysis. We both get a lot out of the experience.

I hope that in following the exploits of this year's squad that you get inspired to get involved. We will be forming a team to take part in the World Transplant Games in Newcastle next year and we will be hosting the next European Championships in Dublin in 2020!

The event is coming to your doorstep and there is plenty of time to prepare – imagine, an opportunity to represent your country, to represent your family, and if transplanted, to represent your donor...#LifeisaGift



Find us on:  
**facebook®**

**CLARE IKA BRANCH**



**Maura Burke, Marty Morrissey, Ann Downes**



**Dolly Whelan promoted Organ Donor Awareness Week and fundraised for the IKA outside Nolan's Deli in Kilkee. We thank Dolly & Tom Whelan, along with their family for the outstanding support they have given to the IKA over the years.**

# CLARE

By MICHAEL MESCALL



**Geraldine Grace, Angela O'Neill and Eoin Eustace promoting Organ Donor Awareness Week in Ennis**



**Sarah & Joe Grace with Maura Burke**



**Gerry and Martina Moran with Martin Nugent.**

**ORGAN DONOR AWARENESS WEEK**

Our Organ Donor Awareness Week launch was marked by a Patients Information Evening at the Temple Gate Hotel, Ennis on March 21st. The principal speakers were Professor Austin Stack, Consultant Nephrologist at University Hospital Limerick, whose presentation dealt with 'Blood Pressure Control – The Ups and Downs' and Noretta Clifford who spoke about her journey from dialysis to receiving a kidney transplant.

Our thanks to both speakers for their excellent presentations and to the large attendance who came to the event and for their active involvement in the question and answer session.

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

The National launch in the Mansion house in Dublin was attended by our Chairperson Peggy Eustace.

**MASS OF REMEMBRANCE AND THANKSGIVING**

Donor families from all over Clare gathered in the Cathedral in Ennis on Sunday, May 20th for the branch annual Mass of Remembrance and Thanksgiving. Peggy Eustace, speaking on behalf of the Branch said: "In our Mass today we remember our donors and we thank their families for their generosity in donating the organs of those they loved so well. In your darkest hour the kindness and compassion you have shown has transformed the lives of those who were gravely ill. You have given the gift of new life to so many. To transplant recipients and their families you are the people who have made the difference. For us you truly stand out."

The Branch highly commends Peggy for her tremendous work and the huge organisational ability she demonstrates in bringing such a vast array of guests to the Mass each year. She has been doing this work in a low



**Clare branch IKA Treasurer Gerry Moran, Garda Noel Pearse, Mayor of Clare, Tom McNamara, Peggy Eustace and Fr Tom Hogan following our Mass of Remembrance & Thanksgiving.**

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

In the congregation were the Mayor of Clare, County Council

Cllr Tom McNamara and his wife Mary; Emma Corrigan, Organ Donation and Transplant Ireland (ODTI); Andrea Fitzmaurice, Kidney Transplant Coordinator, Beaumont Hospital, Dublin; Siobhan Brosnan, Organ Donation Nurse Manager, University Hospital Limerick; Colin MacKenzie, IKA National Honorary Treasurer and his wife

Patricia, IKA members and Branch Officers from Limerick, Offaly, Clare and Galway. Andrea Fitzmaurice and Siobhan Brosnan participated in the Readings.

The attendance was very appreciative of the choir of Ennis Cathedral with special mention of soloist Monica Morgan and organist Michael Hennessy.



**Pictured centred Mary and Peadar O'Hici, Secretary IKA Galway branch with friends at the Clare branch IKA Mass of Remembrance & Thanksgiving.**



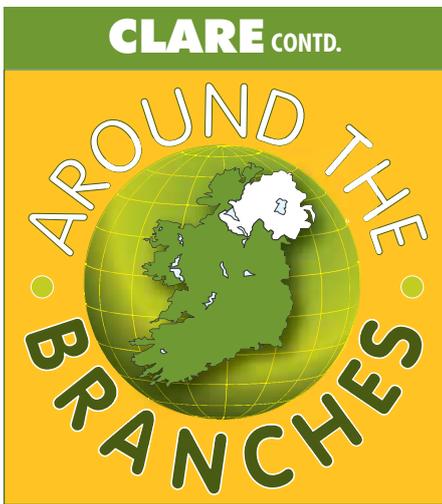
**IKA National Honorary Treasurer Colin MacKenzie and his wife Patricia, Mary Hickey Galway branch IKA and Peggy Eustace following the Mass of Remembrance & Thanksgiving.**



**Shane, Noretta & Seamie McGoldraig following our Mass in Ennis.**



**Richard Flynn, Martin and Sharon Fitzgerald with Dolores Flynn following our Mass.**



**SEAN VAUGHAN TRACTOR RUN**

Sean Vaughan, Kilbane, Broadford received his kidney transplant in 2016. During his recovery time in Beaumont Hospital he received first class treatment in the IKA Renal Support Centre, located in the grounds of the hospital. As a small 'thank you' for their support Sean decided to organise a Tractor Run to raise funds for the Centre.

The Run took place on April 8th in his local village of Kilbane. A magnificent sum of €11,500 was raised and the Branch gratefully appreciates the work done by Sean and thank him for the money raised for the Centre.

**COFFEE MORNING**

Many thanks to Garda Noel Pearse and Garda Paul Clancy who held a coffee morning to support the work of the IKA at Shannon Garda station, during Organ Donor Awareness Week. €675 was raised - we thank both Gardai, their colleagues and all who supported it.

**FACEBOOK**

We are now on Facebook. Please follow or 'like' our page..Clare IKA Branch - to keep informed on organ donor awareness, branch meetings, events and for other kidney-related information.



*Sean & Bernie Vaughan presenting the cheque for €11,500 proceeds of the Kilbane Tractor Run to Clare branch Chairperson Peggy Eustace*



*Sean pictured with his family on the presentation night at Gunning's bar in Kilbane.*



*Garda Paul Clancy and Garda Noel Pearse.*



*Look who met up at the Atlantec Conference 2018 in Galway, Patrick Eustace (Clare branch) and Eoin Madden (Galway branch). Patrick was one of the organisers of the Conference.*



*Garda Noel Pearse, Martin Fitzgerald, Martin Abbott and Patsy Riordan at the Coffee Morning in Shannon.*



# TIPPERARY

By ORLA RYAN

We had a great Organ Donor Awareness Week in all of the towns in Tipperary. There were lots of volunteers out and about and we would like to thank all of these. Without you we would not have had such a successful week.

There was a great turnout at our AGM which was great to see. We had Harry Ward and Peter Pardoe from Dublin, giving a talk on the Wellness Programme. This was very successful and we thank them both.

Joan and Willie Gavan had their transplant in Coventry and are doing great. The branch were delighted to hear this and wish them well.

We welcome our new members who joined us at the AGM. New members are always welcome.

Deirdre and Ned Crowe had their 10 year anniversary of their transplant, on 31st March coincidentally, it was the first day of Organ Donor



*Deirdre and Ned Crowe*

Awareness Week. Congratulations to you both, from all the branch.

We wish Transplant Team Ireland the very best of luck in Sardinia, especially our Tipperary branch members Orla Hogan Ryan and Sheila Gregan.



*Orla, Tina, Teresa and Caroline*



*Ruth and Olive Byrne*



*Katie and Sarah at Thurles Shopping Centre*



*Ruth Byrne and Rachel Cullen*



*Tina Tuter and her friend Teresa at Aldi in Nenagh*



### SLIGO IKA BRANCH

#### ORGAN DONOR AWARENESS WEEK

Ambassador to the Sligo branch of the IKA, Ray MacSharry, officially launched Organ Donor Awareness Week on Tuesday, March 20th at the IKA's Garden of Reflection in Doorly Park.

In his address Ray recalled the founding of the Sligo branch in 1980 by Angela McKinney, along with Rosaleen O'Grady and Teresa Davey. At the time there was no dialysis unit in Sligo and patients had to travel to Dublin three times a week. Since then great strides have been made with Sligo University Hospital Renal Unit treating 51 patients a week at present.

Donor awareness is so important with, last year, seeing an increase in organ failure. A 'gift of life' by a donor can mean a new quality of life for the recipient. I would urge everyone, where possible, to support the IKA in any way they can. I congratulate all involved in organising the beautiful garden of reflection at Doorly Park, along the Garavogue



Michael McHugh, Geraldine Slowey, Joe Shannon, Ray MacSharry

# SLIGO

By NOEL KENNEDY



Brian Stewart, Hugie Costello, Ray MacSharry, Shirley Stewart and Emer Melvin. Brian and Hugie are both dialysis patients in SUH and Emer is Head Nurse in the Dialysis Unit, SUH

River - what a beautiful setting.

Aiden Meehan and wife Imelda very generously hosted refreshments for everyone afterwards in the Blue Lagoon.

#### RENAL COOKERY DEMONSTRATION

The Sligo branch held a very successful and well attended Renal Cookery Demonstration in the Radisson Hotel, Ballincar on Thursday April 5th.

Opening the evening Ray MacSharry welcomed everyone and also congratulated all involved with the night's proceedings and in bringing donor awareness to as big an audience as possible. Geraldine Slowey, Renal Staff Nurse at Sligo University Hospital, was the driving force behind the night and was thanked for taking on and organising such a wonderful night.

Chef Supreme Joe Shannon was in charge of all the culinary delights. Joe prepared and cooked some wonderful



Ray MacSharry, Noel Kennedy

dishes that were thoroughly enjoyed by the judges and indeed by the audience. The cookery skills were a delight to behold but should Joe ever decide to leave the kitchen then he is a star in the making for stand-up comedy. He entertained a delighted audience with his stories and banter - he was absolutely brilliant.

Everyone who attended also received a free copy of the recipes.

The raffle was extremely well supported and the IKA would like to



Tony McMorrow, Geraldine Ray, Ray MacSharry and Ita Leyden



Ray MacSharry with members and supporters of the IKA at the Sligo launch of Organ Donor Awareness Week at the Garden of Reflection, Doorly Park



Hughie Costello, Michael McHugh and Odella Kennedy at Quayside Shopping Centre during Organ Donor Awareness Week

night about dietary requirements and restrictions of certain foods for renal patients.

James Nolan, from Punchestown Kidney Research Fund (PKRF), donated the *Truly Tasty* cookbook to every patient in the Dialysis Unit in Sligo.

#### AGM

Following the IKA Sligo Branch AGM, held on Tuesday May 2nd, Michael McHugh, after stalwart service, has stepped down as Chairman of the branch as has his wife Bernie from the position of Treasurer.

The following are the new officers:

- Chairman:** Sean Fowley
- Vice-Chairperson:** Marie Fowley
- Secretary:** Geraldine McHugh
- Treasurer:** Ronnie Melly
- PRO:** Noel Kennedy



Collectors Ronnie Melly and Charmaine Button at Aldi

thank everyone who so generously donated spot prizes. Special thanks went to the Management and staff of the Radisson Hotel for their support and superb service on the night.

Liz Rafferty, Dietician, Sligo University Hospital, also spoke on the

#### SLIGO UNIVERSITY HOSPITAL

The Sligo branch, in partnership with the Leitrim branch and the Renal Unit at SUH, have installed all new televisions and headsets for patients in the Renal Unit in Sligo.



Michael McHugh, Geraldine Slowey, Joe Shannon, Ray MacSharry



Sligo University Hospital Renal Staff



# DUBLIN NORTH

By PATRICIA MACKENZIE

## RED HURLEY CONCERT

In response to requests for a return visit Red Hurley came back to Portmarnock with his Spiritual Hits Concert, performed as before in St. Anne's Church, supported by the Church Requiem Choir.

Our thanks to the clergy and people of Portmarnock for their generous support of the IKA and to our Dublin North Ushers. A special thanks to Ann and Tess and McConor.

## AGM

The Branch AGM was held on Monday, April 16th in the Renal



Support Centre. Our speakers were Dublin North member, Margaret Quinn who received a kidney from her sister, Bernie. They gave us a wonderful insight into the whole living donor experience. Thank you Margaret and Bernie.



Margaret Quinn and her sister Bernie.

## Thank You



I cannot even begin to put into words how truly grateful we are. No words will ever be enough. This is Eammon's second liver transplant and without the amazing 'gift of life' both our donor families gave us this picture and our daughter would not have had her daddy on her special Confirmation day. He was so close to death that it's just an absolute miracle he is still with us today and doing amazingly well.

To all the staff in St Vincent's Hospital - they truly are amazing people. Eammon is living proof that 'organ donation works'.

At the same time we are very much aware that a family is grieving a loved one and just hope that they may get some comfort knowing the change they have made to our lives.

**Nicola Kavanagh & family,  
Clonsilla, Dublin**



## ORGAN DONOR AWARENESS WEEK

Our thanks to all Organ Donor Awareness Week collectors and it was nice to see you all at our 'Thank You' gathering in the Skylon Hotel.

## STOCKTAKE

Our annual stocktake will be held on Tuesday June 12th at 2.30pm in the Renal Support Centre in Beaumont Hospital.

## AUTUMN GATHERING

We will hold our autumn gathering on Monday September 24th at 7.30pm in the Renal Support Centre.

Summertime is here - so enjoy the long evenings and good health to you all.

## SOME MEMBERS AT THE 'THANK YOU' GATHERING IN THE SKYLON HOTEL.



# Red Hurley Concert





Wednesday May 16th was a proud day for our Chairman, Liam Buttle who helped cut the ribbon at the official opening of the Wellstone dialysis centre in Wexford. Liam has campaigned for a dialysis unit in Wexford for many years.

In attendance on the day was Deputy Paul Kehoe TD, Liam Ferguson, head of Western European B Braun Avitum, Debbie McDonald, Clinic Manager, Dr Frank Kelly, Nephrologist, Waterford, local councillors, patients and staff, Mark Murphy, CEO IKA and members of the Wexford Branch.

The state-of-the-art building started to take in patients in January and will be fully operational by the end of May.

Our AGM took place recently and the following officers were elected unopposed:

**Chairman:** Liam Buttle  
**Secretary:** Dora Kent  
**Treasurer:** Marie Kehoe  
**PRO:** Marie Donlon



*Liam Buttle and Annie Bolger at the opening of the Wellstone Dialysis Centre in Wexford.*

# WEXFORD

By MARIA DONLON



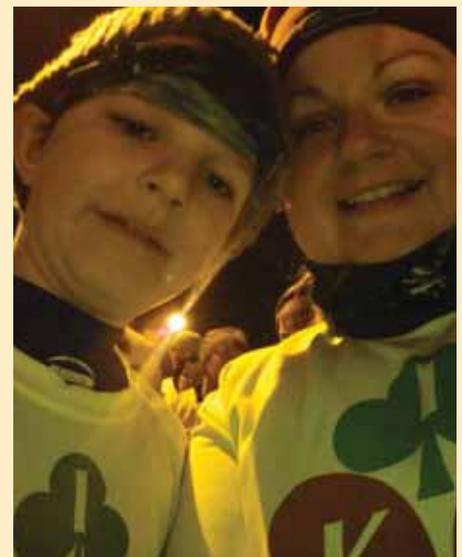
*Cheque presentation to Wexford branch IKA and Wexford Marine Watch, proceeds of money raised from the 5K Night Run organised by Nicola Gregg and family.*

The Wexford 5k night run took place on Thursday February 8th and €13,000 was raised and split 50/50 between IKA and Wexford Marine Watch. Great credit and thanks to Nicola Gregg and her family for organising the event.

Our annual Mass of Remembrance will be held in Clonard Church on Friday, July 20th at 8pm.

We extend good wishes and continuous health to Pat Shorthall and Tommy Parker, from Castlebridge, who had a transplant recently.

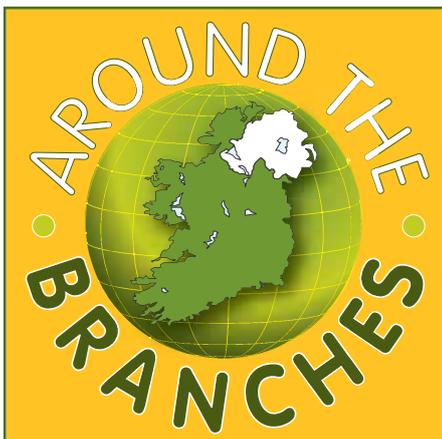
We extend our deepest sympathy to the families of the late Patrick Warren, George O Connor, Mary Cooper and Phyllis Curran on their recent sad loss, RIP.



*Eleanor Rossiter-Wallace and her son James who completed the 5K Night Run.*



*Wexford branch Chairman Liam Buttle at the cutting of the ribbon at the official opening of the Wellstone Dialysis Centre in Wexford.*



**Maura O'Connor and Marian Murphy at Aldi Store, Dublin Road Limerick during ODAW.**



**Shaun Faloon at Aldi Store, Dublin Road Limerick**

The AGM of the Limerick Branch was held on Wednesday May 2nd at 7.30pm in the Bishop's Palace, Church St. Kings Island, Limerick. Mary Downes continues as Secretary of the Branch and Susan Canon as Treasurer. Sandra Dillon has stepped down as Chairperson of the Branch. The members would like to thank Sandra for all her hard work and commitment as Chairperson.



**The wonderful 'Forget-Me-Not' queen cakes**

# LIMERICK

By MADELEINE DONAGHY



**Norma Forgarty on duty at the IKA stand at the Truck Run**

Sandra was an energetic, very active and very approachable lady in her role over the last few years. Her good humour never wavered, and we would like to wish her the very best of luck and good health in the future.

The Branch was very busy during Organ Donor Awareness Week trying to spread the message around a very large city. However goodwill prevailed and as many outlets as possible were successfully covered. The message was to raise awareness about the ongoing and increasing demand for organ transplantation which relies on the public for organ donation. Its key message is that families need to talk and keep the reminders of their willingness to donate visible by carrying the organ donor card. Also downloading the Smartphone App, and permitting Code 115 to be included on their driver's license, was spread as much as possible by all volunteers. We would like to thank everybody for giving their time to distribute the organ donor cards and pass on the all-important message.

The Branch would like to thank Angela O'Sullivan and her two daughters Jennie and Danielle, for the very generous donation of €3,300, proceeds from the table quiz organised by them and held in O'Driscolls, Corbally, Limerick. Angela donated her late husband Donie's organs after his premature death. Ar dheis Dé go raibh a anam dílis.

Sunday, April 1st saw a huge turnout in the small town of Hospital for the 'Lar O'Neill Memorial Truck and Tractor Run'. The Run, in memory of Lar O'Neill, who had suffered kidney disease in his 20's and later



**Majella Sheehy at the Truck Run**

received a successful transplant, marked Lar benefitting from the donation for almost thirty years before he passed away from an unrelated illness at the age of 54. The memorial run took place to mark this year's Organ Donor Awareness Week.

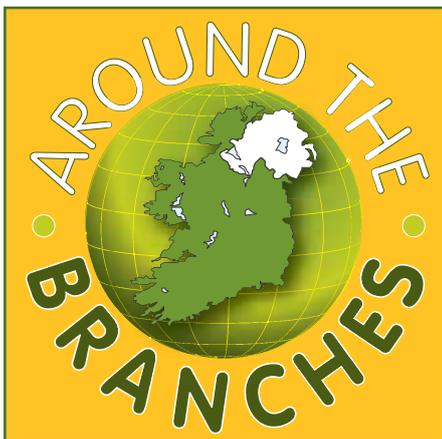
A great day was had by all with a barbecue, music, fun and entertainment for the children. Celebrations continued long after the run finished.

Thank you to Lar's brother Jimmy, sister Christina, nephew Michael, and nieces Shauna and Emma who, once again, took on this huge undertaking with all proceeds going to the IKA.

A special 'thank you' to Majella Sheehy, liver recipient, who together with her daughter Lisa, and husband John, provided refreshments for all the hungry truckers and spectators.

Queen cakes baked and decorated with the 'Forget-Me-Pot' purple and yellow coloured flowers added a special significance to the occasion.

Johnson & Johnson Vision Care, Plassey Technological Park, Limerick invited members of the IKA to speak to staff members during ODAW to promote organ donation amongst the staff. Colin White, Donor House, gave a comprehensive presentation which was very well received. 'Thank you' to Colin and Company nurse Darragh Devane who liaised with the IKA.



Welcome to the Summer edition of our *SUPPORT* magazine. We wish you all a very enjoyable summer with plenty of sunshine.

#### ORGAN DONOR AWARENESS WEEK

We wish to say a big 'thank you' to everyone who helped promote organ donation in our area during this week. 'Thank you' also to everyone who purchased our merchandise and helped raise funds for our branch.

#### ANNUAL DINNER

Our annual dinner was held at Waterford Golf Club on Sunday April 22nd. Music was supplied by John O'Shea, WLRfm. 'Thank you' to 'The Bachelors in Trouble' and 'The Hooks & Crooks' for giving their time to entertain everyone, they were excellent.

Michael and Anne, 'thank you' for supplying the music for our singers, everyone joined in and really enjoyed the sing song. Thank you also to John Meade for organising the entertainment; to the Club caterers for a wonderful meal which was enjoyed by all and to everyone who brought spot prizes... 'there was one for everyone'!!!

#### BRANCH AGM

Our branch AGM was held on May 1st and our three officers were re-elected:

**Chairman:** Raymond Halligan  
**Secretary:** Patricia Meade  
**Treasurer:** Vera Frisby.

#### HAEMODIALYSIS UNIT IN WEXFORD

The new Haemodialysis Unit was officially opened in Wexford, on Wednesday, May 16th by Paul Kehoe TD, Minister with Responsibility for Defence, Wexford. We would like to congratulate everyone involved in bringing this Unit to Wexford.

# WATERFORD

By VERA FRISBY

We send you every good wish for the future.

#### RESPIRE CENTRE, TRAMORE

Our Respite Centre opened in May and will run until October. We would like to wish all our patients and families a very enjoyable holiday in Tramore with plenty of sunshine.

#### ANNUAL SERVICE OF REMEMBRANCE & THANKSGIVING

Our annual Service was held at the hospital Chapel, UHW on Sunday, May 27th. Refreshments were served at the hospital staff canteen, following the Service. 'Thank you' to Fr. John Kakka, Fr. Matthew, all our readers and everyone who helped make this Service so very special.

We would especially like to thank the Ballygunner Choir, the soloist, John Meade on the tin whistle, all under the leadership of Mary P. The music was very special and very much appreciated by everyone.

#### CHURCH GATE COLLECTIONS

These collections will take place in County Waterford on June 16th-17th and in Tramore and Fenor on June 30th-July 1st.

#### ANNUAL 10K WALK

Our annual 10K walk from Carrickbeg to Portlaw will take place on Sunday, August 12th.

*We would like to take this opportunity to wish all our patients, members, families and friends a very enjoyable summer with plenty of sunshine.*



Joe & Moira Cashin, Moancoin



Colin & Theresa Kirkham, Waterford



Moira & Catriona Cashin



Teresa O'Brien & Catriona O'Brien

Photos by

**CATRIONA CASHIN**



Back: Denis Moynihan, Frances Moynihan; (front) Joe Moynihan, Betty Daly, Carmel O'Loane, Marian Roche, Dungarvan

# Waterford Annual Dinner - Waterford Golf Club



*Marie Phelan, Peggy Robinson, Marie Nolan, Eileen Long, Nora Galvin, Paddy Long, Portlaw, Pat (Pilot) Conway, Piltown.*



*John Joe & Mary Bagge, Bridget & Martin McNamara, Kilmacthomas.*



*Ray Halligan, Waterford Chairman, John O'Shea DJ (WLRfm).*



*Theresa Hearne, Mary Hearne & Theresa Walsh, Mooncoin.*



*Boyeu Phelan & Liz McCue*



*Teresa O'Brien & Catriona O'Brien*



*Peggy Egan, Ray Halligan, John Meade.*



*Mary & Philip Walsh, Eugene & Maria Ryan.*



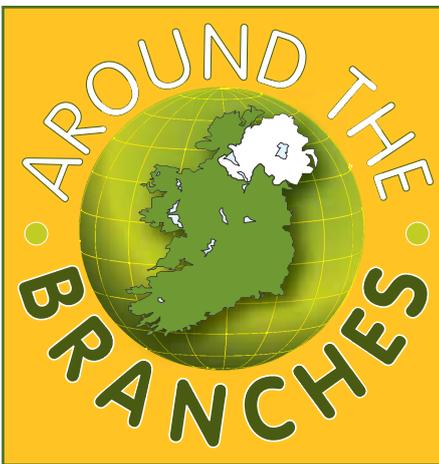
*Michael Dunphy, Patsy Meade, (Secretary Waterford branch) Ballygunner, Vera (Treasurer Waterford Branch) & Ed Frisby, Tramore.*



*Bridget Power, Anne Smith, Mary Prendergast, (Recording artist), Leah Nolan, Brenda Power.*



*The Company Club members, Martin Waters, Sandy Holland, Lyla Carew, Shay O'Neill, Marian Bolger, Olive Cullen, Mai Kearney & Trish Heffernan.*



# WATERFORD

By LIZ McCUE

Hello everyone, we had plenty of comings and goings in our Waterford Dialysis Unit.

We were delighted, for our patients to see the opening of the brand new Wexford satellite unit in January. 30 patients have transferred from our Waterford unit. The nurses were mostly all new faces with the exception of Phil and Sandra - two lovely nurses and Frieda, the Secretary, from the Waterford unit.

Since my last notes I have finished writing my autobiography *'Thursday's Child'*. This true story is on sale in the Waterford Book Centre, John Roberts Square, for €10.

At the book launch Dr Sean Leavey spoke about my character and strength to be able to do this while on dialysis.

He called me the 'feisty renal warrior', a true pioneer for finishing my Magnus Opus.

There was a large turnout for the launch at the Waterford Healing Arts Trust, UHW. I am forever grateful to Philip Cullen who helped me over my hurdles, Claire Meaney, Maeve Butler and all the WHAT team at UHW, for believing in me and making Liz McCues' dreams come true.

The President of Ireland, Michael D Higgins, sent me a gratitude letter signed by his secretary. I was grateful for his signed copy of my book. If you would like to read this book please contact: leslieroberts2009@live.com or contact the Waterford University Hospital dialysis unit. I did a reading of this book in the Kilmacthomas and Tramore Libraries, The Book Centre, Waterford plus a week of advertising in the main window and a reading there on a Saturday morning. 'Thank you all for your kindness'.

We have an English gentleman, Martin MacShay, who wrote his Poetry 'Red House Legend'. This book can be bought from the Waterford Healing Arts Trust or the dialysis unit, priced at €10. Martin is a lovely man, very

educated and great with the words. Well done Martin!

We had a fantastic dinner at the Waterford Golf Club in April. Lovely humour by *Bachelors in Trouble* - wow great craic. There was music by *The Hooks and Crooks* and John O'Shea from WLRfm played background music, while we had our meal.

Our retired nurse, Mary Prendergast, sang us a song with a guitarist named Michael and an electric piano accordion player named Anne. Other good singers got up to serenade us with their party pieces.

I am sure everyone had a magnificent evening. Thank you once again to the awesome Waterford branch of IKA for this fabulous event. I really enjoyed the lovely occasion.

We remember all our patients who died during the past few months and offer our deepest sympathy to their families. May they Rest in Peace.

Any news I have not included I will post in our next Waterford notes, God willing. I hope you enjoyed this dialysis post. Any further information or news from our Waterford patients please let me know.

# WESTMEATH

By CATHY SMYTH

We had a very successful Organ Donor Awareness Week in Westmeath, so thanks to all the people who volunteered and got involved. We had stands in Athlone and Mullingar. We had a Church Gate collection in Moate Parish during the week. Mullingar also held a Church Gate collection recently so again thanks to everyone who volunteered.

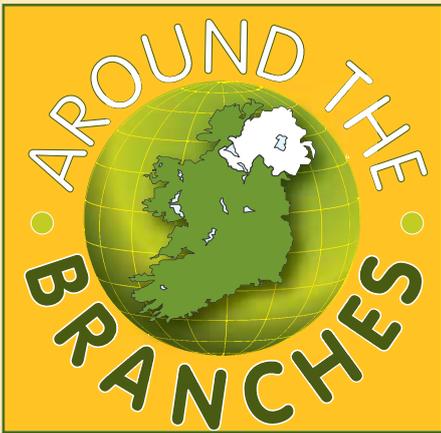
Our AGM was held in the Annebrook House Hotel in Mullingar on May 3rd. After the AGM a Dietician from Tullamore Hospital gave a presentation on renal diets. This was followed by a question and answer session which was a great opportunity for members to get personalised advice on their diets.

Again this year we are dusting off our bikes and heading to Westport. The cycle will start in Achill and end in Westport. All are welcome, and people can choose to do the whole route or part of the route. It is always a great day out. If you are interested please



contact any member of the Branch. The cycle will be held on July 21st. Hope to see you there!

Finally, we would like to congratulate one of our members, Chris Ibe, who recently received a transplant.



Hello to all our members. Hopefully everyone is enjoying the glorious sunshine.

**AMBASSADORS 2018**

A special thanks to our Ambassadors this year, the Beirne Family from Mohill, winners of *Ireland's Fittest Family* who have given great support to the branch.

**ORGAN DONOR AWARENESS WEEK**

Thanks to all our volunteers who distributed organ donor cards and collected donations, on behalf of the Association, during Organ Donor Awareness Week. Your time and effort, every year, is much appreciated. Thanks also to Supervalu and Aldi in Carrick on Shannon who allowed us set up tables in their stores.



Annetta Loughran

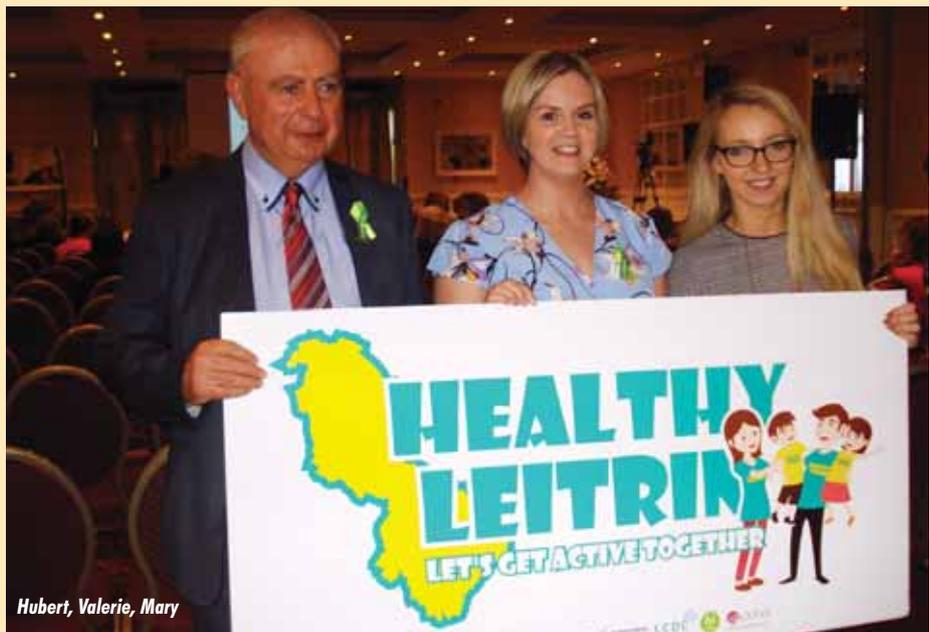


Patricia Beirne



Kathleen, Mary

**LEITRIM**  
BY HELENA O'NEILL



Hubert, Valerie, Mary

**POSITIVE HEALTH**

*Leitrim's Health is Wealth* took place on May 16th May in The Bush Hotel, Carrick on Shannon. Hubert McHugh, last year's Leitrim branch ambassador invited us to participate and we set up

an information desk which was well received. The event aimed to promote health and well-being in our community and was hosted by RTE presenter Mary Kennedy.



Annetta, Cathriona, Helena, Frank



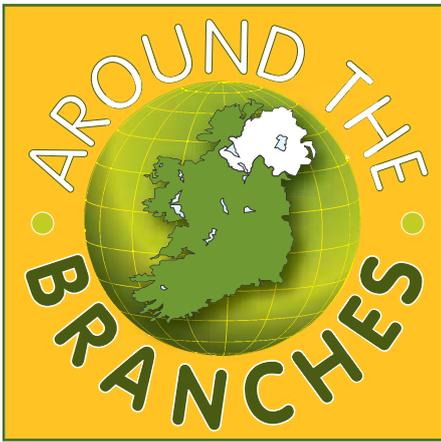
Cathriona, Charles



Kasia, Ewa, Tanya



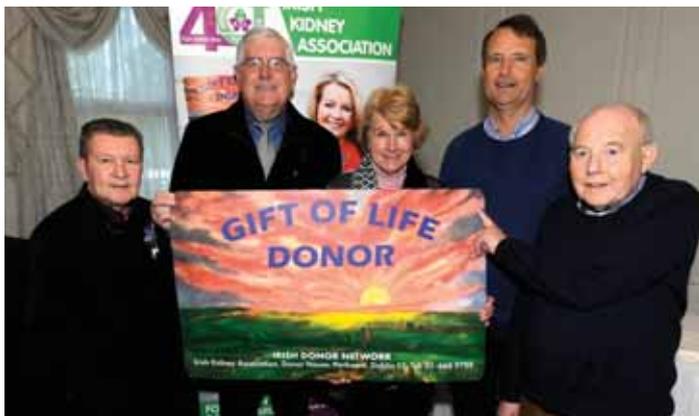
Drumkeeran Friendship Club



*Don Hannon arrives in Cork*

Hello to all our members, families, patients and all our loyal readers, at the time of writing we are going through a fantastic hot spell and I hope everyone has kept themselves well hydrated and wore plenty of sun protection.

We are in the middle of preparations for our annual Golf Classic in Mitchelstown GC. It looks like it's going to be a great success again this year going by the response we are getting from teams wanting to play and companies that want to sponsor tee boxes and greens.



*Charlie Keane, Gurranabraher, Dermot and Nellie O'Connell, Glanmire, Shay Bowen, Douglas and Tom O'Hanlon, Rochestown at the launch night.*



*Margo McCarthy, Ballinhassig, Helen O'Sullivan, Mallow, Mary and John Hurley, Mitchelstown and Margaret Leahy, Mitchelstown at the launch night.*

# CORK

BY PAT O'SULLIVAN



*Presentation of televisions to Joanne and Margaret.*

## DIALYSIS WARD

In the last edition of *SUPPORT* I wrote about the problems patients were experiencing with the televisions well, thankfully, this issue has now been resolved with the installation of 35 new televisions in the unit and a new widescreen TV in the day room.

The day room is also going through a transformation and works should be completed towards the middle of June. I hope all these improvements will continue to help the patients and families who go through the Unit three days a week.

## ORGAN DONOR AWARENESS WEEK

Our Organ Donor Awareness Week launch night was held in Rochestown Park hotel where our guest speaker on the night was Ireland and Munster rugby legend Tomás O'Leary. Tomás was backed up on the night by Deputy Mayor of Cork City, Cllr Fergal Dennehy, Prof. Liam Plant, Transplant Coordinator Nurse Breda Doyle and

Isabel Terry.

The officers and all the branch were delighted with the response we got from volunteers for this year's ODAW. We had volunteers all over the county and with the help of some fantastic local publicity, thanks to the wonderful stories patients were willing to tell and share, word really did get out there.

A special thanks to some people who were front and centre for the camera and the microphone this year, Sally Nagle, Isabel Terry, Donal O'Flynn, Dermot O'Connell and Charlie Keane. 'Thank you' everybody who gave up their free time to organise collections and to help promote organ donor awareness.

## SUPPORT MEETINGS

Our monthly support meetings are going from strength to strength and our numbers are growing. Our hope, at these meetings, is that patients can come and share their experiences with

others who are just going through or starting their road to recovery from kidney failure. At our last meeting we had a renal dietician give a presentation which was particularly beneficial to all. If you think you can benefit from attending these support sessions in any way, either by talking to others or just listening to what others have gone through, we would be delighted to see you.

Dates for these meetings and any other events we are organising will always be posted here on our Facebook page on our new WhatsApp group via text and via mail. If we have your details you will be advised, if you think we do not have the correct details for you please email: [secretarycork.ika@gmail.com](mailto:secretarycork.ika@gmail.com) or ring 086-2755754 and these details can be corrected.

### SUMMER BBQ

This year the Cork Branch is 40 years old and to help celebrate this we will be holding a Summer BBQ in the Elm Tree Restaurant in Glanthaune on July 28th at 5pm. Tickets will cost €10 per adult and €5 per child.

To book your ticket email [infoikacork@gmail.com](mailto:infoikacork@gmail.com) or phone: 086-2755754.

We are particularly interested in past members who were there when the branch was formed and all those who have contributed to the branch since.

### WELLBEING PROGRAMME

Last year we ran a very successful wellbeing programme in Cork for patients and carers, we are looking at holding another course possibly starting around the end of September/ start of October. If you are interested in attending this course or want any more information please email [secretaryika.cork@gmail.com](mailto:secretaryika.cork@gmail.com) or phone: 086-2755754.

### BALLINCOLLIG CAR AND VINTAGE CLUB

The Ballincollig Car and Vintage Club will be holding their annual car rally and show in the shopping centre in Ballincollig on July 28th and 29th. This year their chosen charity is our branch. We are looking for volunteers to come on the day to man a stall shake a few buckets and promote organ donor awareness. So, before you come to the BBQ and if you are not suffering too much after it, we



*Isabel Terry, heart and double lung transplant patient, Deputy Lord Mayor, Fergal Dennehy, Brida Doyle Transplant Co-ordinator, Tomas O'Leary, Prof. Liam Plant.*



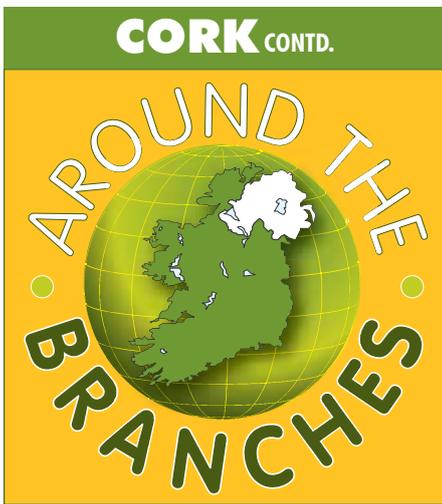
*CUH Renal Unit Nurses, Phil O'Driscoll, Teresa O'Neil, Sheena McDonagh and Eileen Phelan at the launch night.*



*Ray & Norma Scanlon, Mallow, John & Clair Sexton, Shanakiel and Brid & Joe Kavanagh, Ballincollig at the launch night.*

would appreciate if you could give an hour or two over the two days. To volunteer please email

[secretaryika.cork@gmail.com](mailto:secretaryika.cork@gmail.com) or phone: 086-2755754.



Tom & Ann O'Halloran, Ballylanders, Noreen & Brendan, Mitchelstown and Jennifer & Michael O'Shea, Mallow at the IKA Cork branch launch night.

**CORK BRANCH MEMBERS COLLECTING DURING ORGAN DONOR AWARENESS WEEK**



Ann & Kathleen, Charleville



Noreen & Brid Ann, Mahon

**DATES FOR YOUR DIARY**

**BBQ**  
 Elm Tree – July 28th 5pm  
**Ballincollig Vintage Club,**  
 July 28th and 29th  
**Support Meeting September**  
 4th September at 8pm  
 Rochestown Park Hotel.  
**Support Meeting October**  
 2nd October at 8pm  
 Rochestown Park Hotel.  
**Support Meeting November**  
 6th November at 8pm  
 Rochestown Park Hotel.



Egans, Clonakilty



Ray, Mallow



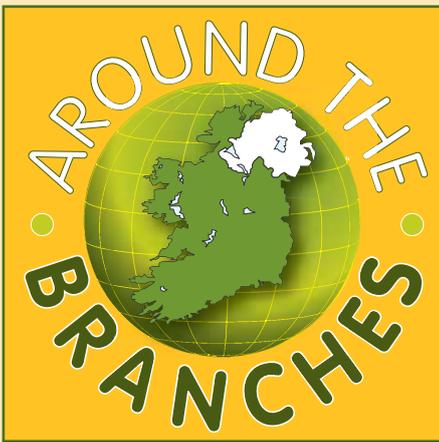
Veronica, Wilton



Marleise & Mary, Bandon



Donal & Joe, Ballincollig



# DUBLIN EAST & WICKLOW

BY BERNIE DWYER



*Catherine Murphy and Una Whelan at the launch*

## ORGAN DONOR AWARENESS WEEK

A very big 'thank you' to all our volunteers who gave up their valuable time to make ODAW a success for our Branch this year. Thanks to the businesses and pharmacies who allowed us to fundraise on their premises.

A special thanks to Gloria Proby and her team in Arklow who were back on board this year. We started with the launch in the Mansion House and it was lovely to see Ann and Fred Rountree there and John Whelan after his recent illness.

## CONDOLENCES

We send our sincere sympathy to Bridie on the loss of Frank Doyle, RIP,



*Claire Byrne, Angela McKinney, Ann and Fred Rountree at the launch of Organ Donor Awareness Week in the Mansion House*



*Mick Dwyer and Una Whelan at the launch.*

and the Murphy family from Tinahely on the passing of Jim, RIP.

## TRANSPLANT GAMES

The branch send best wishes to Transplant Team Ireland as they travel to Sardinia on June 16th for the European Transplant and Dialysis Sports Championships.

The team of 24 includes Deirdre Faul from Dalkey. We hope you all enjoy the experience as you promote donor awareness through sport.

## KILMACANOGUE HORSE SHOW

Last year some of our members helped at the show in the capacity of stewarding. This year we have been invited to help again on July 28th, in Enniskerry, and we hope to have a more visible presence for the IKA.

This is a very hard working Committee who have been very generous to us every year. So if you can spare an hour to help at this lovely show please contact us at 086-1673467.

Our final meeting in June, before the Summer break, promises to be a bit different and we will have photos in the Autumn but look out for our Facebook page. A very big 'get well' wish to our chairperson John Whelan and Raicheail O'Hora who have been in hospital recently. We wish you a speedy recovery and indeed to all our members who have been ill or in hospital, we hope you get to enjoy the Summer months and don't forget the sunblock!





Photos by  
**JOE CASHIN**

**THE BIG EVENT**

The Kilkenny branch had an amazing day out for Trucks, Cars, Tractors, Motorbikes...in fact anything with an engine could partake in the 'Big Event' on Sunday April 8th at The Hub, Cillin Hill, from 12-4.30pm, to finish off Organ Donor Awareness Week in Kilkenny.

It was an exhibition by the owners of unique vehicles in aid of the IKA. It was as much an awareness about organ donation event as it was a fundraiser.

The weather held up but there was a GAA event nearby that drew some of the expected crowd. Seamus and Arlene Carrigan had a team of helpers from the branch and beyond which made this a very successful day.

There was much more work involved in this event than anticipated but there is a will to make this a very significant event for next year. So, beware the Kilkenny branch will be looking for support for this nationwide in 2019.



*Some of the very latest farm machinery on display*

**KILKENNY**  
**THE 'BIG EVENT'**



*The IKA banner was flying high!*



*Model T Ford*



*Pat Larkin with his Honda Goldwing Trike*



*The Coca Cola truck in Kilkenny*



*Clodagh Holohan, Jordan Davis, Tom Whitty.*



*Helena Graz, Dominic, Michaela & Gabriel.*



*Richard Kearns, Catriona Cashin*



*Jimmy Farrell, Pat Nolan*



*Mary Rooney, Mary B Lacey*



*Rose Byrne*



*Ellen Hughes, Arlene Carrigan, Bridget Hughes, Therese Hanrahan, Leo Ryan, Jean Ryan, Johnny Lacey.*



An impressive line up of large trucks.



Aine Carrigan, Jean Ryan & Bridget Hughes.



Seamus Hennessy, Chris Keane & Chris Brennan.



Bridget Langton, Helen & Pat O'Sullivan, Moira Cashin



Martin Holland & Arlene Carrigan



Declan & Shauna DeLacey Keelin Lyons.



Seamus Carrigan, Kilkenny Chairman



Ashgrove Transport



Ann O'Grady



Barry & Donnach Croke, Paul Hanrahan



Mick Murphy, Sean Brown, with a Yamaha Ventura.



Johnny Farrell, Jordan Brennan, Jack Carrigan, Dara Byrne, Henry Farrell, Conor Kealy.



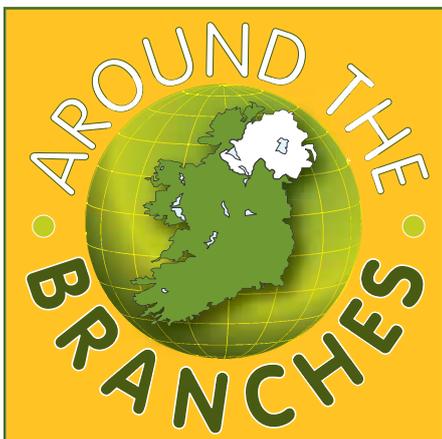
RSA Motorcycle training.



Hugh & Sharon Byrne, Bridget Langton, Moira Cashin, John Dalton



Eric Holland, Stephen Kelly & Esther O'Dwyer.



# GALWAY

By PEADAR Ó HICI



**Bernie Coyne, Peadar O hici, Caroline Whelan, Gerry Glynn Eoin Madden, Chris Curley**



**Mary Ryan, Brendan Ford, Carmel Nyland, Eoin Madden, Angelina Cooke at Fundraising Dance presentation**



**AGM Speakers Eoin Madden, Pauline May, Dr Niamh Kieran**



**Mary Lydon, Agnes Kelly**

After the worst snow storms in the West for decades fundraising restarted. Caroline Whelan held a very successful Fashion Show in O'Sullivan's Hotel, Gort. She organised the event to support the Renal Support Centre in Beaumont and also the IKA Head Office. Her fiancé Gerry Quinn donated one of his kidneys to his brother John. Gerry is well-known in his area and is a very accomplished hurler. Caroline received great support from the fashion stores in Gort, Ennis, Loughrea and Galway. The event raised the tremendous sum of €8,000 of which €2000 was donated to the Renal Support Centre.

Patrick Eustace had to reschedule his Table Quiz for 1st April and again received great support from his workmates and Cisco, his employer. Final takings for the night and other donations have still to be finalised and we should have figures for the next *SUPPORT*. The event was very enjoyable with a night of fun and craic. The Galway Branch received a cheque for €500, raised by Penn International Engineering as a result of a 'Night Cycle'.

Members and friends were out in

force on the streets of Galway collecting on the Saturday of Organ Donor Awareness Week. Donations were also collected in the Aran Islands, Loughrea and Oughterard. Support for the IKA was very evident from comments from the general public. Many groups organised events for the IKA. Ruthie Cunningham took part in the recent Connemaraathon, on behalf of her friend Mary Verbuggen who received a kidney from her brother Tom Gleeson on October 9th 2017. With only two weeks notice she raised €850 for the IKA. This is a fantastic achievement in such a short



**Peadar & Sinead de Barra with children Oisín & Iarlaith**



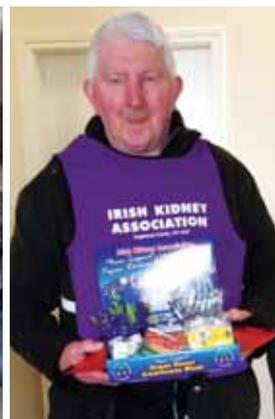
**Maeve O'Neill**



**Bernie McGinty**



**Nuala McCann**



**John Cooke**



**Carol Carolan**

# MAYO

By MARIE MELLON



period of time and we would like to thank all those who gave their support

Our commemorative Mass was held in Knocknacarra Church again this year. Fr Tadhg Quinn, Parish Priest, spoke glowingly of the work of the IKA and lauded the generosity of families and individuals who consented to organ donation. He mentioned that we would be always welcome to Knocknacarra Church for our Mass. Refreshments were provided in the Anno Santo Hotel on Threadneedle Road where we had to contend with the crowds making their way to Pearse Stadium for playing of a postponed match).

Currently we are organising a get-together lunch for all members and friends on June 16th in The Menlo Park Hotel - just off the Headford Road. Mike Kelly, IKA Renal Counsellor, will give a talk on 'Looking After Yourself – The Art of Self-Management' beginning at 11.30am. Lunch will follow at 1pm and after that a short award-winning film 'The Second Hand of the Clock', on the art programme in Unit 7.

The AGM this year was addressed by Dr Niamh Kieran from Merlin Park and Nurse Pauline May. Pauline is the Nurse Co-ordinator for Organ Donation based in the Saolta Group of Hospitals which covers from Donegal to Galway. Both spoke of the advances made in the whole field of organ transplantation and of their hopes for further new insights due to modern research.

Our Branch meets every third Thursday in the Anno Santo Hotel at 7.30pm. We would love to see new members - everyone is welcome.

Sadly we record the passing of a faithful member on 1st May, Liam O'Connell R.I.P. Both Liam and his wife Kate were active workers of the IKA in the past. To Kate and their two sons Paul and James we offer our deepest sympathies. May he rest in peace.



Ger McCallig, Eileen Connolly, Katie Burke (transplant recipient), Runagh Burke and Ciaran Connolly.

The Mayo Branch recently held its AGM and the following officers were returned:-

**Chairperson:** Marie Mellon  
**Secretary:** Maureen Burke  
**Treasurer:** Maureen Burke  
**Board Member:** Lisa Mellon

Runagh Burke, from our branch, hosted a very successful fundraiser... Tommy Marren's play – 'Nobody's Talking to Me', which took place in the Town Hall, Claremorris on January 5th. It was a great night's entertainment for all that attended. Proceeds were shared with the Claremorris Red Cross, and €2,200 was donated to the IKA.

Our Organ Donor Awareness Week in Mayo was a success and we want to say a sincere 'thank you' to all of our regular volunteers once again this year. Our efforts, as a branch, were to encourage members to participate in fundraising events and to come out

for Organ Donor Awareness Week and help with fundraising efforts. Mayo is a large county and we all know that it is a difficult struggle to recruit volunteers to fundraise in all of the county towns. Our regular volunteers are mostly patients who are not very well, therefore we would encourage new members and family members to contact us to help out for Organ Donor Awareness Week in 2019.

On a happy note, we had two transplants recently, one of whom was from the paired exchange programme in the UK. Thankfully the patients are doing well, long may this continue.

Ann Curley, proprietor Curley's Bar, Ballyhaunis, presented John Morley and Mike Byrne with a cheque for €1,455, money raised through the generous contributions of the patrons of Curley's bar over the past 11 months. Mike and John, both from Ballyhaunis, underwent successful kidney transplants.



Ann Curley with baby Leah, John Morley and Mike Byrne



Hello from the Kingdom of Kerry as we bask in summer sunshine!

In early April a group travelled to the beautiful Butler Arms Hotel by the sea in Waterville for a networking evening and overnight stay. The trip was yet again a resounding success with a mix of transplant, pre-dialysis and dialysis patients sharing their experience of kidney failure, chatting and supporting each other.

**FUNDRAISING**

A big 'thank you' once again to those who gave of their time so generously during Organ Donor Awareness Week. It is so encouraging when we are supported by transplant patients and their families who want to give back to the Association to continue the great work being done.

On June 3rd we organised a Honda 50 Run around the Ring of Kerry in preparation for the Ring of Kerry Cycle. Bike lovers from all over the country came to support the event and there was a huge buzz around. A special 'thank you' to Fiona and Johnny Walsh from Waterville who, together with their friends and family, put on a huge spread for the lunch time pit-stop on the day.



*Fiona and Johnny Walsh and their family*



*Theresa Looney, Denis Murphy*



*Busy registration at the start of the Run*

**KERRY**

By THERESA LOONEY



**At the launch of the Honda 5 Run were (front): Hazel Murphy, Theresa Looney, Dermot Moriarty from Kerry Radio. Back: John O'Connor, Pat Looney, Stephen Byrne, Vice Chairman, Kerry branch IKA, Laurence Templeton**

The Walsh's youngest child Cianan, who has been diagnosed with kidney failure, stole the show as he posed on the motor cycles. Thanks also to Rhona Goggin, a transplant recipient, who took time out of her busy schedule looking after her three babies to give everyone such a warm welcome to her home village, I say it again what an inspirational lady!

Last, but not least, many thanks to the O'Shea family who are the back bone of our branch, and to all our other helpers and sponsors on the day.

**HOLIDAY HOME**

Our visitors to the Tralee Holiday Home are enjoying Costa Ciarrai weather and hospitality. It was



*Some of the riders at the first pit-stop for food and refreshments*

wonderful to welcome Joan and Willie Gavan from Tipperary last week who availed of a cancellation as both are recuperating from the paired exchange programme. We wish them both a speedy recovery to good health again.

We thank the dialysis staff in Kerry University Hospital for accommodating a haemodialysis patient each week whom without their support these families could not avail of such a needy respite break.

### TRANSPLANT GAMES

On behalf of everyone in the branch we would like to wish Stephen Byrne every good wish as he travels to Sardinia with Transplant Team Ireland. To our Chairman, Connie Brosnan, who participated in Malaga last year and is unable to travel this year due to surgery – we wish you a speedy recovery.

### RING OF KERRY CYCLE

The Ring of Kerry Cycle is around the corner on July 7th and with over 6500 cyclists registered already and many more to join we need many volunteers to run the event for what promises to be a



brilliant day out in the Kingdom. To highlight the 'gift of life' we are planning to form a relay team of transplanted patients who can take part in as much, or as little, as they so wish. It was great to get a phone call from Seamus McDermot, a 14 year transplant recipient from Donegal who is eagerly waiting to join the team. I look forward to hearing from many more transplant recipients to join in the fun.

It's great to have the support of Kerry jockey Jack Kennedy as our ambassador, promoting the cycle.

Have a great Summer!



**Kerry jockey Jack Kennedy wears Ring of Kerry Cycle jersey**

# DONEGAL

By **SIOBHÁN BATES**



**Bridie Deeney, on behalf of the Rathmullan and Glasgow groups, presenting a cheque to George and Siobhán Bates. Back row: Cormac Fegan, Seamus Gavaghan, Mark Boyce, Fiona McCracken and Olly Dunne.**

I am pleased to report that Rathmullan and Glasgow raised €2,330 for the Irish Kidney Association, thank you!

The Rathmullan Community organised a draw, a weekend in Glasgow while Rathmullan Celtic Football Club donated €800, from the gates during the season, to the Donegal Branch. They raised a total of €2,330 which they presented to George and Siobhan Bates from the Association.

In addition to the €800 from Rathmullan Celtic, Bridie Deeney and friends organised a draw and thanked the three publicans in the village - Declan McAteer in the White Heart Bar, John T. Sheridan in the Beachcomber Bar and Aidan Coyle in Big Paddy's. The draw raised €530.

Bridie also thanked Maurice Friel and Fiona McCracken, who organised a weekend in Glasgow and Annie Kane for the use of the Victoria Bar, in Glasgow, as well as Mark Boyce and Olly Dunne who provided the music.

Annie also held an auction and donated prizes and spot prizes. This weekend raised €1,000 to make up the total of €2330.

At the presentation in Big Paddy's Bar, Siobhan Bates who, herself, received a new kidney in 1999 thanked the organisers for choosing the Association. She said the Branch offers support/patient aid and respite and research to Donegal renal patients, their families and carers.

Renal disease affects people of all ages which has a major impact on their lives. It does not only affect a person's health but also their employment, education, social life, relationship, physical fitness and general wellbeing. A lifetime of treatment includes ongoing medication, dialysis (3 times per week for 4 hours), transplantation and, at times, other health issues.

The Donegal branch of the Association promotes public awareness to help all people who, at the moment, are currently receiving therapy. The funds help support the local dialysis unit in Letterkenny University Hospital where there are currently over 70 people being dialysed every three days.

Fundraisers help to support Donegal patients that may find themselves in financial difficulties.



# LONGFORD

By SUSAN MARTIN



## ANNUAL GENERAL MEETING

Our AGM was held in the Family Centre, Longford on the 18th April at 8pm, with a small attendance on the night. The following officers were re-elected:

- Chairperson:** Bernadette Wall
- Secretary:** Elaine Heslin
- Treasurer:** Peter Connolly
- PRO:** Susan Martin
- Board Member:** Deirdre Heslin

We would encourage existing and new members to attend in the future to show their support and share new ideas and most importantly to enable the Longford Branch to continue running.

## CONDOLENCES

Our branch committee extend their deepest sympathy to the family of the late Eileen Farrell, Park Road, Longford May she rest in Peace.

## ORGAN DONOR AWARENESS WEEK

We would like to thank the people of Co. Longford and all our volunteers for their generosity of time and money during ODAW. It was, once again, a very successful week throughout



## FUNDRAISING

We wish to sincerely thank Alan Ganley, along with his family members who organised a very successful swap-meet, Autojumble & Classic Car Show event in the Old Army Barracks, Longford on February 18th with all proceeds from the event kindly donated to the Longford Branch.

Co. Longford. Without your continued support this would not be possible - thank you'.



## CHURCH GATE COLLECTION

The Annual Church Gate Collection is scheduled for the August Bank Holiday weekend (4th-5th throughout Co. Longford. Your support will be greatly appreciated.





# IRISH KIDNEY ASSOCIATION CLG

(Company Limited By Guarantee)

## MEMBERSHIP APPLICATION FORM



BLOCK CAPITAL LETTERS PLEASE:

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

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

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

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

EMAIL:

We record this information in line with the Constitution of the IKA. You must be 18 years of age to become a member of the Association.

Please indicate if any of the following apply to you:

PRE DIALYSIS, HAEMODIALYSIS, APD, CAPD or TRANSPLANTED

YES  NO

Do not wish to disclose

Do you wish to receive our quarterly 'SUPPORT' magazine by  
*Please tick 'No' if your household is already receiving it*

Post?  YES  NO

Or Email?  YES  NO

Can we correspond with you for notices of Annual General Meeting  
of the Association and Annual Director's Report by

Email?  YES  NO

Would you like to receive information on activities from your local  
IKA branch which entails us giving them the data from this form?

YES  NO

Would you like to receive information on the IKA Transplant & Dialysis  
Sports and Fitness which is based in Head Office?

YES  NO

By signing this form you agree to become a member of the Association and you subscribe to the Constitution of the Association (copy available on request or on the IKA website – [www.ika.ie](http://www.ika.ie))

I subscribe to (sign up and accept) the Constitution of the Irish Kidney Association CLG (Company Limited by Guarantee).

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

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



# IKA DIRECTORY



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

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

Renal Support Centre, Beaumont Hospital, D09 Y5R3

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

## LOCAL BRANCH SECRETARIES

### CARLOW

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Rathvily,  
Co. Carlow  
**Phone:**  
**087-6635910**

### DUBLIN EAST + WICKLOW

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Co. Dublin  
**Phone:**  
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Co. Kildare  
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### LONGFORD

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Co. Longford.  
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**087-9444515**

### SLIGO

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Knocknahr,  
Co. Sligo.  
**Phone:**  
**086-8142002**

### CAVAN/MONAGHAN

Karl Cronin  
13 Landsdowne Manor  
Swellan Lower  
Co. Cavan  
**Phone:**  
**086-8513173**

### DUBLIN NORTH

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

### KILKENNY

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

### LOUTH/MEATH

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

### TIPPERARY

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

### CLARE

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

### DUBLIN SOUTH

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Tallaght  
Dublin 24.  
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**085-7133445**

### LAOIS

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Coolglass House,  
Coolglass, Wolfhill,  
Co. Laois.  
**Phone:**  
**087-417773**

### MAYO

Maureen Bourke,  
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Carrowcushlaun,  
Ballina, Co. Mayo.  
**Phone:**  
**087-6604133**

### WATERFORD

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Knockboy,  
Waterford City.  
**Phone:**  
**087-9647231**

### CORK

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[secretarycork.ika@gmail.com](mailto:secretarycork.ika@gmail.com)  
**Phone:**  
**086-2755754**

### GALWAY

Peadar O'hici,  
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Berna,  
Galway  
**Phone:**  
**087-6536521**

### LEITRIM

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

### OFFALY

Louise Galvin,  
Cloneyhurke,  
Portarlinton,  
Co. Offaly.  
**Phone:**  
**086-3435975**

### WESTMEATH

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

### DONEGAL

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23 Donagh Park,  
Carndonagh,  
Co. Donegal.  
**Phone**  
**074-9373234**

### KERRY

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

### LIMERICK

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

### ROSCOMMON

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

### WEXFORD

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