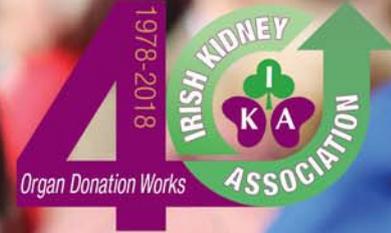


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AUTUMN 2018



IRISH KIDNEY ASSOCIATION CLG

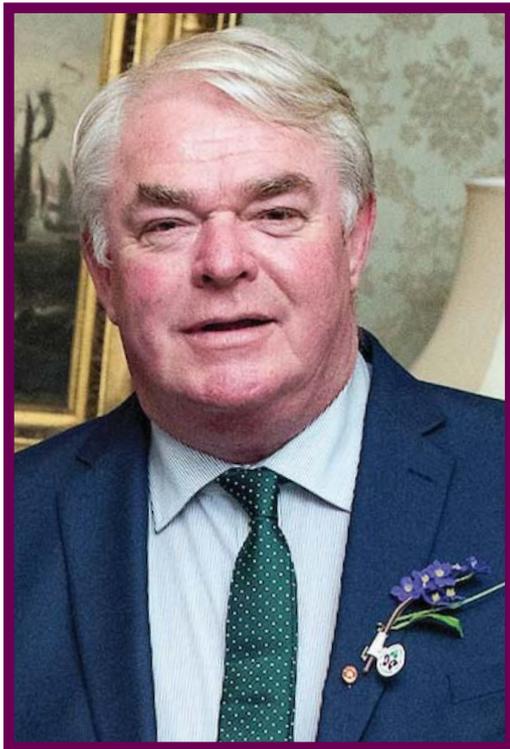
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Editorial...



This autumn we have been dealing with the enormous response to the RTE television airing of the Orla Tinsley 'Warrior' documentary programme on her particular lung transplant experience. 'Thank you' Orla for allowing the cameras to intrude on your life-changing experience. The 'Claire Byrne Show' followed the documentary, with an audience participation segment where organ donation was central. The result of which, from the Head Office perspective, was a week when over 7,000 individual requests for organ donor cards were received via the 50050 texting service and our own website.

The broadcast was on a Monday night – September 17th – and we were exhibiting at the National Ploughing Championships which commenced the following day. The exposure was perfectly timed for the attendees at the ploughing who had watched both programmes the previous night. Various radio stations followed on with their own organ donor awareness segments and RTE news also did follow-up interviews. Gwen O'Donoghue did an excellent job following up on all the opportunities as they arose.

Our biggest ever run on organ donor cards occurred nine years ago, coincidentally, at the same time of year when the 'Joe Duffy's Liveline' radio show highlighted the plight of Frank Deasy on the liver transplant waiting list in the UK.

The National Ploughing Championships was marred by the well-publicised cancellation of day two, however it is now a "must do" in our annual calendar. We would like to thank Larry and Kieran Dunican from Co. Westmeath and Liam Martin, Tipperary, for donating heifers for raffles at the Ploughing Championships.

The news of the funding of a new Renal Centre in Tallaght Hospital comes following the budget and the HSE allocation from same. The existing haemodialysis facility is the oldest of its kind in the HSE and hopefully there are no further obstacles to this well overdue development.

The Service of Remembrance and Thanksgiving report is well documented in this magazine and I thank and congratulate the Liturgy Committee and all concerned on presenting a most moving and appropriate Service, once again.

The news of our purchase, in Kerry, of a second holiday house in

Contents...



FRONT COVER
Sam Kinahan (4) dialysis patient, with his favourite toy at the Service of Remembrance and Thanksgiving. Behind him is his sister Ali.

Photo: Tony Byrne

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Kerry's second holiday house in Killarney

Killarney, funded by the branches' efforts in the 'Ring of Kerry Cycle' event, will provide extra holidays in 2019 and beyond. The purchase of a domestic house in Cork, adjacent to Cork University Hospital, has been completed. There will be extensive renovations required to convert the building into our second Renal Support Centre which will cater for patients from as far away as Waterford to Kerry and who currently avail of CUH for inpatient treatments.

It is anticipated that some time, in the latter half of 2019, this new facility should be ready. Door to door – it is actually nearer the hospital campus than our own current Support Centre in Beaumont albeit it is not situated on the hospital campus.

The Minister for Health, Simon Harris TD, has the Human Tissue Bill on the autumn work schedule for legislation. This could make for an interesting time in the print columns. Depending on whom you talk to the Welsh experiment is a big disappointment and, similarly in the Netherlands, much disquiet emerged with the altering of legislation towards soft 'opt out'.



The house in Cork that will be converted to our second Renal Support Centre

The problem in both countries has been the negative reaction to 'presumed consent' by the public in choosing to say 'no' to organ donation in their respective registries on organ donation. I am convinced that the vast majority who are now saying 'no' on those registries, are saying 'no' to 'presumed consent' and not 'no' to organ donation.

We are at the point of simply wishing that a positive registry will be decided upon rather than a 'no only organ donation' registry – which is the current proposal going to cabinet. Hopefully common sense shall prevail.

MARK MURPHY

22 BRITISH TRANSPLANT GAMES

2018

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59 BRANCH SECRETARIES

60 IKA CHRISTMAS CARDS



By COLIN WHITE



Lenny Ryan from Head Office in the IKA tent

2018 NATIONAL PLOUGHING CHAMPIONSHIPS



Back: John Whelan, Willie Gavan, Eddie Flood. Front: Joan Gavan, Una Whelan

This year's Ploughing Championships were held in Screggan, Tullamore. Billed as the biggest outdoor festival of any kind in Europe. It is an enormous logistical operation with the site being prepared weeks before it opens to the public.

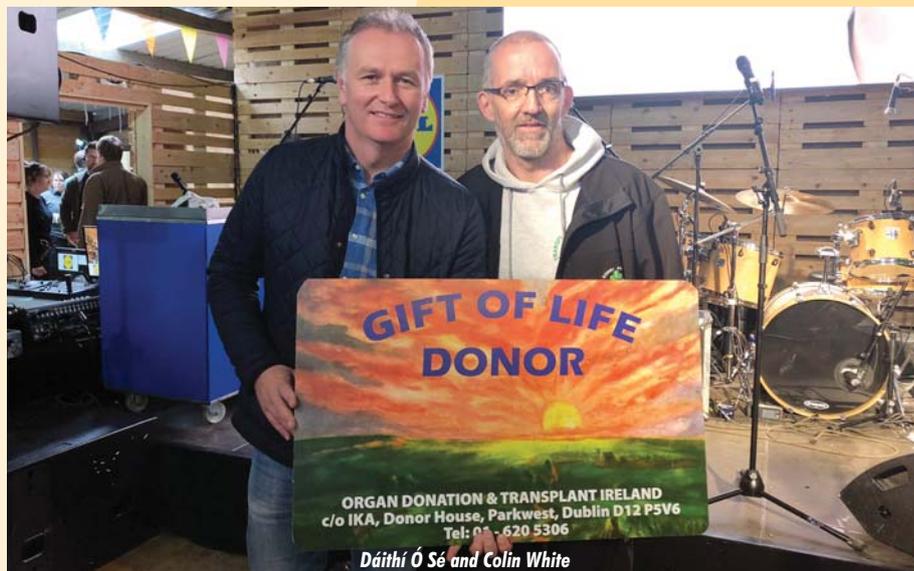
With an expected footfall of around 300,000 people the Board of the Association felt that it would be an excellent opportunity to get our message about organ donation out to a broad audience. Given that we were also one of the charities given permission to fundraise at the event it was deemed to be an excellent opportunity.

Some of our people set up our tents on the Friday of the week before the Championships opened to the public, on the following Tuesday. Our plot number, 666, was easy to remember and therefore relatively straightforward to find. We had another team of people travel down on the Monday as it was the last day that vehicles would be allowed in and out for set-up purposes. Knowing that Storm Ali was on the way later in the week we secured our tents in such a way that either everything would remain safe or Ali would relocate our entire stand to another plot!

Tuesday was a busy day and the weather was kind. With almost 100,000 people attending the footfall was huge and there was no need to move from our plot as there was a constant flow of members of the public passing by. Being located next to one of the numerous stands selling hurleys, we had quite a young footfall passing.

It was evident that many people had watched the Orla Tinsley documentary 'Warrior' the night before (and the Claire Byrne Show after) as many who approached cited her story as their motivation in coming over to obtain an organ donor card.

Wednesday was when Storm Ali was due to visit. Originally there was a delayed opening to the public planned but because of worsening weather conditions it was decided to close the entire operation down for the day. Happily, Liam Buttle, a long-time member of our Board, is very



involved in the Ploughing Championships and was on-site to check on our tents.

With Liam's intervention there was minimal damage done to our tents and everything that was stored within them. The team we had on-site on Thursday arrived early to straighten up the tent and generally make it safe and usable for the day ahead. Other plots, including one of our neighbours, had not been so lucky with tents and stock damaged or destroyed.

Numbers were down compared to a normal Thursday but there were still plenty of people so donor cards and our raffle tickets were actively promoted for the day. It got colder and wetter as the day went on but all who were present kept active and worked hard to engage the passing public.

The draw for our raffle was held on Thursday evening at 5pm with the

tickets drawn by Kathleen Hendy. We were extremely fortunate, and appreciative, to have a pedigree Friesian heifer donated by Larry and Kieran Dunican of Horseleap, Co. Westmeath to offer as our first prize – some of us from Dublin got to learn the difference between a heifer and a cow! KARCHER kindly provided a pressure washer for our second prize and our third prize was a weekend in Lough Rynn Castle, Mohill, organised by Board member, Cathriona Charles.

The winners were:

- 1st prize:** Claire O'Neill
- 2nd Prize:** Deirdre O'Halloran
- 3rd Prize:** Pauline Fallon

Claire decided to take the €1000 alternative offered in lieu of the heifer.

What goes up must come down, as the saying goes and so it was for our stand 666. It was taken down in the pouring rain and big thanks goes to those who stayed on to assist – you know who you are!

At the Irish Simmental Society's stand, another heifer, donated by kidney transplant recipient Liam Martin from Tipperary, was raffled raising €5500 for the IKA (see photo page 51) while Liam was busy distributing organ donor cards there.

We met a lot of great people over our time at the Championships, we had a great team of volunteers and we spread the word about organ donation and the importance of the family conversation a little further. A big 'thank you' to all who supported our involvement in this year's National Ploughing Championships. Storm Ali was an unwelcome visitor but failed to dampen spirits despite the amount of rain!



Kathleen Hendy drew the raffle tickets

EUROPEAN DATA ON... & ORGAN DONATION TRANSPLANTATION

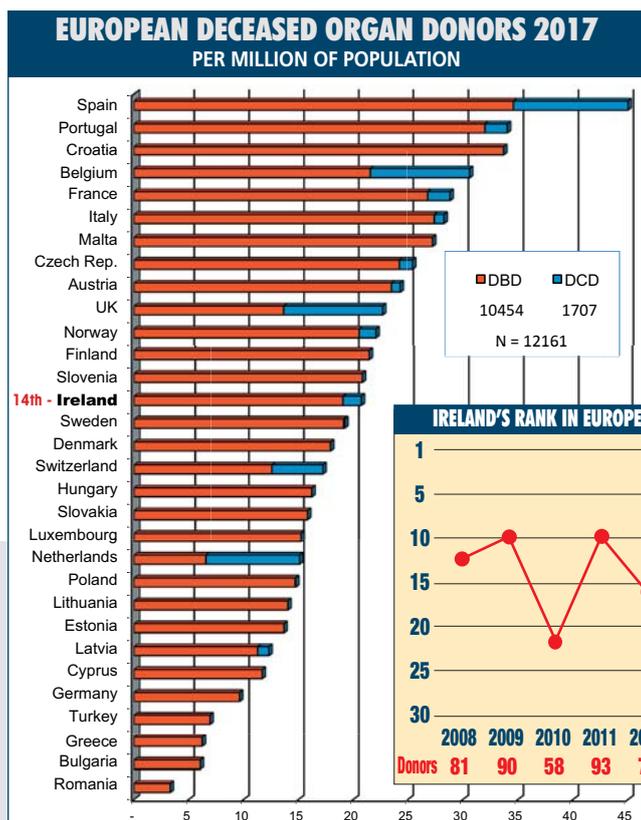
By
**MARK
MURPHY**

The European Directorate for the Quality of Medicines and Healthcare (EDQM) of the Council of Europe produces an annual publication, each September, of the international figures on organ donation and transplantation. The 2018 newsletter with the 2017 data was published recently.

2017 was a record year for organ donation in Ireland, however compared to our European neighbours we are only mid-table in 14th position.

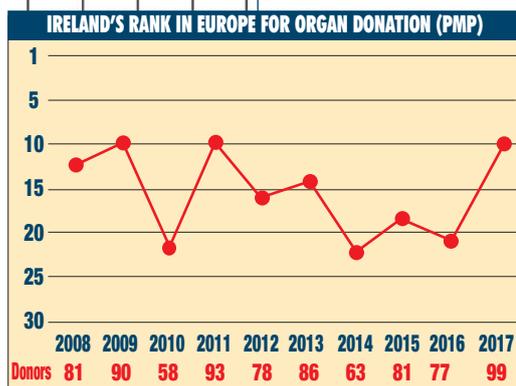
There are two countries which have made significant gains in positioning. Italy have gone into 6th place from 10th, its best ever position and the UK are in 10th place, their first time in the top-10. The most depressing numbers come from Germany where they are in 27th place for the third time in a row.

I note that the Minister for Health has the Human Tissue Bill in his worksheet for Autumn 2018.



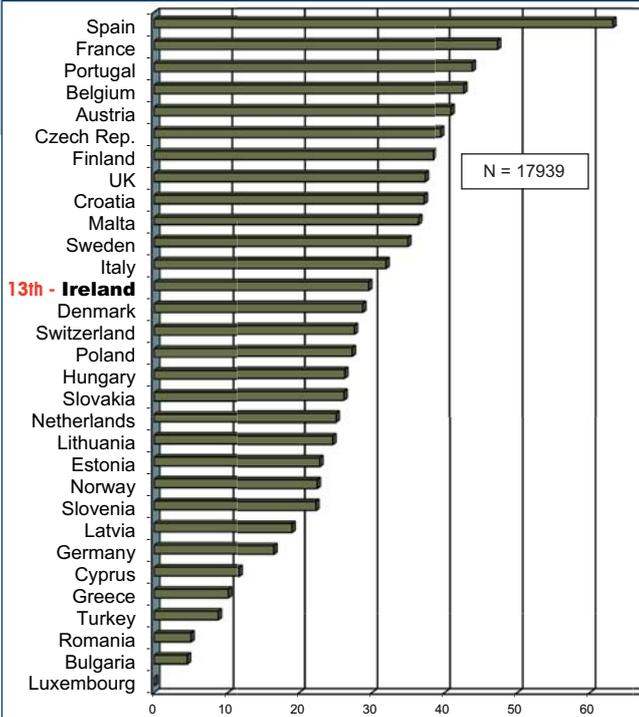
This includes the proposed change from 'informed consent' to 'presumed consent' for organ donation.

Readers of the SUPPORT magazine will know that we do not believe the subtle changing of consent will make any significant difference to our organ donation rates. If, as a consequence of new legislation, more funding is put into the organ donation process inside the HSE, then we can expect an increase in organ donation rates, especially when it comes to donation after cardiac death. In the chart you can see how much of the blue bar makes up the UK figures. Donation, after cardiac death, would require significant investment for those potential donors to be converted into actual organ donors in Ireland.

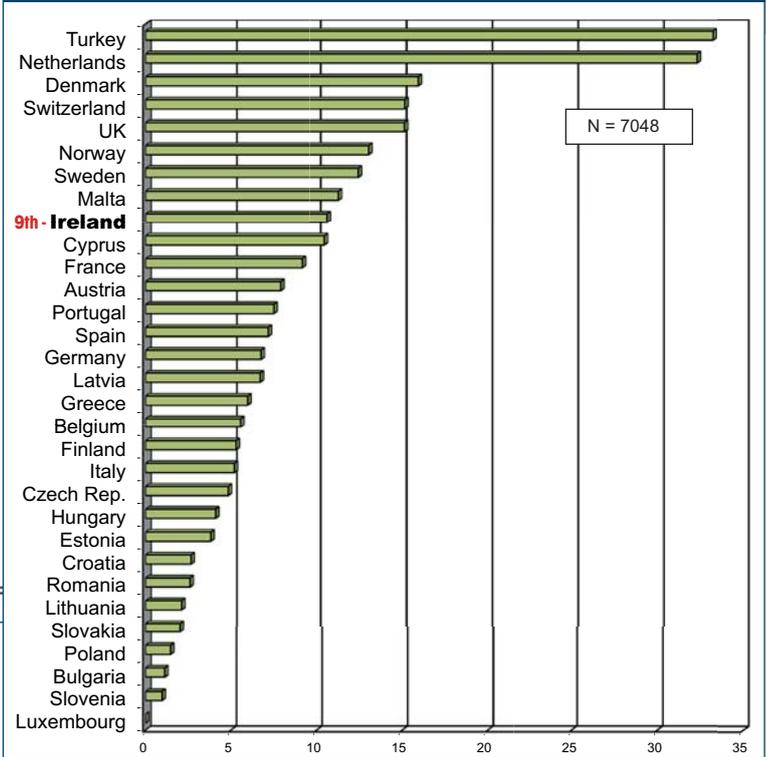


We are very grateful to the deceased donors and their families, for without them – where would we be? I apologise to all donor families if they are offended by this mere statistical analysis. It is only conducted to stimulate examination of how we could be doing things better, with our limited resources, and, purely, for this reason alone.

EUROPEAN KIDNEY TRANSPLANTATION FROM DECEASED DONORS 2017 PER MILLION OF POPULATION



EUROPEAN KIDNEY TRANSPLANTATION FROM LIVING DONORS 2017 PER MILLION OF POPULATION



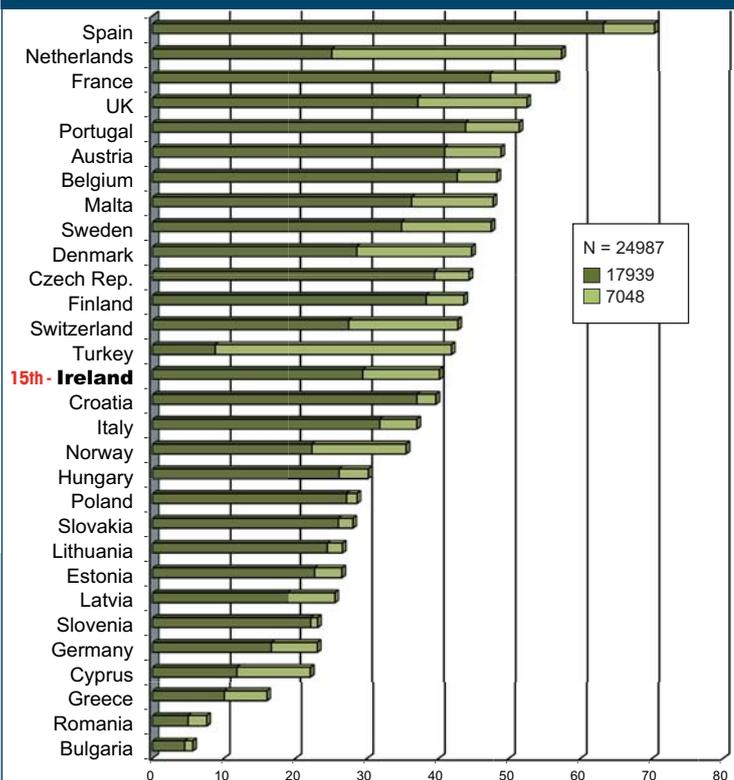
DECEASED DONOR KIDNEY TRANSPLANTS

In kidney transplantation, as a result of deceased donation, Ireland were much improved by seven places and are 13th in the tables back to where we were in 2013. The UK for the first time are in the top-10 at 8th position but Croatia from being 1st place in 2012-13 has consistently drifted down to 9th position. Norway's rank was quite a shock, to see them go from 10th place to 22nd in the year.

LIVING DONOR KIDNEY TRANSPLANTS

Living donor kidney transplantation is the growing area of European kidney transplantation. Ireland, with 51 living donor transplants, can be pleased with our growth and 9th position. Ten years ago we were in 27th place! Luxembourg's living transplants are conducted in France, and all the other European countries now have living kidney donor transplantation available. Ten years ago Cyprus were in 1st position and they are now in 10th place. Broadly speaking the more east of Europe you go the less living donation occurs and then you reach Turkey which has an enormous living donor programme making up for its lack of deceased donors.

ALL EUROPEAN KIDNEY TRANSPLANTATION 2017 PER MILLION OF POPULATION



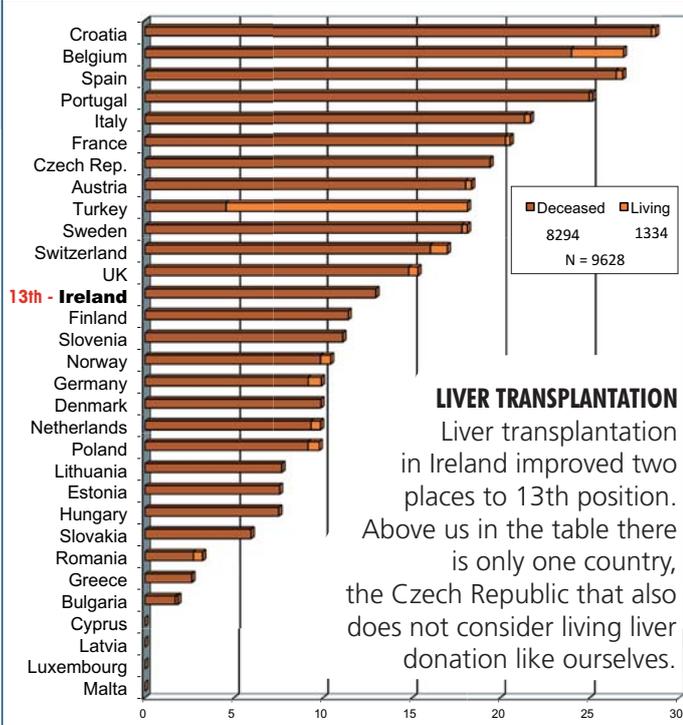
LIVING AND DECEASED DONOR KIDNEY TRANSPLANTS

Combining living and deceased donation gives us the overall picture per country. Spain at the top is normal, and the Netherlands is in 2nd place with more living organ donors than deceased donors. Ireland is in 15th place in the table, the same place as 10 years ago but four places better than 2016. In 2007 we had 34.2 kidney transplants per million of population (pmp) (4.2m) last year. We had 40.2 kidney transplants pmp with a population of 4.77 million people. So the improvement can be found and they are in living donated kidneys. 141 deceased donor kidney transplants in 2017 is the exact same as in 2007, when we had 5 living donor kidney transplants and last year 51.

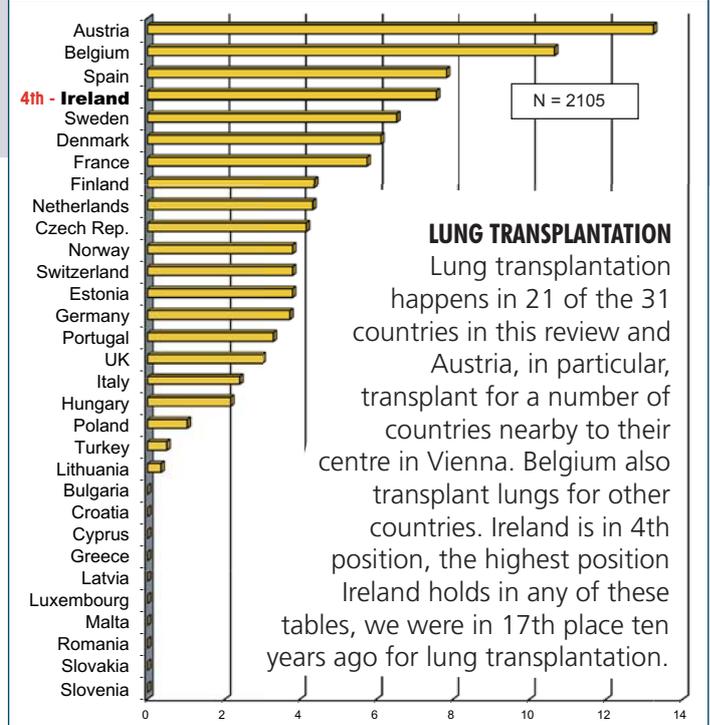
EUROPEAN DATA ON... & ORGAN DONATION & TRANSPLANTATION



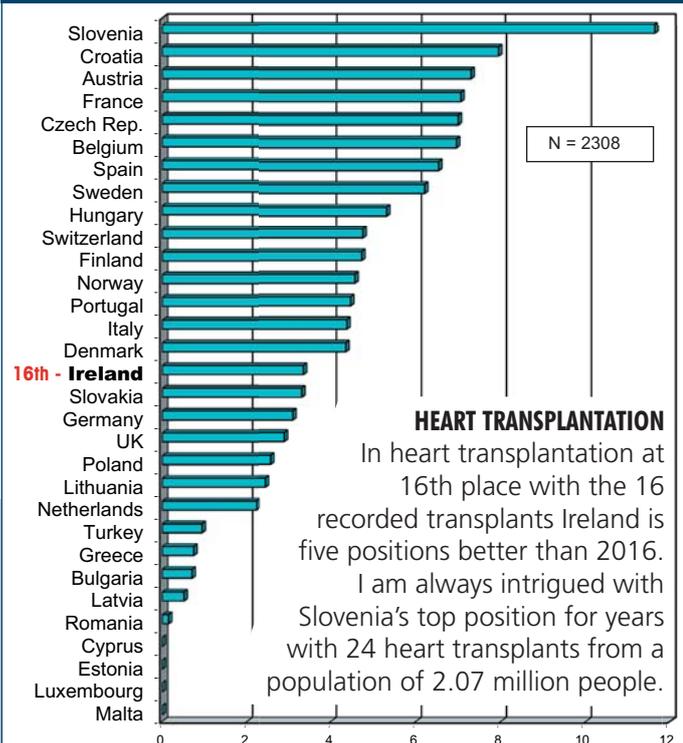
EUROPEAN LIVER TRANSPLANTATION 2017 PER MILLION OF POPULATION



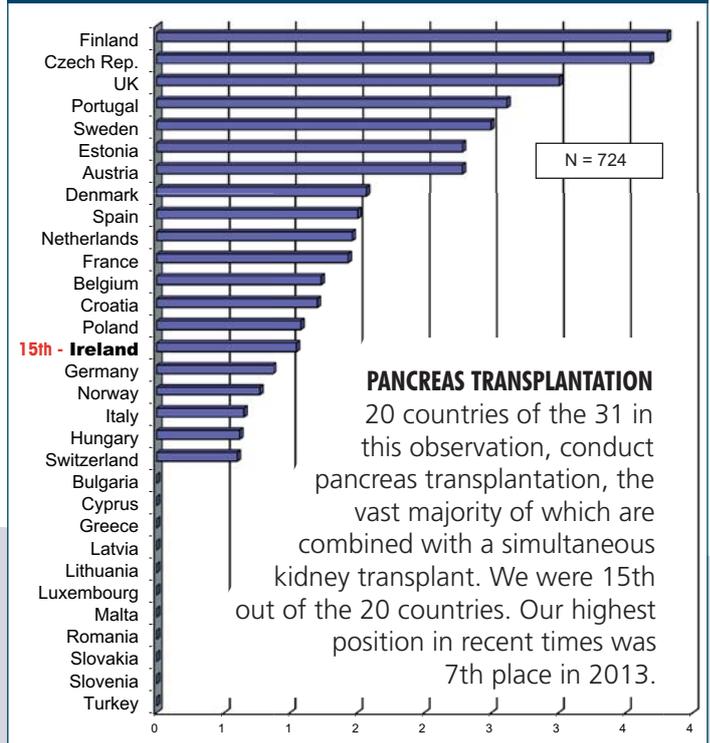
EUROPEAN LUNG TRANSPLANTATION 2017 PER MILLION OF POPULATION



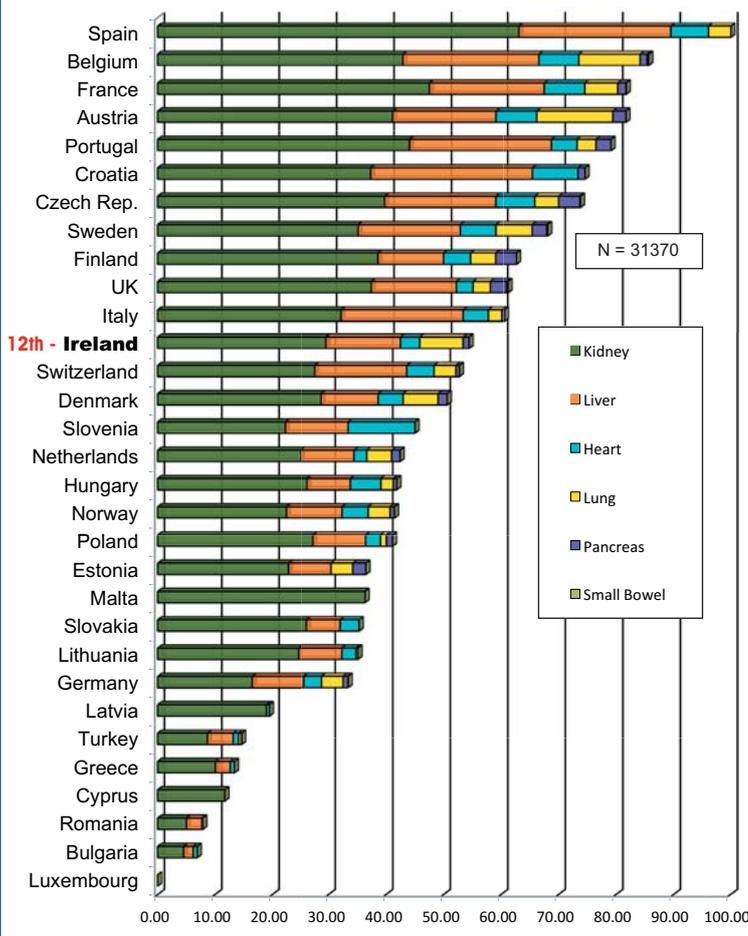
EUROPEAN HEART TRANSPLANTATION 2017 PER MILLION OF POPULATION



EUROPEAN PANCREAS TRANSPLANTATION 2017 PER MILLION OF POPULATION



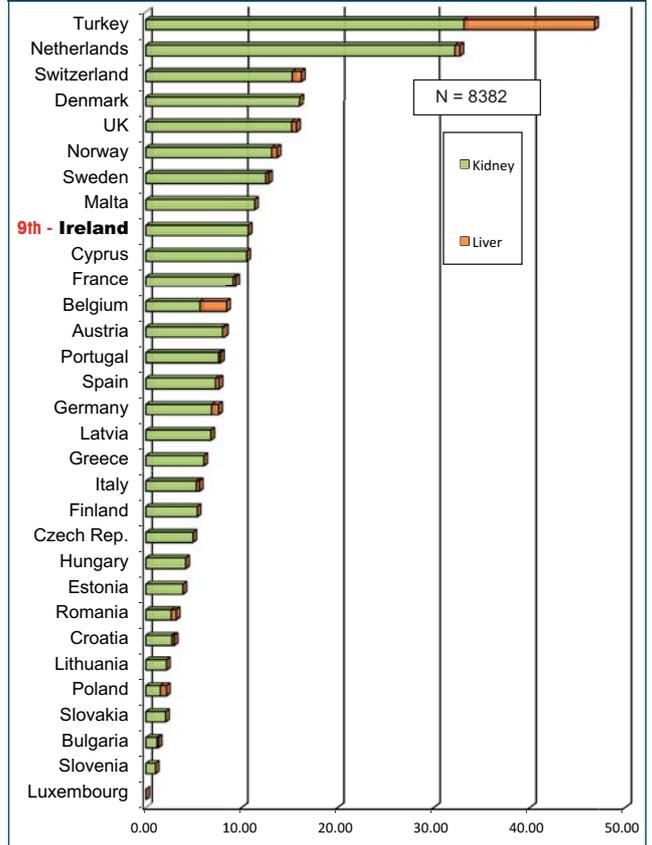
ALL EUROPEAN DECEASED ORGAN TRANSPLANTATION 2017 PER MILLION OF POPULATION



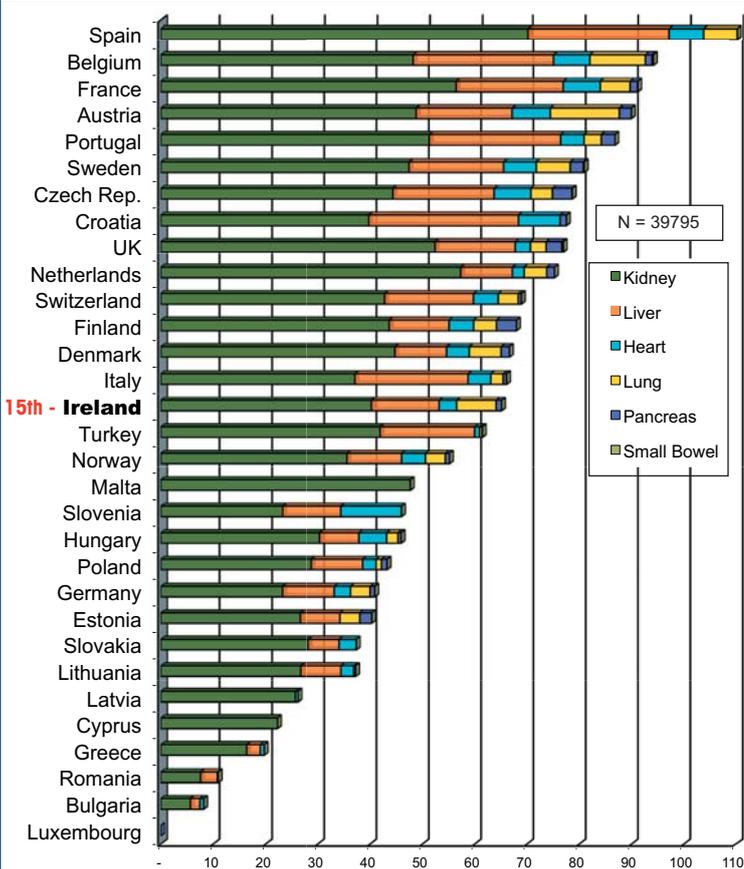
ALL DECEASED ORGAN TRANSPLANTS

When you combine all the deceased donor organ transplants we came to 12th position, five better than the year before. 260 organ transplants from 99 deceased donors, is 2.63 organs transplanted per deceased donor in Ireland in 2017.

ALL EUROPEAN LIVING ORGAN TRANSPLANTATION 2017 PER MILLION OF POPULATION



ALL EUROPEAN DECEASED & LIVING ORGAN TRANSPLANTATION 2017 PER MILLION OF POPULATION



ALL LIVING ORGAN TRANSPLANTS

Ireland's 9th position for living donor organ transplants, which in our case is exclusively kidney transplantation would be much greater if we decide to use living liver donation which most countries do now.

ALL DECEASED AND LIVING DONOR TRANSPLANTS

When living is combined with all the deceased donor organ transplants we are in 15th position in Europe. This overall position could be much better with just a few more deceased donations. Being mid-table is nothing to be particularly proud of. 65 organs transplanted per million is where Ireland stands now. 10 organs per million more transplanted per year or 48 in number, would make us a top-10 country in this table.

Norway having been in pole position in 2012/13 fell from 7th position in 2016 to 17th position in 2017.



Paul is pictured with his wife Frances, daughters Gemma, Grace and Rachel and committee members at the launch in Ballyouskill. Pic: Alf Harvey.

FERGUSON 20/32 CHALLENGE

A Kilkenny man who had resolved 'to make a difference' after reaching his milestone 50th birthday, was motivated by the plight of a relative of his who has kidney failure and decided to direct his focus towards raising organ donor awareness with the aid of his sixty three year old vintage tractor.

Paul Palmer from Ballyouskill in Kilkenny committed to raising organ donor awareness and supporting the Irish Kidney Association by travelling through all 32 counties on his vintage 1955 Ferguson 20 tractor. His initiative entitled 'The Ferguson 20/32 Challenge' started from Kilkenny Castle, Kilkenny City on Saturday, July 28th as Paul set off on his vintage tractor towing his self-made wagon. There was a great gathering there to see him off. The Challenge was officially launched at The Wheel Inn in Ballyouskill on Friday evening, July 20th. In attendance was Paul's wife Frances and their daughters Rachel, Grace and Gemma as well as members of his very large extended family together with friends and supporters from his local community and representatives of both the Kilkenny and Laois branches of the IKA. Also, keen to support the launch event were Paul's 'backroom team' who helped him with planning, logistics and promotion on his Challenge including his daughter Rachel as well as his brothers John and Jimmy and friends Eddie

Sherlock, Pat Comerford and Ger Dunphy. Prominently displayed outside the venue was Paul's prized Ferguson 20 vintage tractor. At the launch Paul thanked all those people who supported him and offered encouragement and he also expressed his gratitude to publican Frank Brennan for allowing the launch to take place at his venue and for ongoing support of community events and numerous charity fundraisers.

The tractor, which is 63 years old and lacks the comforts of modern day tractors, can travel at a maximum speed of 25km per hour. Paul, a self-employed builder had built a wagon akin to a 'Shepherd's Hut' which was towed along and provided him with a place to rest, refuel and refresh after his slow daily travels.

The self-funded expedition took over a month to complete before he reached his final destination, his local village Ballyouskill. While raising organ donor awareness Paul also enjoyed the warm hospitality of communities and individuals along his journey – allowing him to pitch up his tractor and wagon on private land including farmland.

From the photos you will see that Paul's tractor and wagon were very eye catching (his wagon stood out very well amongst the vintage tractors at one of the entrances to the Ploughing Championships. Paul, and his backroom team also ensured that his Challenge was seen online too as they kept their Facebook page updated regularly.

Paul explained, "my passion for vintage tractors was sparked many years



Bride Louise Lynch and groom Pat Sweeney on board the 'Shepherd's Hut' Pic: Lena Culhane



Pic: Lena Culhane

ago when my late father bought a 1950 Ferguson which I really enjoyed driving on the family farm. I was the second last child in a family of 15 siblings and we all had to find our own way in the world and I became a builder, but I kept up my interest in farming, machinery and vintage tractors. I still enjoy making hay the old fashioned way with my old tractor. By doing so it connects me to the land which is very self-fulfilling and therapeutic".

"When approaching my 50th birthday I had resolved to doing something worthwhile and to try to make a difference. I was motivated to take on this challenge as I was mindful of the plight of a relative who has been undergoing dialysis treatment while waiting for a kidney transplant. A transplant would greatly improve her quality of life. There are over 2000 people in Ireland receiving dialysis treatment and there are over 500 people on transplant waiting lists for hearts lung, liver and kidneys."

"My decision to focus on trying to increase awareness for organ donation and support the IKA seemed obvious to me. I hope that by travelling the length and breadth of Ireland and making stops on the way that I have helped to spread the word about the huge importance of organ donation. By doing this Challenge



Paul attended the wedding of his friends Louise Lynch and Pat Sweeney on his travels. Pictured are: Louise (bride), Paul, Barbara O'Riordan, Pat (groom), Francis Palmer (Paul's wife) and Declan O'Grady. Pic: Lena Culhane

my goal was to inspire more people to carry organ donor cards and give hope to those people on transplant waiting lists in Ireland. If my effort results in even just one life being saved through organ donation then I will have fulfilled my aim to make a difference."

Paul also stopped off at his friends, Pat Sweeney and Louise Walsh's wedding which was held at the Charleville Park Hotel in Cork and he also took in the Electric Picnic and the Tullamore Agricultural Show.

The staff in Donor House followed Paul's journey closely and enjoyed seeing all the photos. Having spoken with Paul it was his humble nature that was so clear.

He was keen that his back room team get the limelight for all their work in allowing him to take on and complete the challenge.

An impressive €5625 was raised during the challenge even though the focus was on raising organ donor awareness rather than raising funds! The efforts of everyone involved in the Ferguson 20/32 Challenge clearly touched hearts and will definitely have left a legacy that will live on through the sharing of the organ donor awareness message.

In October the Mayor of Kilkenny held a civic reception in the County Hall for Paul and his team.



At the conclusion of the Ferguson 20/32 Challenge a cheque for €5,425 was handed over to the IKA representatives. Well done all!



Staff in Donor House onboard with the Ferguson 20/32 Challenge...Amanda Bissett, Ashling Hand, Robyn Black and Deborah Cervi



Service of Remembrance & Thanksgiving



Archbishop Dermot Martin

The 33rd Service of Remembrance and Thanksgiving was held in its familiar venue, Corpus Christi Church, Homefarm Road, Drumcondra where, once again, we had a fully seated congregation in the Church. We were relieved to have such a beautiful dry and sunny day.

The IKA's National Chairman, Officers, Board members and the Liturgy Committee were delighted to welcome donor families and transplant recipients to the



John Whelan

Service. John Whelan, National Chairman, welcomed the congregation and introduced the Clergy who participated in the Service.

As in previous years, the Service was multi-denominational. Archbishop Diarmuid Martin, Monsignor Martin O'Shea, Archdeacon Gordon Linney, Reverend Alan Boal and Rev William Black participated in the Service this year.

In the Opening Procession the 'Cross' was carried to the Altar by Liam Buttle. Liam joined the Association thirty-seven years ago when



Liam Buttle



Noel Farrell, Mary Walsh



ProNuova



Catherine Webster



Willie Heslin, Paddy Ryan



Prof Jim Egan



Aine Mae O'Mahony, Tommy Crowley

his sister was a dialysis patient for three years. She sadly died shortly before her 17th birthday.

The 'candles' were brought to the Altar by Noel Farrell from Co Meath and Mary Walsh from Co Mayo. Noel donated his wife's organs four years ago on their 39th wedding anniversary. She had signed a Donor Card and Noel was aware of her wishes to donate. Mary's sister was twenty-five years old when she and her family donated her organs. This year is the 20th anniversary of her sister's death.

The Book of the Gospels was brought to the Altar by Dermot Glynn, Tullamore, Co. Offaly.



Dermot Glynn

The music at the Service was, once again, provided by the ProNuova group, under the Musical Director Dr Sharon Lyons. Their wonderful singing and music was truly magnificent. The warm prolonged round of applause for the group, demonstrated the true appreciation of the congregation. People expressed their admiration of the music's suitability and the respectful tone that was conveyed through their wonderful rendition.

Archbishop Martin recited the Opening Prayer and Professor Jim Egan, Director of Organ Donation and Transplant Ireland (ODTI) read the First Reading. Catherine Webster, from Meath, read the Second Reading. Catherine and her family honoured her youngest brother's wishes when donating his organs after his sad death two years ago. As a talented musician he had spoken frequently, with his family, of his wishes to be a donor.

The Procession of Gifts commenced with candles which were brought to the Altar by Willie Heslin, from

Longford and Paddy Ryan from Tipperary. Willie was receiving dialysis treatment for four years before being transplanted, and, this year, marks the 30th anniversary of his transplant. Paddy and his family donated their twenty year old daughter's organs twelve years ago. After her death her family found a signed donor card indicating her wishes to be a donor.



Marie Fowley

Our 'Forget-Me-Not' flowers were brought to the Altar by Marie Fowley. Marie is the IKA Board Member from Sligo. Seven years ago she received a combined kidney and pancreas transplant.

The Organ Donor Card was brought to the Altar by



Peter Heffernan

Aine Mae O'Mahony, from Clare, accompanied by her fiancé, Tommy Crowley. Aine Mae accepted her sudden onset of blindness a few years ago and subsequently faced organ failure. Last year, thanks to the generosity of an organ donor, she received a combined kidney and pancreas transplant.

The Book of Remembrance, which contains the names of organ donors inscribed in the 'Roll of Honour' was carried to the Altar by Peter Heffernan, from Dublin. Peter received his kidney transplant eight years ago. He is a member of Transplant Team Ireland and has won numerous medals in swimming events whilst competing for Ireland.

SERVICE of REMEMBRANCE and THANKSGIVING



Sam Kinahan with his dad Ivan and sister Ali



Claire Byrne



Harry Ward, Colm Clifford



Monica Finn, Catriona Charles, Peggy Eustace, Colin MacKenzie

Courageous four year old Sam Kinahan, with his sister and his father, brought his favourite toy to the Altar where it was received by Archbishop Martin. Sam has been receiving haemodialysis treatment since he was four months old. He is currently waiting to be placed on the transplant list where, hopefully, he will soon receive a life-saving transplant.

Harry Ward, Captain of Transplant Team Ireland, and a kidney transplant recipient commenced the 'Service of Light' by lighting his taper from the Paschal Flame.

Before the congregation's candles were lit Claire Byrne, our 2018 Ambassador for Organ Donation, recited the poem 'A Candle'. Claire's sensitive discussion on organ donation, which followed

the documentary on Orla Tinsley 'Warrior' generated requests from the public for close on 8,000 donor cards.

Representatives, from each family, carried their candles to the tables situated before the Altar and placed the card, with the name of their loved one, in the basket in front of the Altar.

The First Reflection was read by Archdeacon Gordon Linney, retired Archdeacon of the Church of Ireland, Dublin and Rector of St Paul's, Glenageary, Co Dublin. Archdeacon Linney has kindly participated in very many of our Services over the years.

He was followed by Valerie Brady, IKA Hon National Secretary. Valerie joined the Association over thirty years ago when, at the age of 12, her mother was receiving dialysis treatment.

She has served as Hon. National Chairman and National Treasurer. Promoting organ donation has become her passion as she has personal experience of the difference transplantation has made both to her own family and the lives of others.

Patricia MacKenzie, a kidney transplant recipient, and one of the Managers of the IKA's Renal Support Centre in Beaumont, read the Third Reflection. Her face was familiar to many families at the Service as she continues to provide comforting support to those who stay there.

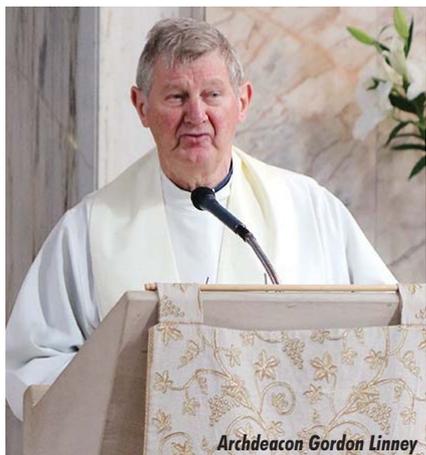
Monsignor Martin O'Shea, PP of Corpus Christi, read the Gospel and this was followed by the delivery of a wonderfully insightful Homily by Archbishop Martin. His Homily demonstrated his

clear understanding of the sadness and loss experienced by donor families. He lauded their generosity when thinking of others at a time of enormous personal grief and he likened organ donation to the Good Samaritan. He encouraged recipients to remember their donors and perhaps use the relevant system to show their appreciation.

'Our Father and the Prayer of Peace' was then read by Archbishop Martin.

The first Prayer of Thanksgiving was read by Reverend Alan Boal, Minister of the Abbey Presbyterian Church in Parnell Square who has regularly participated in our Service for many years.

Gerry Connolly, from Carlow, a retired member of an Garda Síochána, read the



Archdeacon Gordon Linney



Patricia MacKenzie



Valerie Brady



Gerry Connolly



Rev Alan Boal



Veronica Francis



Lisa Mellon



Rev William Black

second Prayer of Thanksgiving. Gerry and his family courageously donated his son's organs four years ago.

The third Prayer of Thanksgiving was read by Veronica Francis. Veronica is Nurse Manager in charge of the haemodialysis services at Beaumont Hospital and has worked there since its opening in 1987.

The Final Reflection was read by Lisa Mellon, IKA Board member from Mayo.

The Closing Prayer was read by Reverend William Black. Reverend Black is the retired Rector of the Parish of Drumcondra, North Strand and St Barnabas and he has kindly participated in our Service for many years.

The presence of the 'Book of Remembrance' together with transplant recipients, donor relatives and friends, all under the one roof, touched the whole congregation. Many donor families viewed the entry of their loved one in the 'Roll of Honour' after the conclusion of the Service.

The IKA was delighted to have so many members of ODTI present at the Service. Each Co-ordinator provided vital and necessary encouragement, support and comfort to the donor families after the Service.

The magnificent floral displays were assembled by Una Whelan, wife of the IKA National Chairman and assisted by Gillian Scanlon. The IKA would like to



The Liturgy Committee with Claire Byrne...Valerie Brady, Colin MacKenzie, Ellen Flanagan, Peggy Eustace, Claire Byrne, Joan Gavan, Patricia May, Monica Finn, Lorraine Costello

acknowledge and thank them for the personal interest they took in their design and the thoughtful colouring which reflected our own 'Forget Me Not' symbol. They were admired and commented on by many people.

Pat, the Sacristan, was as helpful as always and no request was too much trouble.

The Altar was beautifully dressed by Ellen Flanagan, IKA Kerry Board member who, each year, takes great care in the presentation of the Altar's appearance.

The local car park facility, adjacent to the Church and kindly offered by Ms Clare Galvin, Principal of the School, was invaluable and facilitated the parking of many cars. Thanks are extended to Ellen Flanagan's brother John O'Connor,

whom with his brother James and their families, have volunteered to man the carpark at the annual Service over the past number of years.

Sensitive and insightful photography was provided by Arthur Carron and Tony Byrne and we thank them for the interest and care they took during the Service.

Once again a wonderfully tasty and substantial meal, together with soup and sandwiches was capably provided by Joe and his professional team from Swan Catering.

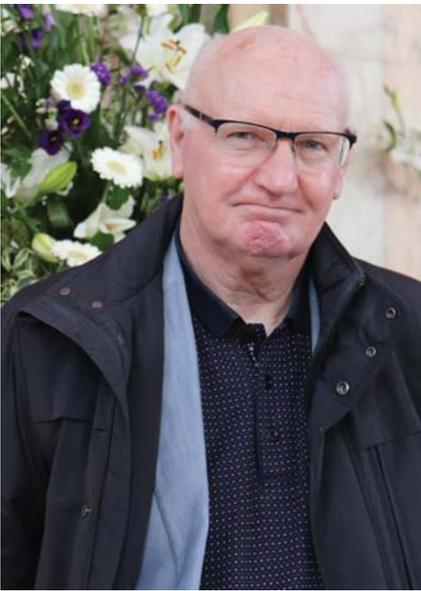
The Association would like to acknowledge and thank all the Board members, branch officers, members, friends and family relatives who all came together to help and assist on the day. Without their support it would be impossible to host

this unique Service.

It is also imperative to acknowledge and thank Mark and his staff in Donor House: Lenny, Deborah, Ashling, Amanda, Colin, Robyn and Ruth. The packing of 1,500 packets containing the booklets is undertaken with great enthusiasm. There are also numerous responsibilities undertaken by the staff that are unseen but absolutely vital to the smooth organisation of the Service and we thank all for their hard work.

Finally, the Association wishes to thank the Liturgy Committee...Valerie Brady, Ellen Flanagan, Joan Gavan, Patricia May, Peggy Eustace, Colin MacKenzie, Monica Finn and Lorraine Costello for their continued commitment and dedication in producing a sensitive and considerate Service.

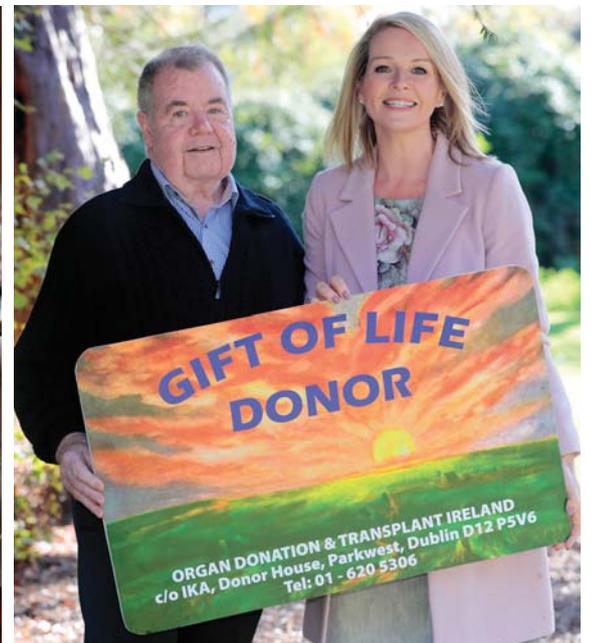
SERVICE of REMEMBRANCE and THANKSGIVING





SERVICE of REMEMBRANCE and THANKSGIVING





HOPE

endures



By MIKE KELLY

During the summer the world was gripped by the plight of a youth soccer team and their coach trapped in a cave in Thailand. Initially when it was discovered they were missing the question was, are they still alive? With the passing of each day hope diminished that they would be found alive. Eleven days later despair turned to hope when they were found, deep in the cave, perching on a ledge, alive.

The effort to rescue them was driven by the hope that, despite all the obstacles and the fear that monsoon rains would flood the cave completely, they could be taken out alive and well. The arrival of diving experts from Thailand and all over the world increased the hope of rescue. Hope became reality when, after meticulous preparation and after four demanding days of effort, the team and their coach were taken out alive.

There are two lessons we can draw from this event. Firstly, despair can be

overcome by hope. Hope gives energy, inspires people and enables them to do extraordinary things. Secondly, when people pull together, use their particular gifts or talents, their expert training, then what seems impossible becomes possible.

At this year's IKA Annual Service of Remembrance and Thanksgiving these two elements of hope and togetherness were celebrated. Preparations for the Service begin months before with people pooling their talents to create a Service that is meaningful and reflective. Many of those who attend the Service – those who have received a transplant – benefitted for the combined gifts and talents of their healthcare team. Without their expertise and commitment transplants would not be possible.

The sense of hope is present in those families who donated their loved one's organs, giving a most precious gift to another while

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.

BRITISH TRANSPLANT GAMES 2018

Mike Keohane, Ned Crowe



Mike Keohane in action

This year the British Transplant Games was held in Birmingham. Many of the venues were based around the university and the facilities were excellent – the opportunity to compete in the iconic Alexander stadium was yet another in a long line of high profile venues offered by the British Transplant Games over the years.

As per previous years we had an Adult team and a Children’s team competing at the Games with a number of people between both teams getting their first taste of organised transplant sport. As we gathered in the centre of Birmingham, in preparation for the parade to the Opening Ceremony, the scale of the event became apparent to all. With 723 transplant recipients attending the Ceremony it was an unofficial Guinness World Record for the greatest number of transplant recipients in one place at one time and not all of the competitors turned up to the Opening!

From a team manager’s perspective, the consistently high standard of organisation delivered at every British Games gives one confidence to pitch the event to newcomers knowing that the experience will run smoothly for them.



Tara Madigan, Trevor Lynch, Jack O'Brien



Emmett O'Callaghan and Charlie Ryan (2 Cork men bonding...!)

Whilst the focus of the Transplant Games is the sport, it was heartening to see members of both our teams gaining so much more than an athletic encounter. For some, it was an opportunity to link into a peer network to help put their own health journey in context and to get some understanding of the potential that the future might hold. For others, it was a renewal of old friendships and the opportunities for new ones. Strong bonds develop during a Games and it is always wonderful to see an old friend show up again and share in the joy of their good health and the appreciation of the 'gift of life' that is given by donors and their families.

Our two teams (12 athletes in total) between them racked up an impressive haul of 21 medals (9 gold, 7 silver and 5 bronze)! Liver transplant recipient Tara Madigan (age 11) from Castleconnell in Limerick put in stellar performances winning three Gold medals at her second British Transplant Games in the 9-11 years age category for the 3km race and 50m race and Long Jump event. She also won three Gold at the British Games last year. Of note, Tara's Gold medal Jump of 3.29 metres was significantly further than the current World Transplant Games record in the 9-11 age record of 2.87 metres which was set by a New Zealand girl at the 2009 World Transplant Games in Gold Coast, Australia.

I cannot conclude without acknowledging the friendship shown to us by Transplant Sport UK over the years. Welcoming us to their national Games year after year offers us a wonderful outlet for more of our transplant recipients to try out transplant sport, often for the first time. We have welcomed some great people to the Transplant Team Ireland family who were inspired to get involved by the opportunity to participate in the British Transplant Games.

Next year's Games will be held in Newport, Wales from July 25th-28th.



Ron Grainger



Emer Cunningham



James Nolan



Tara Madigan



Trevor Lynch



Jack O'Brien



IRISH KIDNEY ASSOCIATION ANNUAL GENERAL MEETING



Mark Murphy, John Whelan



Prof. Liam Plant



Colin White

It was great to see many familiar faces at this year's AGM that was held in the Louis Fitzgerald hotel on Saturday September 1st.

As in previous years, it was recognised that if people were going to make the effort to attend the AGM of the Association that we should recognise this commitment and also offer a patient education aspect to the day.

Our AGM ran very smoothly with John Whelan (National Honorary Chairman), Valerie Brady (National Honorary Secretary) and Colin Mackenzie (National Honorary Treasurer) sharing the top table with Mark Murphy (CEO of the Association). John Whelan welcomed everyone and gave an overview of activity since the last meeting.

There was a lot of positive news to share including the purchase of a property in Cork, adjacent to Cork University Hospital, that will be refurbished and used in a similar way to the Renal Support Centre in the grounds of Beaumont hospital. Colin Mackenzie succeeded in making the Treasurer's Report both interesting and understandable. Mark Murphy spoke on a range of topics and there was also a number of questions from the floor.

After a brief interlude, the patient education conference began. The speakers were very good for giving of



Colin Mackenzie

By COLIN WHITE

their time, on Saturday, to come and share their insights and experiences with us.

Professor Liam Plant (Nephrologist – Cork University Hospital) gave an insightful and engaging presentation on the future of renal care in Ireland. As always, he made the topic accessible to all.

Alison Larkin (Renal Counsellor – Beaumont hospital) followed up with a thought-provoking session on emotional well-being and self-management. Alison played a leading role in organising an excellent patient education day, delivered by Beaumont hospital in Maynooth earlier in the year and they are planning other such days in the future.

Our guest speaker, **Professor Hilary Bekker** (Chair in Medical Decision Making – University of Leeds), brought us through the mechanics of decision-making, particularly in relation to dialysis choices. She had us all reflecting on how we make decisions – thinking about how we think – and how to ensure we work towards making the most appropriate decisions.

Jean Murphy (Senior Renal Dietitian – Mater Misericordiae University hospital) was given a very broad brief – Renal diet (dialysis) and diet post-transplant.

As with the previous speakers, Jean pitched the talk well. None of us is fond of being told what we cannot eat and what we should eat but Jean laid out the rationale behind appropriate diets so that they made sense and the benefits are apparent!

Our final speaker on the day was **Colin White** – our National Projects Manager. He gave a background on the services of the Association and how they all fit together and he reminded us all that each and every one of us continues to play an important role in making the IKA what it is today – 40 years on from its inception in 1978. Our Chairman, John Whelan, closed the session with some concluding remarks and the general feedback on the day was that it was very positive and worthwhile.



WORLD TRANSPLANT GAMES 2019

NEWCASTLE GATESHEAD UK

August
17th-24th
2019



Your chance to join **TRANSPLANT TEAM IRELAND** and be a part of the biggest organ donor awareness event in the world in 2019!

Plans for next year's **World Transplant Games** in **Newcastle/Gateshead (August 17th-24th)** are well advanced and it looks like it is going to be exceptionally well organised and that there will be a huge attendance!

The Games are on our doorstep so it is a fantastic opportunity for us to have our biggest travelling team yet! We are looking for expressions of interest from transplant all organ and bone marrow recipients at this stage – official Games Registration is due to open in early December. You can read more here:

www.worldtransplantgames.org.

If you would like to express your interest and be added to a mailing list please contact Colin at colin@ika.ie or **01 6205306**. With the following sports on offer there is plenty of choice!

YOU CAN CHOOSE UP TO 5 EVENTS ACROSS ALL THE SPORTS

- Archery
- Athletics
- Badminton
- Basketball
- Cycling (TT & Road Race)
- Darts
- Golf
- Petanque (French Boules)
- 5km Road Race
- Squash
- Swimming
- Table Tennis
- Tennis
- Ten Pin Bowling
- Volleyball

Don't forget, we are hosting the 2020 European Transplant & Dialysis Sports Championships in Dublin (August 9th – 16th) so we need to make a lot of noise at WTG2019 to make sure that we encourage as many Europeans as possible to join us! Keep up-to-date on www.etsc2020.com.



DUBLIN EAST & WICKLOW

BY BERNIE DWYER



As the evenings shorten and the memory of our long hot Summer seems like ages ago we say hello to all our members in East Dublin and Wicklow and look forward to the lovely season of Autumn.

JUNE GARDEN PARTY

Our last get-together, before the Summer break, took place in the lovely Herbert Road garden of Una and John Whelan. Una is an avid gardener and florist and a group of approximately 16 enjoyed afternoon tea and a chat in the colourful and cleverly planted surroundings of their beautiful compact garden.

TRANSPLANT GAMES

In June, 23 members of Transplant Team Ireland took part in the European Transplant and Dialysis Sports Championships in Cagliari, Sardinia. They came home with an amazing 54 medals, with one of our members, Deirdre Faul from Dalkey, winning 3 gold and 2 silver in her chosen swimming races. Congratulations and well done to all, promoting the success of organ donation through sport.

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KILMACANOGUE HORSE SHOW

Several members helped out at the show in the capacity of stewards on a wet and windy day in Enniskerry. We were able to show our presence as members of the Irish Kidney Association and were delighted to help our loyal sponsors.

BAG PACK TESCO BRAY

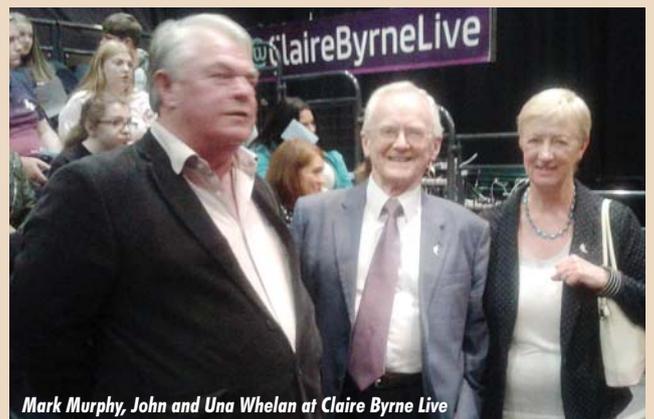
In August a group of members and friends took part in a bag pack in Tesco Bray. 'Thank you' very much to Tesco and many thanks to our generous and loyal helpers who raised an amazing €955 for the IKA.

CLAIRE BYRNE LIVE

A small group of us attended The Claire

Byrne Live show after viewing the Orla Tinsley programme 'Warrior'. As everyone now knows the result was an unbelievable request for over seven thousand donor cards and an interview with our own branch member Raicheail O'Hora on RTE news.

This is a wonderful result for everyone waiting for 'the call'.



Mark Murphy, John and Una Whelan at Claire Byrne Live

MAYO

By MARIE MELLON



Claire Byrne, Michael Dwyer

NATIONAL PLOUGHING CHAMPIONSHIP

The IKA, once again, had a stand at the Show. A couple of us were lucky to be there on Tuesday 18th September, while others had to wait until Thursday.

Well done to all volunteers who sold tickets and distributed our donor cards.

DATES FOR YOUR DIARY

Our next meeting will be 20th November. Please note Christmas Cards will be available at this meeting. The meeting will be held, as usual, at 7.45pm, in St Ann's Resource Centre, Shankill, where refreshments will be served.

Our Christmas Lunch will take place on 9th December at Ocean Bar and Grill, Bray – always a lovely occasion – so book your places now.

Finally, best wishes to all our members, especially those who are unwell, and those waiting for a transplant. Please contact us if you need any advice or help.



Raicheal O'Hara at Claire Byrne Live



Willie Creighton, National Chairman, Irish Woodturners Guild, Maureen Bourke, Mayo IKA branch Secretary and Treasurer and Marie Mellon, Mayo branch Chairperson.

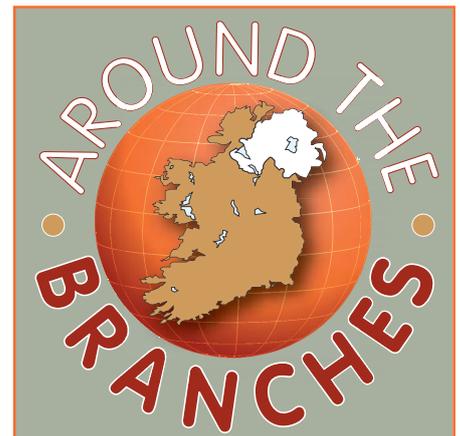
The Mayo branch is extremely fortunate that we have the support and co-operation of our local community groups. The Craobh Eo Woodturners, led by Mayo IKA member and the National Chairman of the Irish Woodturners Guild, Willie Creighton, recently donated a selection of bespoke-crafted wood pieces to the Mayo branch for fundraising, including bowls, lamps, vases and wooden fountain pens.

We took to the streets to sell our wares at the Siamsa Straide Summer Festival in Swinford. We were there bright and early to set-up our stall. A great day was had by all and in the process raised approximately €600 for the IKA.

Mayo man, John Nyland, completed the fantastic challenge of



John Nyland



'John's 50 at 50', which saw him run an Ultra Marathon (50k) on his 50th birthday in September. John raised over €11,000 euro for the IKA from this challenge and the Mayo branch are so proud of John for this amazing achievement.

We are delighted that the Tesco store in Swinford is also supporting our branch by choosing us as their nominated charity. We look forward to working with them to raise funds – let's hope those blue tokens keep coming our way!

The dialysis unit in MUH Mayo is working at full capacity and, this year, we have had two transplants. Sadly we have lost some long-standing patients; their deaths affect both the nursing staff and other patients as we are all emotionally invested in the lives of other patients, as we are all on the same journey. They, and their families, are in our thoughts and prayers.



Find us on:
facebook®

CLARE IKA BRANCH

IKA/WEST CLARE WALK

The IKA/West Clare Walk took place on Sunday May 6th. The proceeds, to date, amount to a total of €8,325, which is on par with previous years. Our special appreciation is extended to the organising committee under the Chairmanship of Vincent O'Halloran and comprising of Carmel McCormack, Peggy Eustace, Geraldine and Joe Grace. A big 'thank you' to each and every individual who took part in the walk and those who sponsored them.

CONGRATULATIONS

Congratulations to Marie O'Connor on winning gold, silver and bronze medals at the European Transplant and Dialysis Sports Championships in Cagliari, Sardinia, Italy in late June. Marie was a member of the 24 strong Transplant Team Ireland.

The team showed their zest for life, sportsmanship and infectious goodwill while honoring their organ donors.

Marie won gold in the women's golf singles 18 hole and a bronze in petanque singles (a sport similar to bowls which originated in France). She also won bronze in Treble Darts with her partners Paul and Harry. On winning her medals Marie said: "I was over the moon. I did not expect it, this is for my donor. If it was not for them I would not be here."

This was her eighth time representing Transplant Team Ireland at a transplant Games either World or European. She has competed for Ireland in such distant locations as Bangkok in Thailand and Toronto in Canada.

CLARE

By MICHAEL MESCALL



On behalf of the Clare branch, Mary Abbott and Peggy Eustace made a presentation to branch members Nancy & Patsy Riordan on the occasion of their 50th wedding anniversary celebrations in Shannon.



Patsy & Nancy Riordan with their family members Mairead, Michael, Monica, John and Denis Riordan.

Marie who hails from Moymore, north Lahinch in Clare, received her first transplant in 1996 and her second kidney transplant two years later.

We wish her continued good health and further success at future Games. The next European Transplant and Dialysis Sports Championships will be hosted by the KA in Dublin in 2020.

50TH WEDDING ANNIVERSARY

Congratulations to Patsy and Nancy Riordan of Shannon who recently celebrated their 50th wedding anniversary.

We wish both of them many more years of health and happiness.

CHRISTMAS SOCIAL

The Christmas Social will take place at the Old Ground Hotel, Ennis on December 2nd. For more details on this upcoming event, together with matters relating to tickets, please contact our Chairperson Peggy Eustace at 087-9392148. We look forward to seeing all our members and their families.

CHURCH GATE COLLECTIONS

The Summer months have been a busy period for Church Gate collections in the branch. We would like to take this opportunity of thanking all our volunteers who give so generously of their time in making



Left: Pat Dale at her Tabletop and Bootfair stall in the UK.

Above: Pat and her husband Bill Dale present a cheque for €615 to Clare branch Secretary Michael Mescall, proceeds from the Tabletop and Bootfair.

these collections possible throughout the year. Contributions are on par with previous years and in this regard the general public are to be complimented for their great help.

SERVICE OF REMEMBRANCE & THANKSGIVING

The Service of Remembrance and Thanksgiving took place in Corpus Christi Church, Drumcondra, Dublin, on October 6th. The IKA invited donor families and transplant recipients to attend the Service to honour and remember the special people who have donated their organs so that others may live. Our Chairperson Peggy is a member of the Liturgy Committee.

MEMBERSHIP

Monthly meetings of the Clare branch have commenced following the Summer recess. We invite members, including new people, to attend and seek their contribution

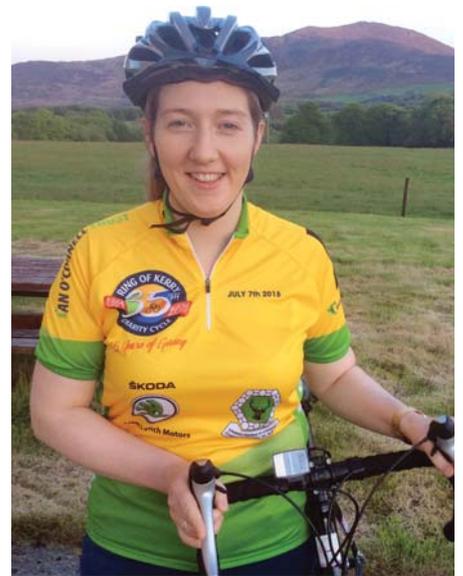
towards the branch's plans and activities for the year ahead, second Tuesday of each month.

FUNDRAISERS

In late June, Bill Dale presented our Secretary Michael Mescall with a donation of €615, proceeds from Tabletop and Bootfair stalls in the UK. We thank Bill and Pat Dale and their friends for their generous support to the IKA. This follows on a similar type presentation to the Clare branch in Autumn of last year.

The Clare branch wish to acknowledge the great work being undertaken by the Dale family in the short time since joining the Association.

Brid McCarthy, from Clare, participated in the recent 'Ring of Kerry Cycle' and raised funds for the Irish Kidney Association. Bríd is a niece of our Chairperson Peggy and is currently working as the restaurant



Brid McCarthy, Inagh, Co. Clare.

Manager in Ballygarry House Hotel, Tralee.

We thank Bríd for her efforts and indeed all Clare personnel who may have participated in the tour.



Vincent O'Halloran and Clare branch Treasurer Gerry Moran, following the 'Better Health, Better Living' presentation.



Peggy Eustace, Maura Shannon, Sr Martina Russell, Mary McCarthy and Sr Mary Bugler attended the 'Better Health, Better Living' Self Management Programme Information Evening.



Noretta Clifford with guest speakers Harry Ward and Peter Pardoe who presented the Information Evening in Ennis. The Clare branch is very grateful to both of them for making the return journey from Dublin to be with us on the evening. Both are kidney transplant recipients and present the course as a way of helping others and as a tribute to their donors and their families.



SLIGO IKA BRANCH

ECUMENICAL THANKSGIVING SERVICE

The Ecumenical Thanksgiving Service celebrating the 40th Anniversary of the IKA took place at the Garden of Reflection, Doorley Park, Sligo on Friday September 21st. Mark Murphy, CEO and Valerie Brady, National Secretary, were in attendance as was the Mayor of Sligo, Rosaleen O'Grady and Ray MacSharry.

Master of Ceremonies was Sligo's own Tommie Gorman while the Conway sisters, Sinead and Laura, were the vocalists backed by the

SLIGO

By NOEL KENNEDY



Church representatives at the Service.

impeccable Eoin Troy.

A large crowd was present, which included those now receiving renal treatment and family members of loved ones. Also present were those who had recently received a transplant including Brian Stewart who, only 14 weeks previously, had received his transplant. He was accompanied by his wife Shirley.

Sligo University Hospital staff members and management were also present on this wonderful occasion

and the group were led in prayer by Rev. Patrick Bamber, Church Of Ireland; Rev. David Clarke, Presbyterian Church; Rev Jeremy Nicoll, Methodist Church; Rev Joseph Jose, Bangalore India; Rev Pat Lombard, RC, St Anne's, Cranmore, Sligo and Rev John Carroll, RC, Chaplain, Sligo University Hospital.

Rev Joseph Jose also spoke on transplants in India and the wonderful celebrations surrounding the event with thanks and praise always to the





Ray MacSharry, Valerie Brady, Rosaleen O'Grady, Mark Murphy, Tommie Gorman

wonderful donors who, by their courage and sacrifice, give life to others.

Refreshments were served afterwards at the Riverside Hotel.



Michael McHugh, Geraldine Slowey, Joe Shannon, Ray MacSharry



The Conway Sisters



65-KILOMETRE CYCLE

On Saturday September 29th, 35 members of staff from the Connolly Motor Group in Mayo and Sligo took part in a 65-kilometre cycle to raise awareness for organ donation. The idea first came about from Group Parts Manager Paul Coleman who wanted to raise awareness for this great cause.

At 2pm on Saturday the group of cyclists set off from Volkswagen Sligo and headed along the coast road through Dromore West, Easkey, Enniscrone and finally into Ballina to Connolly's Volkswagen garage.

The cyclists were greeted by friends and family on their arrival to Ballina. There were many sore limbs but all participants had smiles on their faces.

The staff and management of Connolly's would like to thank those involved.

Your support was greatly appreciated.



Amy McKeon, Connollys, Eileen Dolan, Sean Fowley IKA Sligo branch Chairman, Paul Coleman, Connollys and Marie Fowley



FUNDRAISER

A busy weekend for the Sligo Branch came to a close at the Cartron Village Pub, Cartron Sligo on Sunday September 30th. Chairman of the branch, Sean Fowley and his band of merry men and women, all joined forces for a fundraising event that went from Spin the Wheel to Auctions.

Many wonderful prizes were donated to the event – from landscape paintings to electrical and household goods, bags of turf and blocks, along with tyres, copious amounts of bottled items, leisure centre vouchers, beauty hampers as well as many vouchers from various outlets in Sligo and County. These all went under the hammer of Sean Fowley.

The event raised nearly €2,000 and the branch wish to acknowledge the great support of the management, staff and customers of Cartron Village Pub, as well as all those who supported the event on the day. Lastly, and most importantly, we wish to thank all the wonderful people who gave such fantastic prizes that made the day such a success.



Charity Auction IKA Members and Supporters



Fallon brothers and friend



IRONMAN

Pictured left is WILLIAM BRENNAN as he crosses the finish line, having completed the Ironman in Tallinn, Estonia on August 4th. William completed the competition, which consists of a 3.8km swim, a 180.2km bike course and a 42.4km run, in 13 hours and 47 minutes.

William, whose brother Kieran has had two kidney transplants, one in 2004 and the second in 2017, raised funds for the IKA. Kieran is now doing well and has returned to work full-time, as a teacher. He also spends his holiday time seeing the world!

William hopes the funds raised will help with the fantastic work the Association does and wishes the IKA the very best of luck for the future.

Well done William!



Hello to all our members' families' patients and all our loyal readers. I hope you all enjoyed our wonderful Summer and took the time to apply the appropriate suntan cream.

NEWSFLASH

Approximately three years ago members of the branch started actively looking for a house close to Cork University Hospital. Many locations were looked at and at one stage we thought we were over the line with one but alas it was not to be. In the Spring another property came on the market situated close to the hospital and we went to view the house. It was less than 300 yards from the front door of the hospital and seemed to meet all our requirements. The deal on the house was closed in August and I can now advise all our faithful readers and members that the Cork branch now has its very own 'Support Centre'.

It is located on Wilton Avenue and it is hoped that when renovations are finished the house will be a centre with a multipurpose including overnight accommodation for those family members with patients in hospital, somewhere to go and put the feet up while waiting for patients



CORK

By PAT O'SULLIVAN



The house on Wilton Avenue, Cork which will be our new Support Centre

to finish dialysis and our meeting centre. At the time of writing we are waiting on the architects to come back with the first drafts of what we are looking for so more information in the next edition and of course people will be kept up-to-date on our social media sites, Facebook, WhatsApp and Twitter.

It will be at least 12 to 18 months before we will have our first guests staying with us.

'GIFT OF LIFE' BALL

Sally Nagle recently celebrated her 10th transplant anniversary. To celebrate Sally didn't just buy a cake and have the family around for a cup of tea! No, Sally organised the 'Gift of Life' Ball with over 250 guests to help raise funds for the Cork branch.

A wonderful night was had by all who attended, Sally even entertained us with from the stage and CDs were on sale on the night. *See photos on following pages.*

The funds raised on the night will

be the first funds towards the upkeep and renovation of our new Support Centre.

The ball was attended by many of the renal team from CUH, transplant patients, those waiting for a transplant and by two transplant patients who had been transplanted just 34 days previously.

DIALYSIS WARD

The waiting room in the dialysis ward has recently been refurbished, thanks to contributions from the IKA and family donations. The room has undergone a transformation making it more comfortable for those waiting to be called in. We would like to thank Margaret and Joanne for making it all possible.

GOLF CLASSIC

We held our now annual Golf Classic again in Mitchelstown this year. We were blessed for most of the day with the weather and once again the event was well supported with





CORK SUMMER BBQ



Hugh and Sally blow out the candles



Guests enjoy evening at our anniversary celebration



Ray and family enjoying the BBQ



Ethan belting it out!



Veronica receives cheque

players coming from all four corners of the country to play.

All who played were full of praise for the course and the way the day was organised and how well everybody was treated.

A word of thanks to all who helped put the day together...Hugh Nolan, Mike Kiely, Ray Scanlon, John Hurley, and Jennifer Hurley. Next year is already booked and we hope to make

it even bigger and better as it will be one of our main fundraisers for our new Support Centre. See photos on following pages.

SUMMER BBQ

To celebrate our 40th anniversary we held a BBQ in the Elm Tree in Glanthaune, even though the weather again forced us inside despite the fact we were in the middle of the

longest dry spell ever. We still had a great turn out and a fantastic night.

WELLBEING PROGRAMME

Our Wellbeing programme started on September 15th. Fourteen participants turned up at the Rochestown Park Hotel to listen to Harry Ward and Peter Pardoe.

contd on page 38

'Gift of Life' Ball



Dr Liam Plant



Sally sings



Denis and Liz Hyland



Cork branch members



Sally with her parents Sabina and Ken



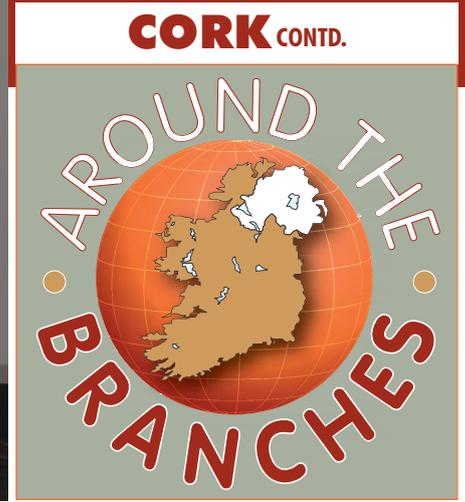
Isabel Terry with fiancé Philip Byrne



Sally with friends Orla Doran, Mary Lynch and Siobhan O'Sullivan



Mallow mafia!



Kiely clan



Renal nurses from CUH in County Cork



Sally Nagle with aunts Breda, Peggy and Rose Nagle and Breda Cronin.



Lynda O'Mahony with partner Simon Dawes and her daughter Rachel McLellan and Killian Fox



Isabel Terry with sister Julie and mother Deirdre Terry.



Sally with MC Darrugh McGann



Support Meeting September

The programme will run for six weeks with two and a half hour sessions each week. There were many more who wanted to do the course but, due to the numbers, we were unable to accommodate them. We will hold this course around this time every year to give more patients, their families and their carers, the chance to attend and participate.



The stand at Ballincollig Car and Vintage Club

BALLINCOLLIG CAR AND VINTAGE CLUB

The Ballincollig Car and Vintage Club held their annual car rally and show in the shopping centre in Ballincollig on July 28th and 29th. This year their chosen charity is the Cork branch of the IKA, and for the two days we had a stall with collectors raising much-needed funds for the branch and promoting organ donor awareness.

Special thanks to Donal and Helen Flynn for organising the event and gathering their friends to help on the two days. Thanks also to our own members who travelled to Ballincollig over the two days to help out.

SUPPORT MEETINGS

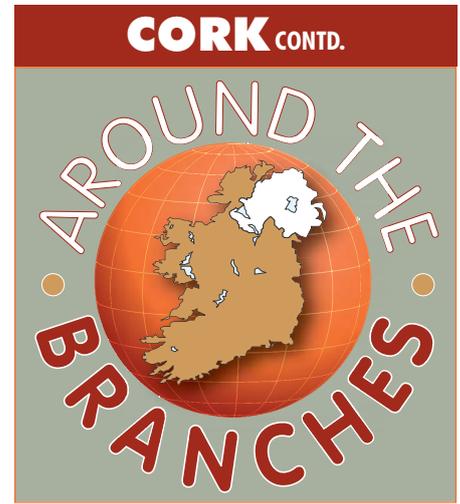
Our monthly support meetings are going from strength to strength and our numbers are growing. Our hope, at these meetings is that patients can come and share their experiences with others. We would encourage patients to bring family members and carers with them to these support sessions as chronic illness affects the whole family. Dates for these meetings and any other events we are organising will always be posted here and on our Facebook page. Our new WhatsApp group and Text alert system continues to grow and details of our meetings will also be distributed via WhatsApp and texts.

If you have not heard from us about any of our events please do contact the secretary and we will update your contact details to ensure you are kept informed with all our events and news. Contact secretarycork.ika@gmail.com or ring 086-2755754 and these details can be corrected, if necessary.

ANNUAL MASS OF REMEMBRANCE

We will be holding our annual Mass in the Chapel of Christ our Saviour on November 11th at 3pm. As usual we will be looking for volunteers for readings and the presentation of gifts to the Altar. Refreshments will be served in the canteen immediately after the Mass.

Christmas cards will also be on sale. If you would like to bake or bring something for after the Mass we will be delighted to accept. However, nothing with fresh cream please. Free parking will be available again on the day at the dental hospital.



DATES FOR YOUR DIARY

Mass of Remembrance – November 11th – 3pm – Cork University Hospital
Support Meeting – November 6th – 8pm – Rochestown Park Hotel

CORK ANNUAL GOLF CLASSIC – MITCHELSTOWN GOLF CLUB





Photos by
JOE CASHIN

KILKENNY



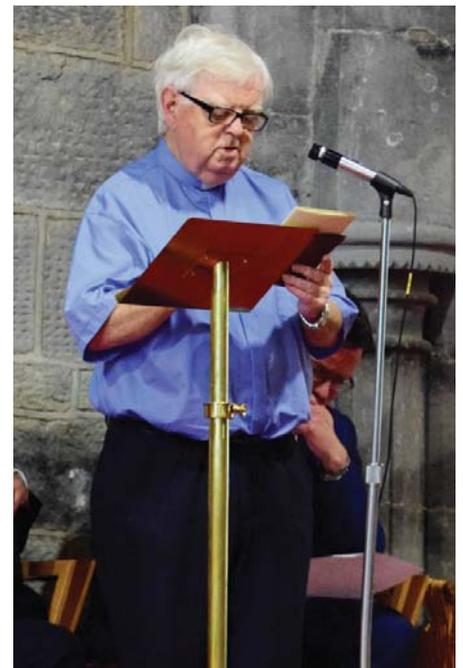
Seamus O'Farrell, Betty Brennan, chairperson of Kilkenny IKA, Johnny Lacey, Treasurer Kilkenny IKA, Arlene Carrigan, secretary of Kilkenny Branch and Seamus Carrigan, Kilkenny IKA.



Prayer by Rev. Paul Maxwell, Presbyterian church.



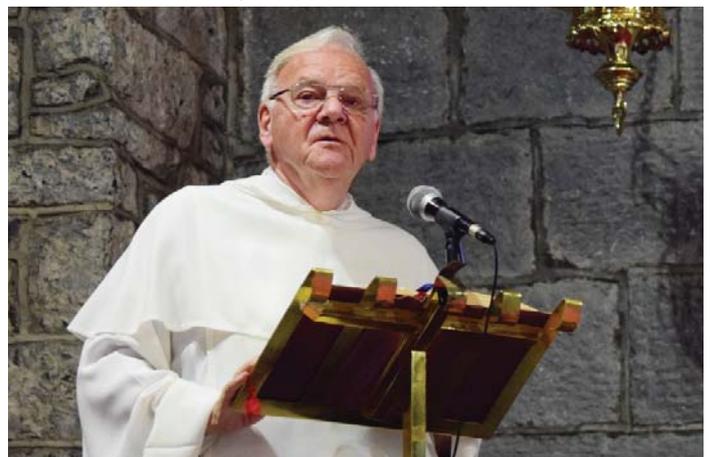
Prayer by Sam Harper, representing Rev. Ian Coulter



Fr. P. Guilfoyle, Dialysis Patient saying the opening prayers



Prayer by Dolores Tynan, Donor family.



Fr. Tom Jordan, recited prayers and gave a short history on the Black Abbey.

Kilkenny Branch Service of Remembrance



Some of the attendance at the Service of Remembrance in Kilkenny



Betty Brennan, Chairperson, IKA Kilkenny Branch



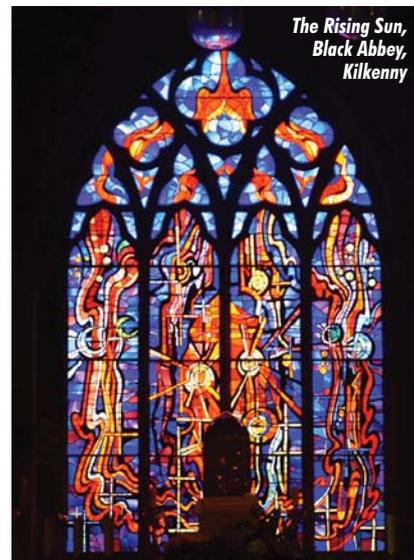
Seamus O'Farrell, Transplant recipient.



Prayer by Arlene Carrigan, secretary IKA Kilkenny Branch



Lunch on the lawn at The Black Abbey, Kilkenny.



The Rising Sun, Black Abbey, Kilkenny



Some of the attendees



KERRY

BY THERESA LOONEY

Find us on:
facebook



Front: Stephen Byrne, Seamie Mc Dermot, Colm Clifford, Pankaj Sharma, Kathleen Daly, Shane O Connell;
Back: Peter O'Shea, Anna, Con Brosnan, Pat O'Sullivan,



Bike Tag collection with Karen Brosnan and Debbie Templeton.



Noreen Kelleher, Marie Kelliher



Nikki Wissell handing out the medals



Teresa Burke and Josephine Lawlor



Seamus McDermitt from Donegal, Pat Looney and Larri Templeton.



Breda Joy, journalist, after the cycle



Georgina O'Shea, Clodagh O'Shea, Tim O'Shea and Dillon O'Shea



Bernie O'Sullivan and her three sons Robert, Martin and Michael



Some of our great volunteers who helped with bike repairs and marshalling



Our Transplant Team and some of the great volunteers

Hello to all our patients, families friends and fundraisers. Firstly, we are delighted to announce that we have now received the key for the new holiday/respite centre in Killarney. It is a 3 bedroom semi-detached house adjacent to the Killarney Oaks Hotel and across the road from the beautiful National Park.

We look forward to refurbishing it over the winter months and, hopefully, we will be ready to welcome people in the New Year.

The holiday/respite centre in Tralee has been booked solid all summer and it was great to meet so many wonderful patients and families.

We are very grateful to Mary Marley CNM11 and her team at Kerry University Hospital who facilitated dialysis treatments for these patients. Also to the back room team that make all this happen, namely Deborah in Head Office, our Chairman, Con Brosnan, who welcomes the patients and their families and Lorraine McCarthy who maintains the house to such a high standard.

FUNDRAISING – RING OF KERRY CYCLE

Our biggest fundraiser this summer was the 'Ring of Kerry' Cycle on the first Saturday of July and, thanks to all our fundraisers and sponsors, we received a cheque for €43,809 recently. A huge 'thank you' to everyone who made this possible.

The amount of awareness that the event raised was incredible and watching Team Transplant cross the

finish line was very emotional. A big 'thank you' to Michael Kiely and Pat O'Sullivan from the Cork branch for coming to support the event. Also to Seamie McDermot, a 14 year transplanted patient, who came from Donegal to participate and remind us that organ donation really works.

Well done to all!

TOUR OF THE GLENS

Whilst the bikes were oiled up another smaller fundraising cycle, around Glenbeigh, was organised by

Leanne Kelliher and her family. Again a big 'thank you' to all who participated and helped out in any way. We met the most wonderful caring people both on the day and that night.

CAMP WALK

On Saturday, July 28th, we headed to Camp for the 2nd Annual Walk for the IKA, organised by Jimmy Dwyer, his family and friends. After the walk the Fitzgerald family, at the Junction Bar, hosted a barbecue, followed by



Kerry Branch members (front, from left): Debbie Templeton, Theresa Looney, Clodagh O Shea, Con Brosnan, Chairman and Josephine Lawlor. (Back, from left): Colm Clifford, Nicola Clifford, Georgina O'Shea, Tim O'Shea, Pankaj Sharma, Stephen Byrne, Eileen Pankaj, Lawrence Templeton, Noreen Kelliher, and Pat Looney at the 35th Ring of Kerry Charity Cycle banquet in the INEC, Killarney. Photo by Michelle Cooper Galvin

KERRY CONTD.



Debbie Templeton and Josephine Lawlor on the walk.

live band *Spalpin*. It was a fabulous evening and 4 year old Thomas O'Shea, from Dunqaoín, who needs a kidney transplant, stole everyone's heart with his dancing and good humour.

Again a huge 'thank you' Jimmy and all who helped in any way. Roll on 2019 when we can do it all again!

FUNDRAISERS

Eleanor Wall Bowler and family organised an Open Day at Camp Pet Farm and proceeds of the day were donated to the branch. Again, a big 'thank you' to everyone who helped and supported the event.

Cormac Harten, from Glenveagh Homes in Maynooth, was the brains behind organising a team to participate in a novel fundraiser called Hell and Back in Wicklow. Cormac is a family friend of the Walsh family from Waterville, whose little 2 year old boy Calan suffers from kidney disease.

Again to everyone who helped and supported the event we 'thank you'.

CONDOLENCES

On behalf of all our branch members I wish to extend our deepest condolences to Elsie Moore, our Treasurer, on the untimely passing of her brother Michael. Also to Lily Kirby



Pankaj Sharma, Siobhain Crowley, Tim O'Shea and daughter Clodagh on the Camp Walk.



Sheila McCarthy, Connie Brosnan and Caroline Martin on the walk.



Dan Moynihan, Pat Looney and Josephine Lawlor during the beautiful walk.

and family on the passing of her brother Sean Moran.

May they rest in peace.

BEST WISHES

For those of you not feeling great at the moment our thoughts and best

wishes are with you. To those on waiting lists we will continue to highlight the need for more organ donors and, hopefully, that call will come soon.

Please feel free to contact us in the branch if we can be of any support.

HELL AND BACK





WEXFORD

By MARIA DONLON

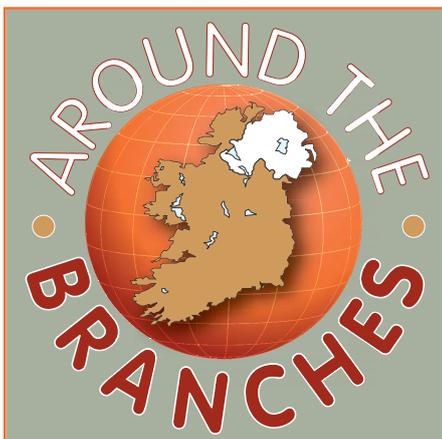
Our annual Mass of Remembrance took place in Clonard Church on Friday July 20th July at 8pm. More than 60 people attended on the night, and all enjoyed a cup of tea and a catch up afterwards in the adjoining hall.

A big 'thank you' to Clonard Parish for giving us the use of the Church and hall, Fr Billy Caulfield who celebrated the Mass for us and Rathangan Church Choir who added to the occasion with their beautiful singing.

Many thanks also to Seana Redmond from Boro Vale, Enniscorthy, who is a very talented musician and Sean Nos dancer for running dance classes recently in her local area and raising €1,000 for the IKA.

Wexford Annual Mass of Remembrance





I hope all our members enjoyed the long, lovely sunny days and after a wonderful Summer the Branch are now preparing for the Autumn activities.

We are organising the Christmas festivities and the Christmas lunch will

LIMERICK

By MADELEINE DONAGHY



Michael Jnr, Emma, Shauna and James O'Neill, present Pat O'Brien (centre) with the cheque for €6,537.

be held at the South Court Hotel, Raheen, Limerick on December 2nd. More details to follow.

A presentation was made to the Limerick branch on Saturday August 25th by the O'Neill family, Hospital, Co.

Limerick. The fantastic sum of €6,537 was raised from the 'Lar O'Neill Memorial Truck Run' which took place on Sunday April 1st. Many, many thanks to the O'Neill family and the wonderful volunteers on the day.

WATERFORD

By VERA FRISBY

Welcome to the autumn edition of *SUPPORT*. We hope you enjoyed the fantastic summer weather.

RESPITE CENTRE

We have been very busy over the past few months. The Respite Holiday Centre opened in May and all our patients with their families enjoyed a wonderful break in Tramore. The Centre will close at the end of October, for the winter months. We would like to thank Cathy Keogh for looking after the holiday patients and Emma, Kieran and Johanne for helping to keep the apartments in 'ship shape'.

CHURCH GATE COLLECTIONS

We would like to thank everyone who helped with our Church Gate collections in Tramore, Fenor and county Waterford during the months of June/July. Thank you also to our

very generous supporters.

LENIHAN'S, NEWTOWN

Lenihan's, Newtown, Kilmacthomas, held a weekend of music, fun and craic. The committee are organising a BBQ and a tea-party over the next few weeks. The funds raised will be distributed between three charities including our branch. 'Thank you' to the Committee members, including our branch Chairman, Ray Halligan, and everyone involved in organising the events, those who sponsored the events and all our supporters.

ANNUAL 10K WALK

Our annual 10K walk from Carrickbeg to Portlaw took place on Sunday 12th August. The weather was excellent and everyone enjoyed the refreshments following the walk. 'Thank you' to the proprietor of

The Forge Inn for supplying the refreshments, everyone who made cakes and sandwiches and everyone who took part in the walk. Your support is very much appreciated.

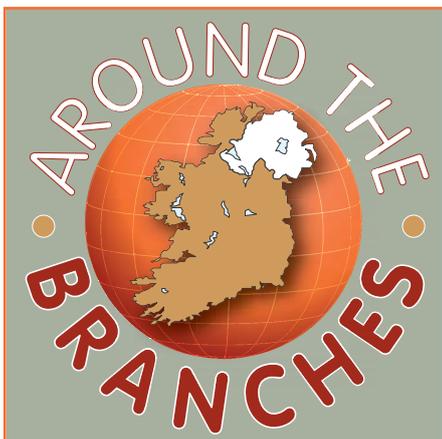
FERGUSON 20 TRACTOR

We would like to congratulate Paul Palmer, from Ballyousskill, who travelled the 32 Counties on his vintage 1955 Ferguson 20 Tractor to raise awareness of Organ Donation and Transplantation. He stopped in Dungarvan for a few hours and received great support.

BRANCH MEETINGS

We would love to see more patients, family members and friends at our branch meetings, all are very welcome.

Contact Vera for dates and venue at: 086-8372442



Having had to postpone the Table Quiz organised by Patrick Eustace due to the snow storm earlier this year, Patrick held a very successful night in Galway. It was a very enjoyable night and there was a good turnout. The craic was good and the answering excellent. Patrick had the support of his parents and members of the Galway branch. Two thousand euros were raised.

JUNE LUNCH

In June we organised a lunch, for members, in the Menlo Hotel. It was preceded by a presentation by Mike Kelly and the theme of his talk was on the value of personal confidence in leading a healthy life.

After lunch we were entertained by a local Gospel choir who sang lovely melodious songs. And we had the honour of viewing Marielle MacLeman's prize winning documentary film 'The Second Hand of the Clock'.

With us on the day was the star of the film Christy Reid. Christy is a dialysis patient in Merlin Park and



Marielle MacLeman, visual artist in Merlin Park and Christy Reid, participating artist in the film

GALWAY

By PEADAR Ó HICI



The organisers of the Table Quiz...Angeline Cooke, Mary Ó hici, Peadar Ó hici, Patrick Eustace, Bernie Coyne and Peggy Eustace.



Group pictured taken at the 'Circle of Life' Garden in Salthill. Ken is in the centre wearing the cycle helmet.

attends the Art Programme Marielle runs there. He spoke of the joy and satisfaction he has got being involved

in the programme.

It was a good event and we would like to have had more attendees.



Mary Ryan, Brendan Forde, Carmel Nyland, Eoin Madden and Angeline Cooke. Pic: Connacht Tribune

CHURCH COLLECTION

For a change the Church Gate Collection this year was held in the middle of the wonderful Summer weather – sun hats and sun cream needed. The Branch is indebted to the volunteers who, year after year, help out with this collection.

We constantly need and gladly welcome any new volunteers especially in Church areas outside of Galway city. A big ‘thank you’ to all who helped.

CYCLISTS PROMOTING ORGAN AWARENESS

On Saturday August 18th we were in attendance to welcome Ken Mulkerrins and his fellow group of cyclists to the ‘Circle of Life’ Garden in Salthill.

Ken and his party had cycled from home in Lucan to Galway, 212 km, starting on the Friday and encountered wind and rain on their way.

The purpose of the cycle was to promote an awareness of organ donation. Ken is the recipient of a heart transplant in 2016, and is a former Irish Kayaking Champion. Also cycling with him was his brother in law who is a kidney recipient.

RETIREMENT PARTY

On October 20th, the Galway Branch is organising a Retirement Party for Anna Maguire, our renal nurse Counsellor and also to celebrate the 40th Anniversary of the founding of the IKA and the Galway Branch.

Further details will be sent to the Galway members and we hope this prior notice will encourage as many members as possible to turn up for the Party.

CLARIFICATION

In the last edition of *SUPPORT*, I may have caused some confusion about the two major fundraising events held earlier in the year and would like to correct same now.

Carmel Nyland raised €8,090 from the dance she organised, of which she donated €2,000 to the IKA Support Centre.

We are grateful to her, her family and the many friends who supported the event.

Also, thanks to Caroline Whelan and Gerry Quinn’s Fashion Show, in Gort, who raised €6,200. They also wished to donate €2,000 towards the Support Centre.

ROSCOMMON

By MAURA QUIGLEY



Frank Heslin, Catriona Charles (Leitrim branch), Joe Brolly, Guest Speaker, John Cormican, Vincent Finan, Monica Finn (Roscommon branch) and Anita Kiernan (Leitrim branch).



Monica Finn, John Cormican (Roscommon branch), Catriona Charles and Anita Kiernan (Leitrim branch).

Members of the Roscommon branch, along with members from the Leitrim branch, attended a Connacht Final preview evening organised by St. Michaels GAA Club (North Roscommon) which included Joe Brolly, Donie Shine (Roscommon), Emlyn Mulligan (Leitrim) and Eamon O’Hara (Sligo).

The event took place at the Bush Hotel, Carrick on Shannon on Saturday June 16th. It was held to increase awareness of the importance of organ donation. There was an information table at the event with leaflets, donor cards etc available.

We were also delighted to be invited to the 25th Anniversary celebrations of Vita House in Roscommon. Monica Finn organised a stand at the event and she reported that there was good demand for donor cards from the large number of people who attended.

The members held their Annual Church Gate collection in June. We would like to thank all who helped out at the various Churches and to the public for their generous contributions.





DUBLIN NORTH

By PATRICIA MACKENZIE



John Whelan

OFFALY CELEBRATIONS

On June 10th, Patricia and Colin Mackenzie attended the 30th Anniversary of the Offaly Branch. A Mass of celebration was held in the Church of the Assumption, Tullamore followed by lunch in the Tullamore Court Hotel. A tree planting ceremony took place in the hotel grounds, followed by a lively selection of music from the *Wild Rovers*. A very enjoyable and significant celebration. Congratulations Offaly.

STOCKTAKERS

Counting emblems and categorising them can be a huge job. But with the support of branch members it can be completed quickly. Thanks to all who came and gave their time to this task on June 12th in the Renal Support Centre.

EUROPEAN TRANSPLANT GAMES

In June Colin Mackenzie travelled with the Transplant Team Ireland, led by Dublin North member, Team Captain Harry Ward. This year the Games took place in Cagliari, Sardinia.

The spirit and comradeship of the Irish team was outstanding and reflected in the performances on the



track, field and tennis court.

The 2019 World Transplant Games will take place in Newcastle and in 2020 the European Games will arrive in Dublin North, which promises to be the best Games ever!

CONGRATULATIONS

Congratulations to our member Narender Katta who received a kidney

transplant in July.

Emer and Elaine Lyons from Bullaun, Loughrea, Co. Galway presented a cheque from funds raised during the Women's Mini Marathon 2018. The girls also organised other fundraising events, on behalf of their cousin Liz Cusack, who received a kidney transplant on March 1st, 2018.

Ladies Day Out

DATE:
THURSDAY 6th DECEMBER
at 1.00 pm

- Champagne Reception
- 4 Course Lunch
- Fashion Show
- CELEBRITY ENTERTAINMENT

VENUE:
MALAHIDE GOLF CLUB, BLACKWOOD LANE, PORTMARNOCK

ENQUIRIES AND BOOKINGS: 087-1352775

TIPPERARY

By ORLA RYAN



We hope everybody is keeping well around the county?

We had an Open Scramble Golf Competition in Nenagh recently and there was a great turnout of men and women. They all enjoyed the weekend as the storm stayed! A fantastic sum of €2,335 was raised.

We had many collections around the county and thank all the volunteers who helped out.

Liam Martin had a stand at the Ploughing Championships where he held a raffle, over the 3 days, for a heifer. It was won by a Wexford ticket holder.

Liam was delighted with the €5,000 funds that were raised as a result of the raffle. We thank Liam for his generosity.



Left: Patricia Mackenzie receiving a cheque from Emer Lyons, Liz Cusack (kidney recipient March 2018) and Elaine Lyons.

a very interesting talk about the ongoing work and future plans of the IKA. Thank you John for coming to speak to us at this busy time.

CHRISTMAS LUNCH AND FASHION SHOW

This fabulous annual event will be held this year in Malahide Golf Club, Blackwood Lane, Portmarnock at 1pm on Thursday December 6th.

The day includes a champagne reception, lunch, fashion show, best dressed lady competition followed by Celebrity entertainment.

Applications for tickets are arriving so book now.

Tickets €60 each from Ann Burke 087-135 2775 or Patricia Mackenzie 087-957 6808.

LOUTH/MEATH

The Buffalo Skinners band (a country tribute band) hosted a fundraising night for the Louth/Meath branch at Smyths on the Square in Navan, Co. Meath in September. There were tickets, raffle prizes and t-shirts on sale on the night with a total of €1,211 raised. The band members John McCabe, Ronan McCabe and Kevin Smith are seen below with the cheque and above kidney recipient PJ McCabe and his donor Breda Johnson with little Chloe, presenting the cheque to Ashling in Donor House. Well done all!



NATIONAL ANNUAL GENERAL MEETING

Our National AGM was held in the Red Cow Hotel on Saturday 1st September. The Patient Conference, that followed, was informative, entertaining and instructive.

ORLA TINSLEY

This excellent and moving documentary shown on RTE on Monday September 17th was followed by the Claire Byrne live show. A range of transplant recipients were interviewed including Dublin North member Chloe Kinahan, mother of Sam (who appears on our front cover), one of our youngest members. Congratulations to all who took part.

JOHN WHELAN

Our visiting speaker on Monday September 24th was National Chairman, John Whelan, who gave us



OFFALY

By KEVIN GALVIN

Hello to you all from the Offaly branch. We hope you all enjoyed the great weather we had this Summer? It has been a busy Summer for us with the 30th Anniversary of the foundation of the branch, a tractor run organised by the Slieve Bloom Vintage Club and the Pedal the Peaks Challenge organised by the Tullamore Cycling and Touring Club (TTC).

30TH ANNIVERSARY

On Sunday June 10th we gathered at the Church of the Assumption, Tullamore to celebrate our 30th Anniversary with Mass which was celebrated by Fr. Joe Gallagher. Music was provided by Portarlinton Ladies Choir and Tom Kennedy.

In attendance were the members of the branch past and present, patients and staff of the dialysis unit of the MRH Tullamore, invited guests which included Mark Murphy, IKA Chief Executive, John Whelan, National Chairman, Valerie Brady, IKA National Secretary and members of the National Board.



After the Mass we returned to the Tullamore Court Hotel for lunch and following lunch and speeches the Branch Chairman, Jerome Burke, made a presentation to the founding members of the branch. These were Sr. Pius Clarke, Kathleen Coughlan, Leo Walsh, Michael Coughlan,



Declan Quinlan, Winnie Dolan, RIP, Joe and Mona Gleeson, Pat and Pdraig Egan, Richie Young, RIP and Caroline Dolan, Transplant Co-Ordinator Team Beaumont.

Following the presentation we had a tree planting to mark the occasion in the grounds of the Tullamore Court Hotel to the music of the bagpipes played by Graham Young and supported by the Portarlinton Ladies Choir. The day came to a close with the music from the *Wild Rovers* from Letterkenny.

TRACTOR RUN

On Sunday July 8th the Slieve Bloom Vintage Club held a tractor run in aid of the branch. The run started in Kilcormac and finished in the Blue Ball. There was light refreshments and music by Liam Buckley and a raffle at the end of the day.

Sincere thanks to Tom Buckley and all the Slieve Bloom Vintage Club for their generosity.

PEDAL THE PEAKS

On Sunday August 26th the TCTC held their annual Pedal the Peaks Challenge. It was a wet day but it did not dampen our spirits. Enrollment started early at the Harriers Club in Tullamore.

The route started in Tullamore via Kinnitty where they stopped for refreshments and finished back at the Harriers in Tullamore.

A huge 'thank you' to all involved, from the organising of the event and the catering team...too many to name.

THANKS

A word of thanks to Paddy and Michael Buckley and John Steinegger who ran a bingo card game in Dan & Molly's, Ballyboy in aid of the branch.

CONDOLENCES

We extend our condolences to the families of David Cullinan, Veronica

Harrington and Kathleen Swaine, RIP.

Our thoughts and prayers are with their families. Ar dheis Dé go raibh a anam dílis.

DONATION

A huge thanks to the family of the late Veronica Harrington who collected money in lieu of flowers at their mother's funeral.

MEETINGS

Our next SUPPORT meetings will be held on

18th October in Birr.

16th November in Tullamore.

9th December – Our annual Mass of Remembrance.





Hello to you all from Donegal.

I hope you are all well and enjoyed our longed for good spell of weather that we had during the lovely Summer.

We are now well over our busiest time of the year of Organ Donor Awareness Week and Church Gate Collections and money raised is still coming in, so a final update on the figure is not yet available...Kieran Murray is still counting! The volunteering committee would like to sincerely thank each and every one of you who helped to fundraise during these busy times.

Our Renal Dialysis Unit continues to be very busy and we were absolutely delighted to help them by assisting in purchasing up-to-date technology for our renal patients, through fundraising. Each station is now equipped with a Samsung Galaxy tablet and covers so patients can enjoy entertainment during their dialysis.

The Branch had our Summer outing on September 9th and it was a



Paddy McTeague had a great day at St.Eunan's GAA club recently. His daughter Eimear, her friend Sadbh and Paddy handed out 150 donor cards, more importantly 130 of them were actually signed in their presence!

DONEGAL

By SIOBHÁN BATES



Presentation of new Samsung Galaxy tablets to the Renal Unit presentation

fantastic day. Fifty of us attended the Ulster American Folk Park in Omagh and then on to Mellon Country Inn for an evening meal. This event is held to 'thank you' all for your time and fundraising efforts.

Unfortunately, our secretary Karen Bradley, had to step down from the Committee due to ill health and we wish her a speedy recovery. If anyone has any queries please contact myself or Kieran Murray, our branch Treasurer.

A few renal patients from Donegal were blessed to receive transplants and we wish you all good health and many years of happiness and freedom from dialysis.

Our Donegal Facebook page continues to be busy so thank you to you all for keeping it going. Please

continue to post comments and share events etc.

Fundraising continues to support the Renal Support Centre and Donegal Renal Unit. Thank you!

Our next Branch meeting will be in October and held in Dillon's Hotel, Letterkenny and a notice was sent to all branch members who request branch mail. Christmas cards are now available to order.

Our deepest condolences to those who have recently lost a loved one. In particular my very good friend, Michael Kavanagh from Gorthahork, a fantastic fundraiser and friend...nothing was ever too much for him, rest easy Michael.

We wish you all a healthy and beautiful Autumn, stay warm and wrap up. Slàn go foil.



Seamus and Grace Kelly and their family and friends held a Tea Day in their home in Letterkenny and raised a fantastic sum of €6,200. They presented the cheque to Tony and Frank at the Renal Support Centre in Dublin

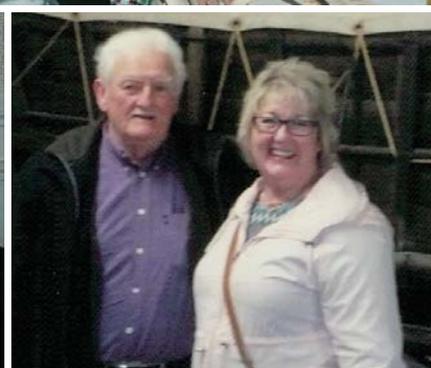
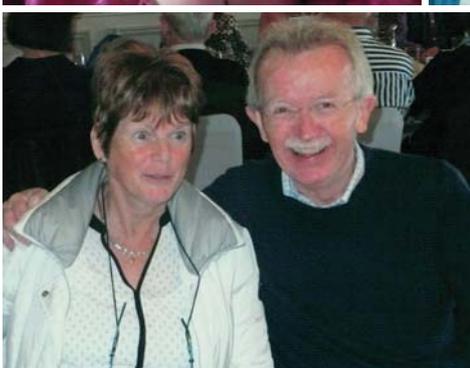
Donegal branch members collecting during Organ Donor Awareness Week in Aldi's throughout Donegal



DONEGAL BRANCH – SUMMER OUTING



ULSTER AMERICAN FOLK PARK, OMAGH



LEITRIM

BY HELENA O'NEILL

Greetings to all in lovely Leitrim. A very big 'thank you' to all our members and friends who volunteered for our Church Gate collection. Your help is greatly appreciated.

Our branch Service of Remembrance and 40 year celebration of the Irish Kidney Association will be held in the Bush Hotel on Sunday, November 18th at 4pm.

We hope to see you all there.



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)

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 | www.ika.ie

Renal Support Centre, Beaumont Hospital, D09 Y5R3

Tel: 01-8373952 | Email: renalcentre@ika.ie

LOCAL BRANCH SECRETARIES

CARLOW

Susan Tobin,
6 Woodgrove Ave,
Rathvily,
Co. Carlow

Phone:
087-6635910

DUBLIN EAST + WICKLOW

Bernie Dwyer,
40 Granville Road,
Cabinteely,
Co. Dublin

Phone:
086-1673467

KILDARE

Liz O'Sullivan,
49 Morrell Drive,
Naas,
Co. Kildare

Phone:
086-8263284

LONGFORD

Elaine Heslin,
Augharickard,
Shroid, Longford,
Co. Longford.

Phone:
087-9444515

SLIGO

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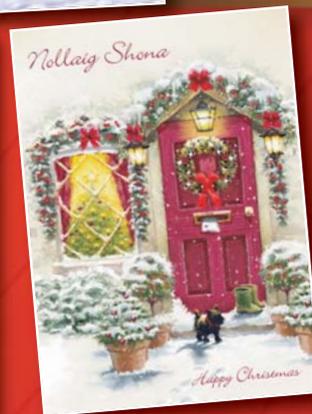
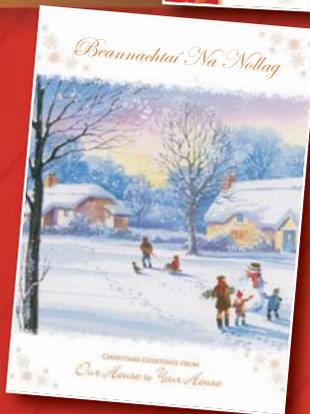


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