

NHS Blood and Transplant NEWS

In these unprecedented times, it is important to remember that there is still much to celebrate and to be thankful for. Had we met in March for the AGM, I would have shown you that in 2019, for the first time in five years, there were more than 100 non-directed donors, generating more transplants than ever before through the UK living kidney sharing scheme and, once again, benefiting more patients than in the previous year. Until the end of February, 2019/20 organ donation and transplantation for both deceased and living donation was a big success story and we need to hold on to that thought as we begin to recover from the impact of Covid-19.

As we look to the immediate future, NHSBT is focusing on plans to restore organ donation and transplantation back to normal so that patients receive the transplants that they need, when they need them, as safely as possible. Safety is paramount in the midst of so much uncertainty - for patients, living donors and the staff who care for them.

For living donation, we cannot be certain how people will react as we come out of the current crisis. It is possible we may see more or less willingness to donate, those who previously volunteered may decide against it or postpone in favour of returning to work and regrouping with family and friends. Time will tell.

One certainty is that Give a Kidney will have a huge role to play in continuing to raise awareness about the value of living donation and in helping us to understand and address the concerns that people may have before and after donation. I hope that the collective voice of Give a Kidney will be heard louder and clearer than ever as we work through the weeks and months ahead. Thank you for your continued support.

Keep safe and well, until we meet again.

Lisa Burnapp
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Social Media/Website volunteer needed

We are looking for a volunteer or volunteers to help us manage our social media and website content. Ideally you'll have experience of being an administrator for a Facebook page and be a regular Twitter user. For the website you will need to know your way around Wordpress. You'll help us find, create and promote content, as well as sourcing and sharing relevant content and responding to comments appropriately. Ideally, you'll already have a decent knowledge of the organ donation sector but we will offer you support throughout. If you're interested in helping us raise our game in this area to reach more people, please contact press@giveakidney.org to find out more. Thankyou!

Change to timetable of organ donation regulations in Scotland

An update from Linda White, Policy Manager at Organ and Tissue Donation and Transplantation, Scottish Government:

The Scottish Government and NHS Scotland continue to prioritise the response to the COVID-19 pandemic.

As part of this prioritisation, taking into account the significant time and engagement required across the NHS of implementing the Human Tissue (Authorisation) (Scotland) Act 2019 successfully, including the delivery of training to NHS staff, the Scottish Government have taken the decision that implementation

of the 2019 Act is to be delayed.

This means that the law around organ and tissue donation will now come into force in March 2021 and not autumn 2020.

This decision has been taken to ensure that, once implemented, the legislation can be as successful as possible and deliver on its stated aims. If you have any queries on this issue, please do not hesitate to contact: Organ_Donation_Scotland@gov.scot

Give a Kidney Annual Conference postponed

We were very much looking forward to our Annual Conference on 20th March. We had found a stunning venue in Guy's Hospital to accommodate our ever-expanding guest list. How long ago that seems now, with all that has happened in the meantime.

After much thought, we have decided to hold off on fixing a postponed date until later in the year. Many of us have been getting used to holding meetings online as well as catching up with friends that way. Even after restrictions have been lifted, it makes sense not to make elaborate travel plans too soon, so this would seem the ideal answer. We'll be able to go through the AGM business, as well as have a few interesting presentations, all while keeping safe at home. We hope that some of our NHS colleagues will be more available to join us by then.

As soon as timescales on lifting restrictions start to look clearer, we will be in touch with a date and very much hope you'll be able to join us then.

Suzanna den Dulk,
Administrator, Give a Kidney

Living donors and shielding

We understand that a number of living donors received information in error, advising them that they need to shield. NHSBT has confirmed that this has now been corrected, but concerns continued to be raised through Give a Kidney, other charities and the NHSBT enquiry line.

Healthy living donors with a single kidney do not need to shield as they are at no greater risk than anyone else of contracting COVID-19 or the symptoms associated with it. However, if someone has other health issues that classify them as high risk, they may be advised to shield.

THANK YOU FOR RAISING FUNDS FOR GIVE A KIDNEY

Thank you to Toureen

Enormous thanks, once again, to Toureen Group for a generous donation of £5000 to Give a Kidney, matching a previous contribution they made in 2018. Toureen Group is a long-established construction group with award-winning, specialist, in-house divisions delivering a wide range of high quality construction projects for prestigious clients.

Warren Forsyth signed up for the London to Paris Cycle with <https://www.classicchallenge.co.uk> Taking place over a long weekend, cyclists will cover 300km in three days, finishing at the foot of the Eiffel Tower. The challenge was to have taken place in July, but postponed dates will see them setting off from London's Crystal Palace on 10th September.



riding my bike in the beautiful countryside.

The recent Coronavirus lockdown situation has meant me working full time from home. Being able to get out on my bike provides good training for my cycle ride as well as a good opportunity to get a break from being in the house all day. Fortunately the weather has also been spectacular for bike riding and consequently my training has started to pick up momentum."

If you'd like to support the charity by sponsoring Warren, his online fundraising page can be found at <https://www.justgiving.com/fundraising/warren-forsyth>

"Once I committed to doing the London to Paris cycle ride I chose Give a Kidney as the charity for which I would ride and raise funds. This charity is important to me as I have three members of my family that are alive due to the generous donation of a kidney by others. I am very fortunate to have good health. I am able to work and exercise and I enjoy



Trees for Kidneys

Ian Loudon

Twelve years ago, our son Ben had to have a double transplant, kidney and pancreas. The operation was very successful and he has lived a very active life since then, regularly taking part in challenges set by the Long Distance Walkers Association, such as walking across Wales in less than 24 hours. Recently, however, the transplanted kidney has shown signs of failure and Ben now needs another kidney as soon as possible. He is now on the waiting list for the operation in Oxford. He has been encouraged by the transplant team to publicise Give a Kidney, so we decided to begin a project which might reduce the waiting time, which we know could be two or three years.

The world needs more trees, so planting at least 150 in the gardens and fields belonging to our neighbours in our hamlet in Somerset became the target. Just Giving was the means of raising money for Give a Kidney, but we emphasised that spreading the word about voluntary kidney donation and the sharing scheme was just as important as the money. Planting the trees was very satisfying and we are pleased to have raised over £1,000 so far but are hoping that we have been just as successful in publicising Give a Kidney and the cause they support.

See www.justgiving.com/fundraising/ian-loudon

One of the more positive aspects of lockdown is more time for some people to take up hobbies such as cooking. Which brings to mind the fact that for some kidney patients even this is a challenge. However, one way to help slow the progression of chronic kidney disease (CKD) is through your diet, and here is a recipe that anyone could try. Shredded coconut and sour cream give kidney-friendly Coconut Bread the perfect balance of sweetness and moistness. Add some pineapple to turn it into a Hawaiian treat!

Coconut Bread

Makes 12 slices

Diet Types:

CKD / non-dialysis / Diabetes / Dialysis

Ingredients

2 tablespoons coconut oil
1/2 cup sugar
2 large eggs
1 cup sweetened, dried, shredded coconut
1 cup sour cream
2 cups all-purpose flour
1 teaspoon baking soda
1-1/2 teaspoons baking powder

Nutrients per serving

Calories 213
Protein 4 g
Carbohydrates 29 g
Fat 9 g
Cholesterol 40 mg
Sodium 203 mg
Potassium 80 mg
Phosphorus 72 mg
Calcium 59 mg
Fiber 0.9 g



1. Preheat oven to 350°F. Grease a 9x5" loaf pan. Set butter out to soften.
2. Warm coconut oil in microwave until just melted. Set aside to cool.
3. Cream butter and sugar together. Add coconut oil and eggs; stir together. Mix in sour cream. Add shredded coconut to mixture and stir.
4. In a separate bowl mix together flour, baking soda and baking powder.
5. Fold dry ingredients into wet ingredients. Pour batter into the loaf pan.
6. Bake 45 to 60 minutes, until bread is golden brown and a toothpick comes out clean.
7. Cool bread in pan for 5 to 10 minutes then remove from pan and cool on a wire rack.

On www.davita.com, you'll find more than 1,000 tasty recipes created with the kidney diet in mind. Find a new recipe or enjoy old favourites in a kidney-friendly way. You can also download free recipe books.