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#shareyourspare

Welcome to edition 32 of the Give a Kidney newsletter!



I hope you're all warm and safe and ready for the festive season ahead. If by any chance you are like me and have left things to the last minute, find out how to send one of our e-Christmas cards below. There's also still time to bid on our very special auction lot for an afternoon tea with the very lovely Laura Carmichael and Michelle Dockery at Fortnum and Mason, the must-have Christmas gift for any Downton fan. You can bid by using the link in the Auction article on this page. However, the lot closes on 16th December so get those Christmas skates on if you want to bid.

We have now kicked off our Winter Webinars 2021-22 series; the first one was held on 2nd December and was a great success. More details of how you can register for our next webinar in January can be found later in this newsletter. We are also planning a further event in March and details will be available in the New Year.

Finally, we're determined to get out and see some of you face to face in 2022 and are planning to hold some regional events, COVID-permitting, of course. We have shortlisted seven cities around the UK where we know we already have a strong presence and willing speakers. Read the 'Face-to-Face' article on page 2 to nominate your preferred city!

All that remains for me to say is thank you, as always, for your incredible support, I've really enjoyed reading all the great stories about your fundraising efforts in this month's issue and I wish you and your loved ones a wonderful festive season and a happy and healthy 2022.

Bob Wiggins, Chair of Trustees

CHRISTMAS AUCTION: A champagne afternoon tea at Fortnum & Mason, London with Downton Abbey stars Laura Carmichael and Michelle Dockery

Have you bought all your Christmas gifts yet? If not, we are kicking off our new regular fundraising auctions and raffles (we hope to have one a month throughout 2022) with a very special lot: tea with 'Lady Edith and Lady Mary' from Downton Abbey. Find more details and bid here - <https://www.ebay.co.uk/itm/165219813081>. This lot closes on 16th December at 17:30hrs so you'll need to be quick if you want to be in with a chance of winning it.



And also don't forget when you're buying those gifts to nominate us as your chosen charity with Amazon Smile - <https://smile.amazon.co.uk> or Give As You Live: <https://www.giveasyoulive.com> it's a way of helping us without spending any more money than you already were!

A few other seasonal fundraising reminders

Could you spare two minutes of your time to nominate us for a charity prize draw where ten charities each day, over 12 days, will be drawn to win £1,000 each: www.movementforgood.com/12days/index.php?cn=1143576&ct=health (You'll need to scroll down to the bottom of the page to get to the form which is prepopulated with Give a Kidney's information!) You can nominate us until 23:59 hrs on the 20th December!

Have you written your Christmas cards yet? If not, why not send e-Christmas cards this year: <https://www.dontsendmeacard.com/ecards/charities/give-a-kidney-ones-enough/christmas-2>

Winter Webinars 21-22

Our Winter Webinars 21-22 series got off to a flying start on Thursday 2nd December with Deborah Pritchard, Consultant Clinical Scientist talking about the Science of Transplantation. Everyone agreed Deb did a brilliant job of explaining the incredibly complicated topic of how donors and recipients are matched. Several current and former NHS professionals tuned in and as one put it, "it's never been so clearly explained to me"! Thanks to Deb for kicking us off in such spectacular style. If you missed the webinar, you can catch it on our newly refreshed YouTube channel here - <https://youtu.be/MNRFH7PNLOU> and make sure you subscribe to keep up to date with our content.

You can now sign up for the next webinar in the series, a welcome return to our most popular webinar of the Winter 20-21 series. "Ask the Experts: Living Kidney Donation". This is an opportunity for anyone considering living kidney donation, those going through the process or those who have been through the process, whether donating to someone you know, or anonymously to the waiting list, to have your questions answered by our team of experts. If you might need a transplant and are considering living donation, the panel will also be able

Face-to-face events in 2022

We are also very keen to get out and about and meet you all in person again next year. We're hoping to hold 2 or 3 events starting in Spring 2022 and you can help us shortlist where we hold our first face-2-face events. We have shortlisted seven cities this time around: They are Birmingham, Bristol, Edinburgh, Glasgow, London, Portsmouth, Sheffield. However, if your preferred option isn't listed or doesn't end up being chosen don't despair! Providing these events prove popular, we will get to more spots around the country in future. You can take part in the poll on Twitter, Facebook or here – https://doodle.com/poll/c6a8r9hsimmng3dp?utm_source=poll&utm_medium=link or, as ever, you can always email us at info@giveakidney.org

to answer any questions you may have (although, for obvious reasons will not be able to give specific clinical advice for individual cases). We know that the process of thinking about donation can be very daunting, and many people have lots of questions and concerns before, during and even after the process. We hope this event will be an opportunity to ask them in an informal and friendly setting. You can choose to remain anonymous should you wish to, and there's no pressure to ask, if you just want to come along to hear the answers to other people's questions. You can submit a question ahead of the event by emailing info@giveakidney.org and we will also try to take as many questions as possible on the day. However, if the event proves as popular as last time, we may not get to everyone's questions on the day. Sign up here - https://us02web.zoom.us/webinar/register/WN_K8o61uqFTH-T2QjBgVujyA

Our wonderful panel of experts including Give a Kidney's very own:

- Mr Paul Gibbs, consultant vascular & renal transplant surgeon and clinical director of the transplant programme, Queen Alexandra Hospital, Portsmouth
- Dr Paul Van den Bosch, living kidney donor and GP
- Dr Adnan Sharif, consultant transplant nephrologist (kidney specialist) at the Queen Elizabeth Hospital Birmingham, and
- Lisa Burnapp, Associate Director - Living Donation and Transplantation, NHS Blood and Transplant, Consultant Nurse, Living Donor Kidney Transplantation, Guy's & St. Thomas' NHS Foundation Trust and President, British Transplantation Society

Our third webinar of the series will be held in March. We hope to have a special guest talking more about the fascinating topic of altruism. Further details in the New Year.

Ask the experts: living kidney donation 29 January 2022, 10:00 am



Mr Paul Gibbs, Clinical Director of the Transplant Programme, Queen Alexandra Hospital, Portsmouth



Dr Paul Van Den Bosch, living kidney donor and GP



Dr Adnan Sharif, Consultant Transplant Nephrologist, Queen Elizabeth Hospital, Birmingham



Lisa Burnapp, Associate Director, Living Donation & Transplantation, NHS Blood and Transplant

Winter Webinar series 2021/22

A Decade of Change

As many of you will be aware by now, 2021 marks the tenth anniversary of our launch. Here, Lisa Burnapp, Associate Director, Living Donation and Transplantation, NHS Blood and Transplant, reflects on ten years of change in non-directed (altruistic) donation...

Ten years ago, it would have been difficult to imagine that a non-directed living donor might be invited to talk about their experience at an NHS Blood and Transplant (NHSBT) Public Board meeting, but recently Bob Wiggins did exactly that and stole the show. As I prepared the supporting paper (with the benefit of Bob's detailed notes) ahead of the meeting, I had the chance to reflect upon an extra-ordinary decade and the contribution that non-directed donors and Give a Kidney have made to living donation in the UK and, on a personal level, to my work within NHSBT. There is much to celebrate. Non-directed donors have become increasingly recognised as the 'game-changers' in the UK Living kidney sharing scheme, creating transplant opportunities through 'chains' for people in the scheme, many of whom wait the longest for a suitable kidney, as well as for patients on the transplant list who have no living donor of their own but receive a transplant at the end of a chain. Since 2007, more than 1,350 patients have benefited from a transplant, either directly or through the kidney sharing scheme, because of the generosity of strangers. This significant change is due to the commitment of every donor who has stepped forward, all the transplant professionals involved, and to the work of Give a Kidney which has won hearts and minds within the wider transplant community that is as welcome, as it was unexpected, when it was founded in 2011.

It was in 2010, just as I had started in my role as Lead Nurse for Living Donation at NHSBT, that I met with Annabel Ferriman and Chris Burns-Cox at BMA House in London to discuss what more we could do to encourage people to consider this type of donation. Having both previously donated a kidney, neither of them were prepared to accept that people were left 'waiting [on the transplant list] for want of a kidney' and were determined to see what could be done about it. You may remember Chris's letter to NHSBT, published in a Give a Kidney newsletter shortly after he passed away in 2018, which prompted this early meeting. Since then, I have had the privilege of working alongside the charity as it has become increasingly recognised as an important voice within the organ donation and transplantation community, representing the interests of living donors and all patients 'waiting for want of a kidney'.

Many of the initiatives for living donors that we have instituted in NHSBT started with an idea mooted by one or more members of Give a Kidney. From bespoke on-line educational resources for prospective living donors, development of self-reported donor outcome and experiences measures, on-line expression of interest and, more recently, the launch of the 'writing to living donors' project and surveying living donors during the COVID-19 pandemic, members of the charity have inspired, cajoled and supported to make things happen. The unique insight and experience you have brought to the table made these things possible and successful.

I hope that you will all look back on the last ten years with pride - knowing the difference that you have made to people waiting for a kidney transplant and the people who are close to

them. It is testament to each and every one of you that non-directed donation is embedded in the next 10-year strategy and UK vision to ensure we are 'meeting the need' in organ donation and transplantation. Your enthusiasm and support will be more important than ever as we continue to restore the living donor programme post pandemic. It is an absolute privilege to work with you and I look forward to continuing to do so through the coming years - there is much still to do.

Thank you for all you do.

Lisa Burnapp
Associate Director - Living
Donation and Transplantation,
NHS Blood and Transplant



Q What are the key benefits of receiving a kidney from a living donor?

Kidneys from living donors generally come from younger and fitter donors, last longer and work better than those from deceased donors. Additionally, the kidneys can be more thoroughly checked, and the surgery can be planned at the best possible time for the recipient and surgical teams. This includes it being weekday and in 'office hours' rather than any time, day or night.

Q Does the age of the donor matter?

Anyone over 18 (16 in Scotland) can be considered as a living donor. Kidneys from donors in their teens up to those in their 80s have been successfully transplanted into appropriate recipients and the assessment process considers in detail at whether this is a suitable kidney for its intended recipient based on a number of factors, including age.

Q How long will my transplant last?

As you would imagine, the life expectancy of a kidney varies greatly from patient to patient. Although up-to-date records on the longest functioning kidney transplant are not kept, some patients have had a kidney transplant that has kept working for more than 40 years.

Broadly speaking, data indicates that, on average, a kidney from a living donor may last 20-25 years, whilst a kidney from a deceased donor may last 15-20 years on average, which is why kidneys from living donors are considered the 'gold standard' in transplantation. However, how long each individual kidney may work for depends on many variable donor and recipient factors.

Fundraising

Julie takes the plunge for Give a Kidney

Thanks to non-directed kidney donor Julie Hughes for her novel fundraising idea!

Since I was first in touch with Give a Kidney after my donation in October 2014, I've really admired the amazing work they do and the dedication the team have.

When I heard about their 10th Birthday and their request for people to do ten things to raise some money, I thought what (other than eating birthday cake) could I actually do ten times in a month? As a regular sea swimmer, I thought I'd brave it out and try ten swims in my birthday suit!

Not wanting to scare any other swimmers off or frighten the curious seals, I went to three different beaches on the beautiful County Down coast wearing my swimsuit each time and on ten occasions I slipped it off, had a swim and tried to discreetly pop it back on, not always successfully! Most people were totally unaware I was skinny dipping although one close friend was in on it and witnessed the traditional 'swing your suit over your head' as proof.

Ooh ... the wonderful Irish Sea is certainly cold this time of year (you don't realise the protection that layer of material gives you until it's off!). However, it was really good fun, I had such a laugh each time trying to do it discreetly and I would do it all again in a heartbeat, just like donating my kidney.

Julie Hughes



Facebook Fundraisers

Give a Kidney want to take this opportunity to shine a spotlight on, and thank, everyone who has undertaken a Facebook Fundraiser for us in 2021. Nearly 30 Facebook fundraisers have been held this year, bringing in over £3500 - incredible. It can be quite hard for us to find out who you are if you donate directly on Facebook or if you do a fundraiser for us, so we wanted to let you know we really appreciate all your support. This incredible amount allowed us to bring in some extra support with social media. This has enabled us to not only keep you up to date with everything we are doing, but also increase our work to raise the profile of living kidney donation in order to ensure as many people as possible get a life changing transplant. Thank you.

Donations

A quick reminder that Virgin Money Giving has now closed.

There are the following alternatives to Virgin Money Giving:

Recurring donations can be made via:

- Just Giving - <https://bit.ly/JGMonthly>
- Direct to our bank - let us know if you would prefer to donate directly and we will pass on our bank details.

One off donations can be made via

- Just Giving - <https://bit.ly/JGOneOff>
- Givey - <https://www.givey.com/giveakidneyonesenoughuk>

Meet the Team

This quarter we meet Viv Calderbank, the 'person behind the print', our amazing volunteer who has been so instrumental in bringing you this newsletter for the past decade

Having studied graphic design in the early 1990's in Bristol, I didn't pursue that immediately but worked in the co-operative sector for many years, first promoting the social policy of the Co-op and working with its members, then part-time freelance work campaigning for stronger representation of **all** types of co-ops in the South West as business solutions.

Always being one to appreciate variety in life, I grew my business Topical Design concurrently, shortly after moving to Cornwall, with a special emphasis on working for charities, co-ops and community businesses. In 2011, I followed the example of a friend and donated my kidney, a few months before the official launch of Give a Kidney. Working with Annabel Ferriman, I helped

prepare some of the visual publicity for the launch and I met such an impressive array of people - the movers and shakers of Give a Kidney, recipients and donors - that I offered to start up a newsletter and have been doing its layout, along with promotional materials and stationery for the charity ever since!

On a personal level, I love all types of music, gardening, travel (especially exploring cultures in developing countries as I grew up in that environment), and my latest project has been to realise a long-held dream to design and manage the building of my eco-house in the heart of the Devon countryside.

