

LISTER AREA KIDNEY PATIENTS ASSOCIATION

NEWSLETTER

Summer 2025

For all Patients, Carers and Renal Staff at Lister, Chiltern, Harlow, Bedford & St Albans Units.



Latest News & reports
inside including:

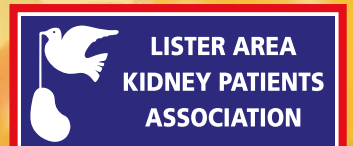
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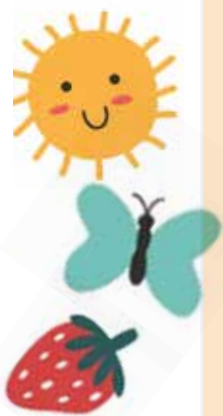


Supporting kidney patients
www.lakpa.org

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Dear Readers,

Welcome to this summer edition of the LAKPA newsletter – it is hard to believe that we are already nearly half way through the year and it has certainly been a busy time which has seen World Kidney Day, the LAKPA AGM and many other things that you can read about in these pages.

You will read on page 6 Dr Findlay, our renal clinical director's report on the issues that are facing kidney patients and what is being done to mitigate the significant increase in demand for renal replacement therapies (dialysis and transplantation), including the installation of a modular unit on the Lister site which will add to capacity whilst the longer term strategy is planned.

We were honoured to have the Chair of the East and North Herts NHS Trust address the LAKPA AGM (see page 5) and , whilst emphasising the difficult financial position that the Trust faces, was able to the announce good news on the home therapies project.

We will be focussing over the summer on proposals to provide funds to support patient wellbeing and to ensure that there is good information easily available on what is available to patients and their families to help them manage lives impacted by kidney disease.

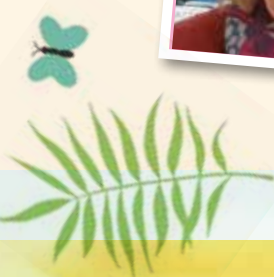
We are always grateful to the support we receive which enables us to give more support to patients and carers in need and humbled that so many families think of asking for donations to LAKPA at the most difficult time of their lives. Thank you so much.

I hope you find this newsletter interesting and informative. Please do contact me with any comments or suggestions at info@lakpa.org, or write to Ros Aird, LAKPA c/o Renal Administration Office, Lister Hospital, Corey's Mill Lane, Stevenage, SG1 4AB or to any renal unit.

With all good wishes for a lovely summer.

Ros

Ros Aird
EDITOR



Chairperson's Message.

Dear Member,

My best wishes to all patients and their families this summer. I am delighted that summer outings have been arranged at the five dialysis units and hope many of you will be able to participate in them.

We are going through some major changes in the renal department at present. The new modular dialysis unit at the Lister site will be open soon and will provide much needed additional capacity in the short term. We are working closely with staff within the Trust to ensure that this change will have minimal impact for patients. Secondly, I am delighted that, following many years of campaigning by LAKPA, funding for the relocation of the home dialysis unit has been confirmed by the Trust and we are hoping that this project will be completed in 2026. The better facilities for home dialysis will enable us to increase the number of dialysis patients who are able to dialyse at home, so that we can reach the 20% target agreed by the kidney community as soon as possible.

I had the pleasure of visiting the Lister Hospital to meet patients and staff in April this year and a report on the visit is set out here.

Finally, LAKPA is a charity run by a small group of colleagues who are dedicated to improving the lives of kidney patients, as you know. I am most grateful to all of them for their hard work and commitment.

Enjoy the summer!

Kirit Modi
CHAIR



Kirit Modi

MY VISIT TO LISTER HOSPITAL ON 16 APRIL



I had the pleasure of visiting several renal services at the Lister hospital and meeting patients and staff. Many thanks to Shiji, Betty and Anie Lara of CCDU for your warm welcome. I was there for two hours and visited four services: - and I am most grateful to Betty Sunil, Practice Standards Matron for Renal and Shiji Sivan, Clinical Nurse specialist, during the two-hour visit. I visited the following services:

- Main dialysis unit which has 25 stations for in-centre patients.
- RITA (Renal Interventions Treatment Area) -Patients who do not need to be admitted to a ward for certain tests/procedures or intravenous medications can be treated here.
- Acute dialysis unit – based in 6B ward for the dialysis of in-patients requiring this treatment
- CCDU (Critical Capacity Dialysis Unit) based in ward 6 and manages the dialysis of patients when there is insufficient capacity in the main dialysis unit.

I enjoyed the visit and learnt a lot about the wide range of services provided for patients and talked with some patients who were overall happy with the services they received. In the CCDU, I met Anie Lara who showed me around and explained the services they provide. Overall, I was very impressed by what I saw and heard and thanked all renal staff for the services they provide to us.

We also discussed how LAKPA can offer further support, and several issues emerged:-

1. Airconditioning in main dialysis unit: Shiji explained that the air conditioning facility is not working. This issue has now been raised with the Director of Estates and will be followed up.
2. Drinking water: The previous facilities for water for the main dialysis unit have come to an end. This has also been raised with the Director of Estates and will be followed up.
3. Scrubs for staff in the main dialysis unit: There is a shortage of scrubs at present. Shiji has raised this within the renal department.
4. Leaflet stand: Shiji to arrange a stand somewhere in the main dialysis unit for a selection of patient leaflets produced by the NKF, in liaison with Karen and Stacey. LAKPA will consider providing a budget for this.
5. LAKPA notice board: Anie to liaise with Karen and Stacey to arrange a LAKPA notice board in the waiting area in CCDU. LAKPA will consider providing a budget for this.
6. TVs in the main dialysis unit: Shiji is liaising with the person who provides this service to sort out some issues. LAKPA will consider providing a budget for this.
7. CCDU needs 3 trolleys and 10 bedside tables. Anie, to provide costs for buying these so that LAKPA can consider funding these.

Meeting patients and staff in the renal department is a humbling and a learning experience every time. I am most grateful to all the patients and staff I met on my visit.

AUTHOR : Kirit Modi

Report.

LAKPA ANNUAL GENERAL MEETING AND 2025 PRIORITIES

Our AGM was held on 25 March in the Education Centre at Lister Hospital where, as well as Kirit giving a brief overview of the year and agreeing our priorities and committee for this year, there were talks by Anita Day, Chair of the East and North Herts NHS Trust and by Dr Andy Findlay, our Clinical Director. Synopses of both Anita and Andy's presentations are covered later in this newsletter.

Kirit started by reflecting on what a difficult year it had been with the unplanned and planned unit closures, although the close working partnership LAKPA has with the Trust was a real strength in dealing with these issues. Renal and other trust staff were amazing in going above and beyond to ensure that patients got their dialysis. LAKPA contributed to the PSII report on the original closure at Bedford, although issues remain that are still being worked through. Clearly the closures had an impact on the delivery of our 2024 priorities but good progress was made, and this informed the setting of our 2025 Priorities which are agreed as:

- **LAKPA** will continue to work closely with the Trust in developing plans for the longer-term dialysis capacity expansion. During 2025 It will support the Trust in planning and delivering the optimum use of the modular unit including supporting patients in the upgrade of the Lister dialysis unit and planning the means of delivering increases in short term capacity, as well as supporting the delivery of the home therapies project. Karen will be our representative on the Project Team.

- **LAKPA** will promote its work and encourage new patients and carers to become members.

- **LAKPA** will work closely with the Trust to ensure the successful relocation of the home dialysis unit at Lister Hospital. Ros and Ali will represent us on the Project Team.

- **LAKPA** will continue to use Tom Costello's bequest wisely and focus on improving the support for the well-being of kidney patients in liaison with Jeanette.

- **LAKPA** will work with Sandra Cruickshank to improve patient transport.

- **LAKPA** will promote its work and encourage new patients and carers to join.

In addition, the LAKPA committee for the coming year was confirmed as:-

EXECUTIVE AND TRUSTEES

Kirit Modi	Chairperson
Tarsem Paul	Vice Chair,
Anthony Byrne	Treasurer
Ros Aird	Secretary and communications.
Maurice Sullivan	Chiltern Unit liaison

COMMITTEE MEMBERS

Karen Harding	Lister unit liaison
Stacey Homewood	Lister unit liaison
Terry Downing -	Harlow Unit Liaison
Farrell Anglin	St Albans Unit Liaison
David Waller	St Albans Charity Liaison
Tony Heath	Membership support
Ali Lawrence	Committee member
Surinder Sharma	Committee member

TRUST STAFF AS OBSERVER MEMBERS

Praveen Jeevaratnam - Head of Clinical Services, Chronic Conditions Care Group
Andy Findlay - Clinical Director Renal Services
Roger Greenwood - Consultant Nephrologist
Sandra Cruickshank - Deputy Director of Nursing and Quality - Chronic Conditions
Kevin Howell - Director of Estates



Reports.

STRATEGIC OVERVIEW,

ANITA DAY – CHAIR OF THE EAST AND NORTH HERTS NHS TRUST



We were delighted that Anita Day was able to come to our AGM and give an overview of the national and local position for the health service, and particularly for renal services. Anita has a personal interest in kidney services as her family had experienced kidney disease and dialysis – since joining the Trust nearly 18 months ago she has visited all five dialysis units.

She started by talking about the changes announced nationally to the NHS with NHS England being merged with the Department of Health and Social Care, this she felt was likely to prove a good thing in removing

duplication as there are currently two teams doing very similar jobs so this should add significantly to generating efficiencies. However there are other parts of the NHS that are being restructured and the relevance to us is in relation to ICB's where it could affect the funding structure and the position here is uncertain, so there is a real danger this will prevent or delay vital funding decisions. Furthermore, until there is more clarity, decisions are not being made on projects requiring capital funding. There is little that can be done until there is clarification, at which point the Trust will need to identify and seek to influence decision makers, although it is clear that, financially, there will be difficult times ahead.

Moving on to a view on renal services, Anita started by acknowledging what a tough year it had been, particularly through the planned and unplanned closures and she expressed her gratitude to all those who had stepped up and ensured that the distress and disruption for both patients and staff was minimised. The major issue facing us is ensuring that there is sufficient dialysis capacity to manage the surge in demand that is being experienced.

A new modular dialysis unit is being installed on the Lister hospital site later this year to allow the Lister unit refurbishment to take place and provide capacity to cover other issues that may arise. It is recognised that this is clearly not a long or even medium-term solution. We know that demand is growing - we are now having to dialyse more patients than are covered by the current funding, and demand is only going to grow.

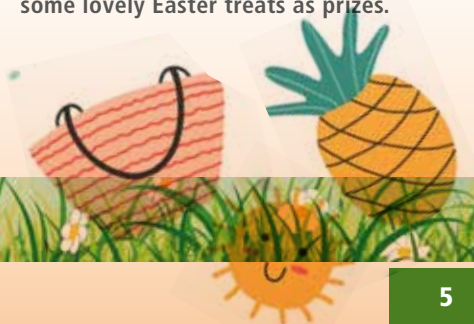
Another issue is the importance of the sustainability of the infrastructure and there will be a focus on implementing the recommendations in the Bedford closure report. All this is against a background of an extremely constrained funding position, so it will be very difficult.

In conclusion Anita was able to share some wonderful news that had just come through – that funding had been found to deliver the home therapies project and this is covered in more detail in the article on Home Therapies later in this newsletter



LUNCHTIME QUIZ ON EASTER MONDAY AT HARLOW RENAL UNIT.

Thank you to the team at Harlow for some lovely Easter treats as prizes. brightening up Easter at the Unit by organising a quiz for patients and staff with



Report.

RENAL SERVICES – PLANNING THE FUTURE IN CHALLENGING TIMES.

In his address to the LAKPA AGM Dr Findlay reflected on the amount of uncertainty and unprecedented challenge to the NHS that is currently being experienced. The Darzi report of September 2024 outlined the critical position of a health care service failing by its own standards but also offered solutions. Findings included: satisfaction with the NHS has been falling to its current lowest point, health inequalities have widened, public health has worsened and key important metrics like healthy life expectancy has fallen in all areas apart from London. In addition, the report covered the NHS estate and highlighted the perilous position of backlog maintenance across the country of £11 billion, and a shortfall of £37 billion in capital investment. A response to the Darzi report with a ten-year plan is likely to be as impactful as the 2012 Lansley reforms and our renal service will have to evolve in line with its recommendations. We must therefore be prepared to reflect and gear up for significant transformation – we cannot continue what we are doing expecting better results and more investment – change will be necessary.

Andy then outlined the local challenges which reflect the national picture.

Of the challenges faced over the last months, the Bedford water incident shone a light on multiple issues affecting renal service provision – we are committed to embedding the action plan that came out of the report, but we should recognise that this also reflects a national problem that is systemic across the country in recognising dialysis capacity and old infrastructure replacement. Continuing to increase dialysis in-centre capacity is not sufficient –

home therapies need to be maximised and a strong focus on pre-emptive transplantation, along with supportive pathways and palliative care for those who will not benefit from dialysis. Currently there are staffing issues for both nursing and technician staff that we are seeking to manage. We are adopting a standard of the dialysis occupancy measure which is a formalised way of assessing dialysis capacity alongside a risk rating. Advanced kidney disease and Renal Replacement Therapies modelling by the NHS strategy group should enable long term accurate demand and capacity modelling. From a quality perspective, the current service has some issues with some quality metrics in terms of haemodialysis access and home therapies uptake; allied to this there is an inequality of provision to some of the most socio-economically disadvantaged and ethnically diverse populations, overcoming which will be a key commitment in this strategy.

The intention now is to develop the service, based on the themes from the Darzi report around a move to community-based medicine, with a focus on prevention and digital transformation.

In summary, the Darzi report had three main areas that are likely to form the thrust of the ten-year plan all intended to lead to a sustainable and equitable NHS. –

- shifting care from hospitals to communities
- digital transformation
- a focus on prevention

To achieve this in our service a 10 year renal strategy group has been set up which has taken over from the renal procurement group and will use best evidence to plan satellite dialysis unit procurement, expansion of home therapies, in-patient and out-patient service and transplantation in accordance with these underlying principles.

Despite this difficult landscape there are a number of accomplishments that should be celebrated - there are things we do really well, and it is important not to lose this as we develop a 10 year renal strategy that works alongside the national one, and from which the direction of funding will emerge.

■ We have the right team at Trust and service level to meet the challenges and, to highlight some successes: 76 transplants in 2024, of which 18% were pre-emptive – on a par with some main transplant centres; in the PREM survey last year Chiltern unit came out as 3rd best in England and 6th best in UK. This unit is being staffed at the model 1.8 WTE per station – this brings the benefit that we are using fewer bank and agency and there is less time lost through sickness.

■ There has been modelling done in close collaboration with financial planning, getting into the detail of demand and capacity modelling, using tools like post code mapping which clearly shows where planning new dialysis units needs to start. This is a good place to provide accurate data for business cases.

■ There is also the digital Advanced Kidney Care (AKC) programme around improving equitable access to AKC for patients with a focus on pre-emptive transplantation, with a target to increase to at least 25% of patients who haven't started dialysis to be on the transplant list when their EGFR drops to c15%, against the current level of 8%.

■ The Eastern Network Kidney inflammatory diseases consensus group to which we have access at a regional level into expert input into novel and high-cost drugs which enables consensus on rare and sometimes evidence poor disease, providing cutting edge technology to manage this.

Finally, we may find an increase in national and international recognition of renal disease as a

Report.

cont:

priority and, following a debate in the World Health Organisation, about adding renal to the cardiovascular, cancer, chronic respiratory and diabetes as a non-communicable disease priority, we are delighted to report that this has now been adopted and is likely to have some direct and indirect obligations on the government.

LAKPA's umbrella organisation, the National Kidney Federation, as part of the Kidney Charities Together Group stands with Kidney Care UK, Kidney Research UK, Kidney Wales, Polycystic Kidney Disease (PKD) Charity UK, Popham Kidney Support and UK Kidney Association in welcoming the announcement that the World Health Organization (WHO) has formally adopted a resolution to reduce the burden of kidney disease.

This is a milestone for the kidney community, marking international political recognition of the scale and seriousness of chronic kidney disease. It reflects a shared commitment to prioritising kidney disease alongside other major health conditions such as stroke, diabetes and cancer, and made the following statement.

We're pleased the UK government supported this resolution, and we look forward to working with governments and healthcare systems across the UK to ensure kidney disease is taken seriously and given the profile needed to help improve the lives of people with kidney disease and future generations.

You can read more about what that means for people with kidney disease in the UK by following this link:

www.kidney.org.uk/news/who-says-yes-kidney-health-is-a-global-priority

Or scan this QR code :



**AUTHOR : Dr Andy Findley,
RENAL CLINICAL DIRECTOR**



CHILTERN KIDNEY CENTRE

Congratulations to Chris Slaffa and her team at the Chiltern Kidney Centre - in the 2024 Kidney PREM (Patient Reported Experience Measures) survey the Chiltern unit came out as 3rd best in England and 6th best in UK. Every year the Kidney PREM collects the views of kidney patients across the UK to build a national picture of renal care experiences, so to achieve this result is remarkable and is a testament to the hard work and care that all the staff put in.

There are a number of new staff at the unit and a party was held in April to welcome them – we wish them all well.

AUTHOR : Ros Aird



Events.

WORLD KIDNEY DAY 13 MARCH 2025



This year's World Kidney Day, we really pulled out the stops and made it one of the best ever. Every one of the dialysis units had an event and, as usual LAKPA had a stand in the main concourse with fun items like a tombola, cakes and biscuits, along with its more serious aim in raising awareness of kidney disease and its devastating impact on lives. There was a constant stream of visitors throughout the day, and we all enjoyed it enormously.

There were raffles at all the other units and particular tribute should be paid to Tarsem who made Organ Donation the focus and organised events over four days of that week across organisations as diverse as the local council offices and colleges. He ran

a competition at the college with a prize for the student who got the most sign up to the organ donation register – what a fantastic initiative. Tarsem is himself a kidney transplant recipient and, knowing how it transforms lives, is now the chair of the Bedford Hospitals Organ Donation Committee and a member of the Lister committee. Overall, we raised over £1,200 for LAKPA– thank you to everyone who helped



AUTHOR : Ros Aird



Articles.

ALL PARTY PARLIAMENTARY KIDNEY GROUP (APPKG)

Regular readers will be aware that the National Kidney Federation has been running a campaign over the past years to encourage and monitor progress towards this target of 20% of dialysis patients based at home, as home dialysis has significant advantages for patients, carers and for the NHS. The final report of this campaign will be presented at UK Kidney Week in June but unfortunately, capacity and resource issues across the board, along with the significant growth in patients needing dialysis, have meant that very few centres are achieving the 20% target. The article below describes the position for our Trust and we are delighted that there is now real progress for us in developing the structure and the capacity to achieve the 20%

target. It has the further advantage that it will mitigate some of the capacity issues that we have been reporting, and which are highlighted in Dr Findlay's report (see page 6)

It is important that the work of the NKF campaign continues to have impact and there is now a newly formed APPKG which hosted a parliamentary summit

at Portcullis House, Westminster last month with the aim of examining how the 20% target for home dialysis can be achieved across all centres. From this the APPKG will publish a manifesto for change to be submitted to the Secretary of State for Health and Social Care as it is vital that this issue is raised at the highest level.



LISTER HOME THERAPIES PROJECT

At last, we can share some good news about home therapies. You will know that the target is to have at least 20% of dialysis patients dialysing at home, given the advantages to both patients and the NHS. Unfortunately, there have been many bumps along the road in getting a home therapies project off the ground, but we are delighted that this has now received the go ahead.

The good news was announced at the AGM by Anita Day, following a series of negotiations at a senior level to make this happen. The proposal is to use the new modular unit that is being installed on the Lister site, primarily to address some of the dialysis capacity issues,

although it is intended to use it initially to dialyse the Lister patients whilst that unit closes briefly for routine maintenance.

Once that is complete, the home therapies unit will move there whilst their existing accommodation is extended and refurbished. Design work and a procurement exercise is being prepared with the intention that work will start on the ground later this year. LAKPA will be involved in the project team and this development should start to help relieve some of the capacity issues that the service is facing. Once the home therapies unit moves into their new accommodation, then

the modular unit will be used to support in-centre dialysis. There will be reports on progress of this important project in future editions of this newsletter.

Ros and Ali will represent LAKPA on the project board.

AUTHOR : Ros Aird

MODULAR UNIT BEING INSTALLED.



Events.

SUMMER OUTINGS

Planning is underway for the summer outings that are organised for all the dialysis units and financed by LAKPA.

The Lister Unit and home therapies are planning to go to Brighton on 20 July, and this is proving very popular with two coaches now booked, the St Albans unit are planning a trip to Clacton on 3 August and Bedford to Southend on Sea on 20 July. Harlow are planning a garden party on the 17th of August, and the Chiltern unit are still contemplating the best event for their unit. Fingers crossed that all the events are blessed with good weather.



FAREWELL TO LYDIA MUGAMBI.



We were sad to say goodbye to Lydia Mugambi, who has managed the Bedford Dialysis Unit for the past six years with such grace and wisdom, and who led it through its most difficult period following the water issues that led to the temporary closure of the unit last year.

Although all the staff at the unit rose to the occasion magnificently, Lydia's leadership and unstinting care for staff and patients was outstanding. We wish her every success in her new post at Imperial Health Care and for whatever the future holds for her. There was of course a party to mark her departure at a large gathering in Henlow on a



sunny Sunday at the end of April – a very happy and fun filled day. Thank you, Lydia, for your friendship, leadership and constant support.

AUTHOR : Ros Aird

Tributes & thank yous.

TRIBUTES

We are very grateful to the families of Bill Kellam and Anthony Baugh for donations in their memory and for thinking of LAKPA at a time of loss.



William 'Bill' Kellam started dialysis at home in June 2018 at the time of his 80th birthday. He did this for around a year, followed by nearly 5 years of thrice weekly sessions at the Harlow renal unit. He made many friends there where he was known as quite a character and was popular with both staff and patients for his happy, positive outlook on life. Whilst dialysing at Harlow, he enjoyed several days out with staff and patients that LAKPA provided and was so grateful for all of their wonderful help. He loved a joke and constantly ribbed the doctor about reducing his dialysis to two days a week. Both he and his wife, Pauline greatly appreciated the wonderful care they received from the staff in the unit. Sadly,

Bill died on 22 September 2024 in the in-patient ward at Lister and donations in his memory raised £2,200 for LAKPA – a tribute to the affection that he inspired in life. Thank you so much to Bill's family for your generosity and thought for LAKPA



Clement Anthony Baugh – a patient at Bedford renal unit sadly died on 2 January 2025 aged 72 – he was a much loved husband, father and brother and was very popular with staff and patients at the Bedford unit. He loved his music and was part of Ital Rocker and a pioneer in sound system culture. We are most grateful to Mr Baugh's family for requesting donations to LAKPA in his memory and send our condolences to the whole family

AUTHOR : Ros Aird



THANK YOU FOR YOUR DONATION.

Our thanks go to Dr David Leigh, who started dialysing at the St Albans Unit earlier this year, for his most generous donation of £1,000 to LAKPA.

LAKPA's support for patients relies on the generosity of supporters such as Dr Leigh and, without donors such as him, we would not be able to continue with the work. Thank you Dr Leigh and we send you our very best wishes

Thank you



FLOWERS FOR MOTHERS DAY

In a lovely gesture for Mothers' Day in March, our Lister Representative, Karen's mother, of Mill End nurseries, donated flowers to all the ladies in the dialysis unit. They were all so touched by the thoughtfulness.



Articles.

BEDFORD RIVER FESTIVAL HALF MARATHON

—Lucy Dunford running for LAKPA

Please support Lucy who is running the Bedford River Festival Half Marathon on 7th September 2025. She is running for LAKPA as her husband Andrew has renal failure, is waiting for a transplant and is currently dialysing at the Bedford Renal Unit. She wants to recognise the wonderful team that support him and all the other patients there for their care.

Lucy said "For those of you that know me, this time two years ago there was no way I would have even contemplated doing a 5k let alone a half marathon. I was extremely over weight and unfit. Fast forward 2 years and here I am embarking on my first half

marathon! I would love to raise as much money to help the patients, families and staff that are affected by kidney disease."

Thank you, Lucy, so much — please show your support by visiting her Just Giving page <https://www.justgiving.com/page/lucy-dunford-4>



AUTHOR : Tarsem Paul



VE DAY AT THE LISTER UNIT.

Patients arrived at the Lister Unit on VE Day to flags and bunting and were given cakes on the tea round with union jacks

in to mark the occasion. Congratulations to Trevor Hamilton who also got a card from King and Queen on his Sapphire

wedding anniversary — 65 years together. Congratulations to Trevor and his wife.



Recipe.



INGREDIENTS -

- | | |
|---|--------------------------------------|
| 4 individual meringue nests | 150g fresh blueberries |
| 400ml double cream | 1 teaspoon ginger cordial (optional) |
| 1 teaspoon vanilla extract | 4 ginger biscuits (optional) |
| 150g fresh raspberries (or strawberries if preferred) | |



METHOD

1. For the coulis, tip all of the ingredients into a saucepan and heat for 5-7 minutes. Blend in a food processor until smooth, then pass through a sieve to remove the pips. Set aside until ready to serve.
2. Break up the meringues into pieces and set aside. Lightly whip the cream until soft peaks form. Be careful not to over whip it. Gently fold in the raspberries, blueberries, and meringue pieces.
3. Add the vanilla extract and ginger cordial if using. Stir through some of the raspberry coulis. You want a ripple effect with the raspberry running through it.
4. Serve drizzled with the raspberry coulis. For an extra flourish, crumble the ginger biscuits over the top.



A lovely easy summer dessert for those warm evenings from Kidney Care UK Kidney Kitchen.

The Kidney Care UK website has a wide range of kidney friendly recipes of which this is one example—see more at [kidneycare.org/recipes](https://www.kidneycare.org/recipes)

Your people.

CONGRATULATIONS SENIOR NURSING STAFF APPOINTMENTS.

In the spring edition of the newsletter, we reported on the appointment of Saro Sajeev, manager of the Harlow Dialysis Unit and Shiji Sirvan, manager of the Lister dialysis unit to newly created posts of HD Clinical Nurse Specialists to support the busy units at Chiltern and Lister respectively. In addition, a new manager for the Bedford Unit was appointed to replace Lydia Mugambi who has left the Trust. These are the new appointments as managers the relevant dialysis units.

Bedford Dialysis Unit - **Emilia Asiamah** is now leading the team at Bedford, she told us :

"I have been in Nursing for 26 years of which 17 years have been in renal, joining Bedford Renal Unit last year. I know that Lydia will be a hard act to follow, but I am really looking forward to the challenge."

Karen Alibadbad is now the manager of the Lister Renal Unit, following Shiji's appointment as

clinical Nurse specialist. Karen has worked in the unit since 2016. She said :

"I am honoured to take on the role of Lister Dialysis Manager, succeeding Shiji. My journey with the Trust began in 2016 when I arrived from the Philippines, and I started my renal career at Bedford Dialysis. Over the years, I've grown within the renal team, most recently serving as a team leader in acute dialysis. While stepping into this new role alongside such a dedicated team to continue delivering high-quality care to our patients."

Evelyn Craig takes over from Saro at Harlow – Evelyn has worked with Saro at Harlow for two years and prior to that was working in renal at Royal Free for 13 years. She is looking forward to building on the patient care that has been is the hallmark of Saro's management of the unit. Evelyn said :

"I am proud and honoured to take on the management of the Harlow unit and the wonderful team of staff and patients. I am very much looking forward to building on Saro's legacy and guiding the unit from strength to strength."
Ward 6B - Following Ann Barairo's move to Norfolk

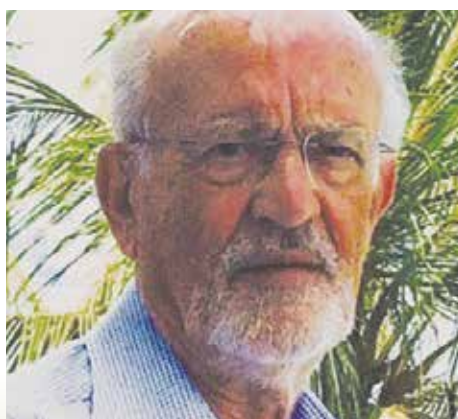
Suzanne Gilroy has been appointed to manage the ward. She told us :

"I joined the dialysis unit at St Albans 1996 as a clinical support worker and completed my nursing diploma in 2001. Since qualifying in 2004 I gained a degree in acute/ high dependency nursing care. I then moved to critical care outreach nursing to develop my knowledge further in respiratory care. I am looking forward to being back in renal, developing further my leadership skills and supporting the development of the service."

AUTHOR : Ros Aird

MEET YOUR LAKPA COMMITTEE - TERRY DOWNING – Harlow Unit Representative

Terry Downing took on the role of liaison for the Harlow dialysis unit a couple of years ago and has proved a great advocate for patients and supported everything we do in supporting patients there. He tells here of his kidney journey: "After several years of monitoring my condition, I was finally diagnosed with renal failure at the age of 80 in 2020. Initially I dialysed at home with the Peritoneal Dialysis system but after a few months, a persistent infection necessitated a switch to Haemodialysis which I have undertaken since September 2021 at the Harlow Unit.



Following my diagnosis, I assumed long holidays away from home were a thing of the past, but last year I ventured forth again and with my wife enjoyed

a week in Devon followed by a sea cruise. This year I hope to return to Devon and, having found a clinic close to the hotel we have stayed at for many years in Locarno, on Lake Maggiore in Switzerland, we are planning to journey there once again.

What gives me most pleasure as the LAKPA rep for Harlow, is seeing the effect on both patients and nurses at our parties held in the garden adjacent to the unit. Planning for these takes time with the input of the nursing staff but the effect on morale of the patients who attend is quite remarkable."

AUTHOR : Terry Dowling

Useful information.

COMMITTEE 2024.

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Dr Roger Greenwood
Sandra Cruickshank

TRUST MANAGEMENT LIAISON:
Kevin Howell

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Jeanette Akunebuni

* LAKPA Trustees

Membership of LAKPA is completely FREE as it is run by volunteers and depends entirely on donations and fundraising for its work in supporting kidney patients. If you wish to join LAKPA you can do this by completing the membership form overleaf, or on our website: www.lakpa.org/LAKPAmembership, or by writing to our membership secretary, **Ros Aird, 32 Lammas Rd, Watton at Stone, SG14 3RH**

YOUR LIAISON OFFICERS.



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Dates to remember...

LAKPA Committees

12 August

14 October

9 December

Don't forget...

Follow us



We will be regularly updating our Facebook page and our new website www.LAKPA.org with both local & national items of interest. Do look at it and 'Like' it on facebook www.facebook.com/lakpa.org so that we can spread our message.

Don't forget...



Organ Donation week

23rd - 29th September 2025

Application form.

FREE TO JOIN – WE WANT TO HEAR FROM YOU! REGISTRATION FORM.

Please COMPLETE AND RETURN to: Ros Aird, 32 Lammas Rd, Watton at Stone, SG14 3RH

Alternatively please hand this form in to any of the renal units/wards at Lister, Bedford, Harlow, Chiltern or St Albans
or to the LAKPA liaison persons for the units, you can also join by visiting <https://www.lakpa.org/membership/> or scanning the QR code.

TITLE / NAME

ADDRESS

COUNTY

POSTCODE

TELEPHONE

EMAIL



SCAN ME

If you are one of the following please tick box:

A Carer ☐ A Patient ☐ A member of renal staff ☐ Relative of renal patient/carer ☐ Friend of patient/carer ☐

If you are a Kidney patient please answer the next two questions:

i) Type of patient *(please tick which applies to you)*

☐ Haemodialysis at hospital ☐ Transplant recipient

☐ Haemodialysis at home ☐ Pre-transplant/dialysis

☐ Peritoneal Dialysis (PD) ☐ Other

(ii) Where do you go for treatment

☐ Lister ☐ St Albans

☐ Chiltern ☐ Harlow

☐ Bedford

To comply with the General Data Protection Regulations (GDPR), which came into force on 25th May 2018, LAKPA requires your explicit consent to contact you.

N.B. We won't be able to send you a Newsletter unless you tick the box : *I consent to the LAKPA contacting me by post.*

☐ I consent to the LAKPA contacting me by post

☐ I consent to the LAKPA contacting me by email

☐ I consent to the LAKPA contacting me by telephone

☐ I consent to receiving Fundraising items in the LAKPA Newsletter
(Such as draw tickets.)

I understand that my data will be held on a computer file by LAKPA, but is protected by the GDPR. My information will not be shared with any third party, other than the companies that input data and distribute the LAKPA Newsletter. I also understand that LAKPA is a member of the National Kidney Federation (NKF) and my information will be shared with the NKF, in order that I may receive the NKF magazine 'Kidney Life' and their raffle tickets, as long as I have given consent to be contacted by post and to receiving fundraising material. I will notify LAKPA if I would prefer my information not to be shared with the NKF. This consent is valid for five years and should I wish to opt out at any time I will inform LAKPA in writing. Thank you.

SIGNATURE

DATE

JustGiving

Any donation you make will be gratefully accepted, but is not a requirement of membership, and is entirely at your discretion.

If you wish to make a donation, please enter the amount here :

£

(Cheques Payable to LAKPA)

Are you a UK taxpayer? If so, please help us by completing the declaration and returning it with these membership details. *Thank you.*

Gift Aid Declaration.

Please treat all donations that I make to the Lister Area Kidney Patients' Association (LAKPA) from the date below, until I notify you otherwise, as Gift Aid Donations.

SIGNATURE:

DATE

1. You must pay an amount of income tax or capital gains tax in the current tax year equal to the tax that will be reclaimed by the LAKPA. (Currently 25p for each £1 that you give). 2. If in the future circumstances change and you no longer pay tax on your income or capital gains tax equal to the tax that the LAKPA reclaims you should cancel your declaration. 3. If you pay tax at the higher rate you can claim further relief in your Self-Assessment tax return. 4. Please notify the LAKPA if you change your name and address while the declaration is in force. 5. You can cancel the declaration at any time by notifying the LAKPA.