



KPA News

SPRING 2017



Working for kidney patients throughout Barts NHS Trust.

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Calling All Kidney Patients, Carers, Families and Renal Staff.....

Many of you will know that the KPA was established in 1975 by a dedicated band of patients and carers, some of whom are still working hard to support kidney patients throughout the Trust. In those (bad old) days, treatment was limited to the lucky few, so the population was small and confined to the Royal London Hospital. Now thankfully treatment is not restricted and there are around 4,000 kidney patients throughout the Trust, with additional dialysis units in Newham, Redbridge, Waltham Forest and Havering. As the population has grown the need to be able to respond to patients needs and support patients throughout the Trust is central to the KPA's objectives. The KPA have been looking at how best to meet these challenges over recent months and are now seeking people, whether patients, friends/family members or Renal Staff to join the KPA Committee. We desperately need people with certain skills to help us become relevant to the current patient population, and take the KPA forward.

Details of the skills and attributes we are looking for can be found on the next page. We very much look forward to hearing from you.

RLH KPA Committee



If you are interested in any of the following roles please send your details with a statement of what you believe you can bring to the KPA at rlhkpa@gmail.com

All appointments will be subject to Charity Commission rules.

- **Editor for KPA News, To edit draft quarterly newsletters and arrange printing and distribution both in the post and on-line via email.**
- **KPA News Administrator. To research and chase articles each quarter and assemble document using Word, Publisher or similar.**
- **Poole Flat Administrator - to liaise with estate management company as required. Manage refurbishments, repairs and cleaning.**
- **Data Officer – to keep the membership database up to date. Currently in Access but needs to be converted to another programme.**
- **Holiday Home/Holiday Dialysis Booking Officer. To manage the bookings received for the Poole Flat and arrange dialysis where required.**
- **Web Administrator. To update the KPA website on a timely basis.**
- **Fundraisers. To set up or help support events, fairs, quiz nights etc.**
- **Facebook Administrator/moderator.**

Renal Patient Forum



The Patient Forum was set up in 2013, at the instigation of a senior nurse from the hospital. Its main purpose was to improve the experience of kidney patients at the Barts Health NHS Trust. After a slow start, where attracting sufficient numbers of patients was our key priority, we now have a wide variety of patients, the majority on dialysis but also some who have had a transplant. We have representation from each of the satellite units where dialysis is undertaken and we try to meet every six weeks or so and we hold our meeting at the Royal London Hospital. The meetings are chaired by myself. I have been a patient at the Trust for nearly 40 years and have had two transplants, with a period of three and a half years of haemodialysis between the two.

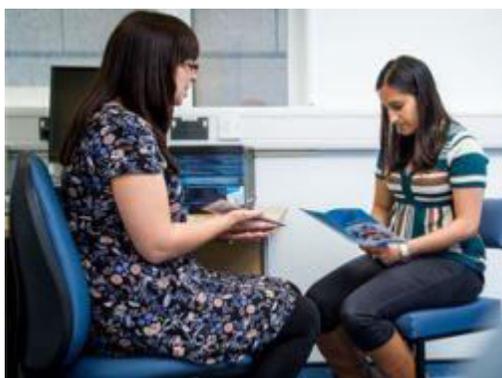
The variety of subjects are discussed and we have made improvements in a number of areas, including patient transport, temperature levels in the RLH dialysis unit, and access to the Citizens Advice Bureau service following the loss of the Renal Social Worker. Among other things the group is also involved in how well run wards should operate.

We have developed a good relationship with the clinical and general management of the Units, and work closely with the KPA. We are always keen to attract new members and should anyone be interested in finding out more, please contact me at briangracey15@gmail.com.

Brian Gracey – Chair Renal Patient Forum

Barts Health NHS Trust Focus On Supporting Young Kidney Patients

The transition from childhood to adulthood is a turbulent time for people with chronic health conditions. The complex emotional and physical changes that occur at this time are often difficult to cope with in their own right. Having chronic kidney disease, and requiring treatments such as dialysis or a kidney transplant, can be extremely challenging to deal with at this stage of life. It has been shown that there is an increased frequency of non-adherence to medications and subsequent transplant failure during adolescence. This is a tragedy when it happens, as it not only means returning to the inconvenience of dialysis, but also makes future transplantation more difficult and more risky.



At this difficult time, just as support and guidance from people who know

them well is most needed, we ask our young adults to transfer from the familiar environment of the paediatric clinic, to an adult renal unit often in a different hospital. Many of these patients have known their paediatric doctors and nurses

all their lives, indeed some are diagnosed with kidney disease before they are born. The transition to a new team can therefore be extremely stressful, both for patients and their carers.

We are dedicated to improving this experience for our patients. Together with our colleagues at Great Ormond Street and in the paediatric department at Barts Health, we are working to improve continuity of care and provide a smoother transition process. We do joint clinics from the age of 16 so that young adults and their families get to know the new team in a familiar environment before transferring their care to the adult unit at the age of 18. We believe that a well-planned transition process can be a positive event, celebrating the growing independence of the young adult and supporting them to make decisions about their health care and lifestyle choices. Done well, this can improve health-care related quality of life, engagement with services, adherence to medications and may subsequently improve long term outcomes.

In December 2016 we held a young adult day, together with the renal team at Great Ormond Street, providing careers information, financial advice, dietetic input and sexual health advice. More importantly it was an opportunity for young adults with kidney disease to meet each other outside of the clinic environment. We have also been fortunate enough to be able to develop some new patient information videos for young adults, thanks to generous funding from the Friends of the Royal London Hospital charity. We hope that these initiatives will help to improve patient experience, and look forward to working with our young adult patients to develop and improve the service in the future.

Dr Andi Cove-Smith, Consultant Nephrologist Bart's Health NHS Trust



Virtual e-Clinic Launched

Our pioneering virtual e-clinic for East London patients with chronic kidney disease has slashed waiting times for a specialist opinion from as much as 15 weeks to just five days.

A successful Royal London Hospital pilot scheme for Tower Hamlets which has been extended to the Newham, City & Hackney, and Waltham Forest commissioning areas, means that more than one million people living in the four boroughs will now have a live community kidney service.

It is one of the most dramatic examples so far of how the NHS can implement its national commitment to moving care closer to home, ensuring patients are treated in the community rather than in hospital.

Higher rates of hypertension and diabetes among the ethnic minorities of East London mean our population is more vulnerable to kidney disease than other parts of the country. So we've been working with GPs and others to improve the care and experience of kidney patients by creating a single pathway from primary to secondary care. The aim is improve the quality of intervention with those most at risk of kidney failure, and prevent those with kidney disease progressing to dialysis.

This has been made possible by sharing patient records between hospital and community, and developing a trigger tool which alerts GP practices to patients most at risk through the regular surveillance of common blood test results. In addition, the community kidney service has invested in specialist renal nurses to help patients manage their condition at home.

As a result, only one in five kidney patients referred by their GP now need to be seen face-to-face in outpatients. Instead, consultant nephrologists (kidney clinicians) are reviewing most cases electronically once a week.

Dr Neil Ashman, consultant renal physician, said: “20 years ago a GP would have phoned up a consultant and asked for advice. Nowadays we are often too busy to ring or take calls, and these important clinical relationships aren’t as strong, hence an e-clinic to restore this immediacy.

“When reviewing patients, we have access to all of the investigations done in the community, enabling us to provide comprehensive management advice whilst avoiding unnecessary duplication of tests. And if people do need to be seen at the hospital, we have more availability in clinics to see them in a timely fashion.”

Before the Tower Hamlets pilot started in December 2015, patients used to wait anything between 55 and 84 days for an outpatient appointment. By reducing this to five days or so, the e-clinic is not only making life easier for patients but also cutting the volume of outpatients’ appointments by up to a third. This could potentially generate savings of up to £1m across North-East London.

As well as reducing the number of people who need to make a trip to hospital, the e-clinic is also enabling GPs to ask for expert advice on patients they would not necessarily refer before.

Initial evaluation of the community kidney service received a positive response from patients as well as GPs and clinicians. In particular, patients reported that they were happy to share their medical records, and that their care was discussed with a specialist without needing to go to hospital.

We have one of the biggest renal services in London, and undertake about 220,000 dialysis sessions a year. The number of people diagnosed with end-stage kidney disease (and therefore requiring dialysis or a transplant) has been steadily growing in recent years

Read more at <http://bartshealth.nhs.uk/our-services/services-a-z/r/renal/community-kidney-service/>

Helen Rainey, Clinical Nurse Specialist (Chronic Kidney Disease) Renal Unit.



New Short Films

Kidney patients face extra challenges at times of change, whether that be at time of diagnosis, starting or changing treatments, and for young adults, the extra stress of moving to a completely new hospital as they transition from child to adult services. A group of Barts Health patients have been working with renal unit staff and Canvas Films to produce a set of short films that aim to support people through these challenging times by telling the stories of people who live with kidney disease.

Patients took part in a focus group that aimed to find out what they felt was important and would have found helpful (or not helpful!) and this dramatically altered the focus and content of the films. Others generously shared their experiences on camera, describing how they have coped with challenges and what they have found useful when adjusting to life with kidney disease. Feedback from early drafts suggests that these films will also help new staff gain a better understanding about what it's really like to be a kidney patient.

The films were officially launched on World Kidney Day with an event held at the Renal Unit, Royal London Hospital, to showcase the films to those who have contributed and to Renal Unit Staff. They will soon be available on the Barts Health website and eventually on DVD with translation into the languages most commonly spoken locally. These films have been funded by The Friends



of The Royal London Hospital, supported by the Patron's Fund. Pictured above at the launch of the DVDs from left to right - Dr Katy Bennett-Richards, Dr Andi Cove-Smith, Raj Thuraisingham, Jonathan Blake and members of the Friends of the Royal London Hospital Committee.

Helen Rainey, Clinical Nurse Specialist (Chronic Kidney Disease) Renal Unit

Our Unsung Hero! – Crochet For Kidneys

You are probably completely unaware (as I was) that a truly amazing lady has set up a crochet group who amongst other things make blankets for Barts Health NHS Trust Dialysis Patients. Let me tell you a bit about her.

Natasja's Story

‘My husband did an amazingly selfless thing - in November 2012 he donated a kidney altruistically to a man he had just met. He was moved to help after seeing the impact of kidney failure and three 4-hour dialysis session a week had on a person. The operation at Royal London Hospital was huge success and both donor and recipient are in excellent health. But what about all those people still on the waiting list for a donor kidney and those going through dialysis?



I wanted to do something for them, so decided to use my crochet blog (crochettime.net) to ask for donations of crochet blankets to give to the kidney dialysis patients at Royal London Hospital. My hope is that the blankets bring them hope and comfort. We deliver the blankets when my husband has to go to the hospital for his yearly living donor check-up. Crochet For Kidneys is now in its 4th year and in total we have donated 65 blankets. The last delivery happened on 29 November 2016 when we handed over 31 blankets.

Natasja said ‘I also wanted to raise money for the excellent work that the Royal London Hospital Kidney Patients Association ("KPA") does. I'm sure you agree that the work they do is important and I hope you will be inspired to make a donation. This is your chance to



be a part of Crochet For Kidneys even if you can't crochet or have already contributed a blanket but want to give your friends and family the chance to help kidney disease patients. Donating through JustGiving is simple, fast and totally secure. Your details are safe with JustGiving - they'll never sell them on or send unwanted emails. Once you donate, they'll send your money directly to the charity. So it's the most efficient way to donate - saving time and cutting costs for the charity. You can donate through the site I have set up here.

www.justgiving.com/fundraising/Natasja-King

You can read more about Natasja and the group, join the 'hookers' as she puts it, and support this great bunch of people at <https://crochettime.net/> or join the Facebook group 'Crochet For Kidneys'



Dates for Your Diary



World Transplant Game	25 June 2017	Malaga Spain. Good Luck to Joan Bell and Jack Booth!!
Eastbrook Country Fayre	25 June 2017	Fundraising Stall Contact David Mansfield if you would like to help.
London Bridges Walk	2 July 2017	https://www.kidneyresearchuk.org/get-involved/events/londonbridges
British Transplant Games	27-30 July 2017	North Lanarkshire. Contact London Barts Team Manager Conrad Ryan on 07792 400283
Transplant Week	TBC	https://www.organdonation.nhs.uk
Renal Remembrance Service	24 September 2017	Great Hall, St Bartholomew Hospital, 2pm.
NKF Conference	13-15 October 2017	Leicester http://www.kidney.org.uk/home/news-2/annual-patients-conference-2017/
KPA AGM	11 October 2017	All Welcome. 7pm Dagenham and Redbridge Football club.
Quiz Night	28 October 2017	For tickets email rlhkpa@gmail.com

Don't forget to sign up for the Kidney Research UK London Bridges Walk – Sunday 2nd July 2017



Pull-out Section
RLHKPA HOLIDAYS
Poole Flat

There are holidays for all members: Pre-dialysis, CAPD, Home and Unit based Haemodialysis and Transplant patients and non-patient members.

How to book a holiday

1. Check with your Unit that you are well enough to go on holiday.
2. Choose the date(s) you wish to go – giving second and third choices.
3. You may also request a second holiday, perhaps to follow on giving you two consecutive weeks, if bookings allow. Second holidays are allocated from March.
4. Complete the Booking Request Form, sign the declaration then send to Margaret Craddock (address on form). Send no money at this stage.

Please book early to avoid disappointment!

Confirmation of your holiday will be sent to you together with payment slips, details of the home and a map of how to get there.

APD/CAPD patients

Your dialysis supplies can be delivered direct to your holiday home provided you give the Home Dialysis Manager at least three weeks' notice.

Haemodialysis patients – Unit/Satellite based and Home patients

Arrangements may be made for haemodialysis patients staying at the Poole flat to dialyse at the KC Holiday Dialysis Centre at Bournemouth. The arrangement of dialysis treatment is subject to availability at the time of booking. The RLHKPA pays, where necessary, for transport to and from the dialysis centre.

Important:

Unit/Satellite based patients must ask their Unit's advice before booking. Haemodialysis patients must be **stable on treatment for six months** prior to their holiday.

HOLIDAY HOME	CONTRIBUTION* Inclusive for up to six persons	DATES FOR 2017 (w/b = week beginning)
Poole Flat	£200 per week £75 (except during £125 school hols.)	w/b Sundays weekend (12 noon Fri – 12 noon Sun) Mon-Fri (12 noon Mon – 12 noon Fri)

* Requests for financial assistance towards contributions are considered on an individual basis. The KPA is unable to fund alternative holidays.

Accommodation for up to 6 persons

Bedroom 1 two single beds	Bedroom 1 (partitioned) Two child bunk beds	Bedroom 2 one double bed
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The Association runs a self-catering holiday flat at Poole (Bournemouth) in Dorset. Administration and maintenance are carried out voluntarily and no profit is made. The home is available to ALL members.

The flat is on the ground floor of a block of six residential flats and, being centrally heated, is available for holidays throughout the year. Bournemouth town centre is a short bus ride from the bus stop outside the flat and, for those more energetic, a gate at the rear of the property opens onto the Central Gardens and affords a pleasant walk to the main beach, pier and shops. The flat is ideally situated for enjoying the south coast with its picturesque villages and the New Forest. (Haemodialysis treatment may be arranged, subject to availability at time of booking.)

The home is well appointed and provides:

- accommodation for up to six persons;
- lounge with colour television/integral DVD;
- well-equipped kitchen with fridge, electric cooker, microwave and a washing machine;
- central-heating / hot water;
- shower;
- facilities for safe CAPD exchanges and APD; and
- garage parking .

NB It is advised that Members on Haemodialysis book early.

BOOKING REQUEST FORM – POOLE FLAT

Name _____

Please Tick:

Pre-dialysis Haemodialysis CAPD Transplant Other

Address _____

Post Code _____ Tel. No. _____

Holiday request – Week beginning Sunday:
1st choice _____ 2nd choice _____ 3rd choice _____

Sunday _____

For Weekend or Midweek break, phone 01277 810326

Please arrange Haemodialysis treatment for me at the KC Holiday Dialysis Centre. (Please tick if required:)

Date of birth _____ Dialysis unit _____

Usual dialysis days _____

Please list the names of ALL your holiday party

	Title (e.g. Mr)	First Name	Last Name	Age (if under 18)
1.		(patient/member)		
2.				
3.				
4.				
5.				
6.				

Send to: **Margaret Craddock, 90 Station Road, West Horndon, BRENTWOOD CM13 3LZ**

RLHKPA Poole Holiday Home ~ Terms and Conditions

1. Bookings are only taken from members of the RLHKPA.
2. A member must be **in residence** throughout the holiday period.
3. A **non-returnable** deposit must be paid **on receipt of booking confirmation** and the **balance** paid a minimum of **four weeks** before the holiday.
4. In the event of a cancellation, please inform the RLHKPA promptly so the holiday facility may be offered to other members.
5. Guests must adhere to the stated times of arrival and departure.
6. No pets (except guide dogs) are allowed at the Poole flat.
7. Cars must be parked in the garage (No 4) and not left on the drive.
8. Please leave the garage **UNLOCKED** at all times as Dialysis supplies are delivered directly into the garage throughout the year.
9. Report any problems or breakages so they may be quickly rectified.
10. **Remove** spare dialysis supplies and all food from cupboards and fridge before you leave.
11. Domestic waste must be put in black sacks and placed in the wheelie bin/recycle bins in the front garden. CAPD clinical waste should be put in yellow sacks (provided) and put in the garage.
12. Cleaners are not employed so please leave the flat in a **clean state** for the next guest.
13. For security and safety **Please note the Check List** on the notice board before you leave.
14. Turn off electric sockets (except kitchen appliances) and lights, lock windows and doors, turn down central heating.
15. Please return the key immediately you return home.
16. The RLHKPA reserves the right to refuse future bookings from guests who contravene these terms and conditions.

Declaration: I agree to abide by the booking Terms and Conditions

Signed: _____ Date: _____



World Kidney Day 2017

This year the KPA worked with Helen Rainey Clinical Specialist Nurse at the RLH in planning how to celebrate World Kidney Day. The purpose of WKD is to educate the community about kidney health and how to avoid CKD (Chronic Kidney Disease) by being aware of the effects of uncontrolled or undiagnosed high blood pressure, diabetes and obesity.

The 'team' consisted of KPA committee members, Renal Forum members, renal dieticians, renal staff and the odd 'hanger on!' Information stalls were held at the Royal London Hospital, Whipps Cross Hospital, Queens Hospital and the Ideas Store at Whitechapel. There were also representatives from Kidney Research UK. The day was a great success and there was a lot of interest from the public which was particularly rewarding .

If you are interested in joining us to spread these important messages next year, please email rlhkpa@gmail.com, contact one of the KPA Committee members or Helen Rainey at the Royal London Hospital.

Thank you to everyone who took part.

Jackie Fisher – Chair RLH KPA



David Mansfield (talking AGAIN) – having pushed Marie Niven behind a balloon!! Royal London.

Right - Helen Rainey, Shaila Hussain and Brian Gracey with the team at Whipps



Left - Breeda McManus checking Facebook again.....

The Three Musketeers at Queens. Les, Adrian and Glen.





Nikki Thomas, Richard Endacott and myself at the Ideas Store Whitechapel.



David and Marie hovering around the Dieticians stall – they had obviously gone off for a full fat, high carb lunch.....

Support us online

with



You can make a donation online by going to:

www.justgiving.com/rlhkpa/donate

All major credit/debit cards are accepted.

25% is automatically added in Gift Aid if you're a UK taxpayer.

Can you enter a Sponsored Event?

- ❖ You can simply create your own page with details and a photo
- ❖ Email your friends and they can donate online
- ❖ The money goes direct to the Royal London Hospital Kidney Patients' Association.

To do this, go to:

www.justgiving.com/rlhkpa/raisemoney

We would like to thank the following people for their kind gifts, which were most gratefully received between 29th January 2016 and 1 March 2017

Donations

£10	J & P White
£5	D Dasandi
£15	Mr C Turner, Brentwood
£1,049	Eileen Hand charity shop, Stratford
£100	Valerie Manzi, Loughton – celebrating 12th year of Transplant
£50	Mr & Mrs Danan, Chigwell
£115	Keith Turner in memory of his wife Lorraine
£10	Irene Pratt
£30	Elisabet Niklau in memory of her husband Franz
£25	Mr and Mrs Rowley
£100	Mr and Mrs Patel in memory of their son Mayur
£343	Barclay Bank - £ for £ matching funds raised at Quiz Night
£100	Interview Fee donated by Ami Sehmbi
£450	In memory of Colin Hollely (Queens Unit)
£25	Assefash Sura
£30	Shirley Hodge, Grays in memory of her husband Bill
£100	Sainsbury Newbury Park. Corporate contribution to bric-a-brac sale organised by Marie Niven
£110	Pawwk Marzena, Ilford. 1st anniversary of transplant
£150	Postbechild family in memory of Sandra Postbechild.
£180	Law Society Southend via Iain Burns
£275	Irene & Albert Howlett in memory of son Wayne

£600	Iain Burns fundraising event
£600	Iain Burns proceeds from Raffle
£256.01	Bric-a-brac Sale – Marie Niven
£100	Mr and Mrs Eastly- Poole Flat Appreciation
£864	Barclay Bank £for£ matching fund raising – Quiz Night
£10	Eileen TorkingtonE13 in memory of her husband Neil
£100	Pam Jukes, N21 in memory of her husband Geoffrey
£50	Joan Weller Basildon in memory of her husband Ernie
£500.92	Family and Friends of the late Mrs Nettlingham
£10	Mr G Tiley, Hornchurch
£20	Mr T Wright Thorpe Bay
£5	Joyce Gosden Upminster
£5,000	Bequest from Joy Keat for Research

Collection Boxes

£160.58	Maria Petchy
£23	Les Petchy

Fund Raising

£864 + £341.51	Quiz night
£895	Melanie’s evening of entertainment
£350	Bric-a-brac stall organised by Marie Niven
£144.07	Bric-a-brac stall organised by David Mansfield.

Foreign/Old Coins/Scrap Metal/Stamps

£24.77	Used Stamps. Special Thanks to Conrad Ryan
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Grants Paid Out

£539.10	Refreshments for Renal Remembrance Service
£480	Printer cartridges – Patient information
£842	NKF Conference Delegates (4)
£2,592.50	Part Funding for athletes attending British Transplant Games
£456.71	New kit for Barts London Transplant Games Team
£255.63	KPA Branded T Shirts and Table Cloth for fundraising and awareness events
£1,500	Part-funding 2 athletes for the World Transplant Games

Grants Pending

£740	Re-printing of DVD for Transplant Patients
TBC	Refreshments for Patient Expo Day
£1,621.55	Treatments for inpatients
£5,000	Bequest from Joy Keat for research

Please accept our apologies for any errors or omissions

MEMBERSHIP ADDRESS LIST

It is our continued policy to keep our mailing list up to date and avoid any undue distress to relatives who may recently have suffered bereavement.

Please help us by advising any deletions, or other changes, by using the form below. Should you wish to receive KPA News by email, please complete the **form** and send your email address to the Membership Secretary.

<p>? ? ?</p> <p>PLEASE TELL US</p>	<p><input type="checkbox"/> I wish to join the KPA (FREE)</p> <p><input type="checkbox"/> I am moving home</p> <p><input type="checkbox"/> I have changed my name</p> <p><input type="checkbox"/> I have changed my 'phone no.</p> <p><input type="checkbox"/> I no longer want the Newsletter</p> <p><input type="checkbox"/> Email address</p> <p><input type="checkbox"/> I have changed my email address</p>
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Previous	New
Name: _____	Name: _____
Address: _____ _____	Address: _____ _____
Post Code: _____	Post Code: _____
Telephone: _____	Telephone: _____
Email: _____	Email: _____

Please send completed form to the Membership Secretary:
90 Station Road, West Horndon, BRENTWOOD CM13 3LZ

GIFT AID

Help us through Gift Aid to help others – and increase every pound you donate.

If you pay UK income tax and you make a gift aid declaration we can claim back this tax (at basic rate) on your donation so your donation is worth 25% more. Please complete the declaration below and send it, **with your donation, to the Treasurer (see back cover).**

Please make **cheques/POs payable to: ‘RLHKPA’.**

<p>THE ROYAL LONDON HOSPITAL KIDNEY PATIENTS’ ASSOCIATION Registered Charity No. 266660 I/We would like the Association, as a Registered Charity, to treat this donation as a Gift Aid donation on which it may reclaim tax. The person below is a UK Tax Payer.</p> <p>Surname & Initial.....</p> <p>Address.....</p> <p>.....</p> <p>.....</p>
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GIVING THROUGH THE SELF ASSESSMENT RETURN (INLAND REVENUE)

RLHKPA is participating in a scheme that will allow any individual to nominate a charity to receive their tax payments as a donation. Our charity’s name and code number are listed on the IR website.

For the purpose of this scheme the RLHKPA unique code is **QAE95LG.** This method of giving is only available on Self-Assessment returns.

YOUR KPA COMMITTEE

Patron	Dr Martin Raftery
Clinical Representative	Dr Raj Thuraisingham
Chair	Vacant
Vice Chair	Vacant
Secretary	Mark O'Callaghan 189 Carlton Road, Romford Essex RM2 5AX markocall01@gmail.com 07973 309260
Treasurer	Lesley McGarr 6 Foxleigh, Billericay CM12 9NS 01277 653759
Membership Secretary	Margaret Craddock 90 Station Road West Horndon, CM13 3LZ 01277 810326
Marie Niven	020 3685 6611
Les Petchy	07949 261586
David Mansfield	07547 524105
Adrian Capitan	07985 596828
Melanie Rosenfeld	020 85517842
Glen Mahony	07939 218632
Co-opted Norbert McGarr, Alan Rosenfeld, Pauline Barrett, Janice Jobling, Anne Spicer	