

## UPWARDS AND ONWARDS – *after 15 years at the Middlesex.*

**After months of uncertainty about when and where we would find ourselves after the closure of the Middlesex Hospital we were finally informed shortly after Christmas that we would be moving in the middle of February to the Royal Free Hospital site. So here we are, in an office the size of a large shoe-box, in a portacabin at the bottom of the car park alongside the hospital itself!**

We were very grateful to those who helped us with the move and we have been given a warm reception by our new neighbours. Storage is a big problem – we are not over keen on striding over Christmas cards and the odd pudding on at least a thrice-daily basis, but at least it keeps us fit and we are lobbying strongly for at least a cupboard nearby for our seasonal stock!

**Please note our new contact details: St Peter's Trust, South House A-5, Royal Free Hospital, Pond Street, London NW3 2QG. Telephone 020 7443 9388. Email [spt@ucl.ac.uk](mailto:spt@ucl.ac.uk).**

### ***NEW TRUSTEES***

We are pleased to welcome Dr Caroline Parks, who was for many years one of our consultant radiologists at St Peter's hospital, and Mr Mark Emberton, who is a consultant urologist at UCLH with a special interest in non-invasive treatments of the prostate.

We are also delighted that Prof. Stephen Powis has agreed to become a member of our Medical Advisory Committee, which advises the Trustees on suitable research applications.

### **Summer event in Mayfair – 12th June 2007.**

St Peter's Trust, now in its new home at the Royal Free Hospital, is once again holding a private view evening, which will be attended by the charity's patron, HRH The Duchess of Gloucester.

It will take place on Tuesday, 12th June 2007 at The Fleming Collection, 13 Berkeley Street – in the heart of Mayfair – which is one of the world's privately owned collections of Scottish art.

**“Firm Favourites”** includes works by Scotland's most renowned artists which are among the finest works from the Collection's permanent holdings and a number of its most recent acquisitions.

Drinks and canapés will be served from 6.30 – 8.00 pm and if you wish to attend please contact Sue or Katy at St Peter's Trust on 020 7443 9388 or email [spt@ucl.ac.uk](mailto:spt@ucl.ac.uk).



Photographer: Dafydd Jones

# Edward Pope's hairy challenge

Having been out to dinner and spoken with an Ozzie friend about someone growing a moustache during the month of November (Movember) for charity, they laid down the gauntlet and suggested I give it a go.

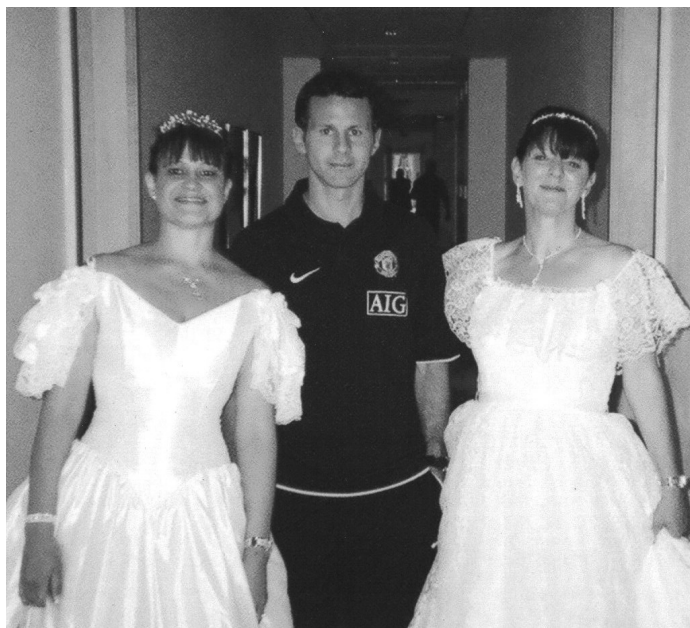
Yes, a face usually like a baby's bottom and a family who didn't like any facial hair, but the challenge was on - I'd somehow agreed.

I sent out an email to friends explaining what I was doing and would they sponsor me. The result was that the support was thick on the ground, although many wanted evidence before any cash should change hands. I started to get the fear - would anything grow, and would it be really ginger?! Day 12 and things were looking bad. The brown bum fluff that had been, had started to become itchy and hard and to clash nicely with my pink shirt, brown hair and grey wings it decided to turn Ginger! Yup- a red squirrel no less had inhabited the one-bed flat that was to be my top lip. The days lingered on and the itching continued along with the little rodent moving in the kitchen sink and all. Eating soup and drinking milk had become torture and as for luxuries like too much jam on toast these were surely given up. Movember was now drawing to a close and the cries of 'evidence' were to be heard; pictures of David Niven and Basil Faulty amongst others weren't fooling anyone so alas a picture was sent out and yet more money rolled in. As I told squirrel Nutkin his days were numbered he dug deep and the itching got worse but alas, as I'd grown quite fond of him, there on the door step as I arrived home on the first of December was my mother with the clippers.

It wasn't only that friends had had a laugh at my expense and thought they should send a little something in but that it was for an exceptional cause and although not a huge amount was raised I was sure it would be much appreciated at St Peter's Trust in order for them to carry on their excellent work.

*Note from St Peter's – our sincere thanks to Edward and all his very generous sponsors for raising £1,200!*

## National Wedding Dress Day



Friday 25th August 2006 proved to be a very exciting day for Mrs Kim Demetriou and her friend Vanessa as they participated in National Wedding Dress Day, raising over £600 for St Peter's Trust. Wearing their wedding dresses they headed to Watford Town Centre where everyone thought they were seeing double! At Boots, both the brides were treated to a free makeover and then on to Hair Express where Kim and Vanessa relaxed while the staff worked to create beautiful styles which the girls loved, particularly as these were also free! After visiting several more shops, they headed to West Watford Play Scheme where their children could see and admire them!

It was time for lunch and then on to Kings Langley to visit the Rose and Crown roofers who had kindly sponsored them.

The girls saved the best for last when they arrived at The Grove in Watford where they bumped into Manchester United Player, Ryan Giggs! After this exciting meeting, Kim has decided she will definitely be organising another event to raise more money for St Peter's Trust. Our thanks for their entertaining, inspirational initiative!

## NEW GRANT ROUND

The Trustees are intending to award new grants shortly to take effect from August this year.

Applications are being invited from staff of the Institute of Urology and the Division of Nephrology at the Royal Free and University College School of Medicine.

£50,000 will be available for grants and in addition up to a further £75,000 for a 3-year PhD studentship to cover stipend, university fees and running costs.

## Christmas Raffle 2006

Once again the Christmas Raffle proved to be a great success making the magnificent amount of £1,659. Our grateful thanks to all who donated the gifts and everyone who bought raffle tickets.

The winners were:

*Mrs R. Sawyer - Mr P. Rowley - Mr D. Hunter - Mr N. Whalley - Dr C. Parks - Mrs A. Bates - Mrs J. Cowling - Mrs J. Sykes - Mr O. Segin - Mr C. Hiley - Mr I. Golding - Mrs M. Musgrave and Mrs Jean Lewis's daughter Sharon.*

**Christmas cards and puddings** raised a further excellent **£ 4,474.62.**

We are hoping to be holding a Christmas Fair at the Royal Free this year. Further details will be in the next Newsletter.

# LONDON FLORA MARATHON

**The London Flora Marathon** is one of our biggest fundraising events of the year. Each year we have a golden bond guaranteeing five places (any injured runner's places are carried over to the next year, so sometimes we have six or seven places!). Although we had a "full house" this year, sadly two of our runners, Philip Hoare and Sohan Hare, have had to drop out because of injury. We wish them both a speedy recovery.

On a happier note, we still have five runners, braving all weathers to train for the 2007 London Marathon.

Dr Scott Wildman is a Principal Investigator whose research is funded by the St Peter's Trust. Working in collaboration with Professor Robert Unwin in the Royal Free's Centre for Nephrology, Scott is investigating the regulation of kidney sodium excretion; which is important in determining arterial blood pressure. Scott is disappointed that the Trust hasn't managed to secure a kidney-shaped costume for him to wear on the day!

Dr Jill Norman is a Reader in Nephrology and one of the team working at the Royal Free in the Centre for Nephrology. Jill is a colleague of Scott Wildman and said that she never really decided to run the marathon but was persuaded or rather volunteered by Scott! Jill has a long standing interest in the mechanisms of chronic kidney disease and has worked in kidney research for over 20 years, the last 15 at UCL. Jill felt that she wanted to put 'something back' by raising money for

SPT. She also hoped to raise awareness of kidney disease and the lack of funding that is available for this type of research.

Dr Andrew Hall is also running for us this year. He is a clinical research fellow also working in The Centre for Nephrology, UCL, investigating the role of mitochondrial dysfunction in renal tubular disease. Like Jill Norman he was inspired by the enthusiasm of Scott Wildman for long distance running. He has not particularly enjoyed the early morning winter training runs, but is very much looking forward to the big day itself, and raising money for a worthwhile cause like SPT.

Mangat Singh Chung and Judith Martin are also running for the Trust. Judith is running on her own ticket this year. (She also ran for us in 2005 to express her thanks for the care and support that her mother received whilst a patient in the Middlesex hospital).

We wish all our stalwart runners our good luck and grateful thanks!

Please support our runners by filling in the sponsorship form below, or alternatively, Scott, Jill and Andrew have donation websites at [www.justgiving.com/wildman](http://www.justgiving.com/wildman), [www.justgiving.com/jtn](http://www.justgiving.com/jtn) and [www.justgiving.com/amhall](http://www.justgiving.com/amhall) respectively. We know that this is a bit late this year, but the move to the Royal Free "interrupted normal service" so we hope that you will forgive us and sponsor in retrospect!



## St Peter's Trust Sponsorship Form For Flora London Marathon Runners 200-03-29

Registered Charity Number: 261224

**This year we are delighted to have six runners in the Flora London Marathon supporting St Peter's Trust.**

Money raised by such events helps enormously in funding our on-going research into nephrological and urological disease, making a significant contribution to scientific and clinical work in these fields. It also supports junior research fellows, who otherwise would have limited opportunities to participate in research.

**Please help us by sponsoring our runners!** We are extremely grateful to them for all the effort they put into preparing for the event, and to all of you for your continued generous support. A donation form is attached below, with a gift aid declaration. If you are a taxpayer, your gift could be worth 28p per £1 more if you sign on the dotted line! If you would prefer to give on-line please go to our web site at [www.ucl.ac.uk/uro-neph/spt](http://www.ucl.ac.uk/uro-neph/spt)

**Please write your name, home address and the sum that you would like to donate. If you pay UK income tax or capital gains tax at least equal to the amount of your donation, we can reclaim tax on your donation. Please also sign the Gift Aid declaration at the bottom of this sheet.**

(Mr/Mrs/Miss) Forenames \_\_\_\_\_

Surname \_\_\_\_\_

Address. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Postcode \_\_\_\_\_

**I am a tax-payer and would like St Peter's Trust for Kidney, Bladder and Prostate Research to treat this as a Gift Aid donation.**

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Please return this form with your donation to : St Peter's Trust, South House A-5, Royal Free Hospital, Pond Street, London NW3 2QG or donate online at [www.ucl.ac.uk/uro-neph/spt](http://www.ucl.ac.uk/uro-neph/spt).**

# Ladies Darts League News...

One of the Darts League's youngest players, Kelly, recently had a kidney transplant at the Royal London Hospital. Her kidney was donated by her sister, Shirley, and so far, all is going well. Until very recently, Kelly was travelling up to London every day from Billericay for checkups since having the operation in February. She is now returning to work and as we wish her a full and healthy recovery, she is looking forward, we understand, to playing darts again with the League next season.

The Darts League are delighted to report that they will have certainly one and perhaps two new teams for the new season. Well done, and keep up the good work!

## How To Make Your Gifts Worth 50% More

You may already be familiar with Gift Aid which allows us to claim an extra 28p for every pound that you donate. But you may not be aware that if you are a **higher taxpayer** you can reclaim the difference between the basic rate of tax (which we claim back on your behalf via the Gift Aid scheme), and the higher rate of tax, on all your charitable donations.

**For example, if you donate £100 to St Peter's Trust, we can reclaim £28 on your behalf and you can reclaim a further £23 via your annual Self Assessment tax return. If you were to donate this additional rebate to the Trust, you could turn your original gift of £100 into £151 – making it worth over 50% more.**

If you wished to donate this repayment to the Trust, all you do is record your charitable donations for the relevant tax year on your Self Assessment form and quote St Peter's Trust charity unique code MAQ58GG.

HM Revenue & Customs will remit the rebate directly to the Trust along with your name and address so that we can thank you personally.

*If you would like to help us in this way and have any queries at all do not hesitate to contact Sue Maridaki in the office on 020 7443 9388.*

## Legacies

Legacies are a vital part of our income and if you would like to consider leaving us a bequest in your will, please contact the office for further information.

# ONLINE GIVING

Making your gift online is the most efficient way to support St Peter's Trust. You can do this by going to our website: <http://www.ucl.ac.uk/uro-neph/spt> and clicking on the appropriate link:

**Charity Choice** is 100% secure – gain peace of mind when donating on line.

There are no charges made by Charity Choice or the Co-operative Bank for any gifts made. You can still gift aid your donation. It is quick and easy – there is no need to register or sign up with Charity Choice.

**Justgiving.com** is also 100% secure. Most of our marathon runners now use the justgiving website to raise sponsorship. It is incredibly easy to create and personalise your own website and all you need to do is email your link to all your friends and family.

**CAF CharityCard:** If you have a CAF account you can give through the Charities Aid Foundation.

And, of course, you can also send a donation by post using the form below. With your help we can really make a difference. Thank you.

## RECYCLING

### MOBILE PHONES

As mentioned in the last newsletter, St Peter's Trust has signed up with ReCycle to raise funds by recycling mobile phones. If you have any old phones that you no longer use, please send them to us. ReCycle send us a donation for each phone we send them and this raises funds for the Trust as well as cutting down landfill. Please tell your friends and family and help us to raise funds whilst helping to save the planet!

### STAMPS

St Peter's Trust has been collecting stamps for many years now - if you send us your used stamps then we can send them off to be recycled. Money is donated per kilo of stamps, so next time you think nothing of throwing your envelopes in the bin, stop and consider sending the stamps to us!

Thank you



To support the work of St Peter's Trust for Kidney, Bladder & Prostate Research, please complete the form below and return to St Peter's Trust, South House A-5, Royal Free Hospital, Pond Street, London NW3 2QG, or donate online at [www.ucl.ac.uk/uro-neph/spt](http://www.ucl.ac.uk/uro-neph/spt).

Title \_\_\_\_\_ Full name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

I enclose a cheque made payable to St Peter's Trust for £ \_\_\_\_\_ Or

Please debit my CAF Card for £ \_\_\_\_\_

Card Number

Card expiry date

I would like to make a monthly/quarterly/annual donation of:

£5  £10  £25  £ other \_\_\_\_\_

**Instruction to your bank or building society to pay by standing order:**

To the Manager: \_\_\_\_\_ (Bank/Building society)

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Name(s) of account holder(s): \_\_\_\_\_

Sort Code:       A/c number:

Please pay Barclays Bank Plc, Strand Business Centre, 99 Hatton Garden, London EC1N 8DN  
Sort Code: 20 82 94 for the credit of St Peter's Trust A/c no 80810363

Signature \_\_\_\_\_

Date \_\_\_\_\_

### IMPORTANT - GIFT AID.

If you are a UK taxpayer you can make your gift worth almost a third more at absolutely no extra cost to you, by simply ticking the Gift Aid declaration box below. This allows us to reclaim tax from the Government on your behalf.

Yes, I am a UK taxpayer and wish St Peter's Trust to reclaim tax on this donation and all future donations I make to the charity. (HM Revenue and Customs has asked us to remind you that you must pay an amount of income tax and/or capital gains tax at least equal to the tax we reclaim in the tax year). Please could you inform us if you change your address, no longer pay enough tax, or if you wish to cancel your Gift Aid Declaration at any time.

Please return this whole form to St Peter's Trust  
South House A-5, Royal Free Hospital, Pond Street,  
London NW3 2QG

I am not on your mailing list for St Peter's Newsletter but would like to receive it in the future

I would like information about leaving a bequest in my will.