

OUTLOOK

Meet Nancy Douglas-Irving

Nancy Douglas Irving OAM is the co founder of your charity, Dialysis Escape line Australia.

This is her story so far...

Nancy has been a diabetic since the age of 10, and at 19 years of age, started haemodialysis. She has experienced many of the worst complications of this...blocked fistulas, fluid overload, high potassium, post dialysis headaches, constant exhaustion, and even a terrible episode when the sutures of the fistula came apart, at home! Once she suffered a cardiac arrest while on dialysis, luckily for her while in hospital.

After two years of constant difficulties with haemodialysis, she was persuaded to transfer to peritoneal dialysis. This caused peritonitis, two litres build up of fluid in the abdomen and many other issues.

She is now celebrating 10 years with her third transplant. The first failed after 10 months because of an arterial occlusion, the second pancreas/kidney transplant was disastrous from the beginning: she returned to Adelaide from Westmead without the transplant and with non Hodgkins lymphoma.

This third transplant has only been possible because of the generosity of her sister in law, Catherine and the pioneering research of Dr Toby Coates at the Royal Adelaide Hospital. He has worked establishing a highly desensitizing program for people with high antibodies and we hope to feature him and his work in a future Outlook.

Nancy has always tried to keep a positive attitude and to



be as "normal" as possible. This has led to some amazing achievements, including studying at University, trying to establish an Altruistic Donor registry, (at least one patient has benefitted from this), frequent interviews in the media and to groups to keep dialysis in the spotlight, and establishing DELA with the assistance of the late Enzo Scipioni, OAM.

She has also now established a boutique travel agency, Dialysis Abroad, to help dialysis patients travel further, to even more exciting destinations than the trips to Far North Queensland, New Zealand and the Pacific that DELA organises.

She is now the driving force of DELA and understands from personal experience the needs, concerns, and trials and tribulations of dialysis patients.

New member application

Upcoming events

\$50 per person

Name: _____
 Address: _____

 Phone: _____
 Email: _____

Annual Fundraising Dinner
 Saturday 6 August 2016

Please circle one of the following:

Haemo Peritoneal Recipient Supporter

Or join online at www.dialysisescapeline.org.au

Escape to Adelaide and support DELA!

The DELA annual fundraiser will be held on Saturday August 6. Your DELA committee invites you to come and join us and have a great night. Band Lucky Seven (pictured below) will provide some great entertainment. We have three excellent dialysis centres in Adelaide and with adequate notice we will be happy to help organise your dialysis needs at one of these centres.

Adelaide is a wonderful tourist destination for your initial escape or to have a break from your routine. Within the CBD, you could take a leisurely walk along the historic North Terrace, with its Art Gallery, Museum, University, and Mortlock Library (Just think Don Bradman collection). Moving on from Don Bradman, there is the new Adelaide Oval stadium, with the renowned Henschke Hill of Grace restaurant. And want more history? Try the Adelaide Gaol tour, or West Terrace Cemetery tours, both very close to the city.

Eager to move away from the big smoke? Try breakfast at Magill Estate, ten minutes away, among the vines, just like in Provence! Then move onto lunch at Mt Lofty overlooking the city, and dinner at Windy Point, enjoying the city lights. Or our beaches, Henley, Brighton, Semaphore and cosmopolitan Glenelg, the final destination of the Adelaide tram. Further afield, there is Victor Harbor and the South Coast, for an enjoyable day out.

For wine lovers, we have the Clare Valley, Barossa Valley, Langhorne Creek and McLaren Vale, each only about an hour's drive from the city.

Looking for animals and wildlife? Adelaide Zoo is adjacent to our Botanical Garden, Cleland Wildlife Park is in the Adelaide Hills, and Monarto Open Plains Zoo is near Murray Bridge. Or you could take a two day wildlife tour to Kangaroo Island.

Can't wait? We would love to welcome you!



Did you know?

DELA's aim is to provide opportunities for people on dialysis around Australia. We are an Adelaide based charity, staffed entirely by volunteers.

We set up temporary dialysis units, and have a volunteer medical team. These dialysis units are set up in Port Douglas in a hotel, and once or twice a year on a cruise ship to New Zealand or the South Pacific. We are hoping soon to extend our destinations to include the Gold Coast. These temporary unit setups cost the charity approximately \$25,000 each time.

So without any Government funding, we are very grateful for your membership, donations and support of our annual fundraiser.



Dialysis Escape Line Australia Inc

CONDOLENCES

We deeply regret the passing of Naguib Gobran from Templestowe in Victoria. We extend our sincere sympathy to his loved ones.

ABOUT US

A volunteer run charity

Patron Mr Gordon Pickard AM

Ambassador Tim Campbell

Ambassador Dennis Walsh

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DELA COMMITTEE

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Photos from the New Zealand cruise



Cruising the land of the Long White Cloud

In February another DELA cruise group set sail for the Land of the Long White Cloud, New Zealand aboard the Diamond Princess.

As daughter-in-law of the late Enzo Scipioni, (co-founder of DELA), I have been on the periphery of the charity's efforts since its inception in 1998.

This trip, it was my privilege to travel with the group, witnessing first hand the results of all the behind the scenes work and fundraising efforts that occur year round.

Time spent with the dialysis patients and their travelling companions provided me the opportunity to hear their stories and understand the positive impact DELA has, enabling these people to travel in this way. It was made clear to me that the impact goes well beyond a few days on a cruise ship, extending to their attitude to living and dealing with their health issues on a daily basis. This applied to patient, carer and extended family.

This group of DELA cruisers included a family group spanning three generations. It was fantastic to witness

their joy as they shared their cruise experience. I also received personal testimony at the end of the trip from several clients who relayed feeling the best they had felt since starting on dialysis.

I greatly enjoyed meeting and working as part of the close-knit team who facilitate the dialysis during the cruise. The nephrologist, technician and nursing team are part of an amazing tradition. A collection of people who take leave from work and donate their time and expertise to DELA and the cruise participants. These professionals deserve the utmost respect as they voluntarily work long hours during the cruise ensuring the level of care received on board by the clients is second to none.

Personally, this trip was a humbling and rewarding experience. Beyond that, it ratified for me the value of the ongoing efforts of Dialysis Escape Line Australia and all those who contribute in their varying forms to this worthwhile group.

LEANNE SCIPIONI

Considering a holiday? Read postcards from our happy travellers!

Dear Nancy

We just wanted to offer you a huge thankyou for giving us the opportunity to enjoy a wonderful cruise to New Zealand that without the DELA team would just not be possible. We had a wonderful time and are hoping we will be able to join you on the high seas sometime in the near future. Looking forward to see where you are planning to visit next, and hope to see you at the dinner in August. Our sincere thanks

once again especially to you, Wayne, and Leanne.

Fond Regards, Lyn and Ted

POSTCARD FROM A FRIEND

If anyone was to deprive me of having a holiday, I would be really upset! But this is the reality for many dialysis patients! Having worked for 30 years as a dialysis nurse, I got to see how often patients were unable to take holidays- you know .. That time to regroup and refresh before the next 12 months?!

Well I found the answer to help me help others to achieve that goal.. Dialysis Escape!! My first adventure was a land holiday to Byron Bay in NSW for a week. I so enjoyed giving my services to enable people able to have a holiday that it just went on from there! The next adventure was a 2 week cruise to Isle of Pines and Noumea and up the coast of Australia ... So great! And then .. Off to New Zealand for a 2 week cruise around both islands! Of course, holidaying is always fun but for me, this is a really special time I can give to "my passion" of renal patients. What better than to enjoy a formal black tie Captain's drinks evening and dinner! Or a glass of champagne with a patient's family on deck (and of course not on duty!).

The staff I have met and befriended are all professionals whose aim is like mine... To provide you with the best and safest holiday you can possibly have! Thanks to the team at DELA for making it all possible. And hope to see some of you in the future!

Mary Allen, dialysis nurse, Tamworth NSW

POSTCARD FROM A FRIEND

Dear Nancy and all the wonderful staff that made our first cruise so enjoyable, Richard and myself had a wonderful time and the experience of being able to take a cruise made me feel normal. Everything on the ship was excellent, rather hard to come home! Who is going to make my bed, cook my food and clean the bathroom now?

Richard was able to have a break from being my carer, as I dialyse at home. This was a very important "time out" for him, which I believe he needed. Thank you and your team for all the hard work you put into organising the cruise. We had not had a holiday for over six years and this was just perfect. A big thank you to all the staff who were just the best, making the trip even more enjoyable. We do hope to be able to do this again.

Kaye and Richard

POSTCARD FROM A FRIEND