

Coventry and Warwickshire Kidney Patients' Association



CWKPA

The Kidney Kourier



March 2017

Coventry and Warwickshire Kidney Patients' Association (Charity Commission Registration Number 508587)

Committee

| | | |
|----------------|----------------------|--------------|
| Grace Newman | Chairman and website | 01926 770924 |
| Vivienne Dodds | Secretary | 02476 384061 |
| Terry Ivens | Treasurer | 01926 634360 |
| Kate Balfour | | 01926 403059 |
| Mike Horton | | 07974 606519 |

CWKPA Website: www.cwkpa.org.uk

E-mail: info@cwkpa.org.uk

NKF Website: www.kidney.org.uk

Correspondence should be sent to:

Vivienne Dodds 51 Magyar Crescent Nuneaton CV11 4SQ

Donations should be sent to:

Mr T Ivens 9 Fair Close Frankton Rugby CV23 9PL. Cheques should be made payable to **Coventry and Warwickshire KPA**

Articles etc for the *Kourier* should be sent to:

Kate Balfour 5 Bartlett Close Warwick CV34 4UY

E-mail: kbalfoursheep@gmail.com

CHAIRMAN'S MESSAGE

Chairman's Message

Welcome to our March edition of *The Kidney Kourier*.

Back in January, twenty three of our kidney patients and carers enjoyed a meal out together at The Queen's Head in Bretford. What an amazing turnout! As always, the food was delicious and a great time was had by all.



A few events are coming up in March: World Kidney Day (see p 22) and the CWKPA social meeting with speaker. We are grateful that the Chairman of the *National Kidney Federation* (NKF), David Marshall, is travelling down from Sheffield to speak to us and answer any of your questions. Please support this event if you can and come armed with your questions for a lively meeting.

Enjoy the magazine and I hope to see you soon.

Grace x

DATES FOR YOUR DIARY 2017

| Date and time | Event | Location/notes |
|-------------------------|---|--|
| Saturday 11 March | CWKPA Social Meeting. Talk by the Chairman of the NKF, David Marshall, from Sheffield. Please support this event if you can. David is happy to answer any of your questions. | Clifford Bridge Community Centre, Coombe Park Road, Coventry, CV3 2PD, 7.15 pm |
| Monday 24 April | Deadline for July <i>Kidney Kourier</i> | n/a |
| Saturday 13 May | CWKPA Annual General Meeting, speaker tba | Clifford Bridge Community Centre, 7.15 pm |
| Saturday 8 July | CWKPA Social Meeting, details tba | Clifford Bridge Community Centre, 7.15 pm |
| Monday 24 July | Deadline for September <i>Kidney Kourier</i> | n/a |
| Saturday 9 September | CWKPA Social Meeting, details tba | Clifford Bridge Community Centre, 7.15 pm |
| Monday 23 October | Deadline for December <i>Kidney Kourier</i> | n/a |
| Saturday 11 November | CWKPA Social Meeting, details tba, probably Arts & Crafts | Clifford Bridge Community Centre, 7.15 pm |

NEWS AND UPDATES

Notice of the Coventry & Warwickshire Kidney Patients' Association Annual General Meeting

When: Saturday 13 May 2017 at 7.15pm

Where: Clifford Bridge Community Centre, Coombe Park Road, Coventry, CV3 2PD

All are welcome to join us for a review of the past 12 months.

Thank you to all present officers who are willing to stand for another year. Please let us know if you would like to join our small, friendly committee to enable us to do more to help local kidney patients.

At the time of writing we haven't a named speaker for the AGM but keep an eye on the website for more news.

Light refreshments.

Stamps Enid Colgrave, Val Wilkinson, Charles Amey, Claire Goodman, Heather Wilford and those included in Christmas Cards plus the anonymous senders.

And a special thank you to Sarah Warley for the big bag of stamps which was sent to the KPA from the villagers of Churchover, plus Sarah's family and friends! **Viv**

Information from the NKF Helpline Have you received your free copy of the NKF Dietary Information Pack?

The pack includes potassium and phosphate information, tips on fluid management and the diabetic renal diet, and a pictorial guide to what foods to avoid.

Send for a free Dietary Information Pack by contacting the NKF Helpline on 0845 601 02 09.

The Gifted Organs

The Gifted Organs transplant pop band debut album aims to promote organ donor registration on a global platform. The Gifted Organs is a very special pop band made up of transplant recipients and support musicians, who have come together to produce a unique album and promote organ donor registration worldwide.

The project is based in Bath but the singers and musicians have come together from all over the UK to record with the band. Eighteen people, including eleven transplant recipients, have so far recorded seven songs for the album at two top recording studios, Peter Gabriel's Real World Studios near Bath and Metropolis Studios in London. All of the songs are songs that are uplifting and extremely catchy.

The tracks are all original pieces composed by two of the band members whose lives were saved by organ transplants. The songs are a musical expression of the joy of life and are dedicated to the memory of their donors and donor families.

"19 years ago, my life was saved by an unknown donor who gave me their heart so I might live. In 2013 I decided to start the Gifted Organs and formed a band with fellow transplant patients as a tribute to our donors and to use our musical talents to promote organ donation, so that many other lives can be saved. Today that dream has become a reality" James Tottle, Gifted Organs Manager, songwriter, rhythm guitarist and vocalist.

A pre-sale of the album will go live on Kickstarter on the 7th January 2017. The campaign will hopefully raise awareness of the band and their efforts to promote organ donor registration all over the world. The album is almost finished, with only a few songs left to record and should be completed and ready for release in spring of 2017.

The campaign page features an introductory video by James Tottle, music videos, photos, quotes from the band members and a wealth of other information. The two professionally filmed music videos were taken during the bands recording sessions at real world studios and there are 30 second snippets of all of the other songs already recorded. You can find out more about this unique band on Facebook: www.facebook.com/giftedorgans, and Twitter, @giftedorgans

NKF Conference 2017 NKF Conference The next NKF Conference, entitled "Kidney Patients UK", will be held at Hinckley Island Hotel (now owned by Jury's),

Leicestershire, on 13th–15th October 2017. It will commence on the Friday evening with a two course buffet as it did last year, followed by a quiz.

Saturday will see a fabulous line up of professional, patient and carer speakers – we will share the full programme with you once we have confirmation of all speakers.

There will be the usual Gala Dinner on the Saturday evening followed by a disco. The Council meeting will take place on the Sunday morning.

The British Kidney Patient Association This organisation has been going for more than 40 years, and spends enormous amounts of time and money supporting renal patients. It is changing its name this year:



New logo from early 2017.

In the recently published *Impact Report 2015* (available on our CWKPA website, and on the BKPA website, it was noted that the BKPA funded:

- Nineteen children's and youth workers
- 102 projects benefitting renal patients
- 1,540 grants - for holidays, buying furniture or appliances, paying for education or helping kidney patients to pay their rent.

Additionally, 5,000 renal patients were given advice and support, and more than a quarter of a million pounds was invested in research.



The BKPA also supports the British Transplant Games and in 2015, contributed more than £80,000 in support and sponsorship, helping 15 teams to take part.

So remember, if you are a young patient, or in need of financial support, check out the BKPA - or as I should now say, Kidney Care UK.

BRITISH TRANSPLANT GAMES 2017

If you have received a life-saving transplant and would like to find out more about the British Transplant Games and how to join our team and take part in the Games, please contact Grace or Kate and we will put you in contact with Declan, our team manager.

All sorts of sports are covered for all ages and abilities. Pay tribute to your donor; help keep yourself fit; promote organ donation; make new friends - but most of all - have fun, and raise awareness of the importance of donation!

Here's the link to the games:

<http://www.britishtransplantgames.co.uk/north-lanarkshire-2017/>



Supporting the Emotional Needs of Renal Patients

Researchers at the University of Birmingham are keen to find out what emotional support is needed and wanted by patients with kidney disease.

Patients will shortly receive a questionnaire in the post.

Please help by completing the questionnaire even if you are not feeling in need of emotional support. Your views will help improve services for all patients with kidney disease at the Trust.

If you would like to find out more about the study, please contact: Francesca Taylor, Research Fellow, University of Birmingham
f.taylor@bham.ac.uk 0121 414 7661 / 07775531674



UNIVERSITY OF
BIRMINGHAM

NHS
*National Institute for
Health Research*
NIHR CLAHRC West Midlands

ABBAS KHALIFA'S STORY

I want to share that since before the start of my ESRF in 1995, I have always wanted to return to working full time. During my dialysis days I remained positive, and pursued my energy levels in delivering spiritual and pastoral care to my own self and thereby provided this support for lots of people.

It has been nearly twelve years since I had my transplant. The kidney seems to be functioning but remains weak and the hospital visits continue for me.

I'm not saying that life has been brilliant or without storms, but I hope that others' diligent efforts will one day pay off, just as they have paid off for me. I am now working full time and serving various local community projects too. For that reason, I am thankful for the support of my beloved wife Zarina and children, alongside my medical teams, and I have now reached the status of full time work.

Zarina supported me through everything including the toughest and the roughest times. She has helped me stay intact with positive vibes. Hence, I think it is for her support, during 2007, as a result of my humble efforts in this health care Chaplaincy industry, I was invited to the House of Lords in London, and was given a community award.



I will always cherish the memories of these achievements, but they are the success stories of Zarina and her diligence over these years. I would like to encourage fellow kidney patients never to give up on life despite the challenges we all have to face. The future is definitely a new window ready to be opened by each of us!

With every blessing and prayerful thoughts for everyone. Good Day and Ma'Salaam for now from **Imam Abu-Taha Abbas I. Khalifa**, Department Of Chaplaincy & Spiritual Care - Myton Hospices Chaplaincy Team, and George Eliot Hospital Chaplaincy Team

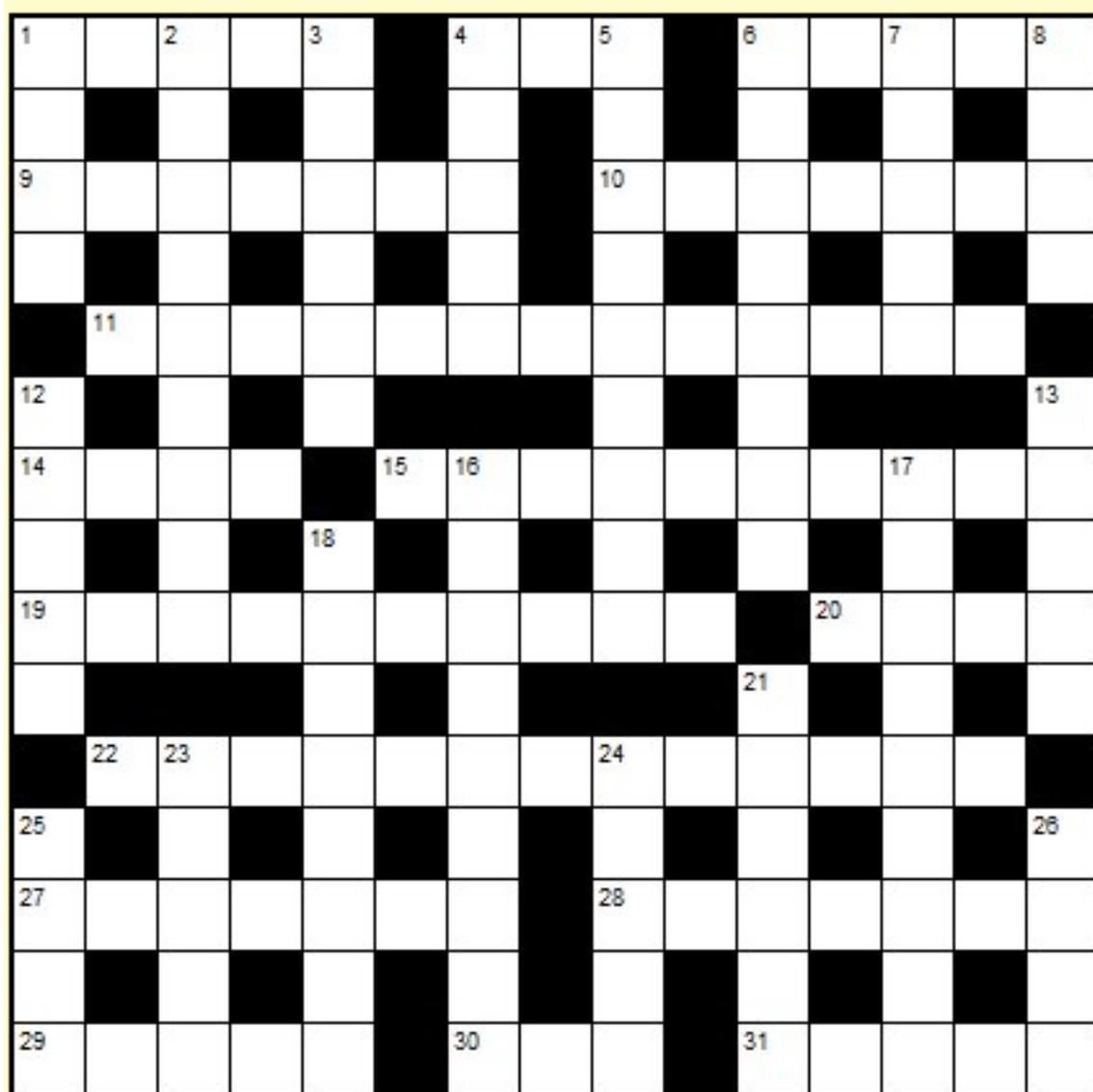
Thank you for sharing your renal journey with us, Abbas. Very few people with renal failure don't have any difficulties and bad times, and it is great to hear your encouraging story. It is also good to acknowledge the support of family and other carers. Kate (ed)

POINTS TO PONDER

- 1 Why can't women put on mascara with their mouths closed?
- 2 Why don't you ever see the headline, "psychic wins lottery"?
- 3 Why is abbreviated such a long word?
- 4 Why do doctors call what they do "practice"?
- 5 Why is lemon juice made with artificial flavouring, while washing up liquid contains real lemons?
- 6 Why is the man who invests all your money called a broker?
- 7 Why isn't there mouse flavoured cat food?
- 8 Why didn't Noah swat those two mosquitos?
- 9 Why don't they make the whole plane out of the same material as the indestructible black box?
- 10 Why do they call the airport the "terminal" if flying is so safe?
- 11 Why do they call it 'chili' if it's hot?
- 12 Why can't you make another word using all the letters in "anagram"?
- 13 Why can't we tickle ourselves?
- 14 Why do fat chance and slim chance mean the same thing?
- 15 Why is there a light in the fridge and not in the freezer?

KOURIER KROSSWORD - Set by Skipjack

From: www.alberichcrosswords.com



| | Across | | Down |
|---|--|---|---|
| 1 | Men preferring one over a long distance (5) | 1 | Formatting frames with uneven finish (4) |
| 4 | Quietly say to the barman "just a small one" (3) | 2 | Place full of yes-men where nothing gets done (4,2,3) |
| 6 | Lady-boy has bottom pinched (5) | 3 | Such a drinker cannot remain so (6) |
| 9 | It may strike a chord, but only once (7) | 4 | Is it safe to present King before Queen? (5) |

| | | | |
|----|---|----|--|
| 10 | Composer died after opera's opening is made too elaborate (7) | 5 | Clue for grate is well worth it! (4,5) |
| 11 | Stirring rally provides bigwig with little to do (4,5,4) | 6 | Kisses and cuddles seen to go too far! (8) |
| 14 | Money from 7 back-to-back articles (4) | 7 | I support Northern Ireland's revolution (5) |
| 15 | Pornographic TV show had to corrupt (10) | 8 | Current role on newspaper reduced colour supplement (4) |
| 19 | It's a tragedy to mix up sex and/or die (7,3) | 12 | Song writer and setter of puzzles for The Listener (5) |
| 20 | Time to return, with no great speed or expectation (4) | 13 | Shylock perhaps with only seconds to remove flesh for something precious (5) |
| 22 | Dancing a Spanish dance hurts! (5,3,5) | 16 | He thought, so he was a philosopher (9) |
| 27 | Object pierces torn clothing (7) | 17 | Festoon a spot occupied by servicemen (9) |
| 28 | Foreign politician once lost his head (7) | 18 | Time following FM broadcast may fly if break's removed (8) |
| 29 | Capital place to sit into which one sinks (5) | 21 | Governor confused borders of Greek city (6) |
| 30 | Cancel religious programme from dodgy broadcaster (3) | 23 | Bluff man's craggy face (5) |
| 31 | Reward includes dry savoury cake (5) | 24 | Flower said to develop by the end of May (5) |
| | | 25 | Pupil's behaviour is controlled by this woman (4) |
| | | 26 | Girl expected to lose heart (4) |

SUDOKU

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | | 6 | | | | 2 | | 9 |
| 5 | 7 | | 2 | | 6 | | | |
| | | 1 | | | 5 | | | 8 |
| 6 | | 3 | 4 | 8 | 1 | 7 | | |
| 7 | | | 5 | | | 3 | | |
| | | 5 | | | | | | |
| | 8 | 9 | | | | 4 | 3 | |
| | 6 | | | | | | | 1 |
| 3 | | 4 | | | | | 6 | 7 |

Easy

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 7 | 3 | | 2 | 9 | 4 | | 6 | |
| | | 1 | | | 6 | | | |
| 4 | 5 | | | 8 | | | | |
| | | | 3 | | | | 8 | 6 |
| 2 | 8 | 3 | | | 7 | 4 | | |
| | 6 | | | | | | 1 | |
| | 7 | | | 2 | 5 | | | |
| 8 | | | | 7 | | | | |
| | | 5 | 4 | | | 7 | 9 | |

Medium

KOURIER KWIZ - The Human Body

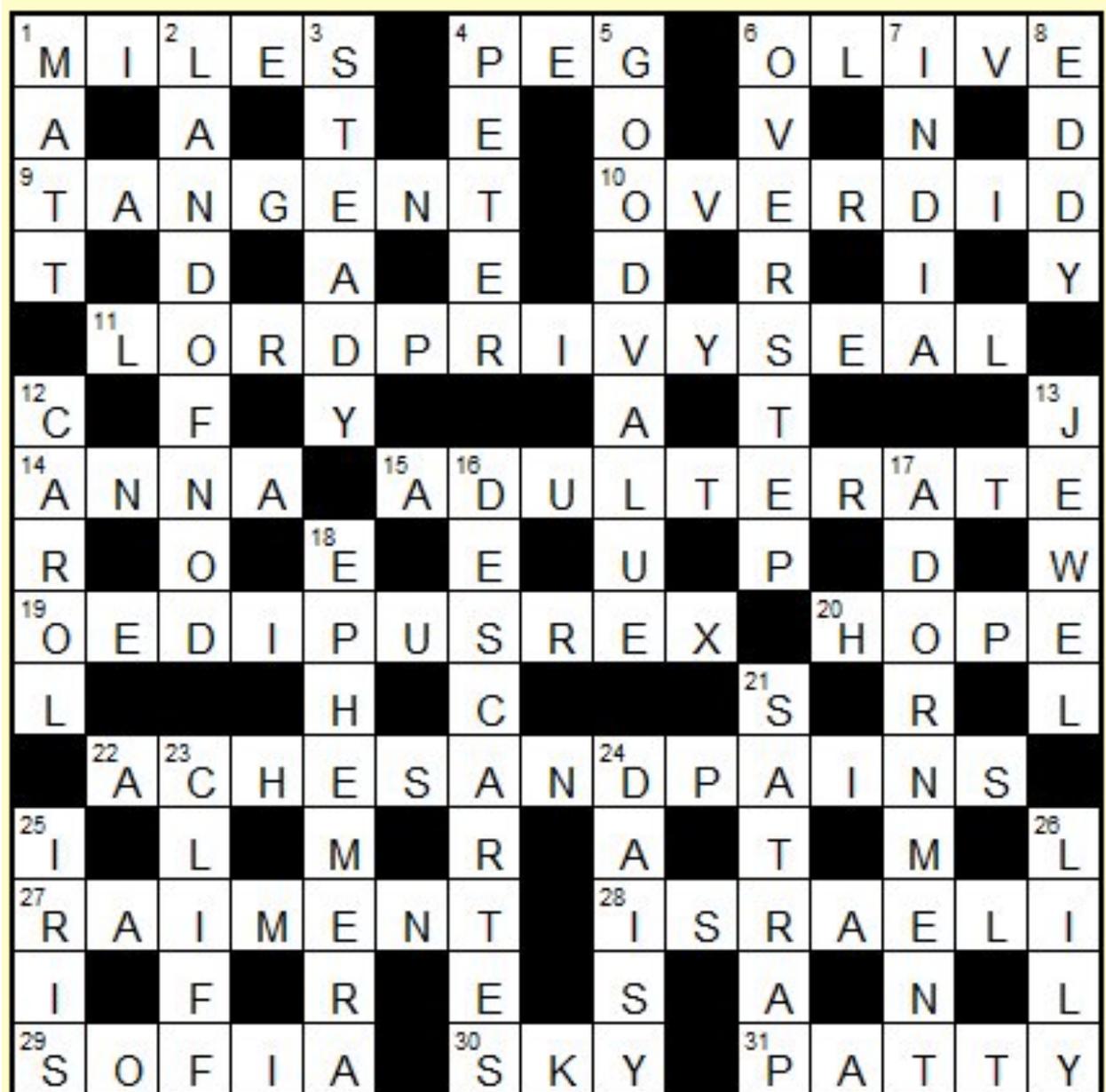
Published on Pub Quiz Questions HQ (<http://pubquizquestionshq.com>)

| | |
|----|--|
| 1 | What is the name of the thin, circular structure in the eye, responsible for controlling the diameter and size of the pupil? |
| 2 | What part of a human body is the mandible? |
| 3 | What is the name of the muscle found at the top of the arm and shoulder? |
| 4 | The palatine glands are more commonly known as what? |
| 5 | If the inner surface of the lungs could be laid out flat the surface area would match that of a) half a badminton court b) half a tennis court or c) half a football field |
| 6 | What organ could be described as the main waste filtering and disposal system of the body? |
| 7 | What is the largest vein in the human body? |
| 8 | Which pea-sized gland which is found in the centre of the skull releases hormones that affect growth and metabolism? |
| 9 | What is the usual length of the small intestine? a) 10 inches b) 10 feet c) 10 yards |
| 10 | The rate at which the body produces energy from nutrients is controlled by which gland in the neck? |
| 11 | Located between the stomach and the diaphragm, this organ filters and stores blood to protect against infection and blood loss. What is it called? |
| 12 | What is the largest Artery in the human body? |
| 13 | What is the longest/strongest bone in the human body? |
| 14 | Which is the main muscle used in respiration? |

THE KOURIER KROSSWORD SOLUTION

From: www.alberichcrosswords.com

Set by Skipjack



SUDOKU SOLUTION

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | 3 | 6 | 1 | 7 | 8 | 2 | 5 | 9 |
| 5 | 7 | 8 | 2 | 9 | 6 | 1 | 4 | 3 |
| 9 | 2 | 1 | 3 | 4 | 5 | 6 | 7 | 8 |
| 6 | 9 | 3 | 4 | 8 | 1 | 7 | 2 | 5 |
| 7 | 1 | 2 | 5 | 6 | 9 | 3 | 8 | 4 |
| 8 | 4 | 5 | 7 | 2 | 3 | 9 | 1 | 6 |
| 1 | 8 | 9 | 6 | 5 | 7 | 4 | 3 | 2 |
| 2 | 6 | 7 | 8 | 3 | 4 | 5 | 9 | 1 |
| 3 | 5 | 4 | 9 | 1 | 2 | 8 | 6 | 7 |

Easy

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 7 | 3 | 8 | 2 | 9 | 4 | 5 | 6 | 1 |
| 9 | 2 | 1 | 5 | 3 | 6 | 8 | 7 | 4 |
| 4 | 5 | 6 | 7 | 8 | 1 | 9 | 2 | 3 |
| 1 | 4 | 7 | 3 | 5 | 9 | 2 | 8 | 6 |
| 2 | 8 | 3 | 6 | 1 | 7 | 4 | 5 | 9 |
| 5 | 6 | 9 | 8 | 4 | 2 | 3 | 1 | 7 |
| 6 | 7 | 4 | 9 | 2 | 5 | 1 | 3 | 8 |
| 8 | 9 | 2 | 1 | 7 | 3 | 6 | 4 | 5 |
| 3 | 1 | 5 | 4 | 6 | 8 | 7 | 9 | 2 |

Medium

ANSWERS TO THE KOURIER KWIZ

Published on Pub Quiz Questions HQ (<http://pubquizquestionshq.com>)

| | |
|----|------------------------|
| 1 | Iris |
| 2 | Lower jawbone |
| 3 | Deltoid |
| 4 | Tonsils |
| 5 | b) half a tennis court |
| 6 | Kidneys |
| 7 | The inferior vena cava |
| 8 | Pituitary |
| 9 | b) 10 feet |
| 10 | Thyroid Gland |
| 11 | The spleen |
| 12 | The aorta |
| 13 | The femur |
| 14 | The diaphragm |

WORLD KIDNEY DAY: Thursday, 9 March 2017

This is from the *Kidney Charities Together* group, which comprises the five leading UK kidney charities:

World Kidney Day (WKD) is an annual global awareness and education event, held on the second Thursday in March. Every year, countless local, national and international events are organised by kidney charities, healthcare professionals, patient groups and individuals who want to make a difference.

The 2017 theme is 'Kidney Disease and Obesity'. We encourage everyone to get behind the campaign and try to organise an activity or event to draw public attention to the importance of kidney health - what can be done to protect kidneys before disease strikes, and to assist patients who already have chronic kidney disease.



The CWKPA plans to have a stall at UHCW again, as we did last year, to try to raise awareness of the importance of renal health. If you can spare an hour or two to help us to man the stall, it would be very much appreciated. Contact Grace or Kate.

COVENTRY AND WARWICKSHIRE KIDNEY PATIENTS' ASSOCIATION

Free to Join!

Membership of the Coventry and Warwickshire Kidney Patients' Association is open to all kidney patients, relatives and friends plus anyone who is interested in the welfare of kidney patients. Why not have a look at our website:

www.cwkpa.org.uk

If you would like to join, please complete the form below, or send the information to the Secretary by email.

Mr/Mrs/Ms/Miss (please delete as appropriate)

First name:

Surname:

Address:

Postcode:

Tel:

E mail:

- If you have any comments, suggestions, ideas etc, please let the Chairperson know.
- Please send the completed form to:

Secretary - Vivienne Dodds

51 Magyar Crescent

Nuneaton

CV11 4SQ

Telephone - 02476 384061

Email - pvdodds@googlemail.com

