

Coventry and Warwickshire Kidney Patients' Association



CWKPA

The Kidney Kourier



June 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
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CWKPA Website: www.cwkpa.org.uk

E-mail: info@cwkpa.org.uk

NKF Website: www.kidney.org.uk

Correspondence should be sent to:

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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

Welcome to the June edition of *The Kidney Kourier*. We are grateful to David Marshall, Chairman of the NKF, for delivering a very informative and enjoyable talk at the March meeting, travelling from Sheffield on a cold, dark evening. You can read all about his talk on page 7. Thanks to everyone who came on the night. At the time of writing our AGM hasn't taken place to report on, but if you are well, please come along to our July social meeting with speaker. A warm welcome with tea and biscuits awaits.

I hope you can join us on this year's KPA summer outing to the Trentham Estate. The gardens look beautiful and have lots of seating. There's a shopping village, cafés & restaurants and a monkey forest. We have laid on a free coach to make it more affordable so don't miss out on a great day out, reserve your seat asap. The sunshine is on order!

This is my last year as Chairman of your association, a role I thoroughly enjoy, but work commitments restrict the time I have available, and that I believe the role deserves. I am staying on the committee and shall continue to update the website and Facebook page (you can't get rid of me that easily!). A change is good every three to four years to embrace new ideas, so if anyone needs information or is interested in the role, please do not hesitate to contact me or one of the committee.

Enjoy the magazine (thanks Ed for all your hard work and to all who have contributed, your continued input is invaluable).

Grace x

DATES FOR YOUR DIARY

Date and time	Event	Location/notes
Sat 8 July	Social Meeting , details tba	Clifford Bridge Community Centre, 7.15 pm
Sun 23 July	Summer Outing. A visit to the Trentham Estate, Stoke on Trent, includes something for everyone: Gardens, Shopping Village, Garden Centre, Monkey Forest, Aerial Extreme, to name a few. Save the date and contact Grace to book your seats: 01926 770924. Free coach. Entrance fees apply. Watch this space for further details.	Trentham Estate , Stone Road, Trentham Stoke On Trent Staffordshire, ST4 8JG. If you want to know more, take a look at the Trentham Estate website: www.trentham.co.uk
Mon 24 July	Deadline for September <i>Kidney Courier</i>	n/a
Sat 9 September	Social Meeting , with a talk about the Home Energy Advice Team by Judy Best	Clifford Bridge Community Centre, 7.15 pm
Mon 23 October	Deadline for December <i>Kidney Courier</i>	n/a
Sat 11 November	Social Meeting , details tba, probably Arts & Crafts	Clifford Bridge Community Centre, 7.15 pm

NEWS AND UPDATES

Stamps These have been received from Carol and Kellie Hudson, Val Wilkinson, Graham Shurvinton, Kate Balfour, Enid Colgrave, Claire Goodman, and anonymously through Nick West and in the post.

Abbas Khalifa You may have enjoyed Abbas Khalifa's story of his renal journey in the March 2017 edition of The Kidney Kourier. I am sorry to report that Abbas passed away recently. Abbas was delighted to see his story in print; he hoped that it would encourage others going through difficult times. He always had a smile for everyone. Vivienne had known Abbas and the family for many years and knew how much he loved working in the Chaplaincy in the hospitals at Coventry and Nuneaton, and giving help wherever he could. Our thoughts are with the family and with anyone else who has lost a family member recently. RIP

Donation A patient named Janice Tossell died five years ago from renal failure, aged 61. Recently her daughter Jayne married Terry Langley and asked for monetary donations instead of presents. Jayne and her new husband's friends donated enough for Jayne to donate £500 to the KPA in memory of her Mum, and her husband donated £500 to Marie Curie in memory of his lovely wife who had died aged 54 from ovarian cancer. What a lovely gesture and what kind and generous friends they have.

Collecting tins We received the amount of £93.75 from the Tachbrook Collecting Tin recently, making their total over the years £658.75. Many thanks to the owner, staff and customers for donating their odd coins.

We used to have collecting tins in various shops but now only have one or two. If anyone knows of a shop willing to support us please let us know, and we will place a collecting tin there.

Finances Thanks to Terry Ivens for this update.

Income	
Donation	£6.50
In memory of Bill Chaplin	£40.00
Jayne & Bob Langley (Donation in lieu of wedding presents)	£500.00
Raffle & Collection	£30.52
Trent Valley Working Men's Club (Price Family)	£506.55
Whitnash Fish Bar	£93.75
Wyken Community Bowlers	£145.00

Expenditure	
Christmas Meal	£54.90
Just Giving fees	£90.00
Parking fees (Renal Awareness Days)	£83.80
Postage	£58.00
Printing	£90.00

Education Day These are held for new patients, usually on the first Wednesday of the month, but on Saturday April 22 patients who can't attend on Wednesdays (due to work commitments) came together to listen to speakers and to accounts from patients of what might lay ahead. It was a very good day and our thanks go to the renal nurses who organised it. Vivienne attended and gave information where support could be found if anyone needed it, eg the CWKPA, NKF (especially its Helpline), the Renal Social Worker, Psychologist and Dietician. If anyone is in need of any kind of support or information or someone reading this magazine knows someone facing renal problems, please pass our information on.

THE NATIONAL KIDNEY FEDERATION - WHAT DOES IT DO FOR YOU? David Marshall, Chairman, Executive Committee of the NKF

The NKF is unique in that it is run by patients for patients. It was started 30 years ago when Kidney Patients' Associations (KPAs) around the country realised that renal care was a postcode lottery, and they felt that they needed a national body to represent them.

The NKF is run by the Chief Executive, Tim Statham, under the guidance of the Executive Committee, which comprises the Chairman, Vice Chairman, Secretary and Treasurer. The Executive Committee meets four times a year. The NKF works with many other bodies which are concerned with renal care:

- All Party Parliamentary Kidney Group (APPKG)
- Department of Health
- Kidney Quality Improvement Partnership (KQuIP)
- National Institute for Health and Care Excellence (NICE)
- National Health Service Blood and Transplant (NHSBT)
- Black/minority ethnic groups
- UK Renal Registry

The NKF magazine, *Kidney Life*, used to be published four times a year. Due to budgetary constraints, this was reduced to three times a year. This year, there will be four editions, but the fourth will only be available electronically. You will be able to register for the magazine to be sent to you by email, or will be able to download it from the NKF website. Details will appear in *Kidney Life*.

The NKF also produces a monthly on-line newsletter, *In Touch*, which can be viewed on the NKF website. This contains the latest news, eg fundraising events, announcements from the NHS etc.

The NKF Conference is held every autumn and is another way that the NKF can communicate with its members. There are speakers and information sessions, and industry partners are represented.

The NKF runs a helpline which receives about 20 calls a day. It has more than 200 leaflets for patients, about all aspects of renal disease and its treatment. These are produced and checked by clinicians. The top three topics of interest are information about CKD, medical advice and benefits advice.

The NKF does a lot of fundraising and a fairly recent idea is “Choctober”, which featured in the September 2016 edition of *The Kidney Courier*. People are sponsored for giving up chocolate for the month of October. The NKF will also support KPAs wishing to run fundraising events, taking 50% of the funds raised.

David finished his talk by telling us about PITHIA (Pre-Implantation Trial of Histopathology In renal transplant Allografts). This is a trial which the NKF is supporting. It aims to evaluate pre-implantation kidney biopsies as a tool to help increase the number and quality of kidneys transplanted. There is a link to the PITHIA website on the NKF website, where you can keep up to date with the developments in this exciting trial.

Thanks to David for taking the time to speak to us at our meeting in March. Kate

If you wish to attend the NKF Conference, the cost of the Conference will be funded by the CWKPA (except travel costs). See the NKF website for further details (<http://www.kidney.org.uk>), or contact Grace (01926 770924).

CALL FOR RESEARCH PARTICIPANTS

Study investigating the everyday experiences of kidney transplant patients

Who?

Patients living in the East Midlands who have kidney failure, are currently on the waiting list for kidney transplantation, and those who have had a kidney transplant.

What will I have to do?

The first stage of this research involves attending an individual interview, which will last approx. 1-2 hours, where you will be asked a range of questions about your past and present experiences of kidney transplantation and everyday life. The second (optional) stage of this research involves taking photographs or recording video footage to show and tell your everyday kidney transplantation experiences. Cameras will be provided for this stage.

How will my data be used?

This research project has been approved by the University of Leicester Ethics Committee. All data and information you provide will be kept confidential and anonymous. The findings of this research will be used in academic publications and give a voice to your everyday experiences of kidney transplantation.

Interested or want to find out more information?

Contact Hannah Smith (PhD researcher) on 0116 252 3631 or email: hms28@le.ac.uk

AN OPPORTUNITY FOR RENAL PATIENTS TO TAKE PART IN SOME NEW RESEARCH

Hannah Smith is a first year PhD student in the Geography Department at the University of Leicester. She is currently carrying out research into the everyday experiences of kidney transplant patients. Her aim is to investigate how the kidney transplantation process impacts upon the lives of patients, from those who have recently been diagnosed, are currently on the waiting list for a transplant, to those who have had a kidney transplant.

This investigation could cover a range of things, like how a transplant has impacted upon a patient's career, their relationships with others or their dreams and aspirations, how people's identity perhaps changes as a result, or how life has changed more generally. She is also interested in different people's experiences of kidney transplantation and how this changes over time, according to their location.

If you would like to take part in this research, please contact Hannah on 0116 252 3631, or email her on:
hms28@le.ac.uk

I contacted Hannah and we had an interview which was conducted on my phone via FaceTime. It lasted about 40 minutes and was very easy to do. I know that Grace also did the interview and felt the same way. Kate

WEMBLEY - What a difference 30 years make!

In May 1987, Coventry City Football Club played at Wembley and I was in hospital; just diagnosed with renal failure.

In April 2017 the 'Sky Blues' (our nickname) again played at Wembley and, along with 43,000 other Coventry fans, I was there!

OK – there are a few other differences, not least that this time it was the EFL Trophy rather than the FA Cup and our opponents, like us in the third tier of English football, were Oxford United rather than the mighty Spurs. For me, however, the huge difference was that 30 years ago I was confined to bed rest, with mega-high blood pressure of 240/140, but this time I was shouting/singing/screaming/jumping up and down, and crying with joy. 26 years transplanted.

I have been a CCFC season ticket holder for eight of the past nine years and this season has been dreadful, but April 2 more than made up for those cold, wet evenings losing yet another game. I decided to make a weekend of the event and stayed two nights in central London. There was something surreal about walking down the Euston Rd at 10 30 on a Sunday morning in the middle of the first train-load of City fans, all singing “Let's all sing together – play up Sky Blues”. The singing and chanting continued on the tube, from tube to stadium and, once inside, was so loud, poor Oxford must have thought we

had microphones. They had 26,000 fans who appeared to have only one song – 'Come on you Yellows' - repeated over and over.

Before I went into the ground I just wandered around in total awe of the occasion, the atmosphere and the sheer magnificence of the stadium, set against a cloudless blue sky and surrounded by City fans, like me, decked head to foot in sky blue. I had tears flowing when walking up Wembley way – tears of joy and total amazement.

Being a transplant recipient I know the importance of keeping hydrated and was worried to see that bottles of water (even plastic) were not allowed in. Strange to see plastic bottles listed alongside guns and explosive devices! (Glass bottles are never allowed in sports' stadia). I chanced my luck and an explanation meant I was let in with (by then) half a bottle of hotel tap water. Once inside, bar prices were steep but I took out a second mortgage on a small glass of diet coke for £3.20.

Before the match, both teams' announcers 'warmed up' their supporters. Ours is JD from Free Radio who made us even louder and more excited. Oxford's warm up finished with a rendition of 'Come on you Yellows'! The teams came on, the National Anthem was sung and then it was Game On. Nerves began to jangle; I felt sick with anxiety. On the 11th minute we scored and our celebrations would have taken the roof off – if Wembley had one.

They came back at us but couldn't net. Half time 1–0 to City. Cue visit to Ladies and the inevitable loo queue. In the 55th minute, a wonder goal by one of our young players; City 2 – 0. We were in fairyland by now. But then they had the audacity to score in the 75th minute. The atmosphere was still loud but getting jittery.



Unfortunately, City has conceded too many goals this season in the final minutes. I must confess I spent the last fifteen minutes of normal time and the five for injury time staring at the clock or into space just waiting for the 'Yellows to come on'!

Final whistle – we won – and I found myself hugging the man (who I didn't know), sitting next to me. I cannot put into words how I felt; after a rough personal year in 2016, I never dared to imagine I could be this happy. Oxford's fans made a quick get away but we, of course, stayed put to see our lads collect their medals and raise the Cup. After leaving the ground the slow crocodile of cheering and singing fans made its way back to stations, coach parks and car parks. A look back to the stadium; the famous Wembley arches were lit in Sky Blue.

Many thanks to Sarah Lewis for this description of a very special day for Coventry City Football Club fans!

Coventry & Warks KPA
SUMMER OUTING
Trentham Estate



Sunday 23rd July 2017

CWKPA visit to The Trentham Estate.

Leaves Coventry Park & Ride South, War Memorial Park, Kenilworth Road, CV3 6PT at 9.00am. Leaves Trentham Estate 5.00pm.

- Award-winning *Trentham Gardens*
- Inspirational *Trentham Shopping Village*
- Flagship store *Trentham Garden Centre*
- Unique *Trentham Monkey Forest (extra fees apply)*
- *17 cafes and Restaurants*

Please contact Grace on: 01926 770924 / 07767015428
to book and save your space.

Coach costs: Free.

Trentham Gardens group entrance fees: Under 5's free.

5yrs to Adult & Concessions £8.64. Disabled & Carer £5.17 each.

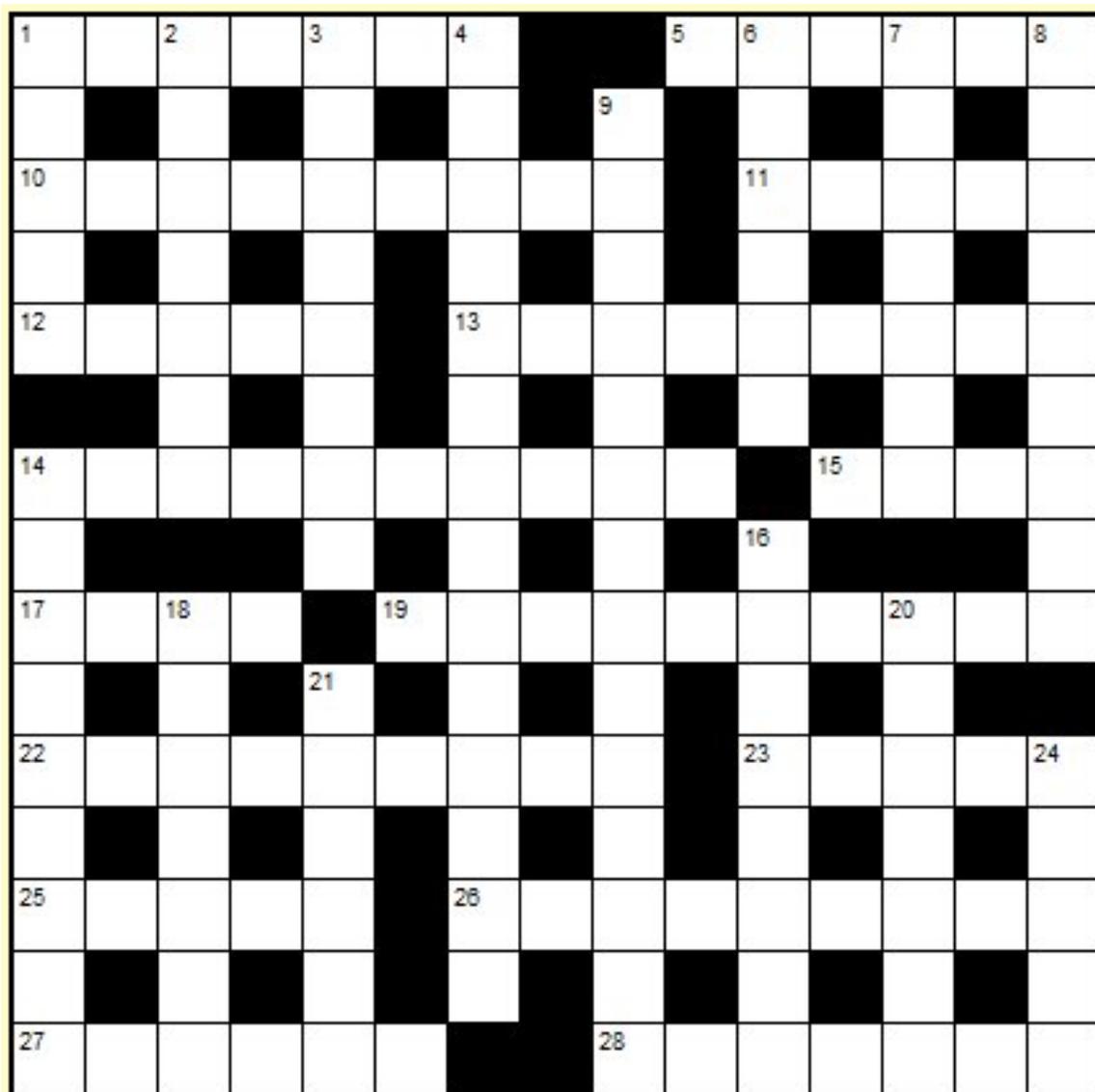
All welcome. Disabled friendly. Something for Everyone!

Trentham Website: www.trentham.co.uk/

CWKPA Website: www.cwkpa.org.uk

KOURIER KROSSWORD - Set by Alberich

From: www.alberichcrosswords.com



	Across		Down
1,5	9's creation in devious book uncovered culprit here (7,6)	1	He embodies a German poet? (5)
5	See 1 across	2	Thought about Edward pocketing deposit (7)
10	Associate nips off to confess, incidentally (2,7)	3	Against the current United side following afterthought about Rooney's header (8)

11	The whole lot backed keeping reserves once (5)	4	Impressive work, mostly well-formed and pointed (14)
12	Record books guarded by uninitiated porter? (5)	6	Apply more than others, presumably, for expenses (6)
13	Muscle in on farm equipment (9)	7	It can turn either way (7)
14	Ground maize or curry? (6,4)	8	Fairly poor returns in tax year (9)
15	Butler maybe goes after cold seafood (4)	9	Somehow one has a great itch to become crime writer (6,8)
17, 21	Staggered as case of murder simple for 9's creation (4,6)	14	I am a stubborn sort involving the bill – that can't be changed (9)
19	Away on vacation, a bird had dreadful time when everything went wrong? (3,4,3)	16	A dress fastener previously (8)
22	Conductor of opera with name in Italy (9)	18	Airline's given him single fare from Japan (7)
23	A small group makes a strong point (5)	20	Son's among fairly good ancestry (7)
25	Reactionary sort's beginning to become flabby (5)	21	See 17
26	Novel out, she's a writer, finally? (9)	24	Jack embraces extremely seductive stunner (5)
27	No section was left (6)		
28	Constituent of e-reader (7)		

SUDOKU

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

Easy

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

Medium

KOURIER KWIZ - General Knowledge

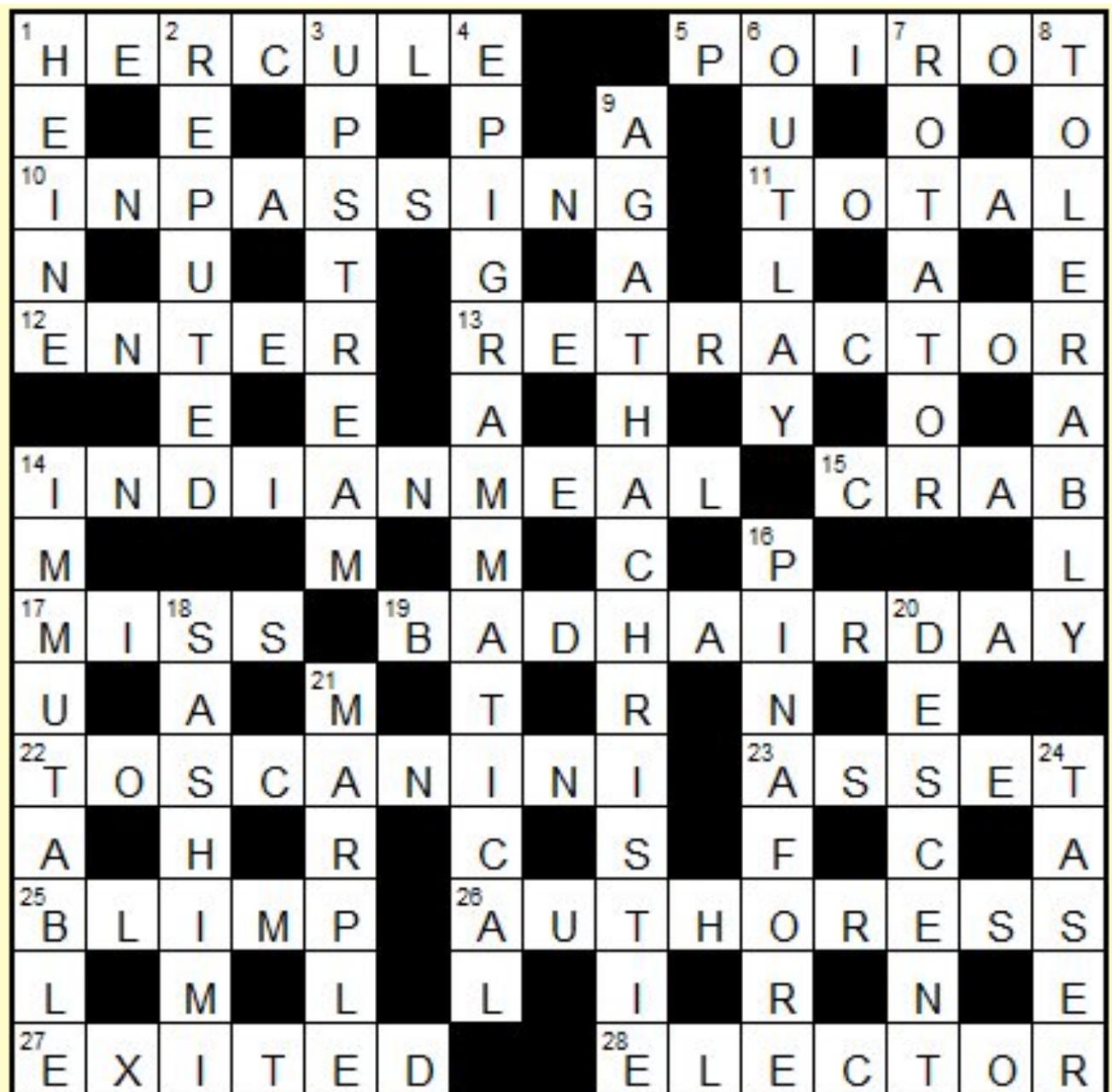
Published on Pub Quiz Questions HQ (<http://pubquizquestionshq.com>)

1	Which animal is a small, furry rodent, similar in size to a rabbit, that is native to the Andes mountains of South America.
2	In the nursery rhyme, who 'Kissed the girls and made them cry'?
3	Which actor played the role of Batman in the film The Dark Knight?
4	What was the Manhattan Project?
5	At which battle did the Scottish army led by Robert the Bruce, defeat Edward II of England?
6	The flag of Canada has an emblem of what on it?
7	In which country did the enchilada originate?
8	Prince Philip, the Duke of Edinburgh, was born on which Greek island?
9	Which is the largest type of penguin?
10	Which is the most successful major league baseball team in terms of most World Series won?
11	ABBA won the eurovision song contest with 'Waterloo' but what was the year? a) 1974 b) 1975 c) 1976
12	John Dezsó Ráthonyi is famous for playing the part of Cliff Clavin in which American sitcom?
13	Which English king was known as 'Lionheart'?
14	Which famous science fiction writer was responsible for the 'Foundation Series' of books?
15	Which volcano erupted in 1906 and devastated Naples?

THE KOURIER CROSSWORD SOLUTION

From: www.alberichcrosswords.com

Set by Alberich



SUDOKU SOLUTION

Easy

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

Medium

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

ANSWERS TO THE KOURIER KWIZ

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

1	Chinchilla
2	Georgie Porgie
3	Christian Bale
4	The development of the atomic bomb
5	Bannockburn, in 1314
6	The maple leaf
7	Mexico
8	Corfu
9	Emperor Penguin
10	The New York Yankees
11	1974
12	<i>Cheers</i>
13	Richard I
14	Isaac Asimov
15	Mount Vesuvius



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

