

# **Coventry and Warwickshire Kidney Patients' Association**



# **CWKPA**

## **The Kidney Kourier**



## **September 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](http://www.cwkpa.org.uk)

**E-mail:** [info@cwkpa.org.uk](mailto:info@cwkpa.org.uk)

**NKF Website:** [www.kidney.org.uk](http://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](mailto:kbalfoursheep@gmail.com)

## **CHAIRMAN'S MESSAGE**

Hello everyone -

I hope you have had a good summer, although September is often sunny too.

A small, but jolly group of kidney patients had a fun evening of Beetle Drive at our last meeting and all enjoyed our coach trip to Trentham Gardens in July, write-up inside.

Welcome back to the Coventry team, now home from The British Transplant Games in North Lanarkshire; there is a STOP PRESS story inside!

This summer also saw the opening of a new satellite dialysis centre in Clay Lane, near Ball Hill in Coventry, a welcome addition to ease the pressure off the UHCW renal unit.

I hope to see you at our September meeting or at our stall for Organ Donation Day - perhaps you could spare an hour or so giving out leaflets and balloons! Please phone me if you can help out.

**Grace x**

## DATES FOR YOUR DIARY

Date and time	Event	Location/notes
Thu 7 September	CWKPA Information, Awareness and Fundraising stall for Organ Donation Week	ASDA, Walsgrave 10am-4pm
Sat 9 September	<b>Social Meeting</b> , with a talk entitled “Looking after yourself - keeping warm in winter”, by Sue Carton	Clifford Bridge Community Centre, Coombe Park Road, Coventry CV32PD 7.15 pm
October	<b>Skittles Evening!</b> TBA, please check the website for details	<i>The Queen’s Head</i> Bretford
13-15 October	NKF Conference: <b><i>Kidney Patients UK</i></b>	Hinckley Island Hotel, Leicestershire
Mon 23 October	Deadline for December <i>Kidney Courier</i>	n/a
Sat 11 November	<b>Social Meeting</b> , details tba, probably Arts & Crafts	Clifford Bridge Community Centre, 7.15 pm

## NEWS AND UPDATES

**A Few Goodbyes This Time** It was at about 6 o’clock on a Sunday evening, in July 1998, that I received the call that changed my life - from Nick West, our lovely Transplant Co-ordinator. It meant that he missed part of

the Le Mans 24-hour race, one of many things that his job must have interrupted. Nick retired from UHCW at the end of August and we wish him all the very best.

Pat Hart was also involved in the transplant team and she too retired in July. She worked very closely with Nick at the time that I had my transplant, and I have very happy memories as she was always very positive and helpful. Happy Retirement, Pat!

We also say goodbye to Mark Davis who has recently resigned as West Midlands Advocacy Officer (British Kidney Patient Association) after 5 years in the role. Mark has always been very supportive of the CWKPA, having attended several meetings and fund raising/information giving events. Thank you, Mark, and good luck! **Kate**

**AGM** Grace announced it would be her last year as Chairperson. If anyone is interested in taking on this role, please notify a member of the Committee. Grace is a very busy person but intends to keep up the CWKPA Facebook page and website. We were pleased to have Dr Helen Love as our speaker, a Clinical Psychologist who is available to renal patients, their partners and families where someone has been diagnosed with renal failure and needs to talk the situation through with someone.

**Stamps** At the AGM everyone brought lots of stamps with particular thanks to Kate Balfour, Carol Hudson and Kellie, Mike and Val, Grace. In addition Rebecca

Baldock, Claire Goodman, Val Wilkinson, Mavis Blenkinsopp and the whole of Churchover via Saran Whalley, delivered by Sue Womble and anonymous deliveries. The sum of £24 was added to our funds.

**Collecting Tin** Oaks Nurseries in Nuneaton continue to have one of our collecting tins, and we received a donation of £20. Thank you to them. If any other patients would be willing to have a collecting tin, please let us know.

**The WPH Charitable Trust** This is a health care charity which provides medical funding for a range of purposes and seeks to offer financial help, donations or sponsorship to individuals, groups and projects in Coventry and Warwickshire. They donate about £250,000 a year to groups and individuals with healthcare needs. Established in 1994, the Trust has benefited the lives of many individuals and groups to aid, relieve, care and support. The Trust also provides grants for medical research, buildings and equipment. For further information, and examples of people who have been helped - please go to their website:

**<http://www.warwickshirehealthcharity.org.uk>**

As well as providing further information, applications for funds can also be made on the website. The individual or group would need corroborating confirmation from a healthcare professional or social worker.

## **PATIENT SURVEY RESULTS 2016 - KIDNEY RESEARCH UK: patients say prevention, early detection and curing kidney diseases should be research priorities**

Kidney Research UK had an overwhelming response to this survey with over 2,200 patients (and parents) taking part. Thank you so much for everyone who took the time to respond and promote the survey – the results of the survey will now inform and influence Kidney Research UK's strategy for its research programmes.

You can read the report at this website:

**<https://www.kidneyresearchuk.org/news/patient-survey-results-2016>**

You'll see on the front of the report that Kidney Research UK would love to hear from people who are keen to get involved with the organisation. There are so many ways to do this, including through sharing experiences, giving your patient/parent perspective on their research projects and other work, or through volunteering. If you are interested or know of anyone who is, please do get in touch by emailing them at: [patients@kidneyresearchuk.org](mailto:patients@kidneyresearchuk.org) or calling 0300 303 1100.

**Sarah-Louise Harwood**  
**Patient Involvement Co-ordinator**  
**Kidney Research**

## UK BRITISH TRANSPLANT GAMES 2017

This photo shows the Coventry and Warwickshire Team getting ready for the Parade. The Games were held in North Lanarkshire, from July 27th–30th.



**Hot off the press - the team did well, garnering ten medals:**

- 1 Elizabeth: 1 Gold (Ball Throw), 1 Silver (Min-Marathon)
- 2 Jean: 1 Gold (50m Breaststroke) 1 Silver (Ball Throw)
- 3 Robert: 1 Gold (Archery)
- 4 Vince: 1 Gold (Badminton), 2 Bronze (Tennis & Volleyball)

5 Declan: 2 Bronze (Cycling Road Race, 100m Swimming)

Well done to everybody in the team!

## **THE TACHBROOK FISHBAR**

Grace took this photograph of a couple of staff in The Tachbrook Fishbar with our collecting tin. They continue to raise money for us from their generous customers.

**Thank you!**



## **TAKEN FROM “HOME WORDS FOR HEART AND HEARTH”, 1890 - thanks, Vivienne!**

**A help to sleep:** A raw apple eaten just on going to bed will induce sleep; two, if not large, may be taken. There is no risk of any kind involved in this proceeding. Onions and lettuce though not so efficacious may also be taken.

**Shoe cleaner:** Vaseline makes the best dressing for brown shoes.

**Paint cleaner:** Cold tea cleanses paint better than soap and water, unless the paint is white - then use milk.

**Clothes folding:** Tidy mothers teach children to fold clothes neatly on a chair every night. This keeps the bedroom tidy and teaches order., but in one respect it is wrong. Clothes should be thoroughly aired before being worn again and is best done by hanging them up. A row of low pegs for children to hang their garments on should be provided and also in the morning to hang their nightgowns on to be freely exposed to the air for a few hours before being folded up.

**Cure for sore throat:** Put a handful of dry sage leaves, two tablespoonfuls of salt, four teaspoons of vinegar and one tablespoon of cayenne pepper into a jug.. Pour on pint of boiling water, cover and after standing half an hour, pour through muslin into a bottle.

**Not sure about that sore throat cure! - Ed**

## **CYCLING DURING DIALYSIS – WHAT NEXT!!**

In early 2014 the Renal Research team began a project to test the benefits of cycling during dialysis. The 2-year project compared cycling during dialysis with electrical muscle stimulation (otherwise known as the ‘magic pants’!) or no exercise. With the help of a £2,000 donation from CWKPA, we were able to buy some specialist exercise bikes from the USA. The project was a huge success thanks to the willingness of 65 dialysis patients who generously gave up their time to undertake lots of tests to measure their fitness and health. The patients in the cycling or electrical muscle stimulation groups exercised 3 times per week for 10 weeks while they were dialysing. The results showed that different measures of fitness and health were improved by 15-25% with both cycling and electrical muscle stimulation.



The muscle stimulation was a bit better than cycling for improving leg muscle strength, and the cycling was a little better for increasing overall fitness. The results have recently been submitted to an academic journal for publication.

Although the results of the study were extremely positive, research projects like this quite often raise more questions than they answer!

We were intrigued to find out what actually happens to the body when you cycle during dialysis. Dialysis can put the body under extra stress and this can sometimes affect the heart. To be really sure that cycling during dialysis doesn't put too much strain on the heart, it is important to measure how the heart pumps during dialysis and cycling. In fact, we think that cycling during dialysis may even protect the heart.

To find out, we are now beginning another project, with the exercise bikes, to measure how well patients' hearts pump during dialysis and cycling. We are measuring this in a number of ways but are particularly delighted that, with another generous £2,000 donation from CWKPA, we have been able to purchase a machine that continually measures how much blood is pumped out the heart.

We will measure this in dialysis patients under 3 different conditions. Firstly, we will measure it when patients exercise off dialysis; secondly, when patients exercise

during dialysis; and finally, when patients dialyse without cycling. We are looking for volunteers!! This time it won't be me doing the torturing; it will be a PhD student from Coventry University – Scott McGuire.



We look forward to updating readers on the progress of the project in 12 months time.

**Dr Gordon McGregor**  
**Clinical Exercise Physiologist – UHCW NHS Trust**  
**Clinical Research Fellow – Coventry University**

## SUMMER OUTING TO TRENTHAM GARDENS

My sister Mary joined me for the CWKPA summer trip this year. Missed by the regulars was little Alex my grandson, who usually joins us but was at a party this time.

We set off on our journey and the rain started, but nobody cared as we were dry, chatting, munching on sweets or having a doze. On arrival, luckily the rain had stopped and it looked very hopeful for a dry day.

Following directions to the gardens entrance, we walked by a wonderful variety of wooden shops. I loved the smell of the brand-new ones, some empty and others opening soon. We decided to leave shopping for later in the day. On our minds was a lovely cup of coffee and teacake with butter and jam.

The Garden's entrance was ablaze with colour from the wild flowers growing around the lake. We took the left path for a lakeside walk. Our destination, we hoped, was the monkey forest. On the route there were occasional sculptures to enjoy, or not. The wild birds carved from cut trees were very impressive, but the technically well-made wire fairies were a bit freaky with their large breasts! The miniature train came by; it looked good fun, and we spotted Michael and Val onboard so gave them a wave. On our walk, we saw lots of wildlife on the water, black swans with their young,

as well as the more common white. We reached the end of the lake where there was a canoe event and fundraiser. We both won on the raffle too. Where were the monkeys? No signage that we could see. We found it after asking but needed a sit down, so had soup and roll for lunch in the Banana Café.

The Monkey Forest was worth the trip to see the endangered Barbary macaque living as they would in the wild. Walking across the paths they were unfazed by we humans. There were lots of antics and play, especially with the babies, some only weeks old. Information boards along the route were very interesting and informative.

The timing was just right as we left the Forest, as the boat was about to leave for the other side of the lake. My aching feet were overjoyed and we enjoyed the trip in the sunshine.

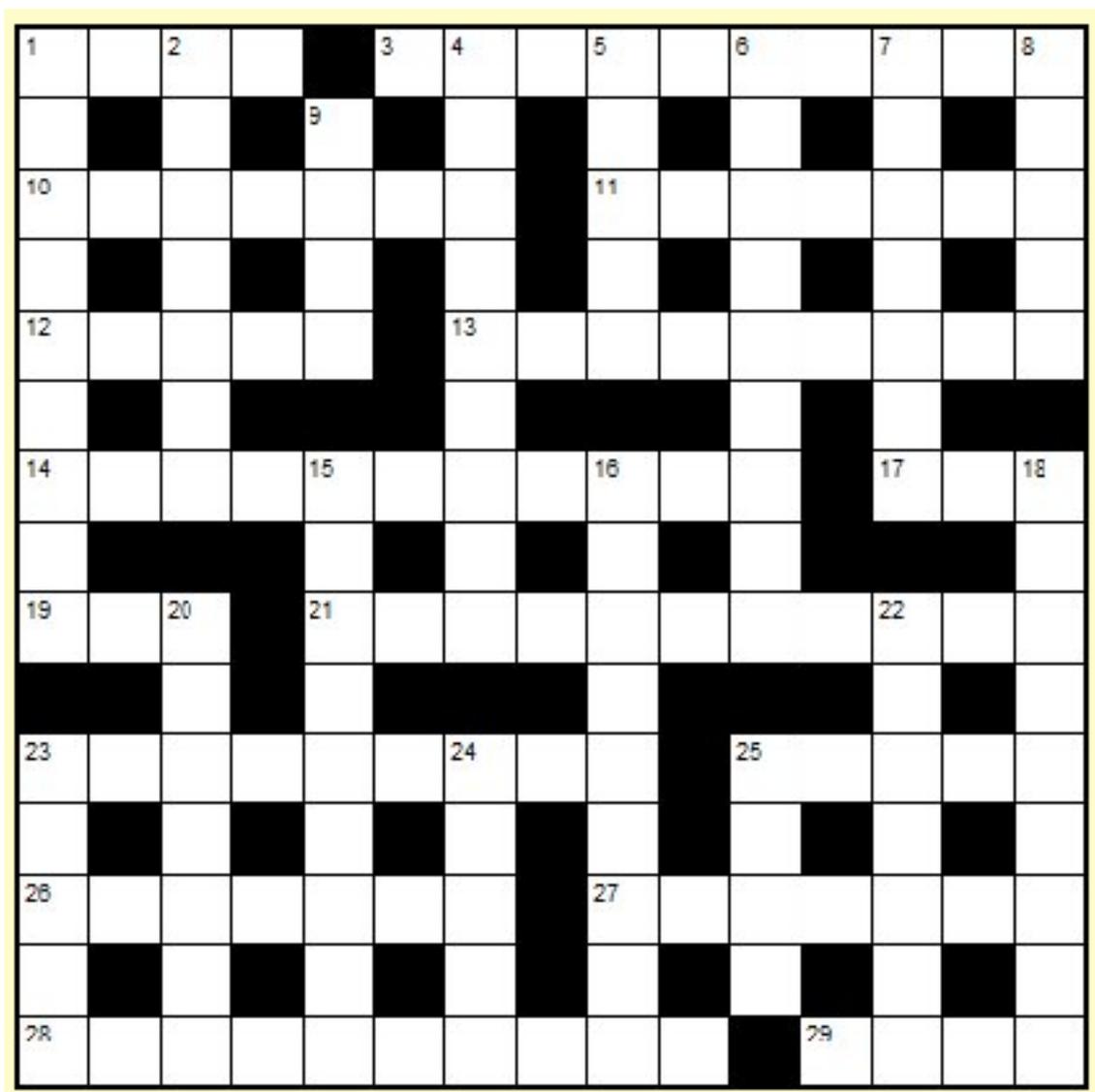
Shopping was our next destination, but we were sad to have missed the Italian Garden and musical entertainment. There were craft, art, glass, clothes, whiskey, sweet, pet and gift shops to name a few. An ice-cream finished the day perfectly on another very enjoyable kidney patients' summer outing.

**Grace**

**Sounds brilliant - sadly I had to miss it due to a family get-together. Kate**

# KOURIER KROSSWORD - Set by Mucky

From: [www.alberichcrosswords.com](http://www.alberichcrosswords.com)



	<b>Across</b>		<b>Down</b>
1	English china, primarily rather white (4)	1	Royal couple briefly do the dirty (9)
3	Externally check security on mutant lab rat (10)	2	The French have the right to dock ferries here (2, 5)
10	Monstrous stink one granny bottles up (7)	4	Sandwich now abominable "lite munch" (9)

10	Monstrous stink one granny bottles up (7)	4	Sandwich now abominable "lite munch" (9)
11	Will I cite case for criminal? (7)	5	Fresh snack (5)
12	Tool for forging a six pound note impounded (5)	6	A particular bird, or a hundred others? (9)
13	Child's play to bounce tax cheque (9)	7	Contraction after bad case of self-denial (7)
14	Watching musical chairs here, upstairs? (5,6)	8	Other half of 18? (5)
17	My short rope (3)	9	Chief detective cycling mile (4)
19	Returning on board Concorde - fantastic flyer (3)	15	Patsy's gentle caress (4,5)
21	Start on chef's cooked breakfast (6,5)	16	Spooner's upset teacher - the little pest
23	Coach future queen about monarchy's temporary role at Palace? (9)	18	River creature's obstruction in port (9)
25	Small red heels? (5)	20	Pirate recited rude shanty (7)
26	Dreadful count of motorists in dual crash (7)	22	By degrees, the greatest thief of thieves? (3,4)
27	What identifies the captain's gun troop (7)	23	Young soldier acted rashly (5)
28	For a glow, firstly try alternative heating fun (10)	24	This colour for one Ferrari crucial, it's said (5)
29	"Mum, I'm badly hurt" (4)	25	Two plus one ring? (4)

# SUDOKU

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

Easy

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

Medium

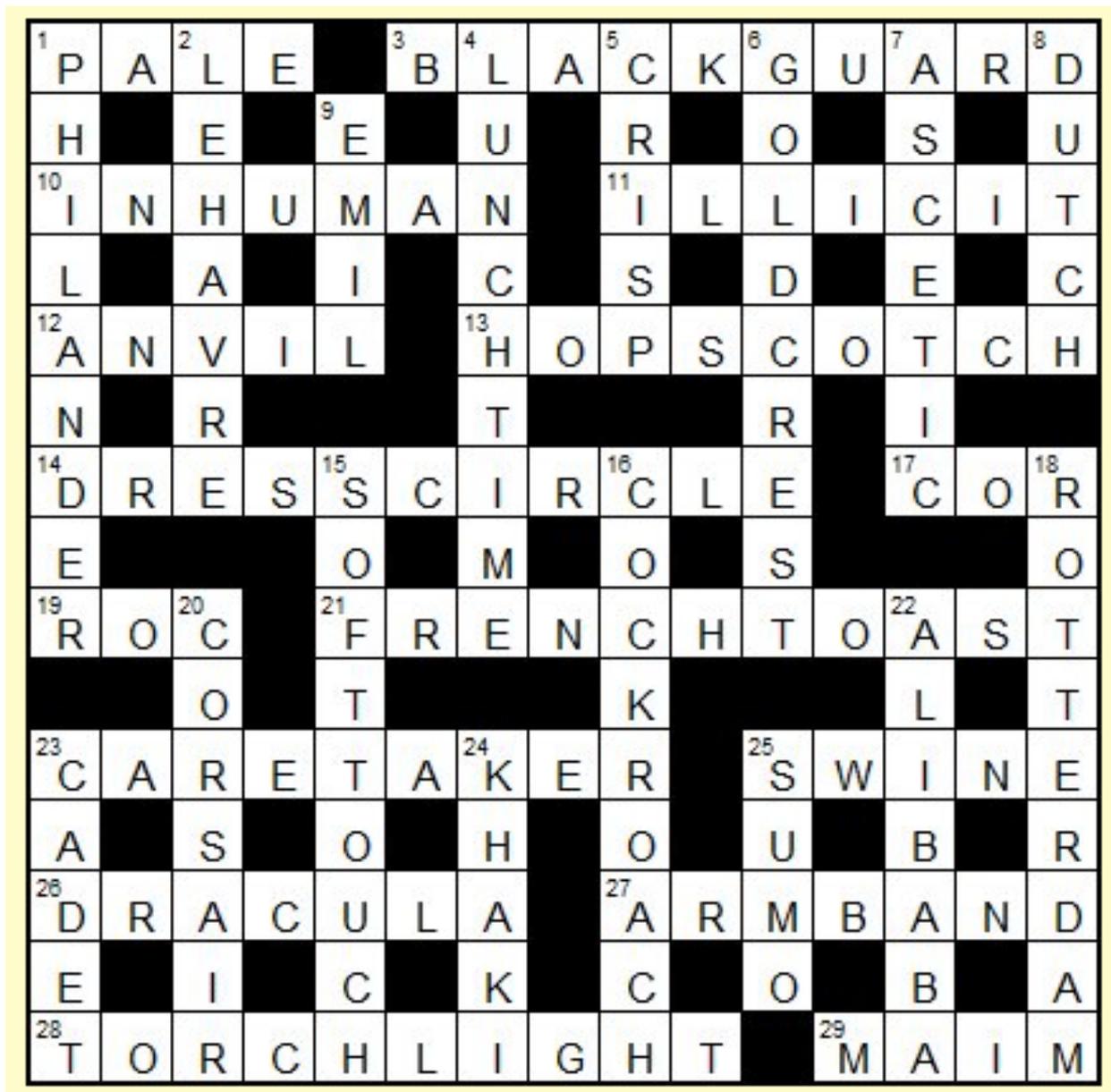
## KOURIER KWIZ - Classical Music

1	Who composed <i>Stabat Mater</i> ?
2	Who composed <i>The Goldberg Variations</i> ?
3	Who composed <i>The Ring Cycle</i> ?
4	Who composed <i>The Wedding March</i> ?
5	Who composed <i>The 1812 Overture</i> ?
6	Who composed <i>The Enigma Variations</i> ?
7	Who composed <i>The Peer Gynt Suites</i> ?
8	Who composed <i>Tales from the Vienna Woods</i> ?
9	Who composed <i>The Carnival of the Animals</i> ?
10	Who composed <i>The Flight of the Bumble Bee</i> ?
11	Who composed <i>The New World Symphony</i> ?
12	Who composed the opera <i>Rigoletto</i> ?
13	Who composed <i>Finlandia</i> ?
14	Who composed <i>The Rite of Spring</i> ?
15	Who composed the tone poem <i>The Isle of the Dead</i> ?
16	To whom did Beethoven originally dedicate his Third Symphony, <i>Eroica</i> ?
17	Who was the founder of Impressionist music?
18	Who wrote <i>The Young Persons' Guide to the Orchestra</i> ?
19	Who composed the first symphony to include singers?

# THE KOURIER CROSSWORD SOLUTION

From: [www.alberichcrosswords.com](http://www.alberichcrosswords.com)

Set by Mucky



# SUDOKU SOLUTION

Easy

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

Medium

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

# ANSWERS TO THE KOURIER KWIZ

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

1	Palestrina
2	Bach
3	Wagner
4	Mendelssohn
5	Tchaikovsky
6	Elgar
7	Grieg
8	Strauss
9	Saint Saens
10	Rimsky Korsakov
11	Dvorák
12	Verdi
13	Sibelius
14	Stravinsky
15	Rachmaninov
16	Napoleon
17	Debussy
18	Britten
19	Beethoven

# **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](http://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**

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