

Coventry and Warwickshire Kidney Patients' Association



The Kidney Kourier



**March
2016**

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

Medical Advisors:

Updated list will appear soon

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

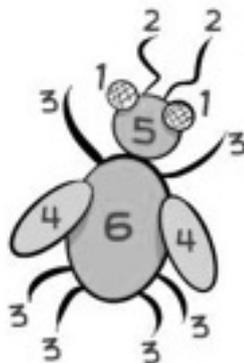
MESSAGE FROM THE CHAIRMAN

Hello everyone!

The new year started with a very enjoyable post-Christmas meal, mine being a delicious sea bass, at *The Queen's Head* in Bretford. It was lovely to see some new faces: patients, carers and friends. I do hope you can join us again.

A few of our committee members will be attending the National Kidney Federation KPA day on 2nd April 2016 in Birmingham. This year we are having a stand, showing what we do. If anyone has any photos or memorabilia, on any aspect of our KPA, that we could include on loan, please get in touch. Thank you.

Our next gathering is at our March meeting, which will feature our infamous Beetle Drive:



As always, please let us know if you would like to come but need a lift.

Grace x

DATES FOR YOUR DIARY 2016

Date and time	Event	Location/notes
Thu 10 March	World Kidney Day	Table in the foyer of UHCW - see p 9 for further details
Sat 12 March 7.15pm	CWKPA meeting, Beetle Drive - how can you resist?	Clifford Bridge Community Centre, Coombe Park Road, Coventry, CV3 2PD
Mon 25 Apr	Deadline for June edition of <i>The Kidney Kourier</i>	n/a
Sat 14 May 7.15pm	CWKPA meeting, AGM and light refreshments, plus a talk by renal dietician Simon Morris	Clifford Bridge Community Centre, see above
Sat 9 July 7.15pm	CWKPA meeting, talk by Dr. Gordon McGregor, about the Dialysis exercise machines and the results of the trial	Clifford Bridge Community Centre, see above
Mon 25 July	Deadline for September edition of <i>The Kidney Kourier</i>	n/a
Sat 10 Sept 7.15pm	CWKPA meeting, details to follow	Clifford Bridge Community Centre, see above
Mon 26 Oct	Deadline for December edition of <i>The Kidney Kourier</i>	n/a

Sat 12 Nov 7.15pm	CWKPA meeting, details to follow	Clifford Bridge Community Centre, see above
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NEWS AND UPDATES

NOTICE OF THE COVENTRY & WARWICKSHIRE KIDNEY PATIENTS' ASSOCIATION ANNUAL GENERAL MEETING

When: Saturday 14th May 2016, 7.15pm

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

All are welcome to come along for a review of the past year, to appoint and re-appoint officers, to receive and consider the accounts, any other business, and for a chance for you to ask questions.

We are delighted that Simon Morris, UHCW Renal Dietician, is giving a presentation at the AGM on his research study findings, which explored individual's experiences of the renal dieticians and their advice. It was well received by people who took part, and Simon will be updating us on his current work.

PETITION - sick pay for live donors

This petition may be of interest to readers.

If someone wishes to donate a kidney, they may not receive sick pay while they recover. You may wish to sign this petition to try to change this:

Living medical donors (e.g. kidney) should be eligible for statutory sick pay

When donors make a living donation the government and many employers see this as an employee optionally making themselves ill, and as such the individual is required to take any time off from their holiday entitlement or take time off unpaid and are not entitled to any sick pay.

<https://petition.parliament.uk/petitions/117273>

NATIONAL KIDNEY FEDERATION (NKF) APPEAL FOR HELP - would you like to take part in this?

The NKF has been given one of the 90 minute sessions to organise at the British Renal Society Conference, which is to be held at the ICC in Birmingham between Tuesday 7 June and Friday 10 June 2016. This is a wonderful opportunity for the NKF to advance the case of patients to the entire renal community – this is a **very** large conference.

The proposal, now agreed, is that the session will consider the many issues surrounding **Dialysis Away From Base (DAFB)** (sometimes referred to as Holiday Dialysis). We know from the NKF Helpline that this issue can be a continuing cause of anxiety, stress and disappointment to dialysis patients. DAFB difficulties

may prevent a much-needed holiday, or prevent a patient being involved in a family celebration, such as a wedding or a grandchild's birthday. It can even jeopardises the employment of some kidney patients trying to hold down a job. The issues affect both haemodialysis patients and peritoneal dialysis patients.

The NKF wants to identify five people to form a panel who would be prepared to speak to part of the BRS conference (a specific break-out group of about 50-100 people). Three of the panel members will be patients, and must fulfil one of the following criteria:-

1. Be a patient on HD who has experienced difficulty organising a holiday because no renal unit could be identified or organised to receive them.
2. Be a patient on PD who has experienced stress and worry trying to ensure their PD equipment and solutions were where they had to be during a trip away.
3. Anyone else with a particular slant on this issue that needs airing

If you can take part in this, or know someone who can, then please contact Tim Statham (NKF CEO) on tim.statham@btinternet.com or contact the NKF helpline or HQ in Worksop. Many thanks for considering this

Some years ago, both my mother and I were on CAPD, and were going to visit family in Canada for 3 weeks at Christmas. I arranged delivery of our bags, and I am happy to say that all went smoothly. I did

warn my sister (in Canada) that a large number of large boxes would arrive, and I knew she didn't really believe me. Then they arrived - and filled a room!! Kate (ed)

ITEMS FOR *THE KIDNEY KOURIER*

Have you had a particularly enjoyable holiday recently? Got a good tip to share with other renal patients and carers? Perhaps you have a delicious renal-friendly recipe to share?

It would be **really great** to hear from you. My contact details are on the inside cover of this magazine, so please get in touch with your contribution.
Kate (ed)

KIDNEY LIFE

If you are about to move house, or are considering changing your email address, to ensure you continue to receive *Kidney Life*, the NKF publication, please inform the office so the NKF can update its database - contact:

Stephanie@kidney.org.uk

Sending information electronically is the NKF's preferred method of contact, so please help them cut down on costs by providing them with an email address if you have one - this would help their money go a little further.

WORLD KIDNEY DAY

Thursday 10 March 2016



Staff and patients on the CWKPA stand on World Kidney Day in March 2015, at UHCW Hospital.

World Kidney Day is a global event held every year and for 2016 it is on **Thursday 10th March**. Last year we had a stand in the foyer of University Hospital Coventry & Warwickshire to raise general kidney health awareness and how to look after your kidneys (see photo above), and we shall be doing the same again this year. Details will be posted on the CWKPA website.

Each year in the UK a different theme is chosen, and this year it is ***Kidney Disease & Children***.

If you would like to help on the day or would like to sign up for event reminders, please contact Grace on:

info@cwkpa.org.uk

It would be great to see some new faces!

For more information about World Kidney Day in the UK, including support, advice, ideas for other activities and downloadable resources please visit:

www.worldkidneyday.co.uk

For information on the global initiative, visit:

www.worldkidneyday.org



FINANCES - thanks to Terry Ivens

Please see below for details of Income and Expenditure from 1 November 2015 to 31 December 2015:

Income

Book Sale	£8.00
E Amey - donation	£20.00
Firebird Singers IMO Ray Bird	£100.00
IMO Ray Bird	£215.00
JustGiving	£17.30
JustGiving IMO Ray Bird	£50.00
Raffle	£17.00
Tachbrook Fish Shop - donation	£90.00

Expenditure

JustGiving Fees	£43.70
Materials: Patients' Social	£24.50
Parking	£79.80
Printing	£90.00

PUNS - SORRY ABOUT THIS!

King Ozymandias of Assyria was running low on cash after years of war with the Hittites. His last great possession was the Star of the Euphrates, the most valuable diamond in the ancient world. Desperate, he went to Croesus, the pawnbroker, to ask for a loan. Croesus said, "I'll give you 100,000 dinars for it." "But I paid a million dinars for it," the King protested. "Don't you know who I am? I am the king!" Croesus replied, "When you wish to pawn a Star, makes no difference who you are."

Evidence has been found that William Tell and his family were avid bowlers. Unfortunately, all the Swiss League records were destroyed in a fire, and so we'll never know for whom the Tells bowled.

A man rushed into a busy doctor's surgery and shouted "Doctor! I think I'm shrinking!" The doctor calmly responded, "Now, settle down. You'll just have to be a little patient."

An Indian chief was feeling very sick, so he summoned the Medicine Man. After a brief examination, the medicine man took out a long, thin strip of elk rawhide and gave it to the chief, telling him to bite off, chew, and swallow one inch of the leather every day. After a month, the medicine man returned to see how the chief

was feeling. The chief shrugged and said, "The thong is ended but the malady lingers on."

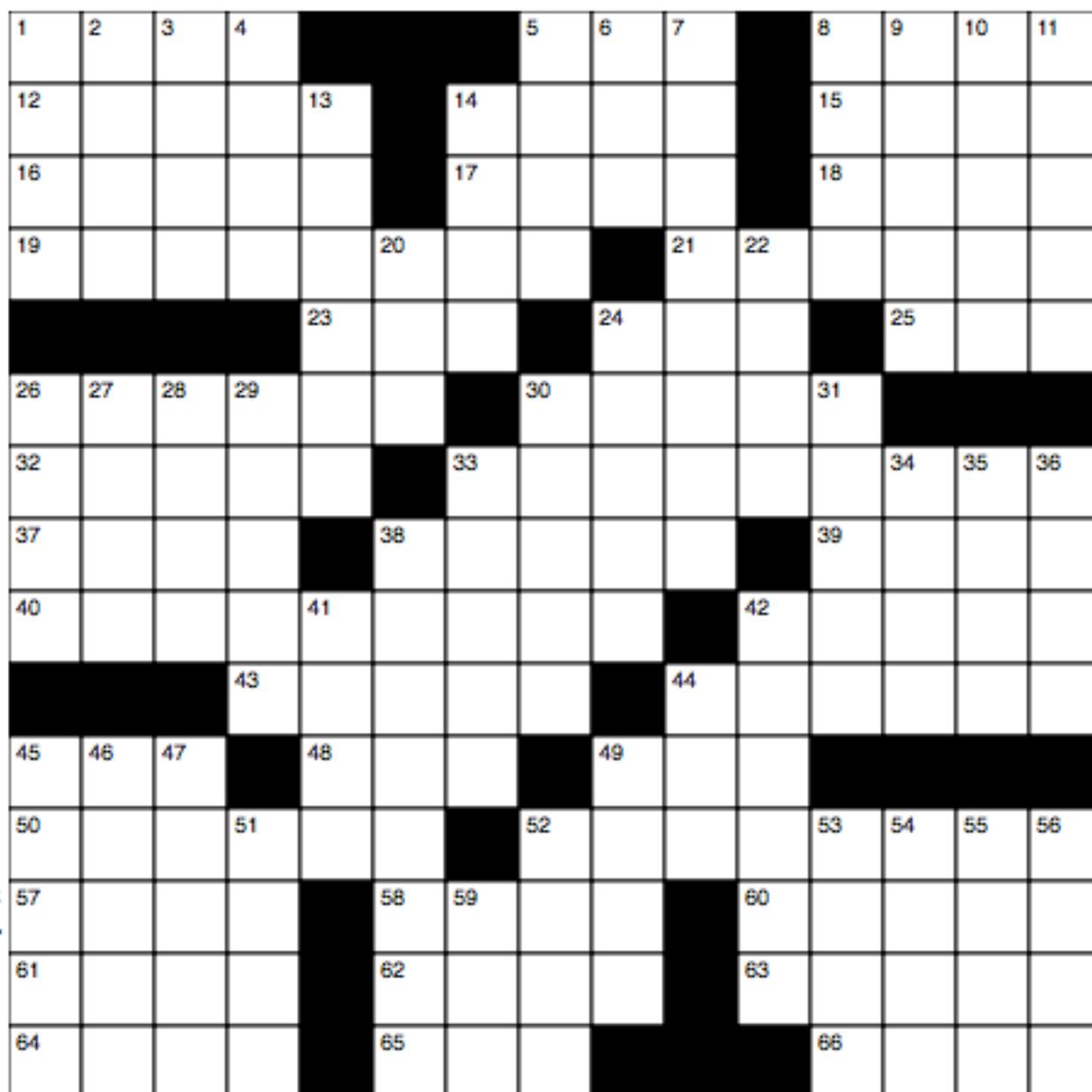
A famous Viking explorer returned home from a voyage and found his name missing from the town register. His wife insisted on complaining to the local civic official, who apologised profusely, saying, "I must have taken Leif off my census."

There were three Indian squaws. One slept on a deer skin, one slept on an elk skin, and the third slept on a hippopotamus skin. All three became pregnant. The first two each had a baby boy. The one who slept on the hippopotamus skin had twin boys. This just goes to prove that the son of the squaw on the hide of the hippopotamus is equal to the sum of the sons of the squaws of the other two hides.

A skeptical anthropologist was cataloguing South American folk remedies with the assistance of a tribal elder who indicated that the leaves of a particular fern were a sure cure for any case of constipation. When the anthropologist expressed his doubts, the elder looked him in the eye and said, "Let me tell you, with fronds like these, you don't need enemas."

Thanks to the person who sent these to me; I am afraid I didn't keep a note of who it was. Kate

KOURIER KROSSWORD



Across	Down
1 Tabula _ _ _ _ (4)	1 Hurry (4)
5 Compass direction (1,1,1)	2 Choir voice (4)
8 Entr' _ _ _ _ (4)	3 Ollie's partner (4)
12 Extreme (5)	4 Younger Guthrie (4)
14 Employs (4)	5 Son of Rebekah (4)

15 Abbr of officer (4)	6 Back part of goal (3)
16 Stable compartment (5)	7 Guess at (8)
17 Carrie _ _ _ _ , suffragette (4)	8 An ocean (1,3)
18 Great Lake in the USA (4)	9 Freight (5)
19 Capital of Hawaii (8)	10 One who attempts (5)
21 Likenesses (6)	11 Discharge (5)
23 Leamington _ _ _ (3)	13 Ready to go (3,3)
24 Parisian pal (3)	14 Home of the Bruins (4)
25 Scrap of leftovers (3)	20 Put _ _ _ fight (2,1)
26 Feeling of sickness (6)	22 Ho Chi _ _ _ _ (4)
30 Loud noise (5)	24 Mix of metals (5)
32 Marsh bird (5)	26 Require (4)
33 One of the three Magi (9)	27 Taj Mahal is here (4)
37 Sea eagle (4)	28 They dispense drinks (4)
38 N Atlantic archipelago (5)	29 Take care of (3,2)
39 Eg Chianti (4)	30 Monte _ _ _ _ _ (5)
40 Despicable (9)	31 Auctioneer's hammer (5)
42 Reddish brown dye (5)	33 Inadequately done (5)
43 Convex moulding (5)	34 Bluish white metal (4)
44 Bird of prey (6)	35 _ _ _ _ Domini (4)
45 Prefix meaning 'life' (3)	36 Horse, mixed colours (4)
48 Pronoun, means 'some' (3)	38 Border (8)
49 Outer edge (3)	41 Plural, girl's name (4)
50 Nearly (6)	42 Small village (6)
52 Free (3,5)	44 In good shape (3)

57 Boyfriend (4)	45 Rum cakes (5)
58 Thought (4)	46 Re the small intestine (5)
60 Happening (5)	47 City in Nebraska (5)
61 Contented sighs (4)	49 Quantity of paper (4)
62 Dutch cheese (4)	51 Evict (4)
63 Fungal infection of skin (5)	52 Oceans (4)
64 Shoo! (4)	53 Greek poet (4)
65 Serb publ. broadcaster (3)	54 Prefix for wine (4)
66 Evil is as evil _ _ _ _ (4)	55 Dagger of yore (4)
	56 Guesses re arrival (4)
	59 Banned insecticide (1,1,1)

ANNOUNCEMENT

The kidney patient Advocacy Service started by the National Kidney Federation (NKF) fourteen years ago, and run as a partnership between the British Kidney Patient Association (BKPA) and the NKF since 2012, is being brought under the sole management of the BKPA.

This should not affect us as patients - our Advocacy Officer, **Mark Davis**, will still be there to help us should we need it.

SUDOKU

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

Easy

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

Medium

KOURIER KWIZ

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Match the book to the author:

A Tale of Two Cities	Richard Dawkins
Jaws	J D Salinger
The Lion, the Witch and the Wardrobe	Vladimir Nabokov
The Selfish Gene	Charlotte Brontë
Jonathan Livingstone Seagull	Nicholas Evans
Emotional Intelligence	Agatha Christie
Lord of the Rings	Mario Puzo
The Grapes of Wrath	Peter Benchley
Lolita	Joseph Heller
The Catcher in the Rye	Charles Dickens
The Horse Whisperer	Kenneth Grahame
Love Story	Richard Bach
Nineteen Eighty Four	Daniel Goleman
Six Thinking Hats	Antoine de Saint-Exupéry
Catch 22	John Steinbeck
Jane Eyre	Erich Segal
The Godfather	Edward de Bono
The Wind in the Willows	J R R Tolkien
Le Petit Prince	C S Lewis
And Then There Were None	George Orwell

THE KOURIER CROSSWORD SOLUTION

1	R	2	A	3	S	4	A			5	E	6	N	7	E		8	A	9	C	10	T	11	E	
12	U	L	T	R	13	A				14	U	S	E	S			15	S	A	R	G				
16	S	T	A	L	L					17	C	A	T	T			18	E	R	I	E				
19	H	O	N	O	L	20	U	L	U				21	I	22	M	A	G	E	S					
						23	S	P	A				24	A	M	I			25	O	R	T			
26	N	27	A	28	U	29	S	E	A			30	C	L	A	N	31	G							
32	E	G	R	E	T					33	B	A	L	T	H	A	34	Z	35	A	36	R			
37	E	R	N	E						38	F	A	R	O	E			39	V	I	N	O			
40	D	A	S	T	41	A	R	D	L	Y					42	H	E	N	N	A					
					43	O	V	O	L	O					44	F	A	L	C	O	N				
45	B	46	I	47	O					48	A	N	Y			49	R	I	M						
50	A	L	M	51	O	S	T						52	S	E	T	L	53	O	54	O	55	S	56	E
57	B	E	A	U						58	I	D	E	A				60	E	V	E	N	T		
61	A	A	H	S						62	E	D	A	M				63	T	I	N	E	A		
64	S	C	A	T						65	R	T	S						66	D	O	E	S		

SUDOKU SOLUTION

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

Easy

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

Medium

ANSWERS TO THE KOURIER KWIZ

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The Wind in the Willows	Kenneth Grahame
Le Petit Prince	Antoine de Saint-Exupéry
And Then There Were None	Agatha Christie



Transforming Participation in Chronic Kidney Disease (CKD)

This is a unique national NHS programme to help people with CKD to live the **best** life possible. Articles about this programme have appeared in previous editions of *The Kidney Courier*.

To find out more about the NHS 'Think Kidneys' programme, led by NHS England in partnership with the UK Renal Registry, copy and paste

<https://www.thinkkidneys.nhs.uk/ckd/>

into your search engine.

UHCW Hospital is one of the hospitals piloting this programme, and we will keep you updated with progress.

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

