

Coventry and Warwickshire Kidney Patients' Association



CWKPA

The Kidney Kourier



September 2016

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

Hi All,

I hope that you have been enjoying the summer.

The sun shone for us again on the CWKPA outing, this year to Waddesdon House and Gardens, and it was wonderful to have our coach almost filled. Inside, Kate has written her recollection of the day.

I would like to thank our recent speakers Andrew Morris and Dr. Gordon McGregor for coming along to our meetings and sharing with us their research projects. They produced some interesting questions and discussion from our members.

Since I last wrote to you, we have produced a new logo, as you will have seen on the cover of this edition of The Kidney Kourier. We also have some new t-shirts which show our logo, which will be worn at any events in which we take part.

We are taking steps to increase our fundraising efforts with a stall at Asda, Walsgrave on Thursday 8th September, for Organ Donation Week. If you can help for an hour or two on the day please let us know, it would be a great help.

Our next gathering will be a few days later on Saturday 10 September - all welcome!

Grace x

DATES FOR YOUR DIARY 2016

Date and time	Event	Location/notes
Thur 8 Sept	CWKPA stall, part of Organ Donation Week	Asda, Walsgrave
Sat 10 Sept 7.15pm	CWKPA meeting. Talk by Balvinder, renal social worker, UHCW.	Clifford Bridge Community Centre, Coombe Park Road, Coventry, CV3 2PD
8-10 Oct	NKF Conference, entitled <i>Changes?</i> . Please let us know if you would like to attend on one or more days.	Hilton Hotel, Blackpool
Mon 26 Oct	Deadline for December <i>Kidney Kourier</i>	n/a
Sat 12 Nov 7.15pm	CWKPA meeting, details to follow	Clifford Bridge Community Centre, see above

NEWS AND UPDATES

Good news on Dialysis Commissioning Kidney patients will be very relieved to know that the campaign fought by the NKF, together with its KPA members, has been confirmed as successful in halting the disastrous plan to commission Dialysis at Primary Care Trust level rather than nationally. The report on Dialysis Commissioning clearly states that specialised services, including dialysis, are to remain nationally commissioned. The efforts of the NKF and KPAs have, in effect, reversed government policy. If the local commissioning plan had gone ahead, dialysis could have been cut by 15%, so this is excellent news.

New names #1 National Transplant Week has a new name! *NHS Blood and Transplant* has announced that following discussions and feedback from all involved, National Transplant Week will now be known as Organ Donation Week. This year's Organ Donation Week will take place from Monday 5-Sunday 11 September 2016.

This week provides an opportunity for the organ donation and transplant community to promote organ donation and to celebrate those who have saved lives.

Organ Donation Week - Message from Dr Sunil Daga As you are aware, 5-11 September will be Organ Donation Week and I am involved in an event

promoting organ donation. The idea is to demonstrate the burden of dialysis, and the team will be carrying a week's worth of dialysis fluid bags, and an APD machine, to the top of Snowdon. This event is expected to have over 500 patients/carers/donors/health care professionals taking part.

We have contacted the Guinness World Records team to see if we qualify for a world record!! This is to get as much publicity as possible, to raise the awareness of organ donation. If anyone would like to be involved, please contact Grace who will pass your message on to Dr Daga.

New Names # 2 The NKF (National Kidney Federation) has been renamed NKF - Kidney Patients UK. This change has been made to ensure that people view the NKF as a charity for all of the UK, not just England.

New Road Layout at UHCW The roadworks at UHCW have now been completed; changes include improvements to car park barrier access, and a doubling of the capacity of the bus interchange, including shelter for passengers. There have also been changes to the hospital access on Clifford Bridge Road. Overall, there has been less queuing around the site in rush hour.

The next phase is to increase car parking by 250 spaces (Hooray! Hooray! Hooray! **Ed**). Two decked car parks will be built, with work due to start in September

2016. People are asked to consider alternative transport options for travel to and from the hospital if they can.

NICE Renal Guidelines - your chance to comment

NICE, the National Institute for Health & Care Excellence, has recently announced a consultation on Guidelines for Renal Replacement Therapy. You can find the draft scope for this consultation here:

<https://www.nice.org.uk/guidance/indevelopment/gid-ng10019/consultation/html-content>

NICE has invited comments on this scope during a consultation period which runs from now until 5pm on 7th September 2016. If you have any comments, you need to feed them back via the NKF website, as individuals cannot respond.

Stamps Vivienne sends a big thank you to all those who donated stamps - Carol Hudson, Claire Goodman, the Bradbury family, Oaks Nurseries and some anonymous envelopes full of stamps. This is still a good source of income for the KPA, so keep collecting if you can!

New leaflets from NKF - Kidney Patients UK

There are a number of new leaflets available from the NKF. There is a recipe book, full of kidney-friendly ideas, which can be purchased for £2.50. You can order on-line via the NKF website, or send a cheque to:

KIDNEYMATTERS
Information from the National Kidney Federation - supporting kidney patients, their friends & family

2016
Food with Thought



AMGEN

Kidney Kind Recipe collection only available from the National Kidney Federation

www.kidney.org.uk
HELPLINE 0845 601 02 09



NKF
 The Point, Coach Road,
 Shireoaks, Worksop,
 Nottinghamshire
 S81 8BW

There is also a new Benefits Guide for kidney patients, available free from the same address.

KIDNEYMATTERS
Information from the National Kidney Federation - supporting kidney patients, their friends & family



**Benefits Guide
 for
 Kidney Patients
 2016
 from the NKF Helpline**

Many Kidney Patients at their careers face financial difficulties
 -- there is help available or waiting.
 Check what benefits may be available to you.
 The NKF Benefits Guide includes :

- Employment & Support Allowance
- Personal Independence Payment (PIP)
- Help with heating your home
- Links to online assistance through the NKF website
- Useful contact numbers for specialist advice on Benefits

To obtain a copy please complete our card
 or telephone the Helpline number

www.kidney.org.uk
HELPLINE 0845 601 02 09



ANNUAL CWKPA CHARABANC TOUR SUNDAY 3 JULY 2016

This trip nearly ended before it had begun! A few days beforehand, Grace noticed that the Coventry Park & Ride in the Memorial Park would be closed on Sunday 3 July, because of the Godiva Festival - and that's where we were due to meet and join our coach!! Due to Grace's organisational powers, a new rendezvous was chosen and communicated to everybody in good time.

There was immediate excitement as we arrived - bees had formed a swarm just yards from the main entrance to the Manor!! A short time later, a couple of beekeepers arrived, and it was fascinating watching them round up the swarm and transfer it to a cardboard box which, I believe, contained a queen to attract the workers. As Grace commented afterwards, she and her grandson had noticed that there were still several bees flying around, but the main swarm had gone, and no-one got stung.



Waddesdon Manor was built for the Rothschilds to house their art collection, and, no doubt, to impress their friends. It is in the style of a renaissance chateau and is just full of amazingly ornate furniture, pictures and many, many clocks. Whilst I enjoy looking at this sort of luxury, I wouldn't like to have to live with it - imagine the dusting!

There were many other things to explore - the ornate bird house, the lovely formal gardens, the wine cellars - and, of course, plenty of places to have coffee and lunch, or to sit and eat a picnic.



It was a lovely day out, and everybody I spoke to had had a great time. Thanks to Grace for organising. **Kate**



NKF - National Kidney Federation is holding an open day at its Head Office in Worksop, on Thursday 8th September from 10am-4pm. The aim of the day is to help raise awareness of Kidney Health and Organ Donation, and takes place during Organ Donation Week. The NKF is determined to increase the number of transplant operations in the UK, and to provide greater choice and improved quality of life for all kidney patients. Come along and join us:-

- Meet the Team
- Visit the National Patients' Helpline
- Free blood pressure and diabetes checks
- Speak to the Citizens Advice benefits advisor
- Visit the NxStage dialysis campervan

Plenty of freebies including refreshments

Raffle & so much more

Please help us increase awareness of kidney health and organ donation.

If you would like to know more please call 01909 544999 or email nkf@kidney.org.uk

NKF, The Point, Coach Road, Shireoaks, Worksop, S81 8BW

BRIAN PASSMORE, OUR HERO!

Renal patient Nikki Shurvinton's husband Brian could have spent his birthday this year going out for a nice lunch, or relaxing at home. Instead, he chose to spend Saturday 2 July 2016 running the Isoman Marathon in Redditch, to raise funds for the Coventry and Warwickshire Kidney Patients' Association.



The marathon was staged around Arrow Valley Park, so there was no traffic to contend with. Brian ran with his good friend Dan Holtom, and he raised the fantastic amount of £536.00, plus £126.50 Gift Aid, giving a total of £662.50.



Thank you, Brian, for supporting our KPA with your fantastic achievement. Must have felt brilliant crossing the finishing line, after 26 miles and 385 yards! That is an amazing distance, and he doesn't even look tired!

Kate

THE CHOCTOBER CHALLENGE 2016

Some people give up booze in January - others grow moustaches in November. Kidney patients and their friends and relatives are asked to give up chocolate for the month of October, and send the money that they have saved to the NKF.

Many kidney patients can't eat chocolate because of its high potassium level, so this challenge also helps to highlight one of the many difficulties faced by renal patients. Help raise awareness of kidney health! Help raise awareness of organ donation! Taking part in the challenge isn't just about raising money - it spreads the word that the NKF is here to help! It is Choctober's third year; last year saw an increase in the number of Choctobians taking part, and the income generated doubled from the previous year to more than £9000! Many had taken the challenge a second time, some with family and some with work colleagues. We have had reports of weight loss and feeling a great sense of achievement.

Tell your friends and family about the Choctober Challenge - surely it's no big deal living without chocolate for just one month! Remember that many have to give it up forever!

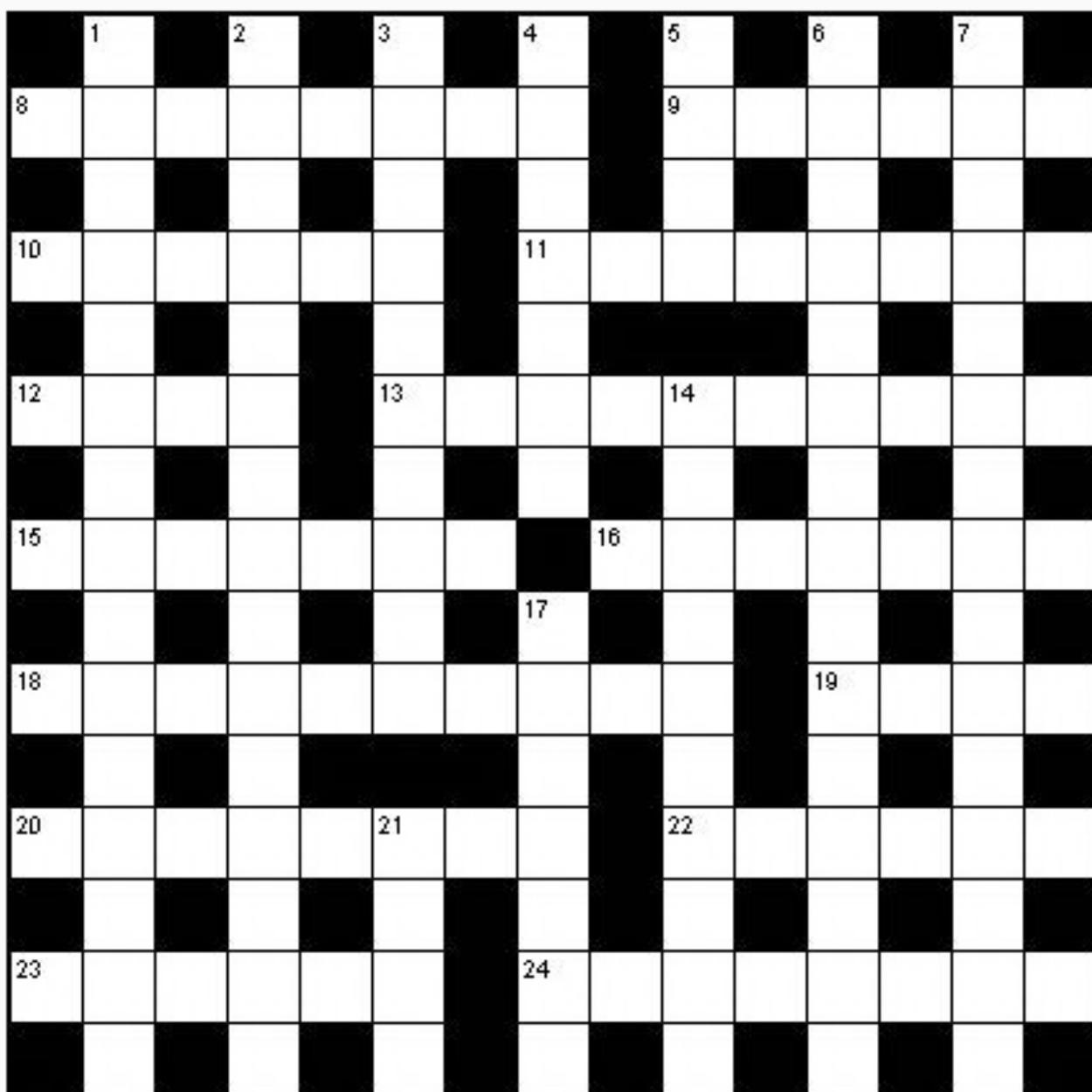
Please email nkf@kidney.org.uk for your Choctober fundraising pack or call 01909 544999

KOURIER KROSSWORD

From: www.alberichcrosswords.com

Set by Katchina

For the past few years, I have been using crosswords which are American in origin, and this has sometimes resulted in some odd clues, where I have had to substitute a clue to avoid American usage. I am using a new source - hope that you like it! It is more cryptic . . . so get your thinking caps on!



	Across		Down
8	King George I nods off before new relation (8)	1	Changing the script and getting drastically rid: Antonina's letter's no end different! (15)
9	A rotten lot to present to Her Majesty (6)	2	Where Cody Jarrett was ultimately ecstatic? (2,3,2,3,5)
10	Travelling up the Eiffel? (2,4)	3	A star performer lugs a broken ankle (10)
11	Loose girl eyed with longing (8)	4	Cuddle up with arms and broken leg (7)
12	High pitch makes old German duck (4)	5	Insular setting – like Ely initially (4)
13	Holding awe-struck actress (6,4)	6	Royal official left out children: Balmoral unhappy (4,11)
15	Imposing residence: allowed back in (7)	7	Timid number is a potential Beatles hit (6,9)
16	Mount up: my student thus goes round and round (7)	14	I'll have to get into bed: how uncouth! (3-7)

18	Ecologists ken a complicated crawler (5,5)	17	Just a computer system – let's be honest! (4,3)
19	In tandem maybe with Madame Bovary (4)	21	Learning about Flynn losing heart (4)
20	The way a Bay City group member becomes a tramp? (8)		
22	Charm the lot on a Yorkshire river (6)		
23	England striker – one who plays dirty, say? (6)		
24	Love, live and die by the book like a well-trained dog (8)		

SUDOKU

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

Easy

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

Medium

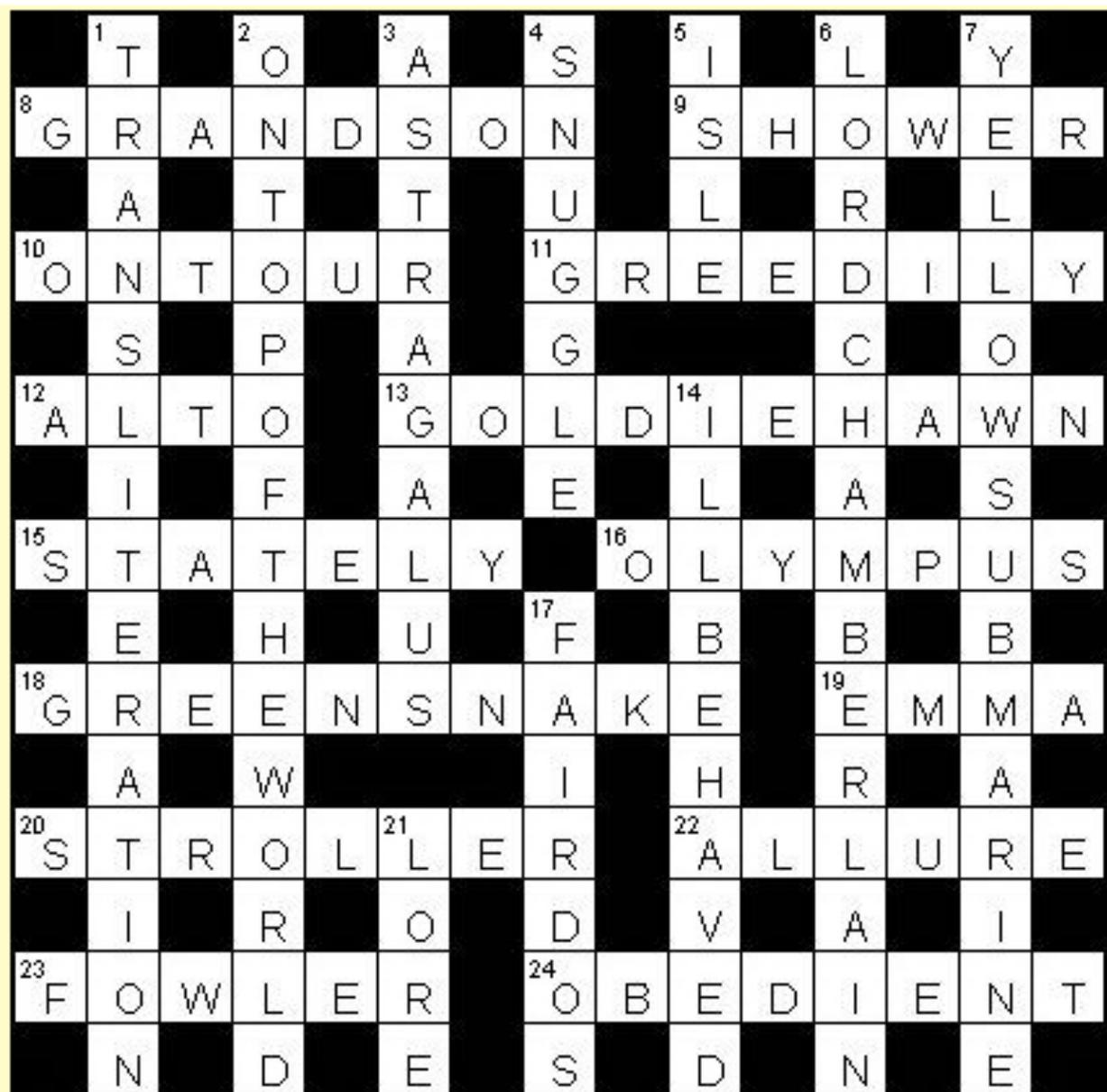
KOURIER KWIZ - Rio 2016 and the Olympic Games
© Businessballs.com 2007. Used with permission.

1	Which Greek goddess (of victory) appears on Olympic medals of the modern age?
2	What do the 5 rings of the Olympic Games emblem represent?
3	Are modern Olympic “gold” medals predominantly made of gold, silver, bronze or brass?
4	Which of these is not one of the five Olympic rings: blue/green/red/yellow/purple/black?
5	Which black sprinter/long-jumper won four gold medals at the 1936 Olympics, to the embarrassment of the Nazi hosts?
6	Is the longest standing Olympic record, set in Mexico 1968, for the Men’s long jump, high jump, javelin or decathlon?
7	Which out of this list are the two new Olympic events for Rio 2016: chess/golf/darts/poker/rugby sevens?
8	The word ‘gymnasium’ comes from the ancient Greek word ‘gymnos, describing the athletes. Does it mean strong, beautiful, naked or fast?
9	Spell the 2016 Olympic Games host city. Rio de: Janero/Janiero/Janeiro/Janerio?
10	“ <i>Citius, Altius, Fortius</i> ” is the Latin Olympic motto. What does it mean in English?
11	Which letter did the host cities of the Summer Olympic Games from 1968-1980 all begin with: S, M, L or T?
12	Why were the Games originally held every 4 years?

THE KOURIER KROSSWORD SOLUTION

From: www.alberichcrosswords.com

Set by Katchina



SUDOKU SOLUTION

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

Easy

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

Medium

ANSWERS TO THE KOURIER KWIZ

© Businessballs.com 2007. Used with permission.

1	Nike
2	The colours of the national flags of the nations taking part in 1912, when the rings emblem was designed
3	Silver (at least 92.5%)
4	Purple
5	Jesse Owens
6	Long jump
7	Golf and rugby sevens
8	Naked - athletes were originally nude
9	Rio de Janeiro
10	<i>"Swifter, Higher, Stronger"</i>
11	M - Mexico City, Munich, Montreal and Moscow
12	Because they were one of a four year cycle of the four Panhellenic Games

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

