

Coventry and Warwickshire Kidney Patients' Association



CWKPA

The Kidney Kourier



December 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



Dear friends,

The last few months have kept your CWKPA committee and volunteer helpers busy with fundraising during Organ Donation Week at Asda, attending the NKF conference in Blackpool, various events such as a talk by social worker Balvindar, the arts & crafts social and the skittles' night at Bretford.

With Christmas not far away, our activities slow down, but we are always here should you need us. All contact details can be found inside the front page of *The Kidney Kourier*.

I hope you will book your place at our post-Christmas meal in January, which is always a lovely meal at *The Queen's Head* in Bretford. This event is growing in popularity each year. One day we shall be booking the whole room! This time, it will take place on Sunday 29 January 2017 at 7pm.

Grace x



Happy Christmas and best wishes for the New Year to all the doctors, nurses, technicians, dieticians, social workers and all the staff at UHCW - we couldn't do it without you!

Thank you

DATES FOR YOUR DIARY 2017



Date and time	Event	Location/notes
Monday 23 January	Deadline for March <i>Kidney Kourier</i>	n/a
Sunday 29 January	CWKPA Post-Christmas Meal.	<i>The Queen's Head,</i> Bretford, 7.00 pm
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
Monday 24 July	Deadline for September <i>Kidney Kourier</i>	n/a
Monday 23 October	Deadline for December <i>Kidney Kourier</i>	n/a

SKITTLES' NIGHT, OCTOBER 2016



A number of patients enjoyed another great evening of beer and skittles at *The Queen's Head* in Brentford.



We had several different games, and there was much good humour; many of us only play once a year at this event, and it can take a while for us to remember how to throw the cheeses without maiming those “in the woodyard”, i.e. putting up the skittles for each contestant. There were a couple of very minor injuries (as usual)! The buffet was delicious, as always.

Many thanks to Sue Womble who, as always, organised the skittles competitions for us, and to Grace for sorting out the booking and the buffet.

Why not come along next year? **Kate**

NEWS AND UPDATES



Flu jab All patients with chronic kidney disease, including those with transplants, should have the flu jab. There is a useful website that you can look at if you have any questions about the flu jab:

<http://www.nhs.uk/Livewell/winterhealth/Pages/Fluandthefluvaccine.aspx>

Renal Social Workers There are two Renal Social Workers working solely for the Renal Unit, whom we are very fortunate to have. They are there for anyone to contact should they have a problem and need someone to listen to, counselling, or help. For example, they can help you to obtain a grant for a holiday through the BKPA, or for anyone moving into accommodation that needs perhaps a washing machine etc., (The BKPA is the organisation that gives grants to a large number of patients.)

The Social Workers are also heavily involved with patient care when patients leave hospital, making sure the right 'package' is in place or finding alternative accommodation for them.

We would like to thank Bavinder who gave such an interesting talk at our CWKPA meeting in September, and who also gave us a donation of £50.



Stamps Vivienne sends a thank-you to our savers - Kate Balfour, Graham Shurvinton, Enid Colgrave, and to those who left stamps with Nick West and to anonymous donors.

Booklets : *Help I've Got Kidney Failure* The Renal team in charge of Education Days for new renal patients asked if we could help with a further supply of this booklet, written by Prof Rob Higgins (retired) and it is an excellent 'first stop' in understanding kidney failure. It is given to all new patients, of which there are a growing number at Education Days which take place each month. The KPA agreed to donate a further year's supply.

ORGAN DONATION WEEK

This year, Organ Donation Week took place in September and Asda at Walsgrave kindly allowed us to have a stall to advertise Organ Donation. Kate, Grace, Jean and Vivienne, decked out in pink tee-shirts, spent the day giving out leaflets, free pens, balloons to the children etc.

Many customers were already on the Donor Register, but we managed to encourage more to think about it. We had a couple of renal patients from UHCW as well - it was great to see them.

Remarks like 'I'm too old'; 'You wouldn't want anything of mine' and similar phrases were often said.

We surprised some customers who had thought



that some parts of them could not be used. They were also surprised when we pointed out that we four had all received a kidney transplant.

We had had a good day spreading the word, and customers were very generous in that we raised nearly £90 for our KPA. **Vivienne**

THE BRITISH KIDNEY PATIENT ASSOCIATION

An extract from a recent letter received by Grace . . .



“At BKPA we feel extremely close to KPAs across the UK. We fully appreciate the important role you have in supporting patients, highlighting key areas of concern and making patients aware of the financial and other forms of support we can offer.

Our Patient Advisory Group brings together many individuals from KPAs, who meet to help keep BKPA in tune with priorities on the ground and debate ways that our support can make an even bigger difference to patients and their families.

In 2017 we plan to conduct a major review of our support services and priorities, to ensure we are making the greatest possible impact on improving the lives of patients and their families. As part of this review we will be consulting with all our key stakeholders and colleagues and, of course, this includes KPAs.”

If you don't know much about the BKPA, you may want to take a look at its website:

<http://www.britishkidney-pa.co.uk>

The Association offers financial support for holidays etc where appropriate, and, as mentioned in a recent edition of The Kidney Kourier, now funds the National Advocacy Service for renal patients.

TIME FOR SOME TERRIBLE JOKES AND CRACKER JOKES . . .



Two tankers collided one stormy night in the middle of the Atlantic Ocean. One was carrying a cargo of red paint, and the other a cargo of purple paint. The crews of both ships survived, but were marooned.

What do they sing at a snowman's birthday party?
Freeze a jolly good fellow

Why does Santa have three gardens?
So he can 'ho ho ho'!

Knock, knock
Who's there?
Arthur
Arthur who?
Arthur any mince pies left?

What do vampires sing on New Year's Eve?
Auld Fang Syne

Why did Santa's helper see the doctor?
Because he had low "elf" esteem!

**What happened to the man who stole an Advent
Calendar?**
He got 25 days!

Sorry! **Kate**

HOW DO WE, AS PATIENTS, FIND DIETICIANS AND DIETARY ADVICE?



Andrew Morris recently fed back on his ongoing research which has considered these questions, at the CWKPA Annual General Meeting in June. In this article, Andrew presents examples of how people have experienced the service, and the reality of eating outside the home and incorporating dietary recommendations into family life, and what this means for future services.

Experiences of receiving dietary advice

People had had mixed experiences of engaging with dietetic services. People who had just started to engage with dieticians found them understanding of their needs, but that the diet may be difficult to follow on some occasions. One participant said “Diet is not that important when you first start getting to grips with dialysis. Of course it does become important but it’s nice when the dietician realises this”. Dieticians were perceived as approachable and able to listen to people about eating out on the renal diet: “You know when you go to a friend’s house, and they ask me what can I have? I can’t begin to tell them, I just go for the potassium bit.”. Several people had got to grips with the diet and were able to use the dietician more as a reassurance to discuss their diet and blood results. This experience can be seen from this particular quote from one gentleman:

“It’s nice to know that you’re not a number. When I speak to the dietician’s office I know I’m getting good reliable advice which we can discuss”.



Conversely, other people narrated stories of how less pleased they were with engaging with dieticians. This group of people found the advice was given in a rather authoritarian way: “You felt like you were getting a bit of a lecture, you shouldn’t eat this or that!”. Other people kept engaging with dieticians to receive the advice and otherse looked to other means of support with diet, such as family: “My family gives me a lot of support with my diet, so that really helps. I just use the dieticians to get information”.

What does this all mean?

Patient experiences are being sought to help evaluate service delivery. The NHS research section, the National Institute of Health Research, funded this research, as little is known about people who carry out dialysis at home (in this study, peritoneal dialysis) in previous studies that have been published. Andrew explains this further: “We normally see people when they have being seeing the renal doctor for quite a while, but what was coming out of this study was that people wanted dietary information when they first see a renal doctor, not years later or when starting dialysis”. He adds “The NHS is promoting self-management which is bespoke, not a standard group self-management course but a “pick and choose” on what you want to know about, at a time



which is suitable for your lifestyle”. “One advantage of this”, says Andrew, “is that it promotes people’s confidence, and helps reduce paternalistic perceptions of health professionals as patients know, understand and can apply the dietary information in a way and at a time that they and their friends/family are in control of”.

As this research was about a small group of people who had engaged with the service (20 in total), Andrew is looking to explore these issues further with more people to see when and where patients would like diet information delivered, to help with self-management.

Interestingly Andrew adds “It may not only potentially help people in Coventry and Warwickshire, but may be influencing renal dietetic service delivery in Australia, America and Italy, as researchers in these countries have been reading the research results from this study on the internet – so by taking part and telling us your stories then it may literally help all people with CKD!”.

If you would like to take part on any future research about diet then Andrew would be delighted to hear from you, and can register your interest if anything comes up over the next few years.

andrew.morris @uhcw.nhs.uk

Tel: 02476 966151

Many thanks to Andrew for taking the time to talk to us at the AGM, and for this article. Kate

SUDOKU



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

Easy

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

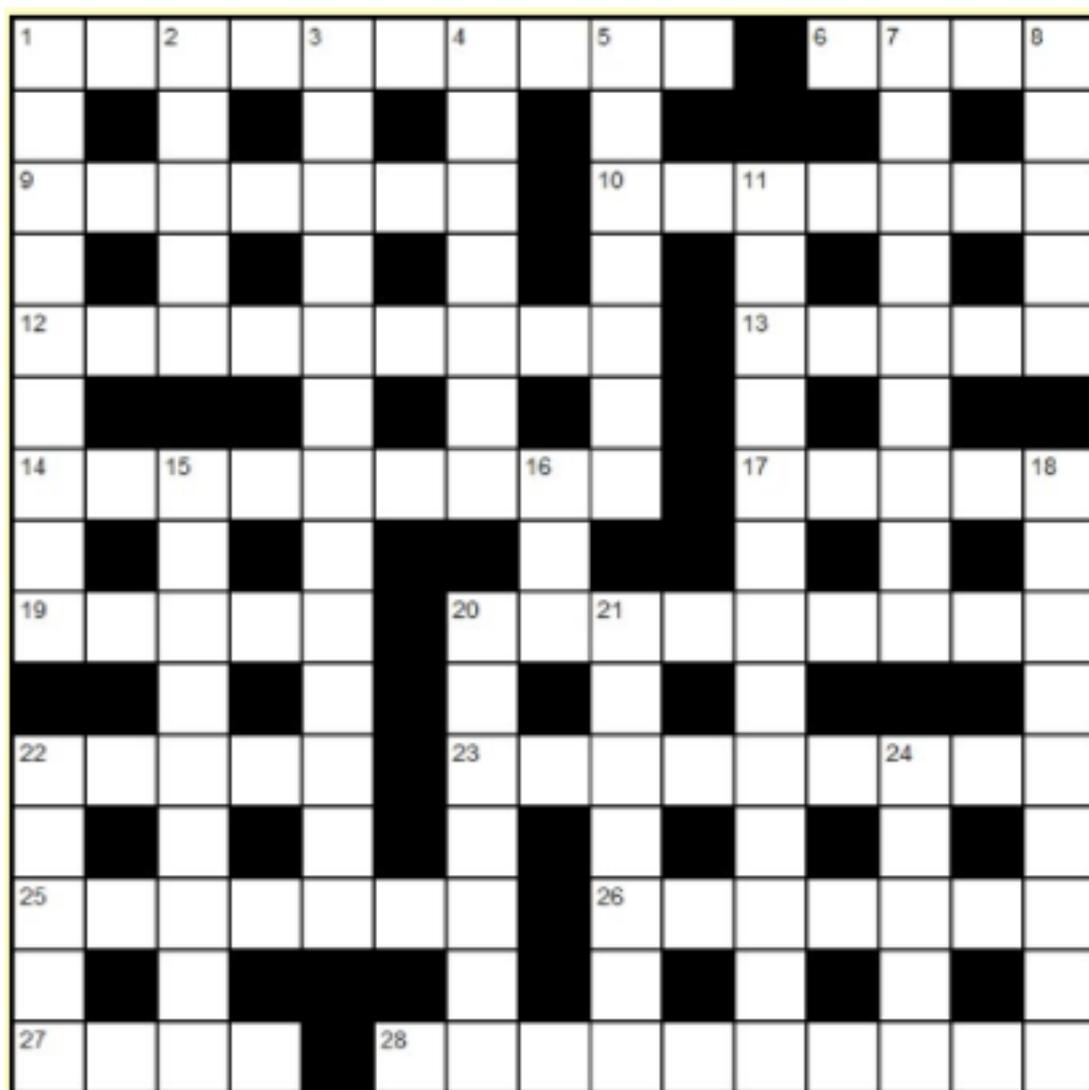
Medium

KOURIER CHRISTMAS KROSSWORD - Set by Starhorse



From: www.alberichcrosswords.com

I have not had any feedback about last month's cryptic crossword, so here is another from the same website.



Across		Down	
1	Europeans isolated and far from agreeable (5,5)	1	Pagan leader's mysterious site exposed in the media (9)

6 A bonus for every thousand (4)	2 Carefree, topless and graceful (5)
9 One turned out to trespass (7)	3 Someone to approach for an opinion re clue for "uninterested"? (8,5)
10 Competent secretary featured in <i>Telegraph</i> (7)	4 English Queen in call for honour (7)
12 Duck on hearing order from Armada's leader? (9)	5 Fiddles a game (7)
13 Clubs offering endless satire opening in September (5)	7 Doctor angry about nothing after drug's mixed up (9)
14 Induces colleague of Marx to embrace objective and swap sides (9)	8 Detains spy heading north then south (5)
17 Reject story about Conservative glory (5)	11 May perhaps get ready to attend (5,8)
19 Holly possibly needs a massage after tennis match finishes (5)	15 Reloading fancy candleholder (9)
20 Win communist backing for confiscation of land (9)	16 Soak in rosewater, regularly (3)
22 Government activists initially following Tory party line? (5)	18 Note evidence of sunburn and fatigue (9)
23 Brightened up extremely benign Rushdie novel (9)	20 Nice hostelry in France, to the east, visited by Austrian composer (7)
25 Home rule is lawful (2,5)	21 Peak cost of borrowing leads to outburst (7)

26	Show eager support when hospital application is led by one if its departments (7)	22	Rebuke accepted by French idealist (5)
27	It's not odd unless son is in the lead (4)	24	Accommodate husband - a waste of space? (5)
28	Genre of films covering medical drama for those in Europe or America? (10)		

Coventry & Warwickshire Kidney Patients' Association

Post-Christmas Meal

At

The Queens Head

Bretford, Rugby, CV23 0JY



Sunday 29th January 2017, 7pm

Celebrate Christmas in the quieter season of January.

Choice of meal from the menu.

£5 off meal for CWKPA patients and carers.

Please contact Grace to book your place.

Telephone Grace: 01926 770924 / 07767015428.

Email: info@cwkpa.org.uk

CWKPA Website: www.cwkpa.org.uk

KOURIER CHRISTMAS KWIZ

© Businessballs.com 2007. Used with permission.



All the answers are a single word, related to Christmas

1	Pleased, proud puppet
2	Gum known as Olibanum, from the tree <i>Boswellia sacra</i>
3	Dickensian metaphor, mean with money
4	White marking on a horse's lower leg
5	Title of high authority, from the English 'hlafweard', meaning bread-keeper
6	Another name for the plant Sweet Cicely, from its Latin name
7	Dwarf heather <i>Vaccinium</i> sp, yielding an acid fruit
8	Originally, an English student's residence, still found in Lincoln's and Gray's
9	Genus <i>Ilex</i> , a common evergreen
10	_ _ _ _ _ thought, the old name for a wishbone
11	The end of a trumpet
12	From the English 'haligdaeg', meaning "holy day"
13	Beast of burden, <i>Equus sinus</i>
14	Name given to Jesus Christ in Isiah's prophecy
15	Verb tense, neither past nor future
16	Pre-digital TV screen 'noise' due to poor signal

SUDOKU SOLUTIONS



Easy

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

Medium

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

THE KOURIER CHRISTMAS KROSSWORD SOLUTION

From: www.alberichcrosswords.com



Set by Starhorse





ANSWERS TO THE KOURIER CHRISTMAS KWIZ

© Businessballs.com 2007. Used with permission.

1	Punch
2	Frankincense
3	Scrooge
4	Stocking
5	Lord
6	Myrhh
7	Cranberry
8	Inn
9	Holly
10	Merry
11	Bell
12	Holiday
13	Donkey
14	Emmanuel
15	Present
16	Snow

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

