

Coventry and Warwickshire Kidney Patients' Association



CWKPA

The Kidney Kourier



May 2018

Coventry and Warwickshire Kidney Patients' Association

(Charity Commission Registration Number 508587)

Committee

Grace Newman Website	01926 770924
Vivienne Dodds Secretary	02476 384061
Terry Ivens Treasurer	01926 634360
Kate Balfour	01926 403059
Mike Horton	07974 606519
Ayesha Trickett	07446 360873

CWKPA Website: www.cwkpa.org.uk

E-mail: info@cwkpa.org.uk

Facebook group: www.facebook.com/CWKPA

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

Welcome to our May edition of *The Kidney Kourier*. Usually out in June, this edition has been brought forward to enable you to opt in to future editions of our newsletter, as required by the new data protection rules.

More details are inside, but it is extremely important that you fill out the form in the centre and send it back to us if you wish to remain a member of CWKPA and receive future editions of *The Kidney Kourier*.

This is my last message as Chairman, a post which I have thoroughly enjoyed for the last five years. I am now finding myself too busy to give it the attention it deserves, but shall remain on the committee, continuing with the website and Facebook page.

At the time of writing, the AGM hasn't taken place. I hope a new Chairman has been appointed and I wish them the very best, and will support them, as will the rest of the committee.

Enjoy the summer, and I hope to see you on the KPA summer outing.

Grace x

DATES FOR YOUR DIARY

Date and time	Event	Location/notes
Sat 14th July 7.15 pm	Social Meeting Speaker tba.	Clifford Bridge Community Centre, Coombe Park Road, Coventry CV3 2PD
Sun 15th July	Summer outing to Bourton-on-the-water	For further details, see our website
Mon 30th July	Deadline date, September Kourier	
Thurs 2nd – Sun 5th August	British Transplant Games Birmingham	http://www.britishtransplantgames.co.uk/birmingham-2018/
Sat 8th Sep 7.15 pm	Social Meeting Speaker tba.	Clifford Bridge Community Centre
Sun 9th Sep	Big Fun Run , starring our renal nurses!!	War Memorial Park, Coventry

Fri 19th - Sun 21st October	NKF Conference 2018. This year's Conference will be held at the Hilton Blackpool Hotel. The theme will be 'Strength to Strength'.	Download: https://www.kidney.org.uk/assets/Uploads/InTouch/NKF-In-Touch-January-2018.pdf
Mon 29th Oct	Deadline date, Dec Kourier	
Sat 10th Nov 7.15 pm	Social Meeting Speaker tba.	Clifford Bridge Community Centre

NEWS AND UPDATES

The Kidney Kourier We are looking for a volunteer to take on the post of Editor of *The Kidney Kourier*. This includes producing the copy, getting the magazine printed, and posting it out. I would estimate that it takes me about two working days for each edition, ie about 14 hours. I can give full training to the new recruit, plus templates of the document. Please send me an email if you are interested in the post.

(kbalfoursheep@gmail.com) Thanks **Kate**

A very special date for one patient One of our patients, Patrick Healy, received a kidney transplant on 7th December 1988. This worked well for about twelve years, and then Patrick went onto dialysis for four years -

until he received a second transplant, on 7th December 2004!

PatientView App Do you use PatientView on-line to look at your blood results? If so, you may want to install the new PatientView App onto your phone or tablet. There are some additional features, so it is well worth taking a look. Whether you have an Apple iPhone/iPad or an Android, a version is available. Look at the Apple App Store or the Google App Store to find and download the app.

CWKPA Summer Outing Sunday 15th July, to Bourton-on-the-Water. This is a picturesque village in Gloucestershire - it's the perfect place for a great day out, with something for everyone. We have had an outing there before and it was enjoyed so much, we felt it certainly deserves a second visit:

Birdland Park and Gardens

Model Village

Motoring Museum

Dragonfly Maze

Places are limited, so please contact Grace on 07767015428 for more information and to secure your place. Free coach/minibus travel for kidney patients. There may be entry charges to some of the attractions. Details were limited when going to print . Please find more information on our website:

<http://www.cwkpa.org.uk/events.html>

FINANCES - with thanks to Terry Ivens

Period 1st January to 30 April 2018

Income

ASDA	£43.71
Clifton C of E School	£150.00
Gill Hillyard (cake making)	£100.00
Robin Phillips	£99.00
The Price Family	£400.00
Tachbrook Fish Bar	£28.81
Sue Womble	£110.00

Expenditure

Arts & Crafts Night	£34.39
Just Giving Fees	£73.00
Patients' Parking	£67.40
Postages	£182.55
Printing	£117.00
Stationery	£11.98
Sundries	£38.33

RENAL NURSES RUN FOR COVENTRY & WARWICKSHIRE KPA

The Big Fun Run is on at The War Memorial Park, Coventry on Sunday 9th September, 11 am.



Come along on the day if you can, and cheer on the many Renal Nurses who will be running the 5K for our charity, helping renal patients in Coventry and Warwickshire. Look out for the CWKPA sashes!

The Big Fun Run is all about having fun with no pressure. Whether you are doing it to keep fit or running for charity, the most important thing of all is to enjoy the day.

To anyone who would also like to run for us, go to the Big Fun Run website and click on 'Charity Entry', find and add us in your 'My Details' page.

Big Fun Run website: www.bigfunrun.com/coventry/

To support the nurses, find them on our CWKPA Just Giving page: www.justgiving.com/CWKPA

Thank you to all the runners and have fun! **Grace**

DATA PROTECTION - very important!

The middle pages of this edition of *The Kidney Kourier* comprise a form which all members need to pull out, complete and return, if they wish to **continue to receive communications** from the CWKPA.

If we do not receive the completed form from you, all your details will be removed from our database, and you will no longer receive *The Kidney Kourier*, nor any other notifications from the CWKPA. This is a requirement of the new **General Data Protection Regulations** (GDPR), which come into force on May 25th 2018.

The purpose of the changes is to make sure that people's data is well protected by those who hold it for mailing lists etc, so it benefits us all to ensure that we comply with this new legislation; and anyway we have no choice!

Please complete, sign and return the form to:

**Mrs V Dodds
51 Magyar Crescent
Nuneaton
CV11 4SQ**

There is also a version on the CWKPA website, or you can fill in the paper version, scan it and send the copy to:

pvdodds@googlemail.com



To comply with the new **General Data Protection Regulations (GDPR)** the Coventry and Warwickshire Kidney Patients' Association (CWKPA) requires your consent to continue to contact you on or after 25th May 2018.

To continue to receive communication from the CWKPA, including *The Kidney Courier*, please complete the form below and return it to:

Mrs V Dodds
51 Magyar Crescent
Nuneaton
CV11 4SQ

- I consent to the CWKPA contacting me by post
- I consent to the CWKPA contacting me by telephone
- I consent to the CWKPA contacting me by email

Name and title:

Address:

Tel:

Email address:

I understand that this consent is valid until I opt out, which I can do any time by informing the CWKPA (either by phone or in writing).

I understand that my personal data **will not** be shared with any third parties, apart from passing it on to the NKf so that I can receive *Kidney Life* magazine.

Signed:

Date:

OAKRIDGE GOLF CLUB

On 6th April, I attended the Captains' Handover Night at Oakridge Golf Club, near Arley. I was there to give a short talk about what our KPA does to support patients, because the new Ladies' Captain, Liz Mason, has chosen CWKPA as her nominated charity this year.

Sometimes, the Men's Captain (Paul Ward, this year) and the Ladies' Captain choose a joint charity for the year, but not this year. Liz chose our charity because her niece, Victoria, received a pancreas and kidney transplant in 2012, in Kent. This will provide a tremendous donation for our KPA, and it is very kind of Liz to choose us.



Oakridge Golf Club has a Mens' Open on 16th June, a Ladies' Open on 28th June and a Mixed Open on 16th September. Anyone interested in playing and supporting this charity, please contact Liz on 07748 377369.

Kate

A VISIT TO ARDEN HOUSE CARE HOME

This lovely care home, Arden House, situated at the top of Leamington Spa, was having an Open Day as part of Care Home Open Day. Care homes all over the UK opened their doors on 21st April. There is a different theme each year and this year the theme was 'Linking Communities'. The aim of Care Home Open Day is to enrich the lives of residents, connecting them to others in the community.

Julie, activities organiser, had arranged for various activities on the day such as music, singing and Bollywood dancing. I was invited to talk to the residents about the Transplant Games and bring along some medals to show. I gave a short talk followed by some great chats to the residents about sport and travelling, also visiting some residents (who couldn't make it to the sitting room) in their rooms. My sister works at the home, so it was good that she could introduce me to them. One gentleman said he was pleased I wasn't a relative he had forgotten about!

What wonderful characters were there. No-one had heard of the British Transplant Games but were keen to hear all about it. I was surprised to come across someone from my past living at the home very happily, now in her 90's. A lovely catch up was had. **Grace**

SUDOKU

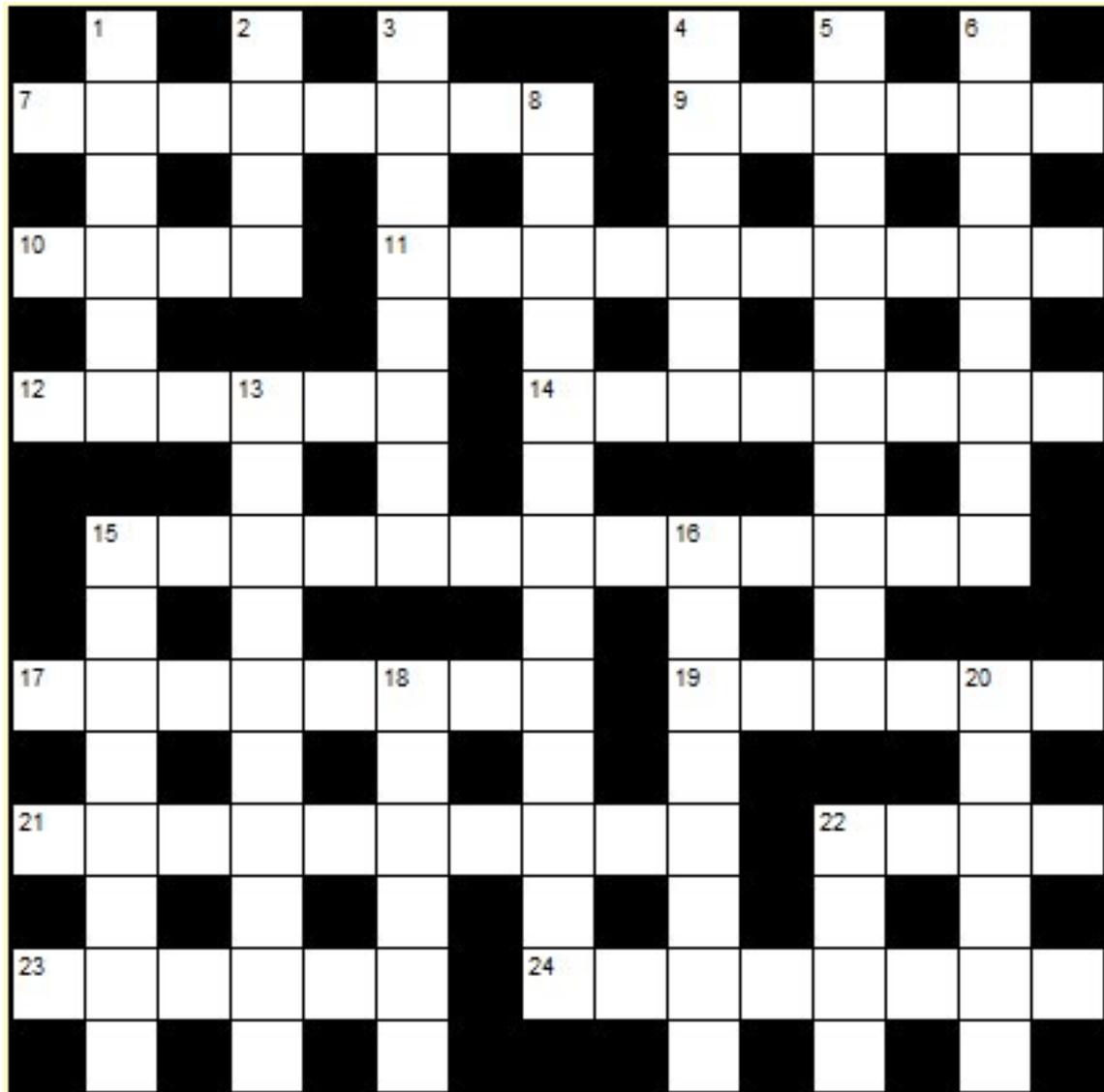
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Easy

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Medium

KOURIER KWIZ - Strictly Come Dancing
KOURIER KRYPTIC KROSSWORD
 Set by Fiddlesticks
 From: www.alberichcrosswords.com



	Across		Down
7	Poet with liquor restrained after sinking over a gallon (8)	1	Grips shrubs, heading off (6)
9	Index portfolio holding foreign transaction (6)	2	One timid and pale (4)

10	Girl at day's end for company (4)	3	Kill in haste (8)
11	Parrot copied Chopin playing, with various voices (10)	4	Moderate composure (6)
12	Agreement is a thing of little value when spoken (6)	5	On high right before row over notes gets noisily (10)
14	Flyer and his art? (8)	6	With terrible fury, lift insect (5-3)
15	Echo on gyro log changed science (13)	8	Back to steal vehicle remotes, scrambled with electrical equipment (13)
17	Spotted heroine in wood frame (8)	13	Glamorous, holding her millions, radiating warmth (10)
19	It's a girl! That'll make the paper. (6)	15	Flyers lifting whenever tourer goes round murals (8)
21	Insolence from very loud Emily, perhaps, losing head in US drama on fourth of July (10)	16	Detached, dismissed - deceitful (8)
22	Slap hysterical one of 18 down (4)	18	Alternative angers 22 across and others (6)
23	Sound of a rubber cushion that's worn? (6)	20	Snobbish - increase compassion (6)
24	Deterioration of eye problem when one mark comes back internally (8)	22	Troubles from tail-spin (4)

KOURIER KWIZ - Strictly Come Dancing

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

1	Strictly Come Dancing first aired in which year?
2	Who has presented the show from the first series onwards?
3	Claudia Winkleman who co-presents the show is the daughter of which former editor of the Sunday Express?
4	Which judge was replaced for series 7?
5	Tommy Blaize has performed which role on the show since the beginning?
6	In the second series, aired in 2004, who stood in for Tess Daly who was on maternity leave?
7	Who are the only two professional dancers to have taken part in every series up to 2016?
8	As of 2016 which professional dancer has had the most appearances in the final?
9	Which diminutive Scottish comedian stood in for Bruce Forsyth for one week in series 7?
10	Who was the American singer who acted as an additional guest judge during series 12?

SUDOKU SOLUTION

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Easy

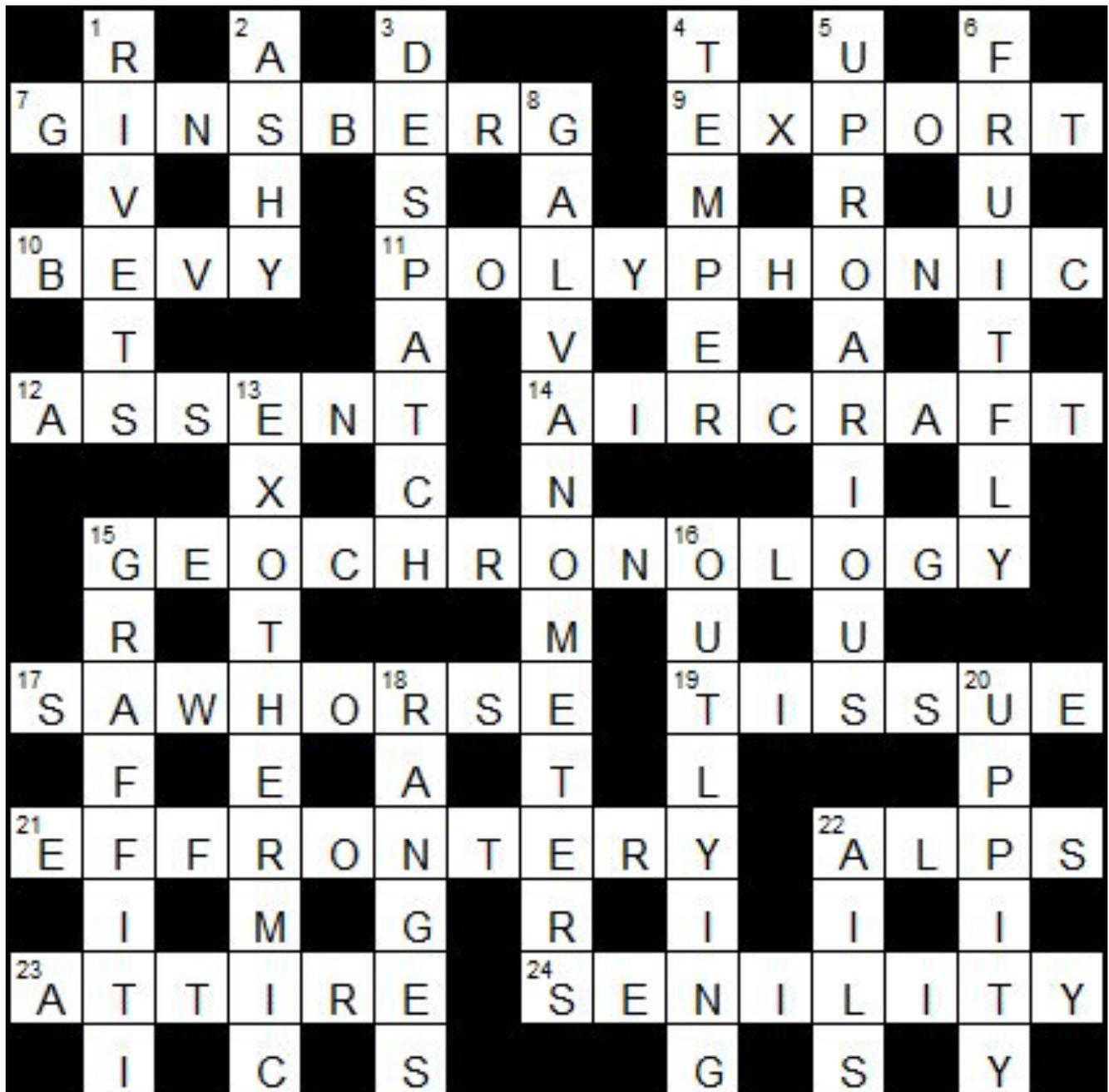
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4	2	8	1	5	3	7	9	6
6	5	7	9	4	2	3	8	1
9	3	1	6	8	7	4	5	2

Medium

THE KOURIER KRYPTIC KROSSWORD SOLUTION

From: www.alberichcrosswords.com

Set by Fiddlesticks



ANSWERS TO THE “STRICTLY” KOURIER KWIZ

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

1	2004
2	Tess Daly
3	Eve Pollard
4	Arlene Phillips
5	Singer
6	Natasha Kaplinski
7	Brendan Cole and Anton du Beke
8	Kevin Clifton
9	Ronnie Corbett
10	Donny Osmond

COVENTRY AND WARWICKSHIRE KPA

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:

- I consent to the CWKPA contacting me by post
- I consent to the CWKPA contacting me by phone
- I consent to the CWKPA contacting me by email

I understand that this consent is valid until I opt out, which I can do any time by informing the CWKPA (either by phone or in writing). I understand that my personal data **will not** be shared with any third parties, apart from passing it on to the NKF so that I can receive *Kidney Life* magazine.

Please send the completed form to:

Secretary - Vivienne Dodds
51 Magyar Crescent
Nuneaton, CV11 4SQ
Telephone - 02476 384061

Email - pvdodds@googlemail.com

