

Coventry and Warwickshire Kidney Patients' Association



CWKPA

The Kidney Kourier



September 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

DATES FOR YOUR DIARY

Date and time	Event	Location/notes
Thur 6th Sep	Organ donation information stall	10 am-4 pm, ASDA in Walsgrave
Sat 8th Sep 7.15 pm	Social Meeting, The infamous Arts and Crafts night - come along and be amused/bemused by the creations of others!	Clifford Bridge Community Centre, Coombe Pk Rd, CV3 2PD
Sun 9th Sep 11 am	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 with Speaker – Dr Dan Ford will be doing a presentation on Home Dialysis.	Clifford Bridge Community Centre, Coombe Pk Rd, CV3 2PD
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SITUATIONS VACANT



Chairman

Grace retired at the AGM in May 2018, and so the Committee is without a leader. If you feel that you could fill this important role, please contact Grace to find out more.

Editor, *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 Kate an email if you are interested in the post.

NEWS AND UPDATES

Thank you Lindy and John Harris, friends of Rebecca and Keith Baldock, have given Vivienne John's entire stamp collection. Keith and Rebecca have a collecting tin and always save stamps for us.

Thank you S Niderküst for the stamps

Organ Donation Week We will have an information stall at ASDA in Walsgrave on Thursday, 6th September 2018. Offers of help to man the stall would be greatly appreciated.

Stamps Many thanks to Val Wilkinson, Enid Colgrave, Rose Paxton, Heather Wilford, Graham Shurvinton, Brian Boniface, Stan Orton, Oaks Nursery and anonymous. This year we have made £5.00 from selling stamps.

Collecting Tin Oaks Nursery, Nuneaton £15.00.
Thank you

40 Years On The Coventry and Warwickshire Kidney Patients' Association was formed in 1979 to raise funds for the Renal Unit in the old Walsgrave Hospital. Our Association has grown and helps and supports patients, also providing social occasions where you can meet and talk to other patients. So, it's our 40th Anniversary next year. If anyone has any ideas about how we might celebrate, or would be willing to lead a group of people to organise something, please contact Grace.

REMINDER!

The Big Fun Run is on at the **War Memorial Park**, Coventry on Sunday **9th September**, 11 am. There are more than 60 runners from Renal Services who will be distinctive in their orange sashes! They are running to raise funds for CWKPA. Why not come along on the day to support them, or if you can't do that, perhaps you can sponsor one of the team. It should be great fun, as well as raising funds for our patients!



Big Fun Run website:

www.bigfunrun.com/coventry/

To support the nurses, find them on our CWKPA Just Giving page:

www.justgiving.com/CWKPA

DATA PROTECTION - very important!

This is a message to anybody who **did not** receive their September 2018 copy of *The Kidney Kourier* by email or post.

The new Data Protection legislation, which came into force in May 2018, requires that we have your permission to contact you. We sent a form out in the May 2018 copy of the Kourier for you to return, to confirm that you are happy for the CWKPA to hold your

contact details. If you did not fill in and return that form, you will not have received this September edition.

If you wish to take action now, you can download the form from the CWKPA website, and sent it to:

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

or scan the completed form and send it to:

pvdodds@googlemail.com

You will then be put back on our membership database.

Thank you

SUMMER TRIP 2018

We had a fantastic day out at Bourton-on-the-Water on the CWKPA summer outing! The minibus was quite full and the weather was beautiful. My sister Mary came with me and my two grandsons aged 4 and 6.

After we arrived, it was coffee for us and ice cream for the kids. I then headed for the model village with the boys before the midday sun, as it was outside, whilst Mary looked round the shops. Their favourite thing, besides the model church, was the upside-down periscope. They could see all over the village but most importantly, I could see them!

We met up with Mary and spotted some fishing nets with extendable handles. So, socks and shoes off, the boys spent a happy time in the water with their nets. They didn't catch any fish, but made friends with other children and dogs enjoying the water too.



Getting hungry, finding somewhere to eat that didn't have long queues was proving tricky so we walked to the end of the main area and had a lovely welcome meal in a public house.

'Brum' was next on the list of attractions to see in the Motor Museum. This famous little car from the TV series lit up the boys faces as well as his eyes. We enjoyed the museum, which is a lot bigger than it looks. By now we were getting tired but just had enough time to look in a few gift shops and enjoy an ice cream to cool us down before heading back for the minibus.

We had a lovely journey with Steven as our driver, volunteering with Back and 4th community transport. A big thank you to them. **Grace**



CWKPA members on the Summer Trip

CHOCTOBER RETURNS!



KIDNEY PATIENTS UK

Charity No 1106735

Supporting Kidney Patients

This October we are
giving up chocolate

TO RAISE MONEY FOR KIDNEY PATIENTS

They have to live without
chocolate all year round but

**could you give it up
for just one month?**

**To receive
a Choctober
fundraising
pack**

please email
fiona@kidney.org.uk
or call 01909 544999

Please join us!

Donate to the NKF by texting **CHOC03 £3** to **70070**

NKF: COOL TIPS FOR HOT WEATHER

When you are on **DIALYSIS** drinking more is not the best way to stay cool. Check out these ideas that might help you to keep cool:

- Salt makes you thirsty – to help control your thirst, limit the salty foods you eat
- Snack on low potassium vegetables and fruits that are ice cold, like chilled sliced pears, apples, grapes or strawberries
- Try freezing berries or grapes for a cold, refreshing snack
- Sip your drinks slowly. Sipping will let you savour the liquid longer
- Use small cups or glasses for your drinks
- Freeze your allowed water in an ice cube tray
- Freeze grapes, apple or cranberry juice in an ice cube tray
- Try swallowing pills with cold apple sauce instead of liquid
- Wet or freeze washcloths to put on your neck to keep you cool
- Place a bowl of ice in front of a fan to help cool the air
- Always wear a hat when out in the sun
- Wear loose and light cotton clothing

Drinking more fluid than usual may cause fluid overload.

BIRMINGHAM 2018 - British Transplant Games

The British Transplant Games is held every year, and aims to demonstrate the benefits of transplantation, encouraging transplant patients to regain fitness, whilst increasing public awareness of the need for more people to join the NHS Organ Donation Register and discuss their wishes with their families. Those taking part also seek to thank and celebrate donor families and the gift of life. So it was The Coventry and Warwickshire Transplant team made only a short hop over to Birmingham for this year's BTG, which was the biggest ever with over 1,000 athletes participating and over 3,000 attending as the 2018 Games family.



The first day had one team member, Rob, win a silver in Archery and another, Vince, win a bronze in Volleyball, before the Games' official opening.



This started with the Athletes' Parade from Birmingham Town Hall to Symphony Hall for the Opening Ceremony, which was televised on ITV. The teams were led into Symphony Hall to applause, loudest for the hosts, Birmingham, and especially for the Donor Families to whom we owe so much. Those present were entertained by Bhangra Dancers and by Jasper Carrott, whose daughter, Lucy Davis, received a kidney transplant from his wife 20 years ago, since going on to lead a full life as an actress. The event also marked the setting of a new world record, for the greatest number of transplant recipients in one gathering. It had been about 400, but is now 723 - we are now in the Guinness Book Of Records. It is great to be a record breaker

The Games then continued over the following 3 days, centered around the campus of Birmingham University

where most competitors stayed. Friday had the Table Tennis (Grace won Gold), Tennis (Vince achieved a Bronze), with Golf (Rich), Cycling (Declan), Ten Pin Bowling and Darts also featuring.

Saturday had Badminton in the morning (Vince achieving a Silver whilst Ayesha and Grace were unlucky not to win a medal). The afternoon was in the Swimming Pool, which for Ayesha and Declan were uneventful. The Donor Run (3km or 5km) was run within the University Campus, ending with a barbecue.

Sunday was a full day at the Athletics, hosted at the Alexander Stadium on its last big meeting before closing for redevelopment for the 2022 Commonwealth Games, with the Games winding up at a Gala Celebration at Symphony Hall, which included the handover of the BTG flag to the city for next year's Games, to be held in Newport.

Anyone who would might like to join the team, or would like to know more, can contact Declan Logue (declan.logue@gmail.com) or Ayesha Trickett (ayeshiebella@yahoo.co.uk). The 2019 British Transplant Games will be in Newport, and in 2020, the Games come to Coventry & Warwickshire. It's coming home join us.

<http://www.transplantsport.org.uk/>
<http://www.britishtransplantgames.co.uk/>

MAX'S LAW - THE NEW OPT-OUT SYSTEM OF ORGAN DONATION

Organ donation saves lives - and improves the quality of life. Following the campaign by a national newspaper to save the life of a boy called Max Johnson, who needed a heart transplant, a new organ donor system was announced by the Government a year ago - to be known as "Max's Law".

This new law will mean that everyone over 18 will be expected to donate their organs for transplant when they die, unless they actively register their wish not to do so.

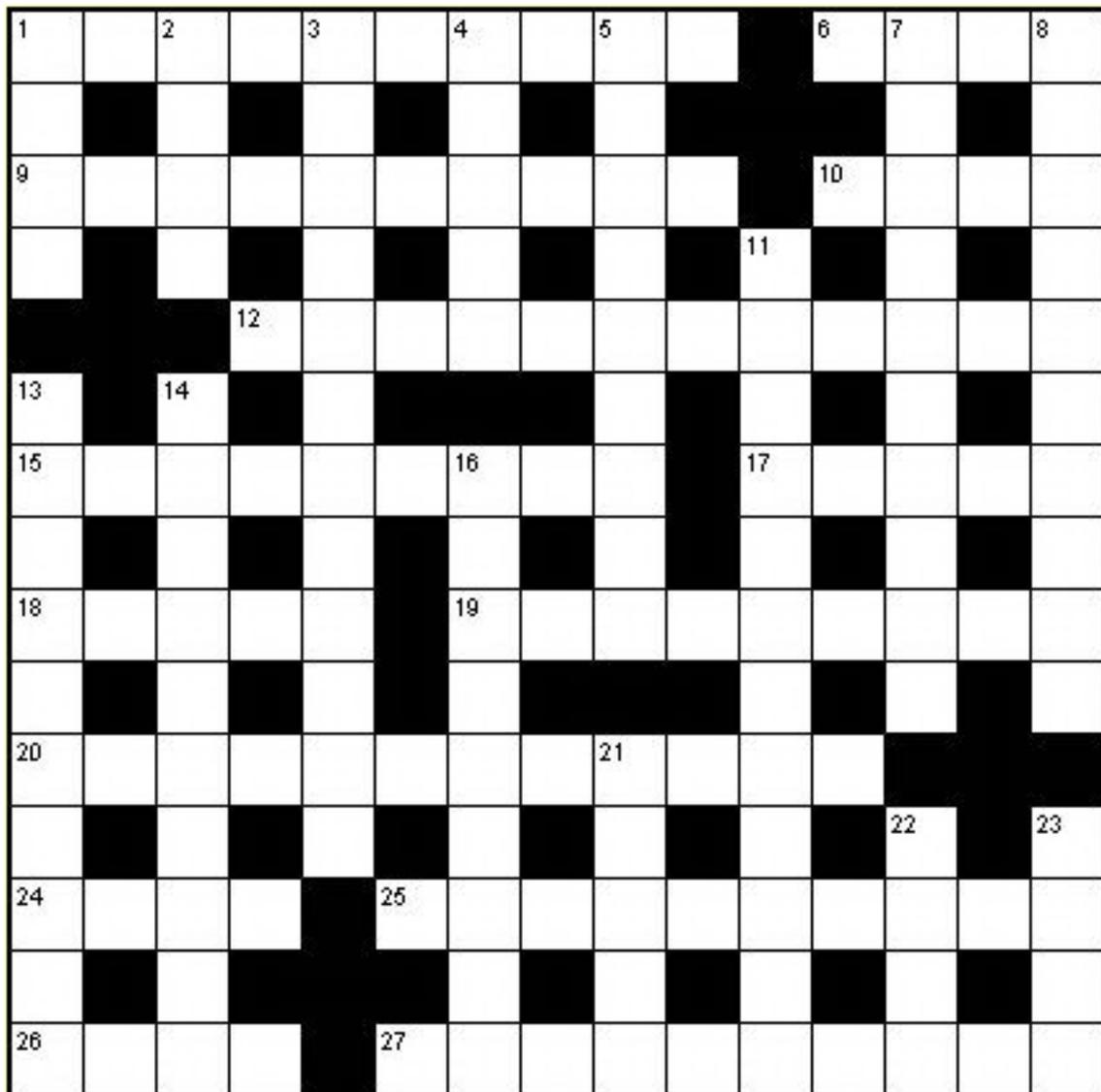
Those who do not wish to donate can record this on the NHS register either online, by phone or on an app to be released by the end of the year.

Following a nationwide consultation, the legislation for Max's Law will return to Parliament in autumn 2018. Ministers say the changes will be in place within two years. Under-18s, people with limited mental capacity and others who have not lived in England for at least a year prior to their death will be exempt from the scheme.

This is a welcome development for patients and all those involved in renal health matters. **Kate**

KOURIER KRYPTIC KROSSWORD

Set by Alberich From: www.alberichcrosswords.com



	Across		Down
1	Came across a record concerning journalists (10)	1	Pretty girl gets some food (4)
6	Language of old city belonging to the French (4)	2	Animal found in sea location (4)
9	They'll get wrongly blamed for heading off escape by animals (10)	3	Fat little Edward is biased (12)

1 0	There's potato in Mum's pudding (4)	4	The First Lady touring Oklahoma will awaken memories (5)
1 2	Style of cooking providing contrasts (5-3-4)	5	The thresholds of delights (9)
1 5	Country-loving Irishman in charge of containing disturbances (9)	7	Heartless robbers go off with a pet. The villains! (10)
1 7	Giving note to terrorists makes one angry (5)	8	Below, below, below (10)
1 8	One who latches on to another is a sucker (5)	11	Managed to get clergyman in dead awkward situation (12)
1 9	Sailor's intent perhaps is to be self-restrained (9)	13	They are seeking work after demolition of aspic plant (10)
2 0	A comment sure upset in due proportion (12)	14	Steam railway takes on head of Railtrack to improve efficiency (10)
2 4	Man told to get on his knees? (4)	16	To perform in a different key, one's parts must be rearranged (9)
2 5	Boundary rope may produce such a decision (10)	21	Went on horseback round cowboy show (5)
2 6	E.g. Dogs returning from walk	22	Junk mail from the capital (4)
2 7	Not quite one's best friend on the ship (6,4)	23	Nothing but a lake (4)

KOURIER KWIZ - General Knowledge

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

1	At which British theme park might you find Oblivion and Nemesis?
2	Which 'G' are waterfowl commonly associated with Canada?
3	What is the capital of the Falkland Islands?
4	Which 'C' is the tenth astrological sign of the zodiac?
5	The First World War 'Battle of the Somme' took place in which country?
6	Which 'C' was a 19th century Polish composer?
7	Betsy Ross is widely credited with making the first what in 1876?
8	Mike Kerr and Ben Thatcher make up which British rock duo known for their single 'Little Monster'?
9	Which English football club used to play their home games at Highfield Road?
10	Which car company are known for their models Focus, Puma and Sierra, amongst others?

THE KOURIER KRYPTIC KROSSWORD SOLUTION

From: www.alberichcrosswords.com

Set by Alberich

1	D	I	2	S	C	3	O	V	4	E	R	5	E	D		6	U	7	R	D	8	U	
	I		E		V		V		N								E				N		
9	S	C	A	P	E	G	O	A	T	S						10	S	P	U	D			
	H		L		R		K		R					11	A		R				E		
					12	S	W	E	E	T	A	N	D	S	O	U	R						
13	A		14	S		E					N		M		B						N		
15	P	A	T	R	I	O	T	I	C					17	I	R	A	T	E				
	P		R		G		R		E					N		T					A		
18	L	E	E	C	H					19	A	B	S	T	I	N	E	N	T				
	I		A		T				N					S		S						H	
20	C	O	M	M	E	N	S	U	R	A	T	E											
	A		L		D		P		O		E					22	L				23	M	
24	N	E	I	L					25	B	O	R	D	E	R	L	I	N	E				
	T		N						S		E		E			M						R	
26	S	T	E	P					27	S	E	C	O	N	D	M	A	T	E				

SUDOKU

Easy

SOLUTION

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

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

Medium

ANSWERS TO THE KOURIER KWIZ

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

1	Alton Towers
2	Geese
3	Port Stanley
4	Capricorn 
5	France
6	Chopin
7	American flag
8	Royal Blood
9	Coventry City 
10	Ford

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