

Coventry and Warwickshire Kidney Patients' Association



CWKPA

The Kidney Kourier



December 2017



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
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 winter newsletter.

Thank you, Kate, for putting together *The Kidney Kourier*. Kate is always looking for items of interest so please continue to send her your news, stories, photos, tips etc for our readers.

I'd like to welcome Ayesha Trickett to our committee. Ayesha is a transplant patient who has not long moved back to the area. Welcome back Ayesha, we are thrilled to have you join us. If any of you would like to become more involved with the KPA, please contact one of the committee - details on the inside of the front cover. We are also looking for a Chairman from May 2018 as I am stepping down, but still staying on the committee. If you have good judgement, like to organise things and can keep us all in order, please let us know. We need you!

By now the CWKPA November Arts & Crafts Social meeting will be over. If you are online, do look on our Facebook page to see all the wonderful Dreamcatcher creations: www.facebook.com/CWKPA

CWKPA is here to support local kidney patients. We would like to hear from you if we can help in any way. I wish you all a very Merry Christmas and a Happy, Healthy New Year. **Grace x**



DATES FOR YOUR DIARY

Date and time	Event	Location/notes
Sat 3rd Feb	CWKPA post-Christmas meal	Queen's Head, Bretford, CV23 0JY, 7.00 pm
Sat 10th March	Social Meeting. Speaker tba.	Clifford Bridge Community Centre, Coombe Park Rd, Coventry CV3 2PD 7.15 pm
Sat 7th April	NKF KPA Day. (including NKF AGM)	Glebe Hotel, Church Street, Barford, CV35 8BS 10am to 4pm
Sat 12th May	Annual General Meeting	Clifford Bridge Community Centre, as above
Sat 14th July	Social Meeting. Speaker tba.	Clifford Bridge Community Centre, as above
Sat 8th Sept	Social Meeting. Speaker tba.	Clifford Bridge Community Centre, as above
Sat 10th Nov	Social Meeting. Speaker tba.	Clifford Bridge Community Centre, as above



Season's Greetings

and a big old THANK YOU to
all renal staff at UHCW who
keep us well. We all appreciate
everything that you do for us,
this year and every year.



NEWS AND UPDATES

Organ Donation Day Thursday, September 7th, saw Grace, Jean and Kate manning (womanning?) the stall at the ASDA store in Walsgrave. Once again, we had a good day - we spoke to a number of renal patients, and several people who knew a friend or family member who had recently had a transplant.

We gave out many leaflets about transplantation and organ donation, and answered a lot of questions.



Stamps Thanks to Brian Boniface, Eve Mavis Blenkinsopp, Claire Goodman and anonymous.



Survey Kidney patients in the UK are being asked for their thoughts on patient choice and dialysis in an anonymous survey by Stand Agency. This survey is supported by the NKF. There was an incentive (the chance to win £100 of Amazon vouchers) but that expired on 30th October 2017.

You can answer the survey here:

<https://goo.gl/zQniE1>

Finances This includes the finance details for September and October:

Income

ASDA - organ donation day	£91.05
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Expenses

Parking fees	£24.90
KPA conference	£190.00
Diabetic patches	£200.00
Just giving fees	£36.00

Presumed consent The Prime Minister announced on 4th October 2017 that the government will be considering the possibility of a presumed consent/opt out system for organ donation in England. See the NKF Website for further details, and item 2 on the following page about this year's NKF Conference.



NATIONAL KIDNEY FEDERATION (NKF) CONFERENCE, OCTOBER 2017

I attended this year's NKF Conference at the Hinkley Island Hotel, Hinkley (now refurbished and renamed Jury's Inn Hinkley Island Hotel) with John Bell, and we both agreed that it was excellent and really worth attending. The NKF is the largest kidney charity in the UK and is run by kidney patients, who campaign to improve provision for kidney patients in parliament and the NHS.

The speakers were excellent with a varied programme: the NKF update, an update on transplant numbers, an essential guide to renal social work, the Renal Registry update, shared haemodialysis care, the Altruistic Donation process and a patient's renal journey. Look out for the report in the next edition of *Kidney Life*.

Items of note:

1. Patients are asked to alert the NKF if there is any suggestion of paying for dialysis transport. There has been one case in Cornwall which the NKF has managed to stall, at the time of writing.
2. In early 2018 there will be a consultation in Parliament on changing the Organ Donor register so people must actively opt out if they do not wish to be donors. As yet, it is too early to review the outcome of the change in Wales. Whatever your views on this, the NKF encourage you to engage and have your say.



3. Look at the UK Renal Registry, which collects various renal information, and see how your hospital is performing:

<http://www.renalreg.org>

During the day we were well looked after, with refreshments and food. The broccoli soup especially was amazing!

There was a trade exhibition where we could chat to different stall holders and pick up leaflets and goodies . The NKF has an enormous selection of leaflets, updated regularly by medical professionals. A few I picked up were: *Can Kidney Patients Eat Fruit and Vegetables?*, *Staying Fit with Kidney Disease*, *Top Tips for Dialysis Survival* and *Renal Patients and Alcohol*. Do phone the free NKF helpline for help on any renal subject on:

0800 169 09 36

I recommend this conference to any kidney patient, it is very friendly and informative. Look out for it next year.

Grace

Thanks to Grace for this interesting summary of the conference. Ed



TIME TO MAKE THE CHRISTMAS CAKE . . .

Ingredients:

1 cup of water
1 tsp baking soda
1 cup of sugar
1 tsp salt
1 cup of brown sugar
lemon juice
4 large eggs
lots of nuts
1 bottle Vodka
2 cups of dried fruit

Sample the vodka to check quality. Take a large bowl, check the vodka again. To be sure it is the highest quality, pour one level cup and drink.

Repeat.

Turn on the electric mixer. Beat one cup of butter in a large fluffy bowl.

Add one teaspoon of sugar. Beat again. At this point it's best to make sure the vodka is still OK.

Try another cup just in case. Turn off the mixer.



Break 2 eggs and add to the bowl and chuck in the cup of dried fruit.

Pick fruit off floor.

Mix on the turner.

If the fried fruit gets stuck in the beaters pry it loose with a screwdriver.

Sample the vodka to check for consistency.

Next, sift two cups of salt. Or something. Who cares?

Check the vodka. Now shift the lemon juice and strain your nuts.

Add one table. Add a spoon of sugar, or something. Whatever you can find.

Grease the oven and wee in the fridge. Turn the cake tin 360 degrees and try not to fall over.

Don't forget to beat off the turner.

Finally, throw the bowl through the window, finish the vodka and fall into bed!

CHERRY MISTMAS!



SAVING ENERGY IN THE HOME

by Judy Best, National Energy Action (NEA)

Energy Efficiency

This is about two things: keeping heat in the home and having efficient appliances. Appliances include your boiler and all your electrical appliances; the most efficient appliances are A-rated under the present system.

Tariffs

With any energy company, the standard tariff, paid by Direct Debit, will be the most expensive. If you do not want to spend too long shopping around, it is a good idea to go for the one-year fixed tariff and at the end of the year, look around again.

You need to know how many kilowatts you use in a year to compare tariffs. Older people can get help from the NEA to switch their tariff.

Free offers

EON is still offering free cavity wall installation. If you are interested in this, phone and ask for the Energy Efficiency Department.

Priority Service Register

The larger energy companies, and Severn Trent Water, offer this. You should be on this register if you are ill or find it difficult to get about - or if you are on home dialysis! For example, Severn Trent will deliver water to you if there is a stoppage, and meter men from the power companies will knock and wait if they are aware that it takes you a while to get to the door.



Problems with paying bills

Energy and water companies can offer to help by setting up a payment plan for you. The larger ones also have trust funds which are available to help pay bills for people who are in financial difficulty. New boilers can also be provided.

Some companies have a habit of reducing Direct Debit payments in the summer and then raising them in the winter. It is a good idea to keep an eye on this, and allow for the fact that if your Direct Debit does go down in the summer it may well go up again when the colder weather comes.

Warm Home Discount Scheme

This is available for people on PIP, DLA and ESA and also those on Pension Credits or with an children under the age of 5 years and income which is less than £16,100 per annum. A sum of £140 is credited to your electricity account, one payment per year. This is not offered by the small energy companies but is by the larger ones. If under pension age you must phone your supplier each year.

Worried about a forgetful relative?

You can obtain a locking cooker valve which will prevent someone using the cooker in your absence, and perhaps causing an accident. This is a free, nationwide service:

<https://www.sgn.co.uk/Safety/Locking-Cooker-Valve/>

What is a Smart Meter?

This is a meter display which you have in your home and which shows how much gas and electricity you are using at any one time. These are provided free of charge by energy suppliers,



and every household should have one by 2020. Eventually, the Smart Meter will automatically send meter readings to the energy companies.

The Big Difference Scheme

This is a way of reducing your water bills if you are on a low income. You can go to the Severn Trent website, or phone them and they will post you a form, or you can ask NEA to apply on your behalf. You do not have to give any personal details until they have checked your income details to see whether you qualify.

Safety

It is very important to have your gas appliances serviced every year, for safety. This should include your boiler and any gas fires that you have.

Condensation

Many people tend to only heat the room in which they spend most of their time. If other rooms are left unheated, condensation may develop. It is a good idea to provide some background heating in all rooms, to prevent this.

Thanks to Judy for coming along to our September meeting and giving us a great presentation about saving energy, and all the help that's available. Ed



SUDOKU

Easy

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

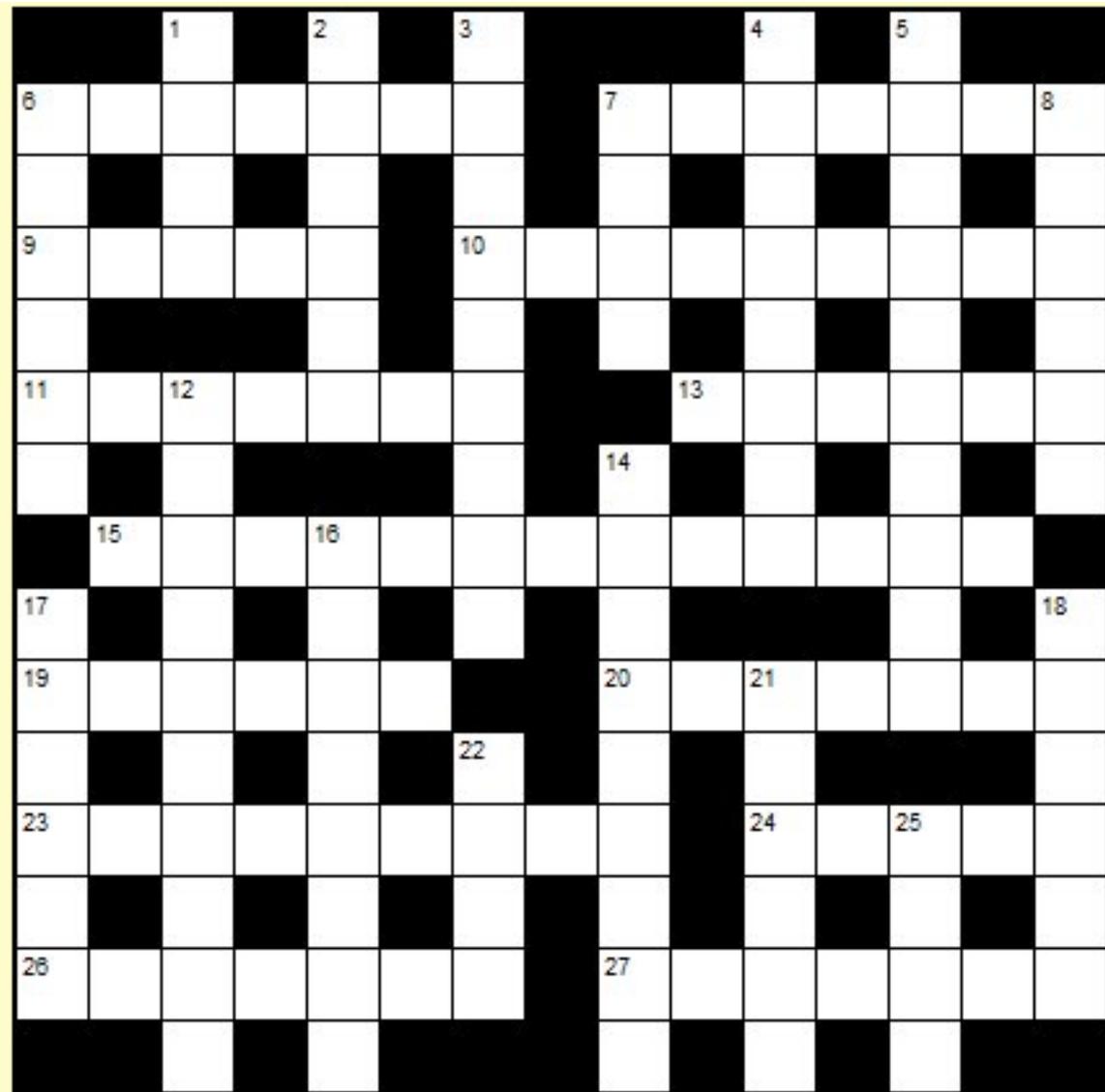
Medium

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



KOURIER KROSSWORD - Set by Laccaria

From: www.alberichcrosswords.com



	Across		Down
6	Warning of lower approach? (7)	1	Girl in London sheds tear, sadly (4)
7	Please make space for singing! (7)	2	Act stupid and leave (4,2)



9,	11, 24 Internet advice, repeatedly told here, often wrong! (2,3,4,3,5)	3	Virtual favourite appearing in even more risqué programme (4,5)
10	Politician I kidnapped in Morecambe has metal, according to evidence (9)	4	Ran rides carelessly, trapping dog (8)
11	See 9	5	Quite cold after pussy stays inside for her job, maybe (3-7)
13	Old gown, with both sides not joined up, worn by high-flyer (6)	6	Set down means of payment – provided you start! (6)
15	Harry held the ring out for 16 (4,9)	7	Show old chamber, briefly (4)
19	I note traitor coming back before Spanish town (6)	8	Ploughboy appears before the Queen (6)
20	Backroom guys get “Dead Parrots”, say, about right!	12	This knocks out friend having taken drug, very delicately (10)
23	Where to study shell enclosing vessel and hopper (9)	14	Crooked mitre? Need to fix! (9)
24	See 9	16	Character in Géricault work is skilled person taken to the guillotine (8)



26	Bad loser takes article to city (7)	17	Elaborate work has magic left out – up to a point (6)
27	More than one imbecile votes against apprehending old criminal (7)	18	Relief after reading footnote in book (6)
		21	Supporter with two little boys (or is one of them a girl)? (6)
		22	Ministry's men on scooters? (4)
		25	Place to take off is just right for new starters (4)

IT'S CHRISTMAS CRACKER TIME AGAIN!

- Philip looks out of the window on Christmas Eve: “That's some reindeer”, he says. The Queen replies: “63 years. Yes, that is a lot.”
- What's the difference between the clementine in your Christmas stocking and Donald Trump? Nothing, they're both a little orange.
- What do you get if you cross Donald Trump with a Christmas Carol? O Comb Over Ye Faithful.



KOURIER KWIZ - It happened in December

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

1	Who, in December 1955, was arrested for refusing to give up her seat to a white man in Montgomery, Alabama?
2	In 1941, The Imperial Japanese Navy made a surprise attack on a harbour in which U.S state?
3	Militant abolitionist leader John Brown is hanged for his raid on the arsenal at which town in West Virginia?
4	In 1988 who became the first woman to head the government of an Islam-dominated state when she became Prime Minister of Pakistan?
5	Which American outlaw committed his first known bank robbery in Gallatin, Missouri in 1869?
6	In 1995, The European Court of Justice ruled that footballers in the European Union are free to transfer from one UEFA Federation to another at the end of their contracts. What is the ruling known as?
7	Who became Lord Protector of the Commonwealth of England in 1653?
8	Whose controversial play, A Doll's House, premiered at the Royal Theatre in Copenhagen, Denmark in 1879?
9	In 1612 who became the first person to observe the planet Neptune?
10	Which Archbishop of Canterbury was slain in his own cathedral in 1170



SUDOKU SOLUTION

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

Easy

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

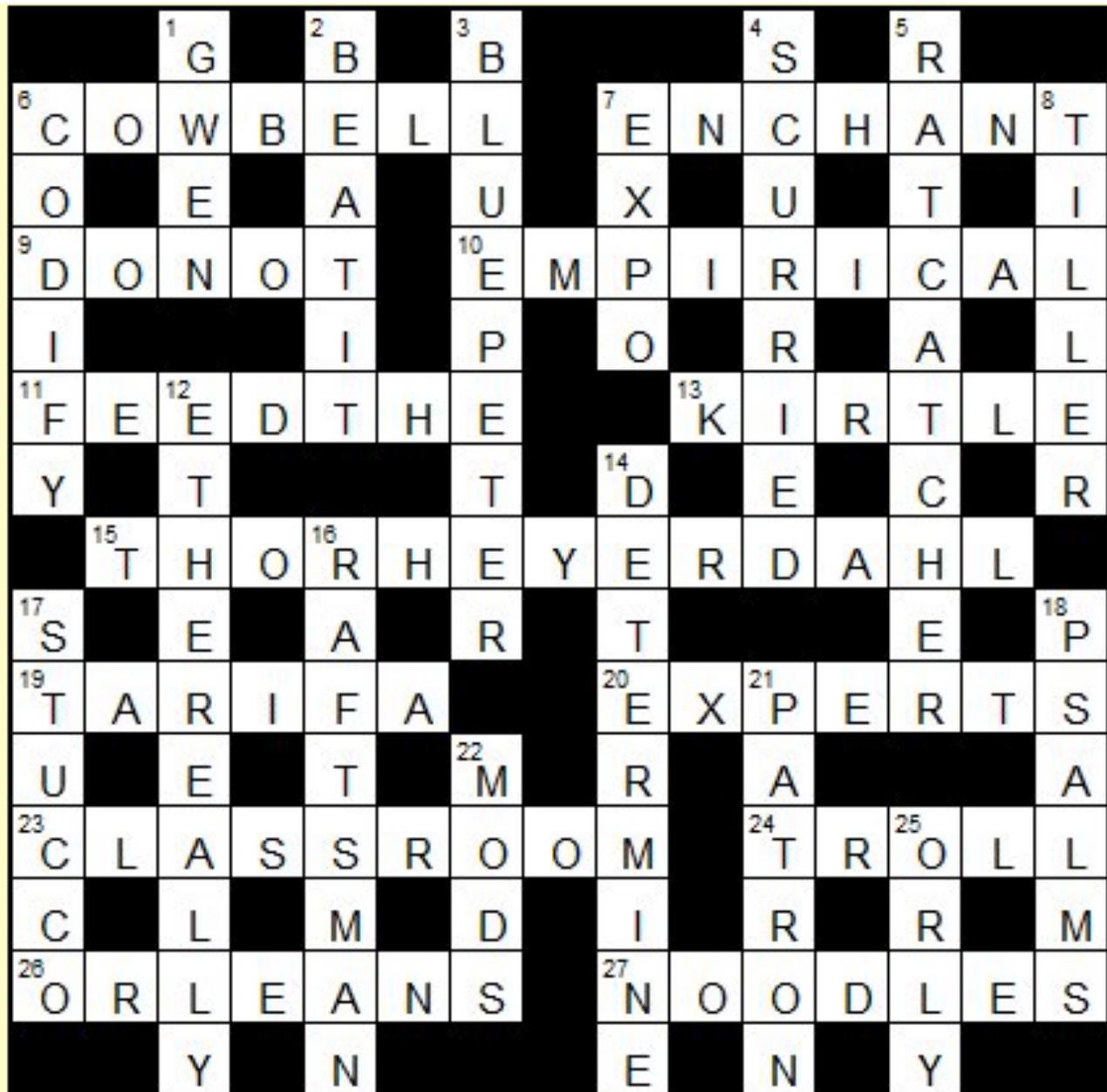
Medium



THE KOURIER KROSSWORD SOLUTION

From: www.alberichcrosswords.com

Set by Laccaria





ANSWERS TO THE KOURIER KWIZ

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

1	Rosa Parks
2	Hawaii
3	Harpers Ferry
4	Benazir Bhutto
5	Jesse James
6	Bosman ruling
7	Oliver Cromwell 
8	Henrik Ibsen
9	Galileo
10	Thomas Becket



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

