



KIDNEY MATTERS

The Newsletter of the Q.E.H.K.P.A. May 2011

Registered Charity No.513446

Visit www.kidneymatters.co.uk

Queen Elizabeth Hospital Kidney Patients' Association

World Kidney Day 10th March 2011



The picture above is of the Queen Elizabeth Hospital Kidney Patients' Association stand with our Treasurer, Len Ingram, and on the right is the stand put on by the staff of the Renal Unit.

The day enabled many patients and visitors to find out how the K.P.A. can help and support the Hospital and Renal Patients. It was also a good opportunity for staff members to find out more about the support organisations.

Patient Holiday for those on Dialysis

In the last magazine we reported about the patient holiday in 2010 and what a great success it was.

The holiday is open to any dialysis patient from the Q.E.. The costs, details of dates and where they will be going this year will be available soon, so ask for details from your unit. It is a good opportunity for patients to gain confidence in having a holiday abroad.

Two members of staff from the Q.E. accompany the group so that they can give support to you while you are away from home.

Don't forget to ask at your unit for details or contact the K.P.A..

The K.P.A. supported World Kidney Day this year by taking part in an Open Day organised by Birmingham Link. The day was to enable hospital based support organisations to promote their group and how they are able to help and support patients. The day was a success with over 23 organisations present. The event took place in the new atrium of the Hospital.



It's A.G.M. Time

Wednesday 8th June is the Annual General Meeting of the Queen Elizabeth Hospital Kidney Patients' Association. All renal patients, carers and staff are welcome to attend. Why not come along and meet the committee, find out what we do and have your say. We would be pleased to meet you. The meeting is informal and friendly and we are all patients and carers. The meeting starts at 7.30 and is held in the seminar room by the old main entrance of the (old) Queen Elizabeth Hospital. See details on page 2.

Look forward to meeting you.

K.P.A. meetings are held at the (old) Q.E. Hospital on the 2nd Wednesday of each month at 8.00 pm in the seminar room (next to the Boardroom).

EVERYONE IS WELCOME. SUPPORT YOUR K.P.A..

NOTICE

Queen Elizabeth Hospital Kidney Patients' Association

ANNUAL GENERAL MEETING

Notice is hereby given that the Annual General Meeting of the
Queen Elizabeth Hospital Kidney Patients' Association
will be held in the Seminar Room of the (old) Queen Elizabeth Hospital Administration block
on Wednesday 8th June 2011 at 7.30 p.m.

AGENDA

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|----|---|----|------------------------------------|
| 1. | Apologies for absence | 5. | Treasurer's report |
| 2. | Minutes of the last A.G.M. held
on 9 th June 2010 | 6. | Election of Officers and Committee |
| 3. | Matters arising | 7. | Appointment of Auditors |
| 4. | Chairman's report | 8. | Any other business |

For and on behalf of the Association **Joan Ingram, Secretary**

NOMINATION FORM

You may nominate a different person for each office or just one nominee for a specific office. Note that patients' families are eligible for election.

OFFICE	NOMINATION	PROPOSER	SECONDER
Chairman			
Vice Chairman			
Secretary			
Treasure			
Committee Member			
Committee Member			
Committee Member			
Committee Member			
Committee Member			
Committee Member			

Please return to the Secretary, or bring to the A.G.M.

Joan Ingram. Secretary Q.E.H.K.P.A. 6 Cremorne Road, Sutton Coldfield, West Midlands. B75 5AW

Liz Robinson's sponsored bike ride for the K.P.A.



The trip takes 19 weeks and goes through 13 countries. It starts in Anchorage, Alaska in early August and finishes in Buenos Aires on 14/15th December 2011. Temperatures on the trip range from the arctic conditions of Prudhoe Bay to some of the hottest regions on the planet in the Atacama Desert. Highlights along the road include Old faithful in Yellowstone Park, The Grand Canyon, Panama City, and Machu Pichu.

This is the bike I will be using to do the Trans Am trip. It's a BMW F800GS bought on e-bay in 2009 when it was three months old with 2500 miles on the clock. It now has 16,000 miles on the clock and will return from the trip with over 40,000 miles completed. I've made a few changes to the bike including a more comfortable seat! The bike will be flown out to Anchorage in mid July ready for the start of the trip at the beginning of August.

Fundraising at Sainsbury's Walsall

Thanks to the generosity of Sainsbury's Walsall, the K.P.A. will be organising a Tombola and collection on Saturday 4th June from 10.00 am onwards. This has become a bi-annual event and an important part of our fundraising.

If anyone would like to give prizes for the Tombola or help on the day for an hour or so, your support would be welcome. Please contact Len Ingram. His details are on the back page.

Queen Elizabeth Hospital Renal unit Team-building Weekend

The K.P.A. is supporting a project being organised by the Hospital to support young people with their transition from the Children's Hospital to being treated at the Q.E..

This is a challenging time for young renal patients aged 16 to 18 who are leaving school or deciding what to do and having to deal with dialysis or transplantation. The addition of changing hospital with new staff, Doctors, systems etc, can be very daunting as patients get very comfortable with their patterns of treatment at the Children's Hospital.



So the team who work with young patients at the two Hospitals is organising an away weekend later this year which the K.P.A. and the U.H.B. charities are funding. This is a great way for these youngsters to get to know each other and some of the staff that they will be treated by at the Q.E.. We supported a similar project last year and everyone who took part agreed it was a great success

Some of the objectives of the weekend are to:-
Instil the importance of teamwork; Develop communication skills;
Develop planning and decision-making; Highlight the importance of problem solving skills and to bond the group and have fun.

The generosity of all those who have supported our fundraising in past months has enabled the K.P.A. to support this project.

Enjoy Barbeques on a renal diet

As a renal patient, you may feel that you cannot always enjoy your food and sometimes do not know what you can and cannot have. As the summer season is upon us, we have put a few recipes together that we hope will give you some ideas for barbeques. If you like to have a "no fuss" barbeque you can always buy sausages, beef burgers, chicken portions or lamb/pork chops. If you want to be a bit more adventurous we have included a couple of recipes below for you to get started with.

As the potassium content of the dishes may be higher than usual we recommend you avoid potatoes and have rice, pasta, bread such as pita bread, French sticks, tortillas or ciabattas instead.

Your intake of salt can also be increased at barbeques due to sauces, dressings and any additional salt added to the food. This can make you thirsty and will increase the chance of drinking too much. If it is your barbeque, ensure you do not add salt to things like rice and pasta and make sure you do not add any to your food. If you are the guest, then avoid adding salt to your food and limit the sauces you have.

Remember your phosphate binders as your intake of meat/fish/chicken tends to be higher at barbeques.

Be careful of your fluid intake, take sips to make drinks last, use ice cubes, avoid excess salt.

Glazed Lamb Chops

4 Lamb chops
50g butter or margarine
2tbsps honey
2 tsp wholegrain mustard
Pepper

Method:

Beat the butter/margarine until pale and creamy
Beat in the honey, mustard and pepper to form a paste
Brush this mixture over the chops, and place in fridge for about 1 hour
Place on the BBQ until cooked throughout

Fish Kebabs

Serves 3
1 lb firm white fish
1/2 cup plain yoghurt
6 cloves garlic, peeled

1 fresh ginger root, peeled, cut into 1-inch pieces
1 tablespoon garam masala
1 tbsp ground coriander
1 teaspoon cayenne pepper
1 lemon, cut into wedges
2 hot green chilli peppers seeded

Method: Cut the fish into 1-1/2 inch cubes. Put about five pieces on each skewer. Make a paste from the yoghurt, garlic, ginger, garam masala, coriander and cayenne pepper. Spread mixture on fish and refrigerate. Leave for 2 hours. Remove from refrigerator and grill for 10 minutes or until fish flakes easily with a fork. The skewers can be sprinkled with a little oil during cooking, if required. Garnish with the lemon and fine rings of green chilli pepper.

Our Thanks

We have received a number of donations from families and friends of loved ones who have sadly passed away. The K.P.A. extends its deepest sympathy to all the families at these difficult times. Your donations are used to help support patients and the Hospital and we thank you for your generosity at this time.

Patient Transport

The K.P.A. has been actively involved with the Patients Transport providers and U.H.B. for many months to find ways to improve the service that dialysis patients receive and to try and ensure that the service that should be delivered is delivered. The K.P.A. has the full support of the Hospital in seeing as good a service as possible is delivered to patients who use this service 3 times a week for many years.

To help us with this project, we would be grateful for your opinions and experiences with the service you receive. Please e-mail me on flintnf@aol.com or contact me by phone or letter. My details are on the back page. If you wish, your name and details will not be disclosed.

From the Chairman

On behalf of the K.P.A. I would like to thank all those patients and friends of the K.P.A. who have supported us over the past months with fundraising events. These include stalls at fetes, car boot sales, dances and parties. We have also received very generous donations from patients who have chosen not to have presents on special occasions but instead make a donation to our fund.

Without this support we would not be able to support patients and the Hospital. The area and the number of patients the K.P.A. covers is very large with over 2200 patients either on dialysis or with a transplants from all over the Midlands and our own fundraising capacity is limited, so a big thank you to everyone for your help and support.

Should you wish to help, please give me a ring or e-mail and we will try and support you with your fundraising event. Being involved and supporting us does not necessarily mean attending meetings.

I would also like to thank Tony who manages our Web site www.kidneymatters.co.uk This is a useful way for us to keep patients informed. Thank you for your ongoing help.

Hope to hear from you soon.

Nick Flint, Chairman.

Blood results at your finger tips

The Q.E. is part of "Renal Patient View" which allows you to view your blood results and transplant list status "on line".

The system is supported by the Department of Health and is a secure web site and can only be accessed by you for your results.

If you would like to take up this facility, the forms are at clinics or contact the K.P.A..

It is a very useful addition to the service as the results are available about 36 hours after your blood tests. There is also a full explanation as to their meaning. It has an added advantage that should you be away from home and need to see a doctor, you can access your latest results for them to see.

Contact the Clinic for the forms.

The Donor Family Network THE PRECIOUS GIFT SERVICE

A Service of Hope and Thanksgiving
marking the start of National Transplant Week .
Donors, recipients, families, professionals
and anyone interested in organ and tissue
donation are welcome

SUNDAY 3rd JULY 2011 2PM
ST MARGARET'S CHURCH
Chapel Lane, Great Barr, Birmingham

Followed by refreshments at the
Memorial Hall, Chapel Lane
Directions - Junction 7 M6 – A34 towards Walsall.
First intersection on right Chapel Lane.
Church, 400 yards on the right

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