



# KIDNEY MATTERS

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

Registered Charity No.513446

Visit [www.kidneymatters.co.uk](http://www.kidneymatters.co.uk)

Queen Elizabeth Hospital Kidney Patients' Association

## K.P.A. Annual Draw is a big success

Our annual fundraising event, the Christmas Draw, went very well this year and we sold over £3000 worth of tickets. A big thank you to all those who supported the K.P.A. After our cost for prizes, printing and postage we will have made about £2000 which will be used to support the Hospital, renal patients and renal research.

Thank you all again for your support.

The Winning Numbers drawn at the meeting on 12<sup>th</sup> January 2011

Name	Area	Winning Number	Prize
Mr Barnes	Shrewsbury	35147	£300
Mr G. Green	Rednal	48561	£150
Mr Nethersole*	Hereford	27755	£75
Miss R Arnold	Erdington	33221	£5
Mr B Ward	Taunton	29479	£5
Mr P Soor*	Handsworth	24451	£5
Mr S Hicken	Solihull	31444	£5
Mr R Holmes*	Tibberton	14226	£5
Mr L Brown*	Smithwood	49116	£5
Mr J Furness*	Unknown	01751	£5
Mr R Bishop	Castle Bromwich	00411	£5
Mr R Brooks*	Billesley	04680	£5
Mrs J Guy	Darlaston	27244	£5
Miss S Morris	Leominster	45666	Recipe Book
Mr D Edwards	Lickey	08843	Recipe Book
Mrs A Smith	Walsall	24432	Recipe Book
Mr J Poole	Kingstanding	29677	Recipe Book
Mr G Perrins	Quinton	46191	Recipe Book



Jovey Rancapero Len Ingram and Roberto Pineda Drawing the winning tickets.

The winning tickets were drawn by Staff members at the K.P.A. meeting on Wednesday 12<sup>th</sup> January 2011.

All the winners have been notified.

Thank you again to all those who very generously supported the Queen Elizabeth Hospital Kidney Patients' Association.

\* denotes that the winner wished to donate their prize to the K.P.A.

### DIARY DATES FOR THE K.P.A.

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

EVERYONE IS WELCOME  
SUPPORT YOUR K.P.A.

## K.P.A. receives a very generous donation



Ben Bosworth was a young man who loved his VW. His life and friendships were centred around his membership of the "The VW Air-cooled Enthusiasts Club". Sadly in 2005 he lost his fight against life-long chronic renal failure. His friends and family decided to set up a fund, The Ben Bosworth Memorial Fund. The aim was to support people within the "Air-cooled scene" suffering from need, hardship or distress caused by illness. They would also help patients with holidays and equipment.

The fund has run successfully, but the trustees have decided to wind it up and have very generously donate the balance of the fund to the Queen Elizabeth Hospital Kidney Patients' Association. The sum donated is £4345.62. We would like to thank all those involved for this very generous donation, which we will use to support the renal patients at the Q.E. where Ben received his treatment. We have been

supporting a project helping young patients in their transition from the Children's Hospital to the Q.E. and this will allow us to continue to do this work.

*On a personal note, I would like to take this opportunity to thank all those involved for this very generous donation.*

*Nick Flint Chairman Q.E.H.K.P.A.*

## Dialysis Patients enjoy a holiday in Spain

Their holiday last year was in Torremolinos, Spain. A party of haemodialysis patients set out knowing that they had two members of staff with them to support them with any problems that might happen while having dialysis treatment out there.

The area was beautiful, as you can see from these pictures very relaxing and friendly. The hotel catered for everyone's needs with regards to food and drink which was available throughout the day. There was different entertainment every evening along with activities for all ages throughout the day. The dialysis centre was just a five minute taxi ride away from the hotel and had a doctor there every session. The staff were friendly and did speak basic English. There was a snack and drink provided by the dialysis centre whilst patients were having their treatment. The unit was clean and well maintained with wheel chair access for those less able to walk.

The group was mixed, with some of the party wishing to go off and do their own thing during the day, while others liked to stay by the large pool and soak up the sun.



Most of the party got together in the evening to watch the entertainment and talk about the events of the day.

The holiday is open to any dialysis patient from the Q.E. The costs and 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. Two members of staff from the Q.E. go along with the group so that they can give support to you while away from home.

## Peer support for kidney patients

Dr Day in the last edition of Kidney Matters asked for volunteers to help her set up a formal 'peer support' programme for renal patients at the Q.E.. I am very pleased to report that she has had a very good response to her request and is now able to start the work.

Dr Day says: I would like to thank to all of you who contacted me following my article in the last newsletter. I am pleased to say that I have now trained the first batch of volunteers and some of these are now CRB checked and ready to go. I am also training a further group at the end of January. Registration with the Trust has slowed down commencement of the programme and has provoked some 'discussion' but I am being supported at the highest level to get this going and I am hopeful of starting what I consider will be a very useful service very soon. If anyone else wants to become involved, please do contact me on [kidneysupport@uhb.nhs.uk](mailto:kidneysupport@uhb.nhs.uk).

Happy New Year to you all. **Clara Day, Consultant Nephrologist**

## 22000 mile bike ride to support K.P.A.

My name is Liz Robinson and my dad, Leslie Robinson, now has dialysis at Woodgate Valley. He has been a dialysis patient for about 7 years.

In August 2011, with his blessing, I am leaving him to fend for himself (with the aid of countless friends and relations I hope) while I set off on a trip of a lifetime to ride my motorcycle from Alaska to Patagonia, 19 weeks and 22,000 miles. Quite a challenge and fairly unusual for a 58 year old woman. It occurred to me that I might be able to raise some sponsorship money via the Just Giving website.

I am very keen that anything raised should go to local charities. I am intending to dedicate part of the trip to the newly formed Midland Freewheelers, a motorcycle group that delivers blood samples between hospitals for free, and to donate anything raised probably from the second part of the trip in South America, to the Renal Research fund of the K.P.A.

My dad is being an absolute star in offering to muddle through while I do this and I would like to pay tribute to someone who is an adventurer at heart, even though he can no longer participate, by raising some money for a kidney charity. The trip doesn't start until August 3rd 2011 so there is lots of time to set everything up.

You can find more info. about the trip at the following web pages [www.globbusters.co.uk/expeditions/epic/the-original-trans-americas](http://www.globbusters.co.uk/expeditions/epic/the-original-trans-americas) and for more about the Freewheelers visit [www.midlandfreewheelers.co.uk](http://www.midlandfreewheelers.co.uk)  
*We wish Liz well for what will be a wonderful journey and thank her for supporting the K.P.A.*



## The K.P.A. would welcome more support from patients or carers

The K.P.A. has supported renal patients and the Hospital for over 35 years and it is hoped that this support can continue for many years to come, but we need more support from patients and/or families to enable us to offer ongoing help.

We meet at the Q.E. Hospital on the 2<sup>nd</sup> Wednesday of each month. There are over 2200 renal patients treated at the Q.E. and we only have at our meeting on average 15 to 20 people attending. So if anyone thinks they might like to help in any way, please consider contacting any of the committee members or just turn up on the night. You will receive a warm welcome and you won't be pressured into doing anything. Any help will be very much appreciated.

We understand that you are all renal patients and it is sometimes difficult to deal with everyday things without volunteering for something else, but we are all renal patients and carers, so we know the problems. I hope you will think about the K.P.A. and try to come along and meet us.

Look forward to seeing you.

**Nick Flint, Chairman**

## K.P.A. Collection and Tombola at Sainsbury's

On Saturday 11th December the K.P.A. organised a collection and Tombola at the Sainsbury's store in Walsall. Dawn, our Vice Chairman, with the help of her Mum organised the Tombola. We had a very successful day and raised £672. This was the highest we have ever raised at a store collection.

We thank all those who took part and especially Sainsbury's customers who very generously supported us.

We will be organising another similar event in June. If you would like to help, please contact a committee member.



## Very generous support from patients and carers.

Over the last few months we are delighted with the very generous support that we have had from a variety of events. Midlands Chorale organised a concert and raised £310. We had £200 from "The Ovalteenies", a group of friends who went carol singing. A number of people supported us with a variety of fundraising events and donations instead of presents and from this we received over £1300. We also had a number of donations in memory of loved ones totalling over £500. We send our thoughts to families and friends at this difficult time.

It is very encouraging for the K.P.A. to receive this support from patients and carers around the area. These funds will allow us to continue supporting projects at the Hospital such as the patients' holiday later this year. The young patients project that the Hospital is organising will continue to receive support and also research into renal issues. The magazines that we provide for patients at the R.D.U. are popular and now that the move is well under way into the new hospital there will be many ways that we will be able to support patients. The Kidney Matters newsletter, costs over £200 to print but the ever increasing postage we spend sending to over 800 transplant and 150 C.A.P.D patients mounts up. We do save a bit by putting the magazine in the dialysis units for the haemodialysis patients but for our Christmas raffle we posted out to over 2200 patients.

Thank you all again for your support, without which the K.P.A. would not be able to continue. If anyone wishes to organise an event in their area for us, please contact us and if you need help.

### **The Donor Family Network THE PRECIOUS GIFT SERVICE**

A Service of Hope and Thanksgiving  
marking the start of National Transplant Week .

Donor, recipient, 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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