



KIDNEY MATTERS

The Newsletter of the Q.E.H.K.P.A. October 2007

Queen Elizabeth Hospital Kidney Patients' Association

Kidney Matters is the newsletter that is produced by the K.P.A. for all renal patients on C.A.P.D. or haemodialysis, transplant and pre dialysis, who are receiving treatment at the Q.E. or the satellite units. The newsletter is paid for from the funds that the K.P.A. raise during the year. The purpose of the newsletter is to keep patients and carers informed as to the work of the K.P.A., provide information to patients on different topics, which we hope will be of interest and to provide a link for patients who may feel very isolated due to their condition. We would welcome your comments and ideas on how we may expand and improve on this and continue to help the 1800 plus patients with renal problems treated at the Q.E.

If anyone would like to contribute an article to the newsletter. It could be about how you organised a holiday, Ideas on dealing with the condition of renal failure, coping with going back to work, success stories about receiving transplants, and how it changed your life. This would give hope to others who may feel very low at times and that the future looks bleak.

If you send you thoughts to the Editor the address is on the back page, we will include them in future editions.

The Newsletter is posted to all patients once a year when we send out the Annual Raffle tickets. On the other occasions we post it to C.A.P.D. and transplant patients and put copies in each of the dialysis units: Aston, Tipton, Hereford, Kings Norton, Lichfield and the RDU at the Q.E. for patients to collect. PLEASE look out for them.

Thanks for your support.

Fundraising Three Peaks Challenge



From left to right: Stuart Cox. Gareth Dibble. Paul Noble. David Farmer. Steve Clifford. Ade Dangerfield.

As part of the Bicentenary celebrations of Bibby International Burntwood branch, a number of the employees undertook the 3 Peaks Challenge to raise money for charity.

They set off on 9 June 2007 and climbed Snowdon. They then went on to Scafell Pike in the Lakes, followed by climbing to the top of Ben Nevis, and all this in 24 hours

Paul Noble chose to support the Queen Elizabeth Hospital Kidney Patients Association as he had donated a kidney to his brother in November 2006. Paul raised £675. The other team members raised similar amounts, which they donated to charities of their choice.

The K.P.A. thanks them for their efforts and the donation. It is also good to know that Paul's brother is doing well. We wish them both well for the future.

TVs in the RDU at the Queen Elizabeth

The K.P.A. has now installed 12 bedside sets at the RDU. It has taken some time and effort to get these up and running but they are now working well. We ask those who are using them to remember they are provided by the K.P.A. so please look after them. They cost over £2000. If there is a problem, ask one of the staff to contact the K.P.A.

Annual Christmas Draw

Queen Elizabeth Hospital
Kidney Patients' Association
K.P.A. Grand Annual Draw 2008

FIRST PRIZE £300
SECOND PRIZE £150
THIRD PRIZE £75
Plus 10 Lucky Fivers
Plus other prizes

TO BE DRAWN ON 9 JANUARY 2008
TICKET 25p each

This is our main fundraising event and we would like to thank all those who have very generously supported us in past years. We hope you will all support us this year. We have again decided to have cash prizes as we think this appeals to everyone.

We have enclosed £5.00 worth of tickets for all who receive the magazine by post. If you would like more tickets please contact anyone from the committee, Details are on the back page or on each ticket.

Support please

We have had permission to sell tickets at Sainsbury's, Walsall, on Saturday December 8th. We would like some volunteers to help us on this day. If you could spend an hour during the day it would be very much appreciated. Please contact any of the committee for further details.

Thank you for your support in selling as many tickets as you can.

Congratulations

We would like to congratulate Ann Southall on her engagement to Nigel Fearn. Ann is a loyal and hard working supporter and committee member of the K.P.A. and has been for many years. We would like to thank her for her hard work and wish Ann and Nigel all our best for their future happiness.

K.P.A takes to the canals



In September, the K.P.A. organised a canal-side fundraising and awareness event on the canal locks in Birmingham. The event was well supported by the committee members. If any renal patients or carers would like to help with future events, all would be very welcome. Please contact any of the committee for details.

Thanks

We would like to thank the families and friends of loved ones who have passed away and have made donations to the Queen Elizabeth Hospital Kidney Patients Association. Our thoughts are with the families and thank you for supporting the K.P.A

We would also like to thank all those who have chosen to support the Queen Elizabeth Hospital Kidney Patients Association with donations to mark a special occasion.

Patient supporting the K.P.A.

We are very pleased that a patient in Burntwood is organising a fundraising event for the K.P.A.. If you live in or near the area please support Gillian with this event.

60's-70's Charity Night Disco

at

Brownhills Community Lounge

Brownhills Community School Deakin Avenue Brownhills

Funds raised will go to the

Queen Elizabeth Hospital Kidney Patients Association

Saturday 9th November 7.30pm to 11.30pm

60's &70's dress is encouraged

Prizes for the best dressed and raffle

include

A Meal for 2. A Pamper Package, Wine and lots more.

Tickets £5.00ea

Tickets available from the Community Lounge or:-

Gillian Moore

33 Brooklyn Road

Burntwood

Telephone 01543 683688 or 07703312441

Gillian has very kindly offered to organise this event on our behalf so please support her. This will be a very enjoyable evening. The theme of the evening is the 60's and 70's-some of you will remember them. There will be good music and good fun.

Please buy a ticket and come along.

Information

We are always being asked for information and suggestions about holidays. on dialysis, either C.A.P.D. or haemo particularly from patients new to the treatment. So if you could send any details about your experiences good or bad or if you have come across a travel company which has been particularly helpful we can pass this on to others through Kidney Matters. You would help us to help others.

Tribute

It is with much sadness that we have to share the news that Mr. Eric Fletcher has recently passed away. He was a long-standing and keen supporter of the K.P.A. and he was involved in all our meetings and activities. Our thoughts are with his wife Ann and his family at this sad time.

Try this word search for fun

Words are left to right, right to left, up and down and diagonally

Words to find

KIDNEY
C.A.P.D.
HOLIDAYS
QUEEN
TREATMENTS
TELEVISION
FUNDRAISING
MEETINGS
CHRISTMAS DRAW
DIALYSIS
SUPPORT
K.P.A.



Best of luck

Projects we are supporting at the Hospital

We are currently in discussion with the Hospital to support a programme of patient information, covering care, treatments, dietary requirements and general health. If you have any ideas on this or areas that you would find of interest please send them to us

We have also been asked for equipment to be used by the Dietitians to help with renal patients and we are looking into purchasing items for the RDU.

Living donations

Anyone considering living donation who would like to talk to other patients who have experienced the procedure can contact our support group on 07834 324756.

**This will be the last Kidney Matters this year.
The K.P.A. committee would like to wish you all a very
Merry Christmas and a Happy New Year**

PLEASE NOTE

E-mail address of Nick Flint has changed it is FLINTNF@AOL.COM

CONTACT YOUR K.P.A.

Chairman/Kidney Matters Editor. Nick Flint 9 Brookhouse Road Walsall, WS5 3AE Tel:- 01922 644982 E-Mail flintnf@aol.com	Secretary Joan Ingram 6 Cremorne Road Sutton Coldfield West Midlands B75 5AW Tel:- 0121 308 0024	Treasurer Tony Lewis 2 Maple Cottage Worcester Road Martley, Worcester WR6 6QA Tel:- 01886 889117	Vice Chairman Bob Smith 189 Foden Road Great Barr Birmingham B42 2EH Tel:- 0121 358 1913
--	---	--	---

DIARY DATES FOR THE K.P.A.

K.P.A. meetings are held at the 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.