



KIDNEY MATTERS®

The Newsletter of the
Queen Elizabeth Hospital Kidney Patients' Association
November 2020

VISIT www.kidneymatters.co.uk

Registered Charity No 513446

Queen Elizabeth Hospital Kidney Patients' Association

The Patients' Association is for all Renal Patients treated by the Q.E. Hospital

Newsletter from the Queen Elizabeth Hospital Kidney Patients' Association

Hello to you all. What a life we are all having to deal with. The problems of being a renal patient are hard enough but with Covid it's even more difficult. The organisers of the Queen Elizabeth Hospital Kidney Patients' Association are all having similar problems; not being able to meet with friends and family and limited when going out. We just have to hope that in the near future there will be a vaccine which will put an end to this.

The Q.E.H.K.P.A. is fortunate in that we do not have any paid members of staff as we are all volunteers. We do not have any offices to pay for, so all the funds we raise are for the benefit of the Renal Patients, the Renal Departments and the Dialysis Units of the Queen Elizabeth Hospital.

The K.P.A. has not been able to send out our newsletter **Kidney Matters** as we are not allowed to meet. We have continued to help and support in a limited way. We have been able to continue with some of the projects we started with before covid. The two patient day rooms on wards 302 and 303 will be redecorated and new tables and chairs provided. This will make it more comfortable for patients who like to be up and about while in Hospital. We are also providing the funds for Christmas decorations in the renal areas at the Hospital and Christmas Boxes for the patients who are in Hospital over Christmas.

Around the Dialysis Units you will see new posters with advice on healthy eating, celebration foods for special occasions and controlling your diet. These have been funded by the Q.E.H.K.P.A. and all the information is from the Renal Dietitians at the Queen Elizabeth Hospital.

FundRaising

We are not able to organise our annual Christmas raffle this year which is very disappointing as this was a very useful fund-raising event for us. Instead we are having a **Virtual Raffle** This is a raffle with **NO** tickets and **NO** prizes. All you have to do is go to our website WWW.kidneymatters.co.uk and on the Fund Raising Page you can donate any amount from £1. via PayPal at no cost.

This is another way you could help us which will cost you nothing. When you make a purchase from Amazon, log on to SmileAmazon with your usual login details and choose us as your charity, the Queen Elizabeth Hospital Kidney Patients' Association or QEHKPA. Every time you buy items we get 0.5% from Amazon. This does not sound much but it mounts up and it does not cost you anything.

If you would like copies of them or want to read them, they are on this website WWW.Kidneymatters.co.uk under "Dietary Information" along with other very useful ideas to help make your diets interesting.

When this virus is under control and life returns to normal, the K.P.A. will then be able to fund the trips and outings that patients have enjoyed in the past.

I would like to take this opportunity to thank all those who have supported us over recent months with donations. Thank you all,

If you want ideas for festive foods in the coming weeks there are lots of ideas on our "Dietary" page, and all this information is provided by the Dietitians at the Q.E. Hospital. If you need more help with this please contact the Dietitian at your dialysis unit and I'm sure they will be willing to advise you.

I would also like to thank all the staff who help and look after us

*Nick Flint, Chairman, Queen Elizabeth Hospital
Kidney Patients' Association*

In Memorium

I would also pass on my deepest sympathies, and those of the Queen Elizabeth Hospital Kidney Patients' Association, to those families who have lost loved ones this year.

We would thank the friends and families who have sent us donations in memory of their loved ones.

Please visit our website WWW.kidneymatters.co.uk
For new dietary information from the Renal Dietitians.
Join in on our Virtual Raffle this year.