



KIDNEY MATTERS®

The Newsletter of the
Queen Elizabeth Hospital Kidney Patients' Association
February 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.
Patients on HHD, Transplant and PD

Dialysis Units at Aston, Great Bridge, Woodgate, Kings Norton, Smethwick, Sparkhill, Redditch,
Worcester, Hereford, Llandrindod Wells, and U.H.B.

Kidney Matters is distributed free to over 2600 Renal Patients treated by the Q.E. Hospital.

Q.E.H.K.P.A. ANNUAL DRAW

The Annual Draw took place at our monthly meeting on 8 January 2020. The lucky winners are shown below. The results are also on our website www.kidneymatters.co.uk
Congratulations to all those who have won a prize.

Number	Name	Prize	Number	Name	Prize
10149	Mrs McNeill	£500	10684	M. Atkins	£50
14239	Avish Chander	£250	14486	K. Singh	£25
13975	Nath Ram	£125	14847	Harjinder	£25
14527	M. Chopra	£50	07185	M. J. Askew	£25
04527	Mrs Dominick	£50	14268	S. Chander	£25
14370	P. Taylor	£50	14324	M. Kumari	£25
01975	T. Searle	£50			

The Queen Elizabeth Hospital Kidney Patients' Association would like to thank all those who very generously took part in this fundraising raffle. We sold a total of about £3000 worth of tickets, which was very good, although it was a little down on previous years. We would especially like to thank Mr Patel who again supported us by selling over £350 worth of tickets to friends and colleagues. Thank you again and well done.

It was fortunate that the winning tickets had names and phone numbers on them and therefore we have been able to contact all the winners and distribute the prizes.

We were very touched to receive a letter from the winner of the First Prize donating the money back to us to be used to support young Renal Patients. This is very generous.

We will look into ways this can be best used. *Thank you.*

Thanks again to all those who supported us.



Hereford Boxing Academy supports the Q.E.H.K.P.A.



Hereford Boxing Academy every year organise a charity boxing event to support a charity. This year we were very pleased that they chose the Queen Elizabeth Hospital Kidney Patients' Association as their charity of the year. The event took place at the Three Counties Hotel, Hereford, in November. There were 10 very entertaining bouts and all those who attended had a really enjoyable evening. Over 225 attended the evening and the raffle they organised raised £800 for our organisation. David Smith, on the right, was awarded Best Boxer of the evening. The other two boxers were also taking part in the event.



Thanks to Cliff Williams for the photographs.

We would like to thank the organiser and all those who attended for their very generous support. This will help us to continue our support for the Renal Patients treated by the Queen Elizabeth Hospital and the Renal Unit at the Hospital.

Healthy Eating and Weight Loss with Kidney Failure

If you have been thinking of losing some weight then this information should give you some useful tips.

If your BMI (body mass index) is more than 30 then you should benefit from losing weight. Ask your Dietitian if you are not sure what your BMI is.

Tips to aid weight loss are:

- Choose lower fat foods such as swapping full fat milk with skimmed or semi-skimmed milk.
- Grill, steam or bake food instead of frying.
- Cut off visible fat on meat and remove skin on poultry.
- Eat three balanced meals per day and avoid large portions.
- Swap butter, ghee and oil in cooking for 1 kcal oil spray.
- Reduce high calorie snacks such as crisps, biscuits, cake, pastries, sweets and chocolate.
- Swap sugary drinks with sugar free drinks.
- Keeping a food diary may reveal your problem areas. For example, you may be snacking frequently.

Being More Active

Increase your physical activity gradually and aim for 30 minutes five times a week. You don't have to join a gym, as you can increase physical activity anywhere, for example:

- Use the stairs instead of the lift.
- Get off the bus a stop early and walk the rest of the way.
- For short distance journeys, try walking instead of using the car.
- Housework and gardening can be a great workout.
- Ask a friend or family member to join you to exercise, for example going for a walk together.

If you have any concerns about starting exercise, please discuss this with your Doctor.

Information supplied by Kelly Slater Senior Dietitian Queen Elizabeth Hospital.

If you go to our website www.kidneymatters.co.uk and look under **Dietary Information**, there are lots of recipes for Healthy Eating and foods to help lose weight.

GERALDINE AND BERYL BOW OUT

Geraldine Davies and Beryl Moore raised a magnificent £425.70 at their pre-Christmas Tabletop Sale in the Halesowen Shopping Precinct.

Over the years they have raised in excess of £2,000 but have decided that this one was their last. We extend our thanks and gratitude to them and their willing helpers for all their hard work and we hope they enjoy their well-deserved retirement. Thank you.

10th Anniversary of Woodgate Valley Dialysis Unit

On 26 November 2019 Staff and Patients celebrated the 10th Anniversary of the opening of the Woodgate Valley Dialysis Unit. The unit currently has about 94 patients each dialysing 3 times every week.

Fresenius organised a buffet for Patients and Staff together with a delicious cake.

Over the 10 years the staff have organised outings and lunches for patients that the Q.E.H.K.P.A. have been pleased to fund.



Q.E.H.K.P.A. supports patients

Over the last few months the Q.E.H.K.P.A. has had a TV installed in the Patients' Day room on Ward 302. We hope this will help many people pass the time as they sometimes have to wait long time on this ward while tests are carried out. It is often an anxious time as they can be waiting to know if a transplant can take place. It has taken a long time to

finally get the TV installed as the work has to be done by the Hospital Estates Team and various approvals have to be obtained.

The TV is only part of the cost involved as an aerial and power supply has to be installed as well as fixing brackets. This makes the final cost to the Q.E.H.K.P.A. £750.

Patients Holiday to Benidorm

Sharon Pilling again organised a holiday for renal patients. This year they went to Benidorm. The hotel was very good and the treatment centre for dialysis they used was also very good and looked after the patients well.

All the patients enjoyed their holiday and it has given several patients the confidence that they are able to have holidays on their own in the future and be able to deal with dialysis away from their usual unit. Some have already made arrangements to have a holiday on their own this year.

The holiday went well although when they arrived at the airport in Spain, Sharon thought they had lost a patient and partner. Thankfully after much searching of the airport and hotel it turned out to be a misunderstanding about arrangements and no one was lost after all.

This hasn't put Sharon off. She is planning to organise another holiday this year. If you want to put your name down and are interested in going, please contact Sharon on 07843433808. Full details of venue and dates will be available later in the year.

I'm sure all those who went last year will join me and the Queen Elizabeth Hospital Kidney Patients' Association in thanking Sharon for all the hard work she puts into organising the holiday and giving up her time for patients.



Update on a research project funded by The Queen Elizabeth Hospital Kidney Patients' Association

The study was designed to at look and find ways to enable a donor kidney to be kept for a longer period before being transplanted.

During 2019 the research project looked at ways to preserve kidneys for longer using a special machine and chilled fluids. They also developed further understanding as to how this technique could improve outcomes for patients in the early stages of transplantation and in the long term.

The group published a paper in the journal Transplantation. This reported a series of experiments in which animal kidneys were perfused with fluid which had also been supplied with oxygen during machine perfusion. Our study concluded that supplemental oxygen was beneficial as it appeared to reverse detrimental changes in the kidney that occur once circulation stops.

These results were enthusiastically received by our research partners at Organ Recovery Systems (Brussels and Chicago) and were in keeping with other international research groups.

We wish them every success in this project.

Transplant success for sisters.

Clair is celebrating 20 years of a transplant; she received a kidney from her sister Sharon in March 2000. It is very pleasing to hear that both are very well and living life to the full. Clair and her sister both now have children, Clair's is 10 and Sharon's is 8.

It's good to have news of success stories about patients.

In Memorium

We remember those who have recently passed away: Peter Evans, Ian Fraser Hefford, John Paul Burkhart, Jamie Paul Knapton, James Keith Taylor and Graham Thomas Veale.

Our deepest sympathies go to all the relatives and friends

The Queen Elizabeth Hospital Kidney Patients' Association acknowledge and thank families and friends of those who have made donations supporting us at such a difficult time.

Because of Patient Confidentiality, the Queen Elizabeth Hospital Kidney Patients' Association is not informed by the Hospital of any patient passing away. We only are informed by relatives.

Thanks to those who have made donations

The Q.E.H.K.P.A. thank all of you who have raised money and donated to us over recent months. Your generosity has been very welcome and helps us continue our support for the Renal Patients and the Renal Departments at the Queen Elizabeth Hospital.

We would like to thank the following people. Without your help we could not support patients and the

Hospital.

Rosalind Ryan, Jeremy Duggan, S Johal, Savina Rasie, Mrs Weir, Mr & Mrs Blake, Simon Scullard and Siddhartha Bandyopadhyay

We would also thank all those who included a donation with raffle tickets they purchased.

They are too numerous to mention individually but we thank you for your kind generosity

We would like to thank Vera Masters for the support she gives to the Queen Elizabeth Hospital Kidney Patients' Association. For very many years and again this year, Vera organises a gift stall at home to sell home-made cards and gifts. She is supported by friends and neighbours and raised £230 this year.

Thank you again.

What we have supported

The last few months and Christmas have been a busy time for the Q.E.H.K.P.A. Several of the dialysis units have had outings which we funded. They have been very successful and enjoyable for patients. We funded the decorations at the Hospital on the 3rd Floor and on the 3 Renal Wards, 301, 302, and 303 again this year and gave a small hamper for those patients who were in Hospital on Christmas Day.



Here are some of our helpers mailing out the 2600 Kidney matters magazines to the renal patients at the Queen Elizabeth Hospital

Thursday 12 March 2020 is World Kidney Day and the Queen Elizabeth Hospital Kidney Patients' Association will be in the Atrium of the Hospital from 9.30am and finish about 3.00pm. If you are about on that day please come along and meet the members and find out about the K.P.A. and what we have been doing in supporting patients and the hospital.

Queen Elizabeth Hospital Kidney Patients' Association meetings

The Q.E.H.K.P.A. meets every month except August and December at 7.30 pm in the Faith Centre at the Queen Elizabeth Hospital on the 2nd Wednesday each month.

Everyone is welcome to come along.

Please phone Nick Flint on 07720597468 to check that we have not changed the date due to unforeseen circumstances.

If you are transferring your treatment away from the Q.E. you will be taken off the mailing list automatically.

If you **DO NOT** wish to receive this newsletter, please let us know. Contact:- Lorraine Bateman. Tel: 0121 371 4957 Email. Lorraine.Bateman@uhb.nhs.uk

OR complete the section below and return to:-

Lorraine Bateman. University Hospital Birmingham NHS Foundation Trust, Room 43F, 4th Floor Nuffield House, Mindelsohn Way, Edgbaston, Birmingham B15 2TH

My Name.....

Address.....

.....

Post Code.....

No longer a patient at Q.E.

Please do not send

Contacts for the Q.E.H.K.P.A.
Please phone, write or email if you need information or help

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