



Kidney Matters®

The Newsletter of the
Queen Elizabeth Hospital Kidney Patients' Association
OCTOBER 2022

VISIT www.kidneymatters.co.uk

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 2700 Renal Patients treated by the Q.E. Hospital

The Queen Elizabeth Hospital Kidney Patients' Association is back with its Newsletter after having to suspend circulation to patients due to Covid. We hope now to be able to keep patients up to date with our activities at regular intervals.

Kidney Matters will now be circulated via email to all renal patients who have given their email address to the Queen Elizabeth Hospital.

We have had to change to emailing because covid stopped us from meeting. Also to send out the Newsletter by post took many hours and helpers to envelope and address 3000 Kidney Matters each time, plus a huge saving on stamps.

We hope you will find **Kidney Matters®** of interest, if anyone would like to have an item included in future editions, please send it into us and we will endeavour to include it.

As we get started again, we hope to soon be able to hold meetings to help continue our help and support to the Renal Department at the Q.E and all the Renal patients. We would also welcome any support from patients and families to join us. If you are interested, please contact by sending an email to qehkpa@gmail.com with your details.

There are some new items of interest on our website including a number of videos with information to patients making choices about which type of P.D would suit them.

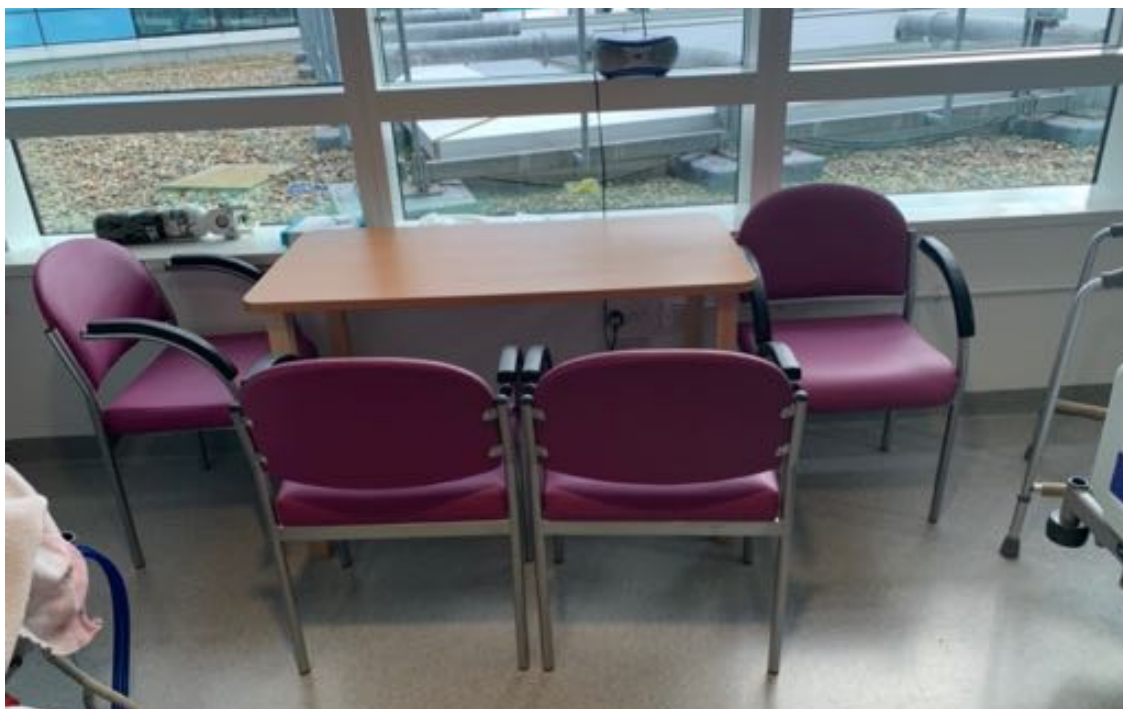
There is also a new video giving information to support younger patients in their move from the Children's Hospital to the Q. E. Hospital.

Contacts for the Queen Elizabeth Hospital Kidney Patients' Association

Please phone, write or email if you need information

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Some of the ways we have supported the Hospital and Patients during the past few years



We have purchased tables and chairs for the 4 bed areas of Ward 303 for patients to enjoy sitting together to have their meal or take part in activities together.

Our thanks to Gayle Darke for her help in organising this.

The Queen Elizabeth Hospital Kidney Patients' Association have supplied Dialysis overlay mattresses for some of the units. We have purchased benches outside of some of the Dialysis Units for patients to sit outside while waiting for transport, if the weather allows !!.

A new video is available for patients who are having to make the choice between the different systems of PD. This can be downloaded from our website or the U.H.B. web site.

We also funded a video for the younger patients to help in their transition from the Children's Hospital to the Q.E. This is a very big step for them to take, they need all the help that we can give them. You can view this on our website www.kidneymatters.co.uk on the patient information section.

A way to support the Q.E.H.K.P.A. for free

THE K.P.A. has signed up with Amazon for their "Smile Amazon". What we would like you to do, if you use Amazon, register with "SMILE AMAZON". It comes up on the first screen. You then can register and choose a charity to support. We hope you will select the Q.E.H.K.P.A. That's all. Every time you go to Amazon go to Smile Amazon and then carry on as normal. The benefit is that every time you buy something the Q.E.H.K.P.A. gets 0.5%. It doesn't sound a lot but if everyone joins in, it will mount up and it does not cost you or us anything.

We do not receive any information from Amazon as to who is signed up or how much is spent.

Please give it a try and help the Q.E.H.K.P.A. Thanks.

If you go to "Fundraising" you will find all the details to set up a sponsored event. Under "Fundraisers" there will be a list of all those who have events raising funds for us. We hope that this will encourage you to have a go. The event can be anything you like, a Fun Run, swim, walk, climb, sponsored weight loss or donations to mark a special occasion

Thanks to those who have made donations to the Queen Elizabeth Hospital Kidney Patients' Association

The Q.E.H.K.P.A. thank all of you who have raised money or donated to us over recent months and years.

Your generosity has been tremendous and very welcome and helps us continue our support for the Renal Patients and the Renal Departments at the Queen Elizabeth Hospital.

Covid has meant that we have not been able to support and fund many of the things we did prior to Covid, like the outings and funding lunch time parties and the annual patient holiday, which very many patients enjoyed. We had to follow all the restrictions and rules helping to keep patients safe.

Patient Information

If you go on the Q.E.H.K.P.A. Website www.kidneymatters.co.uk you will find copies of all the U.H.B. Renal patients' information. They cover the different types of dialysis, information on treatments and all about transplantation. There are different topics and they can all be downloaded or printed out. There is also a section on diets for renal patients prepared by the Dietitians at the Queen Elizabeth Hospital and again they can be downloaded or printed.

If you don't have a computer, ask at your dialysis unit. I'm sure they would print some of them for you. Or ask a friend to email the Q.E.H.K.P.A. at QEHKPA@GMAIL.COM and we will send a copy to you.

In Memoriam

The Queen Elizabeth Hospital Kidney Patients' Association wish to acknowledge and give our deepest sympathies to all the families and friends of those who have passed away in recent years.

We are very sorry that we are unable to put their names in this edition of the newsletter to maintain patient confidentiality

The generosity of families has been overwhelming over the years and we thank all of them.

Thank you for supporting us at such difficult times.

Very generous donation in memory of Ron Cooper

Family and Friends of Ron Cooper who sadly passed away earlier this year have raised £800 for the Queen Elizabeth Hospital Kidney Patients' Association in his memory.

Ron benefitted from the support and care of the team at the Q.E. and his family felt it would be a fitting tribute to raise money for the benefit of the Renal Department and Renal Patients at the Hospital.



Queen Elizabeth Hospital Kidney Patients' Association supports the New Birmingham Transplant Centre with £60,000 Donation.

The Q.E.H.K.P.A are very pleased to donate £60,000 to sponsor the Renal Treatment Room in the New Centre. This has been made possible by the very generous donations and support we have received from Patients, carers, families and friends.

This new centre will combine all the organ transplants departments and benefit all patients who are involved with having a transplant at the Hospital.

The Birmingham Transplant Games Team

The team again took part in the National Transplant Games held in Leeds from the 28 to 31 July 2022

The team had great success by winning 28 Gold, 24 Silver and 9 Bronze medals. Well done to you all who took part.



These are some of their achievements: -

Ross Taylor Rose Bowl - Best Adult Team

Overall Mini Marathon Winners Trophy. Darren Dempsey (Liver Patient)

4 x 100m Mixed Team Relay Trophy - Keeleigh John, Kidney & Liver Patient. Kristian Marsh, Liver Patient and Mark Selwood, Liver Patient.

The Team is led by Martin Searle (Centre) who has worked hard over very many years to promote the team and encourage many transplant patients to take part in the Games.

Each year, the team participates in the British Transplant games. For many, being at the games is a victory in itself.

There are a whole range of events to participate in, with different levels of intensity and activity.

Whilst participants are encouraged to compete with one another, the games are a perfect opportunity to enjoy being with friends, have fun and enjoy life.

The Birmingham Adult Transplant Sports Team has had a lot of success over the years, with some members even going on to represent Great Britain and Northern Ireland in the world and European Transplant Games.



If you would like to join the team, or if you would like more information about the team, please contact Martin Searle on

T:0121 602 7287 M: 07784274040 Email: smartmartg26@gmail.com

U.H.B. HAEMODIALYSIS PATIENTS' PARTICIPATION GROUP

This is new event being organised by the Hospital to gain information and feedback from patients having haemodialysis.

Please register your interest to attend the internet meetings emailing renal.focusgroup@uhb.nhs.uk to receive the invitation

or contact your unit manager or phone 0121 424 3234

The meetings will be held every 3 months. The next meeting will be in January



The poster features the NHS logo at the top right, with 'University Hospitals Birmingham' and 'NHS Foundation Trust' written below it. The main title 'UHB HAEMODIALYSIS PATIENTS' PARTICIPATION GROUP' is in large, bold, blue letters. Below the title is an illustration of a woman sitting in a dialysis chair. To the right of the illustration, the text 'We Want to Hear From You...' is written. At the bottom, there are two speech bubbles. The left bubble is green and contains text about a Focus Group discussion. The right bubble is blue and contains text about the Participation Group.

University Hospitals Birmingham
NHS Foundation Trust **NHS**

UHB HAEMODIALYSIS PATIENTS' PARTICIPATION GROUP

We Want to Hear From You...

Join us for a Focus Group discussion. This is an advisory platform to discuss topics such as transport, issues at individual units, COVID-19, and any other queries you may have. This is not a forum to discuss your personal medical care.

We would like to invite you to a UHB Haemodialysis Participation Group. We are always looking at ways to improve our service and the care we provide. We would love to hear your thoughts and ideas on how we can enhance your Haemodialysis treatment.

Report from last Patient Participation Group

The first haemodialysis patient participation group took place on the 24th October, the group discussed transport, staffing at the units and much more besides.

The next meeting will be held in the New Year. Date to follow. In addition to hearing your views on whatever matters to you the dialysis team will update you on proposed improvements to the dialysis service and upcoming research projects.

Look out for the letters with joining details and posters at your units and on the Queen Elizabeth Hospital Kidney Patients' Association website.

Look forward to seeing you at the meeting

Dr Stephanie Stringer
Renal - Consultant Nephrologist
Clinical lead for Haemodialysis