



# KIDNEY MATTERS

The Newsletter of the Q.E.H.K.P.A. February 2015  
Visit [www.kidneymatters.co.uk](http://www.kidneymatters.co.uk)

Registered Charity No.513446

## Queen Elizabeth Hospital Kidney Patients' Association

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

Patients on HHD, Transplant, and PD

Dialysis Units at Aston, Great Bridge (Tipton), Woodgate, Kings Norton, City, Sparkhill, Lichfield, Worcester, Kidderminster, Hereford, Llandrindod Wells, and U.H.B.

### K.P.A. Christmas Draw Raises £3434



The Annual Christmas Draw took place at the K.P.A. meeting on Wednesday 14th January. We were pleased to have a visit from Major Rothwell from the R.A.M.C. who very kindly drew the winning tickets. All the winners have been notified and a list of them all is on the back page of this Newsletter.

We congratulate all the lucky winners and thank all those who very generously supported us again this year. We especially thank Mr Patel whose wife is a dialysis patient who sold amazingly £300 worth of tickets. We were also very generously supported with many donations with the raffle tickets. Very many sent a £10 donation and we had one for £50 and two for £100. Thanks again to you all.

### St Oswald's Nursery School Sponsored Bike Ride

Children and Staff at St Oswald's Nursery School decided that they would support the Queen Elizabeth Hospital Kidney Patients' Association as one of the parents is a Renal Patient at the Q.E.

They first had a sponsored cycle ride round the playground and raised £465. At the Christmas performance and Carol Service they had a bucket collection. Staff decided not to send Christmas Cards and donate the money which raised a further £310 bringing the total to an amazing £759.79.

The Queen Elizabeth Hospital Kidney Patients' Association thank all those who took part in this and our thanks to all the Children.



### World Kidney Day March 12th 2015

World Kidney Day this year is on March 12th. The Queen Elizabeth Hospital Kidney Patients' Association is organising an information day in the Atrium of the Queen Elizabeth Hospital. We will be there to answer questions you may have about diets, dialysis, treatments, organ donation and information about research that is taking place at the Q.E.

If you are in the area that day please pop in and find out what is going on in Renal Care at the Q.E. The stands will be open from 9.30 until 4.00pm. Look forward to meeting you all.

K.P.A. meetings are held at the Queen Elizabeth Hospital on the 2<sup>nd</sup> Wednesday of each month at 7.30 pm in the New Faith Centre. Please check our web site or phone a committee member in case of a change of date. EVERYONE IS WELCOME. SUPPORT YOUR K.P.A..

## Equipment for the Hereford Dialysis Unit

The K.P.A. has purchased a special set of Body Composition Scales for use by the Dietitians and Consultants at the Hereford Dialysis Unit.

These will help the staff monitor the weight and condition of patients treated there.

The cost of these is £2150 and the money had been raised by patients and friends at Hereford for the K.P.A. with the request that some of the money should be used for the benefit of Herefordshire Patients.

The Consultant requested this equipment to help improve the treatment for patients.



## The K.P.A. supports healthy eating

The Queen Elizabeth Hospital Kidney Patients' Association funded Healthy Eating Diet Sheets for the Renal Dietitians to give out to patients to help with choosing healthy options for Christmas and other festive occasions.

There are 2 sheets and 1 booklet.

- ◆ One is for a low potassium Christmas Cake with mock marzipan.
- ◆ Festive drinks and ideas regarding what to avoid or swap to help with drinks that are high in potassium.
- ◆ The third is some menus and ideas for party food on dialysis.

These were given out before Christmas but they are on our web page [www.kidneymatters.co.uk](http://www.kidneymatters.co.uk) if anyone wants copies. The ideas and tips could be used for any special occasion.

## Two New Dialysis Units in Smethwick

The dialysis centre will be located in Rabone Park, off Rabone Lane, Smethwick and is well positioned for travelling via public transport due to its proximity to Smethwick High Street. There are a number of bus routes (54, 61 and 854) that stop very close to the building and Smethwick Rolfe Street station is just a short walk away. The Midland Metro tram is also close by.

The new Smethwick Dialysis Centre unit, which will be run by Assure Dialysis Services, will consist of two 20-station dialysis units. Initially, the centre will open with two 16-stationed units, growing to 20 stations over the phased transition.

This includes eight isolation rooms for patients returning from holiday dialysis, research facilities and a home haemodialysis training area.

In addition the stylish new centre will have a large waiting area and reception as well as a number of meeting rooms, a 30-seater seminar room, offices, training rooms and staff facilities. Patients will also be able to take advantage of the latest dialysis equipment, individual TV units and Internet access. Ample free parking is also

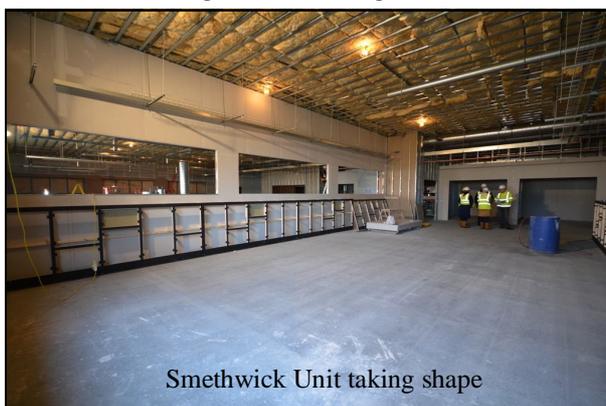
available directly outside the building for patients.

Project manager Jane Roddick, who is overseeing the build of centre in the Smethwick said: "We are really looking forward to opening the new unit in Smethwick. The design will make the environment a restful one, with light and space and good facilities for both patients and staff.

"A lot of consideration has been given to the location, and to factors such as heating and lighting, as well as the quality of the furnishings such as chairs – which we know has a big impact on comfort."

Over the coming weeks the team will be looking at which patients live close to Smethwick and contacting patients to discuss moving to the new unit. If you

are local to Smethwick and would be interested in dialysing at Smethwick Dialysis Centre, please contact Anne-Marie Pphythian or Gabby Kelly on 0121 371 6229.



Smethwick Unit taking shape

**Fiona Glebioska Communications Specialist  
U.H.B.F.T.**

There are now over 50 topics on Patient Information. The booklets are all produced by the Q.E. and are available on our website to download. Just go to [www.kidneymatters.co.uk](http://www.kidneymatters.co.uk) Also you will find lots of information on healthy eating.

## Donations by Cheques

Will you please make all cheques payable to Queen Elizabeth Hospital Kidney Patients' Association or Q.E.H.K.P.A.. Money can be ring fenced for a specific purpose or unit.

## Doreen Celebrates 90th Birthday

We congratulate Doreen Timms on her 90th Birthday, seen here with her husband Maurice.

Doreen and Maurice recently celebrated her 90th Birthday with friends and family and very kindly asked that instead of gifts to make a donation to the Queen Elizabeth Hospital Kidney Patients' Association to support renal patients at the Q.E..

We were very delighted to receive a cheque for £600.

The K.P.A. thank them very much for their generosity and wish them both well for the future.



## Q.E.H.K.P.A. Tombola at Sainsbury's

Thanks again to Sainsbury's. They allowed us to have a collection and Tombola in their store on Saturday 29th November. This has become a bi-annual fundraising event.

We were very well supported by the public and we raised £401. We thank Sainsbury's and their customers for being so generous with their support.

We hope to be having another collection in June or July. If you can spare an hour or so to help us, please contact one of the committee. Contact details are on the back page.



## About our fundraising

We have had a number of patients comment that they objected to the number of requests for money and repeatedly being asked to buy raffle tickets etc.. We wish to inform everyone that we only organise one raffle a year and never send requests for money or donations. There are several "renal charities" who are sending out requests for funds or to sell tickets but these are not connected to the Queen Elizabeth Hospital or this K.P.A.. All the money we raise is for the benefit of the Hospital and Renal Patients who are treated by them. We have no employed staff and no overheads. All our work is done by volunteers who support the Queen Elizabeth Hospital Kidney Patients' Association.

## Patient Transport

Patient Transport for many renal patients has been difficult. The K.P.A. has been working with the providers and U.H.B. to solve many of the issues patients have. We are always in close contact with W.M.A.S. to try resolve issues and find solutions.

There is a new contract being formulated and our Chairman Nick Flint is part of negotiations with the C.C.G's to ensure that Renal Patients needs will be met in the future. It will be some time before this takes effect. If you have any comments or issues you would like raising please contact us.

## Update on Research Project funded by the K.P.A.

Vascular access research update..

The vascular access research group at the QEHB continues to make great progress with the help of support from the local kidney patients.

The clinical trial being run at the QE is one of the only ones of its kind in the world. It is based on the application of a simple drug applied to the skin at the time of a fistula operation. This drug has been shown to make the blood vessels expand and this is thought to make more fistulas successful.

As with all trials the design is to establish whether this treatment is better or worse than other

treatments and it is important to do well designed trials to be able to advance with treatments. The trial should complete in summer 2015 and will be reported at international conferences later in the year. In addition this study has demonstrated that QEHB is one of the few centres in the world that can deliver this type of study and the input, cooperation and interest in these projects that kidney patients show is a key factor in being able to do this.

For this reason QEHB is a central clinical partner in the ReDVA project, a large international collaborative study

attempting to unravel all aspects of vascular access. This is linked to many of the societies and organisations in the world that research fistulas and vascular access which puts QEHB as leaders in an expanding key area of cutting edge research. We value the input of all patients and are keen to hear from kidney patients wishing to know more about this research or get involved in new projects, particularly about their experience with dialysis, surgery or radiology. I can be contacted at [Nicholas.inston2@uhb.nhs.uk](mailto:Nicholas.inston2@uhb.nhs.uk).  
[Nicholas Inston, Consultant, U.H.B.](#)



## RED Silicon Wrist Bands

The Q.E.H.K.P.A. has organised free **Red Silicon Wrist Bands** for Q.E. dialysis patients. These are available from your dialysis unit. If you prefer, you can order one direct from the K.P.A. but you will need to send a 73p Stamped self addressed envelope to Nick Flint at the address below and stating what you require.

They come in two types:-

FISTULA LEFT ARM Or FISTULA RIGHT ARM followed by:- +No BP Testing / Needles + Q.E.H.K.P.A. There are 3 sizes:- Left arm 190mm, 200mm, 210mm. Right arm sizes 200mm and 210mm

As a guide to help choose, if you cut out the strip and wrap it round your wrist you can pick the size that fits best. The bands do stretch so they don't have to be bigger to go over your hand.

These are FREE to Q.E. Patients. If renal patients from other hospitals wish to purchase these they will cost £2.00 each plus 73p postage.

We are able to do this due to the generosity of all those who support our fundraising.

## Recent Donations

Since our last Newsletter, the K.P.A. has received donations from a variety of fundraising events organised by patients including a Tangled Hair day and a Dress Down day at the Automobile Association organised by Lindsey Rodgers. Another patient and her mother Sue Boston organised an Art Exhibition in Fradley, Nr Lichfield. Martley Bowls Club and Evesham Slimming World also raised funds for us.

We also received donations from Patients and Friends who have celebrated Transplants, including Simon Batch and Mr and Mrs Darke's son.

Thank you to everyone who has sent us donations to help with our work. These have ranged from £5 to £500. We are very grateful.

*Thank you all from the Queen Elizabeth Hospital Kidney Patients' Association.*

Many people have donated to the Queen Elizabeth Hospital Kidney Patients' Association using their mobile phone.

It's a very easy way to help us. If you would like to help

Text **KDNY11 £3 to70070** and this would donate £3 to the K.P.A.

You can choose to donate £1, £2, £3, £5, or £10. by changing the amount in the message.

Thank you for your support and thanks to those who have already donated.



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

## Young patients Bowls Day

The K.P.A. was very pleased to be able to fund a day's activity for the young renal patients. This was organised by Mark Thompson from U.H.B. who supports the young renal patients with their move from the Children's Hospital to the Q.E.. This is very important work he undertakes and the support he gives is invaluable to the young people.

## In Memoriam

Our sympathies go to the families and friends of loved ones who have sadly passed away.

We are very grateful for donations sent to help us continue our support for patients and the Hospital in memory of loved ones.

We remember Gwynfa Hughes, Samuel Harper, Kenneth Parkes, Betty Hughes and Kuldeep Kaur Sagoo.

## Queen Elizabeth Hospital Kidney Patients' Association Raffle Drawn 14th January 2015

NAME	TICKET	PRIZE	NAME	TICKET	PRIZE
V.PATEL	22028	£300	M.BATTACHA	11074	£10
T.PATEL	22087	£150	M.PATEL	22009	£10
M.CHOPRA	20063	£75	G.GRIFFITHS	21792	£5
N.HUTCHINGS	8591	£10	J.TAYLOR	24028	£5
R.THOMPSON	22442	£10	J.SKELLY	09843	£5
J.BAYLISS	00314	£10	C.MARSDEN	07222	£5
S.R.PUTTERGIL	02604	£10			

The winning tickets were drawn by visitor Major S. Rothwell RAMC at the K.P.A. meeting on 14th January 2015.

All the winners have been notified.

We would like to take this opportunity to thank all those who very generously supported us.

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CUT OUT TO CHECK SIZES OF WRIST

190

200

210