



KIDNEY MATTERS

The Newsletter of the Q.E.H.K.P.A. April 2010

Registered Charity No.513446

Visit www.kidneymatters.co.uk

Queen Elizabeth Hospital Kidney Patients' Association

Coffee at the Hardwick Arms



On Friday 26th March the staff and managers at the Hardwick Arms Public House Chester Road Streetly organised a charity coffee morning in aid of the Queen Elizabeth K.P.A. They did this to support the Hospital and patients as one of the staff members, Louise, is a patient at the Queen Elizabeth Hospital.



Louise has been on C.A.P.D. for several years and was fortunate to have received a kidney 12 weeks ago. She is back at work and very well and decided that she would like to do something for the K.P.A.

The coffee morning was extremely successful. About 100 people came during the morning to enjoy tea or coffee and a selection of home made cakes - all donated. A raffle was organised and the grand total of £1000 was raised.

The K.P.A. would like to wish Louise all the very best for the future. We are very pleased to receive the donation and thank all those who took part in organising and attending the event. The money will be used to support projects and patients at the Queen Elizabeth Hospital.

The Donor Family Network THE PRECIOUS GIFT SERVICE

A Service of Hope and Thanksgiving marking the start of National Transplant Week .

Donor, recipient, families, professionals and anyone interested in organ and tissue donation are welcome

**SUNDAY 4th JULY 2010 2PM
ST MARGARET'S CHURCH
Chapel Lane, Great Barr,
Birmingham**

Followed by refreshments at the Memorial Hall, Chapel Lane
Directions - Junction 7 M6 – A34 towards Walsall.

Remember this picture in the June Newsletter last year.

Dear K.P.A.

I was on dialysis in 1970 when things were much in their infancy. In those days we were dialysed 10 hours a day 3 times a week. I was asked to try out a new machine to see if I could dialyse any quicker. The machine in your article is one of them. Unfortunately it took too much fluid off me and too quickly, so in my case it was not a great success.

I wish everyone on dialysis or post op transplant all my best wishes. I did have a second transplant in 1974 and it's still going strong.

Regards to all in the unit.

Sandra. *Name and address supplied.*



Margaret Griffiths donates her birthday gifts



Margaret Griffiths recently held a very special party at the Abbey Hotel and Golf Club in Redditch to celebrate her 80th Birthday. Margaret who was in renal failure and holding off dialysis decided that, as she wanted for nothing in the way of gifts for her birthday, would prefer donations from friends and family to be collected on behalf of the Q.E.H.K.P.A. and as and when she was on dialysis she would in turn benefit. The party held last October was all and more than she has hoped it would be. Second cousins who share the same Great Grand Parents, some of whom had never met, came from Portsmouth, Somerset and Wales to join in the celebrations, along with friends and family who Margaret held dear to her.

Margaret was absolutely astounded and delighted that she raised £1100.00. Sadly just 6 weeks later Margaret passed away. Her family would like to thank so very much, each and every one who joined her in her celebration and so generously donated to her chosen charity. Margaret never got to need dialysis but so many youngsters unfortunately do. We know Margaret would be touched that the donation should go to help organize an adventure weekend for some of these youngsters and help them to adjust to life on dialysis with our very best of wishes.

By Hilary Lee, Margaret's daughter

The K.P.A. thanks Margaret and her friends and family for the very generous donation and pass our deepest sympathies to the family at this very sad time.

K.P.A. supports young patients

On the 19th of Feb a small group of younger transplant recipients went on an activity weekend to Shropshire. They were accompanied by 2 transplant coordinators from the Queen Elizabeth Hospital, and a youth worker from the Birmingham Children's Hospital. The recipients have recently transferred their care from the Birmingham Children's Hospital to the Q.E.

There are currently 2-3 monthly post transplant clinics held for the younger recipients who are transferring between the hospitals, as this can be a very difficult time for the recipients and their families. Many of our younger recipients have had renal failure from early childhood. This is a big change for them as they have

been under the care of the Children's Hospital for as long as they can remember.

The weekend was a great success and enjoyed by the entire group, including the staff!! It has been the first time this has been undertaken by the Q.E.

Tom, one of the attendees has written a short piece, and I would also personally like to thank the KPA for its generosity in sponsoring the event. We hope it will be the first of many, and help us continue to build strong bonds with all of our younger transplant recipients and their families and be able to provide seamless care as they undergo the transition from paediatric to adult hospital.
Dawn McPake Renal Transplant coordinator

Letter from one of the youngsters on the weekend.

As a young adult, this weekend provided us with a lot of confidence and team building for other young adults from the Q.E.

I felt all the young adults gained a lot from the different activities such as rock climbing, abseiling, obstacle course and zipwire which all helped gain confidence and communication skills.

As a whole, the weekend helped us grow in independence and learn to express ourselves in different environments and everybody involved had fun and loved every minute of the weekend. Finally I would like to thank on behalf of all involved the KPA which made this weekend possible.

Many thanks Tom *Name and address supplied*

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.

By Phil Ayre. Husband of Margaret Ayre, a long time kidney transplantee and supporter of the K.P.A.

My winter and summer humour.

Our postman is a wonderful sprinter
Still wears his shorts in the winter
In the month of May not far away
His shorts could get shorter and shorter.

Thanks

We would like to thank the families and friends who have made donations to the Queen Elizabeth Hospital Kidney Patients Association in memory of loved ones. Our thoughts are with you at this time. Should you wish the money to be used specifically for one of the dialysis units or our K.P.A. Research Fund, this can be arranged. Please make cheques payable to Q.E.H.K.P.A. and include a note telling us where you would like the money to be used.

Rounders Challenge Match



Birmingham Transplant Games Team

On a very wet and cold Saturday afternoon patients and staff turned out to play Rounders. It was hoped the weather would have been better but a very enjoyable afternoon was had by all.

Three teams of staff and patients turned out from the Hospital, The Liver unit, Renal unit and members of the Birmingham Transplant Games Team, who are all transplant patients at the Queen Elizabeth Hospital.

Each team played each other and the winning team at the end of the afternoon was the Renal Team. Very well done. Everyone enjoyed themselves and decided that they would take up the challenge again next year, but at a warmer time if possible. The event raised £285 which will go to the three charities, The Liver Unit, Queen Elizabeth Hospital Kidney Patients' Association and the Birmingham Transplant Games Team.



Liver Unit Team

Mike Sharpe, Deputy Lord Mayor of Birmingham, presented the teams with medals which were donated by David Nix from the Donor Family Network.



Renal Unit Team

Spring Warmers

On these cold nights there is nothing better than warm, comforting foods— soups, stews and casseroles. But aren't these meals full of salt, potassium and fluid? So as a renal patient what can you eat on a cold blustery day? Here's your brief guide to some warming dishes for the colder months.

First of all soups. Tinned and packet varieties are very high in salt and so are not recommended if you are restricting this. They can also be high in potassium so why not try making your own? Try frying about 400g of vegetables (either one of or a combination of onion, carrot, celery, cauliflower for example), flavour with pepper and herbs such as parsley, bayleaf, coriander or mixed herbs and simmer in 500ml water for about 30-40 minutes. Once liquidised (or left chunky if you prefer) this will make enough for 4 servings. You could try adding curry powder and rice for a more filling Mulligatawny soup or oregano and pasta for a minestrone soup. Just remember to have the soup as part of your fluid allowance, not in addition to, and count one portion of soup as one vegetable or fruit portion if you are restricting your potassium.

For stews and casseroles again avoid seasoning with salt and use pepper, herbs and spices. Rosemary goes very well with lamb and thyme or tarragon is lovely with chicken. See below for some more ideas on flavours:

Bay Leaves	Use in soups and stews. Forms part of a bouquet garni together with thyme and parsley which is great in stews.
Oregano	Gives a lovely Mediterranean flavour to soups and stews.
Marjoram	Similar to oregano but milder.
Parsley	Goes well with most meats and fish.
Rosemary	Works particularly well with lamb, veal and pork.
Sage	Used to season pork, poultry and veal. Has a strong flavour so best used sparingly.
Tarragon	Lovely with chicken and fish. Cooking for a long time can impair its flavour so its best added at the end.
Coriander	Has a distinctive flavour and is often used in Asian dishes. Commonly used to flavour carrot soup.

To keep the potassium content down make sure vegetables, particularly potatoes, are pre-boiled and well drained before adding to the dish and if you are having potatoes or tomatoes within the stew don't serve with extra potatoes. How about rice or some crusty bread. Once again don't forget to include any liquid from your stew as part of your fluid allowance.

And finally to complete winter supper how about a baked apple or pear filled with a little apricot or blackberry jam or some warming apple crumble. Just right for a cold night!

For some more ideas or information on recipes contact your Renal Dietitians who supplied this article.
Bon Appetite!

NOTICE FOR Q.E.H.K.P.A ANNUAL GENERAL MEETING

Notice is hereby given that the Annual General Meeting of the
Queen Elizabeth Hospital Kidney Patients' Association
will be held in the Seminar Room of the Queen Elizabeth Hospital Administration block
on Wednesday 9th June 2010 at 7.30 p.m.

AGENDA

1. Apologies for absence
2. Minutes of the last A.G.M. held 8th June 2009
3. Matters arising
4. Chairman's report
5. Treasurer's report
6. Election of Officers and Committee
7. Appointment of Auditors
8. Any other business

For and on behalf of the Association **Joan Ingram, Secretary**

NOMINATION FORM

You may nominate a different person for each office or just one nominee for a specific office. Note that patient's families are eligible for election.

OFFICE	NOMINATION	PROPOSER	SECONDER
Chairman			
Vice Chairman			
Secretary			
Treasurer			
Committee Member			

Please return to the Secretary, or bring to the A.G.M.

Joan Ingram. Secretary Q.E.H.K.P.A. 6 Cremorne Road Sutton Coldfield West Midlands B75 5AW

The K.P.A. would welcome more support from patients or carers

The K.P.A. has supported renal patients and the Hospital for over 35 years and it is hoped that this support can continue for many years to come, but we need more support from patients and/or families to enable us to offer ongoing help.

We meet at the Q.E. Hospital on the 2nd Wednesday of each month. There are over 2200 renal patients treated at the Q.E. and we only have at our meeting on average 15 to 20 people attending. So if anyone thinks they might like to help in any way, please consider contacting any of the committee members or just turn up on the night. You will receive a warm welcome and you won't be pressured into doing anything. Any help will be very much appreciated.

We understand that you are all renal patients and it is sometimes difficult to deal with everyday things without volunteering for something else, but we are all renal patients and carers, so we know the problems. I hope you will think about the K.P.A. and try to come along and meet us.

Look forward to seeing you.

Nick Flint Chairman

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 Len Ingram 6 Cremorne Road Sutton Coldfield West Midlands B75 5AW Tel:- 0121 308 0024	Vice Chairman
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