



KIDNEY MATTERS

The Newsletter of the Q.E.H.K.P.A. October 2009

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Queen Elizabeth Hospital Kidney Patients' Association

Renal Staff take up the Challenge.

A number of staff from the Renal Unit decided to support the K.P.A. by entering a 5K Fun Run held in Cannon Hill Park on Sunday 13th September to raise funds towards the cost of providing new Patient Information Booklets for renal patients at the Q.E.

There was a good turnout and Dr Cockwell finished in 5th place. Very well done.

The K.P.A. would like to thank all those who gave up their spare time to support renal patients.



Warming up
before the
start



They're off!



The home straight



K.P.A. Grand Christmas Draw

It's that time again. We have enclosed £5 worth of raffle tickets which we hope you will buy or try to sell. There are some great prizes to be won and you will be helping the K.P.A. to support patients and the Hospital. Last year the Draw raised over £2,000. Please make cheques payable to Q.E.H.K.P.A. and return your sold counterfoils and the money to Len Ingram. His address is on each ticket.

If you require more tickets please telephone or e-mail any of the committee members who will be only too pleased to send you as many as you require.

Thank you for your support

Renal Institute of Birmingham Research

Birmingham is home to a thriving research team specialising in renal diseases. This research includes both laboratory and clinical studies and the group comprises clinicians, scientists and specialist research nurses. The team is housed in a number of closely connected sites which include some of the foremost research establishments in the country. The clinical team is based in the Queen Elizabeth (QE) Hospital Birmingham, one of the country's premier teaching hospitals, which has a large catchment area with an ethnically diverse population, in addition to being a specialist unit for a much wider area. This access to a large patient group provides many opportunities for all manner of research studies. The main clinical areas of interest are inflammatory renal disease, transplantation, obstetric renal disease, genetic/metabolic/rare hereditary diseases, dialysis and chronic kidney disease (particularly in relation to cardiovascular disease).



The team at the QE have strong links with the paediatric nephrologists at Birmingham Children's Hospital to ensure that when children move into adult care there is a seamless approach to their treatment and this also allows an ageless approach in research projects. The group at the QE Hospital benefit greatly from a dedicated Clinical Research Facility (funded by the Wellcome Trust) where there are specialist renal research nurses who carry out patient-related projects. This facility allows research to be undertaken without the pressures of the NHS system, such as demand for beds, and enables complex time-consuming projects to be undertaken.

The K.P.A. now has a Renal Research Fund.

Due to the recent passing away of Geoff Sharp, the K.P.A. has amalgamated a fund that Geoff ran for many years, The Birmingham Queen Elizabeth Kidney Research Fund. This is now being managed by the Q.E.H.K.P.A.

This fund will be separate from the money already raised by the K.P.A. which is to support patients and the Hospital.

When anyone wishes to donate money and wants to choose which fund the money goes to, we can do this for you.

The K.P.A. Research Fund is supporting a 2 year project being undertaken by the Renal Research Department with the sum of £20,000. This will be used to help provide better resources to enable the research department to be more effective in collecting and distributing data relating to renal tissues used for annualising and testing.

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.

WWW.KIDNEYMATTERS.CO.UK

Those who have the internet, have a look at our web page. There are some very interesting links and items of interest. We are updating regularly with items that we hope you will find useful. There is also a patients forum which will give you the opportunity to voice your thoughts and ideas with us and with other renal patients. Please post your comments or problems as this may help resolve some of them or pass on ideas as to how to deal with day to day problems of dialysis.

Birmingham Research Team



Laboratory-based studies are undertaken in the Institute for Biomedical Research in the University of Birmingham where the Renal group has two newly refurbished labs. The work here is at the cutting edge of scientific understanding of the fundamental biology of renal function and disease processes.

One of the most important resources necessary for research into any disease is access to samples of tissue and biological fluids from patients with the condition. The renal research team have always tried to collect material from conditions of interest but high volumes of samples need a dedicated 'pair of hands'

to ensure quality and efficiency. Your money has now brought us that resource in terms of a research technician dedicated to collecting tissue, blood, urine and DNA and storing it in our repository. This new resource will enable us to generate a much larger collection of samples than previously but importantly it will allow us to collect under high quality conditions. We look forward to appointing to this position and thank you whole heartedly for your very generous contribution to the research program in Birmingham.

Dr Julie Williams

The K.P.A. would welcome more support from patients and families.

The K.P.A. has supported renal patients and the Hospital for about 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 greater help.

We meet once a month at the Q.E., 2nd Wednesday each month. There are over 2000 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 at our meeting 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

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, this can be arranged. Please make cheques payable to Q.E.H.K.P.A. and include a note telling us which unit you would like the money to be used for.

British Transplant Games – 2009

In late July and early August 2009 the Birmingham QE Transplant Sports team took part in the British Transplant Games in Coventry. Each member of the Birmingham Team has undergone a life saving transplant at the Birmingham QE hospital. The games not only demonstrate that a healthy and fulfilling life exists after transplantation but also makes a strong statement to donor families and potential donors of the recipients desire to make the most of their second chance.

The sporting activities were based around the Warwick University campus and Coventry City sports facilities. Over the 4 day event the Birmingham team took part in a wide range of sporting activities including athletics, bowls, cycling, darts, golf, squash, swimming, tennis, ten-pin bowling and many other sports.

The sports events are split by age range to even out the competition. The Birmingham team members compete in all of the age ranges – from those who have just come from the Birmingham children's team who compete in the more energetic events to those who were transplanted some years ago who compete in the more sedate events. Some of the older members of the Birmingham team are still very athletic.

This year's event was very successful for the Birmingham Team with a large number of medals being won in many different sporting and age categories. A large tally of gold, silver and bronze medals were accumulated over the 4 days – this success was further enhanced by awards for the best veteran and super senior competitors being made to members of the Birmingham Team at the Gala Dinner.

Some members of the Birmingham Transplant Sports Team will now be going on to represent the United Kingdom at the World Transplant Games in Australia at the end of August.

If you are interested in taking part or just want to learn more, please contact the Birmingham Transplant Sports Team Manager Gerald Brown at gerald2brown@gmail.com or phone 01925 604543



K.P.A. support the Games Team

This year the K.P.A. supported the Birmingham team by providing track suits and shirts. The National Games promotes the importance and success of transplants.

All the members of the Birmingham team received their transplants at the Queen Elizabeth Hospital.

Well done to all of them

TV's for Sale

We have a number of portable 10" digital freeview TV's for sale. These were originally purchased for use in the R.D.U. but proved unsuitable. The price is £40.00 each. If anyone is interested please phone:-

Nick Flint on 07720597468.

CONTACT YOUR K.P.A.

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