



KIDNEY MATTERS

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

Visit www.kidneymatters.co.uk

Queen Elizabeth Hospital Kidney Patients' Association

Thank you for supporting the Annual Raffle.



The annual raffle was a great success, We sold just over £4500 worth of tickets. After the cost of prizes, postage and printing we will have raised over £2500. This is a tremendous effort. Thank you to all those who helped by buying tickets and those who made donations.

The draw was delayed due to the bad weather on the 13th January, so the draw took place at the Aston Cross Dialysis Unit on Monday 18th January. Members of staff and patients drew the winning tickets.



The list of lucky winners is printed in the magazine and is also available on our web site at WWW.Kidneymatters.co.uk. All the winners will be notified by us.

Thanks again for your support.

Bob (Robert) Smith



It is with very much sadness that I have to inform members that Bob Smith, our Vice-Chairman, passed away on 26th December 2009 after a short illness.

Bob has been a long-time supporter of the K.P.A., firstly with Heartlands Hospital where he dialysed and then with the Q.E.H.K.P.A. when he had a transplant 27 years ago. He was Vice-Chairman for many years and Chairman of the organisation in 2000. Bob was always a keen supporter of all our events and he will be very sadly missed by us.

Bob was also very active with the National Kidney Federation. He has been their Vice-Chairman and was currently their Company Secretary.

Bob was always keen to be involved and he will be missed by us all as a member of the K.P.A. and as a friend.

I would like to take this opportunity to pass on our deepest sympathy to his sister and family on their sad loss.

Ian & Nichola's Silver Wedding Anniversary Party Saturday 19th September



Ian and Nichola celebrated in style with family and friends on their Silver Wedding Anniversary. The day was beautiful and sunny and everyone was able to go outside, children to play and many family photos being taken. We had about 130 guests, four generations of family attending from a 1 year old to a 92 year old.

Ian also celebrated his 50th Birthday in June and son Jake celebrated his 18th and daughter Megan her 15th Birthday. My what a year. But we felt that instead of presents we would like to ask for donations for the British Kidney Patient's Association and Queen Elizabeth Hospital Patient's Association and amazingly we raised **£925.00**. We cannot believe how generous all our family and friends have been.

We have split the money between two charities. We would like to say a very big Thank you to all the wonderful staff at the Queen Elizabeth Renal Departments and also to Ian's satellite unit at Kings Norton, Birmingham.

During our 25 years together Ian has had many illnesses, he was even ill on our wedding day, our honeymoon was not so good. But we have had many happy and wonderful times together, two

wonderful children and many happy holidays since, even on dialysis. Ian has had Kidney Dialysis for five years now, we can't believe how fast that has gone and has just gone on the transplant list. He is an amazing person and still works very hard too. Here's to the next 25 years.

Ian and Nichola Randle

Thank you for your very generous donation and we wish you well for the future.

Patient Transport.

The issues for patients who use hospital transport have long been on the agenda of the K.P.A. The time patients have to wait to be picked up for collection and in some cases the long time for the return journeys has not been particularly good. It is hoped that change is on the way. A new contract has been agreed between the new transport provider and the Hospital and as a result new methods of working will take place. Journey times will be recorded, pick up and drop off time also will be monitored and new route planning will also take place. All of these measures will help improve the service to patients.

The Hospital and the transport providers will be able to see all patient travel details via computer tracking and logging systems, this will ensure that journey times will improve and also more detail for the patient as to the time they will be collected.

The K.P.A. has been involved in the appointment of the new patient transport provider and thus we will be able to liaise with them to see that the service that is delivered meets the needs of the patients.

We would be interested to hear comments from patients who use hospital transport as this would help us and the providers to improve the service.

Email flintnf@aol.com or visit www.kidneymatters.co.uk and go on to our message board.

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 issues as it may help resolve some of them or pass on ideas as to how to deal with day to day problems of dialysis.

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.

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.

First intersection on right Chapel Lane.

Church 400 yards on the right

New Dialysis Unit at Woodgate Valley



A special relay run was held between the Queen Elizabeth Hospital and Woodgate Valley to mark the opening of a new dialysis unit and to raise funds for the K.P.A.

Staff and a patient from U.H.B. and Fresenius Medical Care took part in the 3 mile relay between the two units.

Thankfully the weather was good throughout and one or two staff members chose to run the entire distance. The money collected on the day was very generously doubled by Fresenius and the building contractors.

The money will be used for the benefit of the patients at the new unit.



Renal Recipe Books - Free

We have a number of diet books suitable for renal patients. They have lots of lovely recipes. They would make an ideal present or have one yourself to add to the variety of your cooking. They are **FREE** to renal patients so just phone or drop a line to Len Ingram. His phone number and address are on the back page.

Please Note: These recipes are chosen for renal patients but if your Dr or dietitian have advised you to avoid certain foods then their advice must be taken before you try the recipes.

Patients' Reading Group

Looking for something different?
Enjoy stories or poems?

**Come and join a new weekly reading group
aimed at UHB patients living with
long-term or chronic conditions**

2 - 3.30pm on Tuesday afternoons at
Weoley Castle Library,
76 Beccbury Road, Birmingham B29 5HR

We'll be reading aloud from some great stories and poems.
If you don't fancy reading, you can just sit back
and enjoy listening and sharing the discussion.

Reading and taking part in a reading group is seen
increasingly as an
effective boost to health and well-being. Members of
other groups said:

*'Reading pushes the pain away into a place where it no
longer seems important.'*

*'It's so important to have something to get up for, and to
structure your week.'*

I was awake at 6 o'clock looking forward to meeting today.'

**There is no charge for attending the group.
Please phone Weoley Castle Library to book a place
0121 464 1664**

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

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 ongoing help.

We meet at the Q.E. Hospital on the 2nd Wednesday of 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 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

Tombola at Sainsbury's Walsall

Very generously Sainsbury's at Walsall allowed the K.P.A. to hold a collection and tombola at their store on 12th December 2009. We raised £564.50 which is a record.



Dawn Roach (left) rushing to sort out the stall before the crowds flocked in to buy tickets.

Thanks to all those who supported us on the day

Winning Numbers of the Grand Annual K.P.A. Draw

Winning No.	Ticket no	Prize	Winning No.	Ticket no.	Prize
Mr M Bladon, Oldbury	32890	£300	Mr R Coley, Tividale	02977	£5
Mr A Mead, Bromsgrove	22100	£150	Miss A Stiles, Walsall	48344	£5
Mr J O'Connor, Kingstanding	00102	£75	Mr M Gayle* Saltley	35614	£5
Mr C Drysdale, Handsworth	22620	£5	Miss J Wilson, Longbridge	15442	£5
Miss S Wood, Cradley Heath	43448	£5	Mrs P Howells, Devon	16095	Book
Mr R Jacques* Stafford	21056	£5	Ms C Upton, Sutton Coldfield	01071	Book
Mr G Reed, Lichfield	43836	£5	Mrs J Smith, Moseley	43899	Book
Mr M Jordon, Tenbury Wells	08650	£5	Ms A Hill, Stourport	39245	Book
Ms N Roberts, Halesowen	02447	£5	Mrs J O'Gorman, Weoley Castle	24733	Book

*.Indicates prize money donated back to Q.E.H.K.P.A

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.

The Birmingham Transplant Sports Team

is holding a **Charity Rounders Sporting Event**

on Saturday 20th March 2010 starting at 12.00 noon

on Pitch 4 at Birmingham University. Pitch 4 is located to the right of The Birmingham Women's Hospital.

Teams will be Doctors and Nurses from

The Liver Unit, Cardiology Unit, Haematology Unit, Renal Unit and Birmingham Q.E. Transplant Sports Team.

More details of the event and how to get there are on www.kidneymatters.co.uk

CONTACT YOUR K.P.A.

Chairman/Kidney Matters Editor.	Secretary	Treasurer	Vice Chairman
Nick Flint 9 Brookhouse Road Walsall, WS5 3AE Tel:- 01922 644982 E-Mail flintnf@aol.com	Joan Ingram 6 Cremorne Road Sutton Coldfield West Midlands B75 5AW Tel:- 0121 308 0024	Len Ingram 6 Cremorne Road Sutton Coldfield West Midlands B75 5AW Tel:- 0121 308 0024	