



# KIDNEY MATTERS

The Newsletter of the Q.E.H.K.P.A. October 2013  
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, Tipton, Woodgate, Kings Norton, City, Sparkhill, Lichfield,  
Worcester, Hereford, Llandrindod Wells, and U.H.B.,

### The World's fastest Kidney Transplant on two wheels



Gavin Giles received a kidney transplant last year. This has been very successful. Gavin is a keen sportsman and with the successful transplant decided he was going to compete in the Transplant Games. This year he was picked to represent Great Britain in the World Transplant Games in South Africa.

Gavin achieved a Silver in the 30's Group, overall 3rd fastest in the group, so this makes Gavin the Fastest Kidney Transplant on 2 wheels.

Gavin also entered the British games 2 weeks later but due to an accident in South Africa which hindered his training he came 4th overall.

### Birmingham Transplant Cycling Team

The Team are all Transplant Patients from the Q.E. Hospital. Gavin 2nd left and Simon Batch 3rd left are both kidney patients. Simon was very successful and won 2 Bronze Medals.

The Birmingham Team won the Best British Team award.



### Gavin and Simon celebrate together

Very well done to all. It's a great achievement for the competitors and an example as to what can be achieved following a transplant. The Queen Elizabeth Hospital Kidney Patients' Association are willing to consider support or sponsorship to any Renal Patient, transplanted or on dialysis who wishes to pursue sport and register with Transplant Sport UK. Please contact us for further details.

### A friend to Renal Patients retires

Cilla Jackson started in the Renal Dialysis Unit in 1986 under the great management of Annie Atkinson. She stayed for a year then moved to East Ground A, and stayed there until 1995 with a brief 6 month period in CAPD. She moved to Out Patients in 1996 because of a back problem and has been there ever since. For the last 5 years she has been Sister in Charge .

Cilla said she had met and become very fond of a great number of people in the last 27 years and is very sad to have to leave but unfortunately her back has finally given in and she is unable to work any more.

Cilla will be missed by us all. She was always there for the patients and nothing was too much trouble. We wish her well for the future and may it be a long and happy time. Thanks for all you have done. You made a difference.



## Fundraising around the area

The K.P.A. has been supported by many patients and friends over recent months. We wish to thank them all and everyone who supported their efforts.

### Vera's annual Garden Party



Vera Masters organised her annual Garden Party again this summer.

The weather was very good and all had a very enjoyable time. Vera grows and sell plants, makes cakes and handicrafts. Vera raised £825 for the K.P.A.

It was a very successful day and we are very grateful to Vera and her friends who support the K.P.A. again this year.



### Brendon and Margaret celebrate

Brendon and Margaret celebrated their 60th Wedding anniversary and very generously said that they did not want any presents but would like to have donations to the Kidney Patients' Association.

We were very pleased to have received £320 for our charity.

The happy couple are here with the picture of the Queen on the card they received from the Palace.

The K.P.A. thank them and wish them all the very best for many happy years to come.



### Carol and Alan's Charity Night

On the 12th July Carol and Alan decided to organise a charity evening at their local club in Boulton, Erdington. The evening was a great success with everyone having a fantastic time. They arranged a raffle, had a buffet supper and a singer, and played Bingo. They were well supported by friends and family to make the evening a success. They raised £354 for the Queen Elizabeth Hospital Kidney Patients' Association

A big thank you from the K.P.A. for your support. Well done.

### Curry Night raised £1000

On the 1st September Bal and her husband Amerjit organised a double celebration by having a supper with friends and family. Their son Haron had successfully had a kidney transplant from his father earlier this year and then had gone on and done very well in his exams. He is going to Manchester University for 3 years.

It was a very special party for the family as both Amerjit and Haron are doing so well and Haron is now able to continue his studying.

We were very please to hear about the success and to be given £1000. This is very much appreciated. Our thanks to everyone and all the best to Haron and Amerjit.



### Tipton Dialysis Unit

Patients at Tipton have been raising money to support the K.P.A.. At two events recently they raised £566. We thank Diane Griffiths for her efforts and this money will be used to benefit the patients at Tipton.

### Bromsgrove and District Football League

We also thank Bromsgrove and District Football League for their donation of £200. Thank you for supporting us.

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..

## Food for Christmas and other occasions.

The Renal Dietitians have put together many recipes for patients on dialysis. They are producing a quarterly booklet for patients. Copies of these are on our web page [www.Kidneymatters.co.uk](http://www.Kidneymatters.co.uk) Please go on the web, have a look and download them. There are plenty of ideas. If you don't have a computer, ask at your dialysis unit and I am sure one of the staff will help. If you wish to call us, we will gladly send you copies.

### FESTIVE DRINKS

#### REMEMBER TO INCLUDE ALL DRINKS IN YOUR FLUID ALLOWANCE

If you have **DIABETES** always eat some carbohydrate when you drink alcohol to prevent a drop in blood glucose levels.

#### ALCOHOLIC DRINKS that are **NOT HIGH in POTASSIUM**

Bailey's, Martini/Vermouth, Gin, Rum, Vodka, Whisky, Bacardi, Brandy  
Liqueurs (in small amounts)

#### SOFT DRINKS/MIXERS (sugar free/diet for diabetics) **NOT HIGH IN POTASSIUM**

Cola, Lemonade, Tonic Water, Bitter Lemon, Ginger beer/ale, Soda water, 'Red Bull,'  
Lime cordial, Peppermint cordial, Orange squash.

### FESTIVE DRINKS WHICH ARE HIGH IN POTASSIUM

These drinks are high in potassium. If you are on a potassium restriction, you will need to swap them for your usual fruit or vegetables eg swap 1 apple for 1 glass of dry white wine.

#### ALCOHOL

- 1 glass beer/lager (300 ml)
- 1 glass pale ale/tout/bitter/low alcohol lager (200 ml)
- 1 small glass red wine/sweet white wine/barley wine/rose/dry or medium sherry/port (125 ml)
- 1 glass medium or dry white wine/sparkling white wine /rose/dry or medium sherry (125 ml)
- 1 glass cider (150 ml)

#### HINTS FOR FLUID CONTROL

Normally spread your fluid allowance over the day but if going to a social event, save some of your fluid to allow for drinks while you are out.

Limit salty foods, eg: cheesy biscuits, crisps as they will make you thirsty.

Use boiled sweets or mints to moisten your mouth.

Try sucking ice cubes – they last longer than water – try flavouring them with fruit squash.

Suck cold fresh lemon or lime slices – they help stimulate saliva.

Use a few canned pineapple chunks that have been chilled in the fridge.

## [WWW.kidneymatters.co.uk](http://WWW.kidneymatters.co.uk)

Our thanks to Tony for his continued work and support with our web site. Without out his help we would not have one. Those who visit the site find it interesting and informative. Thanks for paying the subscription.

## Q.E.H.K.P.A. Tombola at Sainsburys

Thank you to Sainsbury's customers for generously supporting our tombola and collection at the Walsall store on 29th June. We raised £426. Thanks also to Sainsbury's for allowing us to fundraise there.

We will be back on November 30th and if any of our K.P.A. supporters can help by joining us for an hour or two please ring a Committee member, the phone numbers are on the back page and we can add you to our rota.

It's chilly in November so wrap up warmly.



## Thank you for the donations we receive

The K.P.A. has received donations from very many people for which we are very grateful. Some of these are from celebrations, wedding anniversaries or special birthdays.

Sadly, some are from those who have lost a loved one and donations are sent in lieu flowers. We remember Stuart Reeves, Kevin Morton, Doreen Lancett, Ann Connolly, Geoffrey and Maureen Richards and Terry Pownall, Our thoughts and sympathy go to their families.

## The K.P.A. Christmas Draw.

We have enclosed a £5 book of raffle tickets. There are some very generous prizes. We have continued to give cash prizes for the main winners and we hope you can support us again this year. Should you wish to have more tickets please give a member of the committee a ring and we will be pleased to post them to you.

Last year we sold over £3000 which is tremendous and we thank all of you who supported us.

**The draw will take place on Wednesday 8th January 2014.**

**Thank you for your support.**

## Brief update on the contract for Dialysis Services from Dr. Clara Day

The team at the Q.E. has now fully evaluated all the bids for provision of dialysis care going forward at Tipton, Aston, Kings Norton and Hereford and has made its recommendations to the Trust Board. Once this has been approved we will be writing to you directly and hope this will be in the next few weeks.

## Christmas parties at the Dialysis Units.

If patients at the Dialysis Units would like to organise a Christmas get together for their local unit, please contact the K.P.A. as we would like to support the event. We are willing to help with the funding of these events.

Please give the Chairman Nick Flint or the Treasurer Len Ingram a ring and we will talk about how we can support your celebration we see what can be organised.

## Patient Holiday to Spain



This year the QE Dialysis Patients Holiday Trip was to Calella in Costa Brava, Spain. 33 patients and partners from all over the West Midlands descended upon the Santa Monica Hotel with the intention of having a good holiday. Dialysis was split into two options, morning and evening. This allowed the patients the opportunity to decide which session they preferred.

The location was ideal as it was flat and perfect for wheel chair users. The main street was filled with an abundance of gift shops, bars and local cafes offering reasonable prices. It was an ideal place to take a walk after the evening meal. It even had a little land train 'stop', right outside the hotel, which enabled some of the less mobile patients the opportunity to get to the top of the town with ease. The opportunity to visit Barcelona was made even easier with the main train station located nearby.

The QE party activities included a regular group gathering in the swimming pool which was later nicknamed 'Keith-aerobics', so named after Keith who took control of all the aquatic events. 'Keith-aerobics' was a cross between a beginner swimming class and a team of uncoordinated synchronised swimmers; much to the amusement of the other hotel patrons.

Very special thanks go to Sharon and Linda who worked their socks off. Here's to next year.

*Thanks to Lyn for this article.*



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 just changing the amount in the message.

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

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