

Registered Charity No 518767

NEWSLETTER February 2011



PASSENGER TRANSPORT SERVICE FIT FOR SERVICE???

EDITORIAL - LIQUORICE ALLSORTS

When we made our Santa visits round the renal wards we gave out bags containing gifts including sweets. One patient complained that we had given a bag of liquorice allsorts which are high in potassium. As soon as we were told this we removed all the bags containing them.

We apologise for the mistake unreservedly.

The complaint had been properly made and it led to improvements. Complaints have a place in improving care by exposing mistakes and getting changes made. However the converse is true. If complaints are not made then bad or even dangerous practices will continue.

Many of us don't like making mistakes for various reasons. There's an old saying, "Sow an action reap a habit." Silence when something wrong has happened can perpetuate damaging habits. Appropriate complaints are an important part of caring for each other, even though it is often difficult to make them.



IMPROVING TRANSPORT FOR HAEMODIALYSIS PATIENTS

We are doing all we can to get transport improved for HD patients. The Primary Care Trust commissioners, who arrange payments for transport, wanted this done by the end of last year. That has not been possible

A Rapid Process Improvement Workshop (RPIW) will be held for 5 days starting on 7th February. The aim of this very intensive week is to plan changes to patient collections. We have been assured that this will lead to immediate action to start implementing improvements.

Carol Mitchell and Shane Longden came and told us about the RPIW at our January meeting. They also left us with survey forms so we could collect details to use. Four of us have been round all the HD shifts and collected information from patients. The big difference is that we have heard from patients about their experiences, good and bad.

We have found the following:

- 22 patients were satisfied with collection from home and 8 with collection after dialysis. *The 2008 survey showed 149 got a good service*
- One man from South Shields, due on dialysis at 1.00 p.m., waited until 2.00 p.m. As no transport had arrived his daughter drove him in, an ambulance arrived at 3.40 p.m.
- The length of time patients had waited, on some occasions, to be collected were 1-1½ hours **9**, 1½ - 2hours **8**, 2-2½ hours **15**, 2½ -3 hours **5**, 3-3½ hours **3**, 3 ½ -4 hours **1**. *Patients should not wait more than 30 minutes.*
- Patients are not allowed to ask for information about their transport until an hour has elapsed. *Patients should not wait more than 30 minutes.*
- Patients waiting after dialysis for collection felt they could not leave their seats in case they missed their transport when the driver turned up. So they couldn't get refreshments from W.H. Smiths or go to the toilet.
- Drivers coming into the dialysis bays to collect patients when they had not finished had made strident demands in front of patients. This had stressed patients afraid of losing their transport home. Staff have had to ban drivers from the dialysis bays to prevent them doing this.
- One very elderly blind wheelchair bound patient had finished dialysis at 3.00 p.m. and was still there at 6.30 p.m. because a major road accident meant all the ambulances were involved in it. He was extremely stressed.
 - Patients on dialysis find it very upsetting seeing elderly folk suffering as they have a long wait in the bay to be collected and taken home.
 - One carer accompanying an ESN patient had to wait 3 hours for collection to go home, which was extremely distressing to the patient
 - Patients can find it difficult waiting for their transport when others who have finished after them are collected before them.
 - A patient had arranged to be taken home at 8.30 p.m. so he could come to our meeting. When he got to the atrium two ambulances were outside and the drivers chatted for an hour before one came to collect him.
 - Patients have been waiting while an ambulance has taken only one person home.
 - One patient, who lives in Matfen near Stamfordham was taken home via North Shields to the east of Newcastle before he was driven across the city to his home.

Suggested Changes

1. Patients are given a time for collection from home so they know when to expect transport to arrive.
2. Patients are contacted by phone if there is a change in collection time so they can get on with their own activities.
3. Transport routes are planned centrally so if Control is contacted they can give an accurate time when transport should arrive.

4. Patients arrive at the Freeman within half an hour of the time they are due to start dialysis.
5. Patients are collected within 30 minutes. After that time they are allowed to contact control to get an accurate collection time.
6. Patient journeys are kept as short as possible after dialysis.
7. There are no patient pickups before they get home.
8. An adequate supply of blankets is kept on each ambulance during cold weather so patients can be kept warm when the back doors are opened for the wheelchair lift.
9. A more flexible approach is developed by NEAS control to allow for delays in dialysis finishing times and to get away from ambulance journeys with only one patient.
10. Transport with a wheelchair lift is put on after 5.00 p.m. *At the moment the only transport with a wheelchair lift is emergency ambulances. When they are on emergency work they cannot transport patients and this leads to long waits. There needs to be at least one vehicle with a wheelchair lift that does not do emergency work.*

IMPORTANT INFORMATION ABOUT IMMUNOSUPPRESSANT MEDICATION

Until now, MMF (mycophenolate) has been manufactured by one pharmaceutical company (Roche) under the brand name "CellCept®". The patent on this product has expired so other companies can now manufacture a 'generic' (unbranded) MMF. Generic medications are strictly controlled by organisations like the UK Medicines and Healthcare Products Regulatory Agency and the European Medicines Agency. These set standards to ensure that all new generic medications match the original drug in the way they work in the body.

A national contract has been negotiated which means that all dispensed MMF will in future be of the generic variety. This allows more efficient use of NHS budgets as generic MMF is cheaper than CellCept®.

There will be no change to the supply of Myfortic®, a modified form of MMF that is still under patent.

We anticipate a straightforward changeover to the new preparation when your MMF prescription is renewed. You may have noticed that the packaging of your MMF has changed already. We plan for all patients to have a blood test at the end of January to confirm that the function of their transplant kidney and number of red and white cells are unchanged. This could be taken at outpatients in the Renal Services Centre, or with the Practice Nurse at your GPs if they are happy to do it.

If you are on MMF, you do not need to do anything. Just get your medicines renewed as usual by repeat prescription when you need new supplies.

Despite all the reassuring evidence, we would recommend that you pay careful attention to any new symptoms you experience when your MMF preparation is changed in case these

may represent side effects. You should report these to the Transplant team in the usual way.

A generic preparation of Tacrolimus also became available last year. We will be assessing the possibility of changes to the prescription of Tacrolimus.

Please continue to expect Prograf® to be supplied and contact us immediately if you notice any change.

Katy Jones on behalf of the Transplant Team

The current edition of Kidney Life has a detailed article which gives more information

COMPLAINTS

Complaints can be very helpful in getting changes. However they have to be made giving full details. These include:

- Date and time as precisely as possible.
- Names of those involved.
- Exactly what happened.
- Why you are making the complaint.

Reception staff have complaint forms and they are taken very seriously. Please help others by making valid complaints and also accepting apologies.

SPONSORED BOXING DAY DIP



Hello, my name is Jemma and I have chronic kidney failure and am currently awaiting news of a family member becoming my donor.

I wanted to do something to help a local renal charity and give something back for all the help and support I have received.

So.. I decided to do the Boxing Day dip at Seaburn. I asked friends and family and on the day seven of us went into the sea to raise money for the Tyneside Kidney Patients Association.

We raised approx. £730.00 for the charity, and the event itself raised

approx. £69,000.00 for all charities which is an amazing achievement!

The sea was freezing however the experience was so much fun, and we have already agreed to do it again next year, but encourage more to join us!

I will be collecting the money in during the month of February and paying this into the lions charity account which they will pass into TKPA at the end of February, so should you wish to donate any money please contact me on Jem.wilkinson@hotmail.com.

Thank you so much for your support!

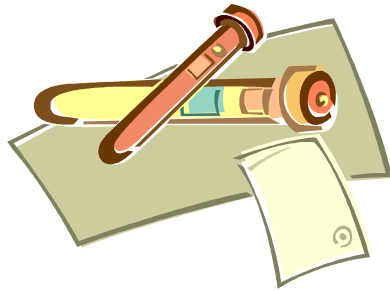
Future events: I would love to sky dive for charity! Maybe one of



your members can help to make this happen?

Once the money has been collected and paid from the Boxing Day dip (March) I will be starting to look into this.

MEETING REPORTS



UNDERSTANDING BLOOD TEST RESULTS

John Tapson gave us a very good talk starting with a history of consultants' lists. When he first came to the Freeman he joined Bob Wilkinson and each had their own lists of patients. They shared this work with other doctors including junior doctors. Generally each consultant saw their listed patients frequently.

Changes have led to the current situation where patients see their consultant less frequently. However patients do not see junior doctors.

John used a set of blood test results to show how to evaluate the important ones. These included:

Creatinine levels and the Estimated Glomerular Filtration Rate (eGFR) which estimates the percentage kidney function. Two important levels are used in determining when someone should go onto dialysis:

- Below 6 straight away
- 6-16 would normally go onto dialysis within 12 months. The choice of PD or HD being made by the patient where possible.

Potassium, shown by the chemical symbol K, should normally be between 3.5-5.5 though levels up to 6 are alright.

Blood haemoglobin, labeled as Hgb, has a target level of 10.5 to 12.5. Much above this level in kidney patients can cause thrombosis. Red blood cells production in the bone marrow is stimulated by the hormone erythropoietin (EPO) produced by the kidney. It is often higher in patients with healthy kidneys.

Phosphate levels, recorded under bones and minerals, can rise and lead to bone problems. The aim is to keep this below 1.6. Above that level it can lead to:

- Poor bone health and symptoms including back pain.
- Furred up blood vessels.
- Early death, the levels can be used as a predictor of early death.

This talk was very helpful in giving markers to understand blood test results and allowing us to follow these up in clinics.

Most renal patients can see their blood test results on the website Renal Patient View. At the moment results from our unit can't be put onto this site because of compatibility problems between the Newcastle computer systems and those used by the website. Work is being done to resolve this and should be completed in the next few months.

NOTES OF JOINT MEETING WITH RENAL STAFF Tuesday 11th January 2011

Updates:

- The new Transplant Unit should be opening in September 2012. This will include a shared ward for all transplantees. Ward 6A will no longer be used for renal transplantees.
- Clinics have been streamlined with more specialist clinics. Staffing of up to 6 for one consultant or up to 10 for 2.
- A satisfaction survey has been carried out with HD patients.
- George Hartley is planning action on food
- Changes are planned for the waiting area including an electronic information board.
- Sister Maria Love has carried out a survey about home haemo and 26 people have expressed an interest. Each person's case will be reviewed.
- 57 people are currently on PD
- Ten pin bowling planned for 22nd February clashes with half term so moved to 15th February
- Simon Lloyd raised the problem of going to meeting without sufficient advance information for advance discussion with the committee so action can be taken as a representative rather than giving personal views.
- The question of invitations and attendance at ICP meetings was raised. Simon stated he had only been to two in December 2009 and 2010. Alison Brown stated there had been 2 other meetings and believed Simon had been to them, but will check her minutes.
- Changes to generic forms of mycophenolate and tacrolimus:
 - Transplantees are going to be changed to generic forms of mycophenolate. The outcomes of these changes will then be reviewed.
 - Changes to generic forms of tacrolimus are currently on hold until the outcome of changes to mycophenolate is known.
- Safety Rails by weighing machine in Ward 31. Only one has been fitted. No coat hooks, they are needed. Safety rails needed by wheelchair weighing machine as this is easier to use for those with poor mobility
- Resource Room resiting
 - It was felt the current dieticians office is really too small.
 - New signs will be put up labeling the Resource Room to encourage its use.
 - The situation will be reviewed in the future.

WHO ARE THEY?

Can you name the following renal staff?

An English king linked to jam. _____

Desirable Italian name linked to exchanges _____

Saintly link to coffins _____

Keeps patting child on the head _____

Abbreviated link to special breakfast cereal _____

Too good to hurry sucker _____

Sounds like a white flower that's faded badly_____

Welsh caterer_____

Diamond-like jeweler_____

Cloth worker who seals wooden ships_____

Scots name with a boggy garden_____

(Answers on page 13)



SANTA ROUND THE WARDS

"Hallo Santy," "It's the first time I've seen you in over 80 years." A couple of comments as we went round the wards before Christmas. We visited all the haemodialysis shifts as well as Ward 32 and Ward 6A.

This time we gave out a bag of small gifts including a packet of sweets and a cracker. We met a whole variety of patients including Aidan Cleghorn who proudly displayed a picture of his daughter born the day before.

There was a mix of people involved including Joan Longstaff, Mary Bullock, Alan Bond, Paul and Doreen Adamson, Keith Vickers, Brian Jones and Simon Lloyd

CHRISTMAS RAFFLE

PRIZEWINNERS

156	J Choudry	531	Laidler
385	S Downie	733	A Brown
394	D Errington	759	A Fellows
437	Elizabeth	783	Mrs Chambers
471	Lydia	889	F Marriot

Thank you to everyone who took part and especially to those who donated the prizes
As all prizes were donated all the money received has gone direct to the TKPA

PROGRAMME OF EVENTS

CALENDAR OF EVENTS

Friday 4th February 0830-1530 Stand - opposite W.H Smiths in the Renal Services Centre atrium

Tuesday 8th February 7.00 p.m. Committee Meeting - members only Room 137 Education Centre

Tuesday 15th February 0830-1530 Stand - opposite W.H Smiths in the Renal Services Centre atrium

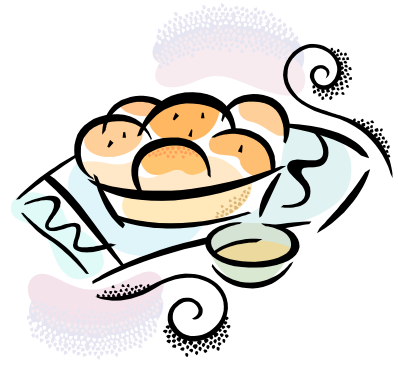
Tuesday 15th February 7.00 p.m. Doctors v Patients Ten Pin Bowling - Star Bowl, Royal Quays. This competition is for the Elizabeth Dickson Memorial Cup. Please come and make this a really enjoyable evening.

DINNER

We had to cancel the Christmas Dinner on 30th November because of the snow and a very bad forecast. We have rearranged the dinner for Tuesday 1st March at the Wheatsheaf, Woolsington.

The menu is slightly different to the Christmas dinner.

This could help cheer up winter blues and we also have a surprise entertainment planned.



Dinner Menu

Starter

Tomato and Vegetable Soup served with warm roll and butter

Prawn cocktail served with a wedge of brown bread

Pan Fried Garlic Mushrooms

Main Course

Chicken Riesling

Roast Beef and Yorkshire Pudding

Salmon with a Lemon and Dill Sauce

(All served with roast and boiled potatoes and seasonal vegetables)

Desserts

Treacle Sponge and Custard

Profiteroles

New York Style Cheesecake

Coffee and Dinner Mints

Price £15

If you want to come please fill in the booking form on the last page.

22Friday 4th March 0830-1530 Stand - opposite W.H Smiths in the Renal Services Centre atrium

Tuesday 8th March 7.00 p.m. **Planning Renal Services for the**

North East - Margaret McQuade and Dennis Crane Room 137 Education Centre.

Margaret McQuade is the co-coordinator for the North East Renal Review committee and she wants to meet each patient group and help us understand the work of this committee.

Dennis Crane is the NKF Advocacy Officer for the north of England. A kidney transplant patient himself he is very experienced and helpful.

WORLD KIDNEY DAY - Thursday 10th March

The emphasis this year is on the link between healthy kidneys and a healthy heart. The slogan is "Protect Your Kidneys to Protect Your heart."

We are holding two stands at the Freeman. One near the main entrance and one opposite W.H. Smiths. Could you help for part of the day? If you would like to volunteer please contact Simon Lloyd Tel: 01661 871 399

Tuesday 15th March 0830-1530 Stand - opposite W.H Smiths in the Renal Services Centre atrium

Tuesday 12th April 7.00 p.m. Committee Meeting - members only Room 138 Education Centre

Tuesday 10th May 7.00 p.m. Skin Care Dr Simon Meggit, Room 137 Education Centre

Beamish Open Air Museum - Saturday 22nd May

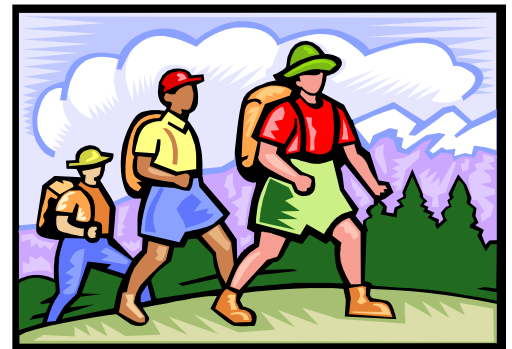
Come and join us in a visit to Beamish either by going by small coach from Newcastle or Gateshead or meeting us in the car park at Beamish.

Tuesday 14th June 7.00 p.m. Committee Meeting - members only Room 137 Education Centre

Sponsored Walk and Fun Afternoon - Saturday 25th June

Help us raise funds to help refurbish the caravans by doing a sponsored walk from Plessey Woods to Carr House Cottages. At least 6 miles through Plessey Woods and Blagdon Estate, past the Cheese Farm.

Relax and enjoy a fun afternoon including a BYO barbecue on the Lloyd's smallholding.



Tuesday 12th July 7.00 p.m. End of Life Care - Sister Therese Wood 138 Education Centre

Tuesday 9th August 7.00 p.m. Committee Meeting - members only Room 138 Education Centre

Tuesday 13th September 7.00 p.m. Annual General Meeting - How Medicines Work - renal pharmacist Rachel Fraser

Harrogate Autumn Flower Show - Saturday September 17th

Coach trip to Harrogate Flower Show. Come and see a great display of fruit and vegetables, flowers, flower arrangements and a whole range of stands. This is a really great day out.

STAND OPPOSITE W.H. SMITHS

We hold a stand twice a month on the first Friday and third Tuesday of the month. We have chosen these days so we have a chance to meet people going to renal clinics.

The stand is held in the atrium opposite W.H. Smiths by the courtyard from 0830 a.m. to 3.30 p.m. We have been putting up our display stand for information and holding a tombola.

Please stop and have a chat if you are passing going to or from the Outpatients clinic. We would also appreciate help manning the stand if you can come for part or all of the day.

KESWICK AND SEAHOUSES CARAVANS

These two caravans allow kidney patients to get much needed holidays. They both need refurbishing before the start of the holiday season. Can you help raise funds for this please?

If you can please contact Pam Yanetz at the Freeman.

NORTH EAST RENAL NETWORK MEETING

- Patients as mentors (Peer Support Group)
 - A training course for 14 patients will cost £2,000
 - We have asked if more can be trained as £20,000 is available
- Supporting young adults. Jillian Devlin, Young Adult Kidney Care Coordinator, has resigned. The post will be re-advertised.
- Dialysis away from base. Nursing strategy developments in Newcastle, Sunderland and Middlesborough to promote:
 - Quality of care and patient safety
 - Define and valuing the workforce
 - Promoting and valuing patient and public involvement
 - Workforce, education and training
- Dialysis Away From Base
 - A national tariff of £150/session will be brought in in April
 - Each unit will have to decide how many sessions in non-NHS units it can support

Simon Lloyd

DIALYSIS AWAY FROM BASE

In April a standard national tariff for all dialysis sessions of £150 will be brought in. There is no limit to the number of sessions patients can have in NHS units. This also applies to dialysis in European units that accept the new European Health Insurance Certificate (EHIC) forms and countries that have reciprocal arrangements with the UK.

If patients want to dialyse in other units the Trust will only fund a maximum of 6 sessions per year. The question of who pays for extra sessions is currently unclear.

SPECIAL HOLIDAY INSURANCE DISCOUNT

Staysure are experts in providing an extensive range of low cost travel insurance for the over 50s. Over 220 pre-existing medical conditions are covered free of charge on both basic and comprehensive Staysure travel insurance policies. Full medical screening can be

offered for more serious conditions either online or via the contact centre. Patients who have undergone kidney transplants are able to travel fully covered by answering a few short health

related questions.

As insurance experts Staysure have recently launched a new section on the website called Ask the Experts (www.staysure.co.uk/experts). Over 50s can find interesting articles related to travel, lifestyle, health and a number of other topics. Anyone who would like to learn more are invited to visit the website or call one of the Staysure insurance experts on 0844 277 0844.

Staysure would be delighted to offer a discount to your members. The discount code is listed below and can be used either online or over the telephone to gain a 10% discount. (This discount only refers to the policy price and does not include medical screening costs.)
DISCOUNT CODE KPA10

In 2009 looking at several specialist websites, before flying to Australia, I found the price for medical insurance for my needs as a transplantee ranged from over £300 to just over £100 with Staysure. I did need to pay £10 extra for pre-flight cover but they gave good service and added Swine Flu cover as a free extra. A patient who used them last year, and was so ill they ended up in hospital overseas, had very good service from them.

Simon Lloyd

EMERGENCY WRISTBANDS

Wear a wristband specially designed for kidney patients so emergency services are made aware of your special needs.

Wristband sales since Mike took over the sale of wristbands in early December we have sold approximately 939 wristbands made up of:

- 173 Large Right Arm;
- 313 Large Left Arm;
- 80 Small Right Arm;
- 112 Small Left Arm;
- 177 Large Transplant;
- 84 Small Transplant



Other orders are in the pipeline

How can you get hold of wristbands? They are on sale at Ward 31 Reception @£1, or by post @£1-50. Order forms are in the leaflet racks of the renal wards and out patients. They are also on our website www.tynesidekpa.org.uk Payment can be made by cheque or postal order. Please don't staple either of these to the order form.

Can you also please give us a phone number or e-mail address in case Mike needs to check your order.

A patient who was put into a non-renal ward had to stop staff taking blood pressure on the arm with a fistula. That is despite the fact he was wearing a wristband. We are seeking to publicise the risk in the hospital.

CONTRIBUTIONS PLEASE

We publish our newsletters every two months. If you would like to contribute information, renal friendly recipes, jokes (clean please), poems, puzzles or observations please let a committee member have them by the end of March. Or e-mail to the editor simonlloyd429@btinternet.com .

DONATIONS FOR FUND RAISING

We are very grateful for all the articles that have been given to us to help raise funds.

If you want to make a donation of items, but not books, to help fund raising would you please hand them in to the receptionists on Ward 31 and then let one of the committee know so we can collect them. Staff have been very helpful in arranging to receive and store items for us.

USEFUL CONTACTS

Renal Social Workers

The best way to contact one of the renal social workers is to go by the administration officer. You can do this by:

- phoning Newcastle Hospitals on (0191) 223 1025 and asking for the renal social workers at the Freeman
- E-mail to socialworkadminFRH@newcastle.gov.uk
- Fax to (0191) 285 3455
- Post to Renal Social Worker, Adult Services Directorate, Freeman Hospital, Freeman Road, Heaton, NE7 7DN

COMMITTEE MEMBERS' CONTACT DETAILS

Honorary Officers:

Kath Brown Chairman (0191) 250 0762

E-mail: kath.brown@northtyneside.gov.uk

Mike Hayhoe Vice-chairman (0191) 236 6759

E-mail: mhayhoe@aol.com

Simon Lloyd Secretary and membership secretary (01661) 871 399

E-mail: simonlloyd429@btinternet.com

Carr House Cottages, Berwick Hill Road,
Seaton Burn, Newcastle upon Tyne, NE13 6BX

David Errington Treasurer (01670) 790 300

E-mail: daviderrington@tiscali.co.uk

Committee members:

David Lee (0191) 252 9666 E-mail: flashman101@hotmail.com

Alan Bond (0191) 4281 702 E-mail: bond504@btinternet.com

Keith Vickers (0191) 425 2379 E-mail k.vickers@blueyonder.co.uk

Brian Jones (0191) 264 531

Telephone Helpline – (01661 871 399)

Website: www.tynesidekpa.org.uk

National Kidney Federation: www.kidney.org.uk

Who are they?

An English king linked to jam. George Hartley

Desirable Italian name linked to exchanges Maria Love

Saintly link to coffins Therese Wood

Keeps patting child on the head Tapson

Abbreviated link to special breakfast cereal Dr K

Too good to hurry sucker Marie Murray

Sounds like a white flower that's faded badly Alison Brown

Welsh caterer Katy Jones

Diamond-like jeweler Julia Harding

Cloth worker who seals wooden ships Carina Taylor

Scots name with a boggy garden Graham Marsh

EVER WONDER ...

Why the sun lightens our hair, but darkens our skin?

Why women can't put on mascara with their mouth closed?

Why is lemon juice made with artificial flavor, and dish washing liquid made with real lemons?

What disease did cured ham have?

Who decided that a round pizza should be put in a square box?

Once upon a time in a place overrun with monkeys, a man appeared and announced to the villagers that he would buy monkeys for £10 each. The villagers, seeing that there were many monkeys around, went out to the forest, and started catching them.

The man bought thousands at £10 and as supply started to diminish, they became harder to catch, so the villagers stopped their effort. The man then announced that he would now pay £20 for each one.

This renewed the efforts of the villagers and they started catching monkeys again. But soon the supply diminished even further and they were ever harder to catch, so people started going back to their farms and forgot about monkey catching.

The man increased his price to £25 each and the supply of monkeys became so sparse that it was an effort to even see a monkey, much less catch one.

The man now announced that he would buy monkeys for £50! However, since he had to go to the city on some business, his assistant would now buy on his behalf.

While the man was away the assistant told the villagers. "Look at all these monkeys in the big cage that the man has bought. I will sell them to you at £35 each and when the man returns from the city, you can sell them to him for £50 each."

The villagers rounded up all their savings and bought all the monkeys. They never saw the man nor his assistant again and once again there were monkeys everywhere.

Now you know how the stock market works.

FREE PARKING FOR MEETINGS

We have arranged for those coming to meetings to park free in Level 2 or above in the Multi-Storey car park, providing a permit is cut out and displayed on the dash board.

TYNESIDE *KIDNEY*
PATIENTS' ASSOCIATION
8th February 2011
Parking while at a
MEETING IN ROOM 137

TYNESIDE *KIDNEY*
PATIENTS' ASSOCIATION
8th March 2011
Parking while at a
MEETING IN ROOM 137

DINNER BOOKING FORM

Name _____ Tel. No: _____

Starter		Main		Dessert	
Tomato & Veg Soup		Chicken Riesling		Treacle Sponge & Custard	
Prawn Cocktail		Roast Beef		Profiteroles	
Garlic Mushrooms		Salmon		New York Style Cheesecake	
		Vegetarian Lasagne		Coffee & Dinner Mints	

Name _____ Tel. No: _____

Starter		Main		Dessert	
Tomato & Veg Soup		Chicken Riesling		Treacle Sponge & Custard	
Prawn Cocktail		Roast Beef		Profiteroles	
Garlic Mushrooms		Salmon		New York Style Cheesecake	
		Vegetarian Lasagne		Coffee & Dinner Mints	

Name _____ Tel. No: _____

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Tomato & Veg Soup		Chicken Riesling		Treacle Sponge & Custard	
Prawn Cocktail		Roast Beef		Profiteroles	
Garlic Mushrooms		Salmon		New York Style Cheesecake	
		Vegetarian Lasagne		Coffee & Dinner Mints	

Cost £15. Please make cheques payable to TKPA

Send to: David Errington, Linden, Longhirst, Northumberland NE61 3LS

Please check your telephone number is on the form in case we have to contact you.