



# NEWSLETTER

February 2012

Registered Charity 518767



**Holidays, some ideas and suggestions for patients**

## CALENDAR OF EVENTS

Tuesday 14<sup>th</sup> February Committee Meeting

Education Centre Room 138 7.00pm

Thursday 8<sup>th</sup> March World Kidney Day

Tuesday 13<sup>th</sup> March Committee Meeting **Home**

**Haemodialysis**

Education Centre Room 138 7.00pm

Tuesday 10<sup>th</sup> April Committee Meeting

Education Centre Room 138 7.00pm

Tuesday April 24<sup>th</sup> Doctors v Patients bowling

Tuesday 8<sup>th</sup> May **Living Donors** with Kim Russell being invited to speak

Classroom 2, 7.00pm

Saturday 19<sup>th</sup> May Stockton to Yarm cruise agreed to arrange this and to invite members from Sunderland and Middlesborough

Tuesday 11<sup>th</sup> June committee meeting

Saturday 30<sup>th</sup> June coach trip to South Lakes Zoo

Tuesday 10<sup>th</sup> July **Ambulance Driver** being asked to speak.

Tuesday 14<sup>th</sup> August committee meeting

Tuesday 11<sup>th</sup> September Annual General Meeting Ray Mackie being invited to speak about the NKF.

## Mr Brian Jones

Brian died after a short illness a few days before Christmas; he left a wife Yvonne, two daughters and a grandson. He dialysed on the same shift as me, bay 5 M/W/F later he was also an active member of the TKPA committee.

Brian was a family man, he talked all the time about his home life, his pride in his daughters and the love of his grandson Kieran. He also had strong views on patient care and would not



think twice in addressing issues, he tried to be a voice for those with no voice.

Brian's involvement with the TKPA committee led to him being pivotal in invigorating our fund raising and advertising, he designed our new logo and even in his final days still helped organise the Santa presents we all received in the Unit.

He helped a lot of new to haemo patients, to come to terms with their treatment, by listening & reassuring people with whatever problems they had, either personal or to do with other problems they might have had. You knew that you could discuss anything with him

It is with typical generosity that Brian's family have donated a substantial sum in his name to TKPA

Brian will be missed on the Unit, the 5 hour chats and his jokes that could only be told in whispers!

He was a friend to many and I am proud to have known him.

Keith Vickers

Editor

## **DONATIONS FOR FUND RAISING**

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

## CHRISTMAS RAFFLE

Yet another successful raffle was held raising a great sum of £660.00, a big thank you to all of you who took part.

### The Big Winners

1 <sup>ST</sup> Mr. Thompson	Christmas Hamper
2 <sup>nd</sup> Claire Lemon	Drinks Hamper
3 <sup>rd</sup> Mr. Overbury	Table lamps
4 <sup>th</sup> Joan Horner	Solar thingy
5 <sup>th</sup> Mrs. Winch	Wine
6 <sup>th</sup> Mr. Rowe	Small Hamper
7 <sup>th</sup> Norman Smyth	Watch
8 <sup>th</sup> Alan Bond	Tea service
9 <sup>th</sup> Tommy	Photo frame
10 <sup>th</sup> David Perry	Tin of sweets

A big thank you to all who donated the prizes and in particular to Doreen and Paul Adamson who organized the raffle and pretty much sold every ticket.

### STAND OPPOSITE W.H. SMITHS

We will be holding the stand on the first Friday and third Thursday, this will continue throughout 2012.

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 tombola.

Please stop and have a chat if you are passing on your way 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.



## RENAL ALERT WRISTBANDS

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

Wristbands are available @£1 from the receptionists on Ward 31 or by post @£1-65. Full details and order forms are available from our website [www.tynesidekpa.org.uk](http://www.tynesidekpa.org.uk)

## Thinking about a Holiday or a short break

As many patients already know it is possible to organise time away from the Hospital to have a holiday be it a long weekend or a couple of weeks with the sun on your back.

For most patients — whatever therapy they are on — travel and holidays will be actively encouraged by the medical team, who will help with the arrangements. Of course it is essential that you check with your renal unit before planning or booking

anything - even if you have had a transplant you will still need a letter from them confirming you are fit to travel in order to secure travel insurance, and advice on immunisation.

Travel for kidney patients on dialysis does require more planning, so last minute bookings are not a realistic option. However, the limitations in terms of where you can take a holiday and what sort of holiday you can take are probably far fewer than you would imagine. There is also plenty of help available to assist with the planning process and to help make sure you have a holiday to remember for all the right reasons.

## **Contacts.....**

Hazel Marchant ward 32 0191 223 1421

Hazel will assist in making arrangements for dialysis away from base and also will help with the booking of the caravans in Northumberland and the Lake District. She has organised hundreds of patient's holidays and should be consulted before you make any arrangements for her wealth of experience and her knowledge of the regulations.

National Kidney Federation [www.kidney.org.uk/holidays/index](http://www.kidney.org.uk/holidays/index).

There is a full section on the web site, with holiday suggestions, insurance details and many tips on having a safe holiday.

## Freeman Hospital Parking

As you may have read in our last newsletter we raised the issue of dialysis patient parking at the Freeman Hospital, in particular the lack of clear signage. The poor signage has led to people believing it is a public or blue badge accessible or indeed sometimes a taxi rank.

As a result of the article and subsequent discussion with senior staff the TKPA has been asked to design a number of signs to be placed in parking bays 1-11

Hopefully the new signs should be seen in the coming months.

Keith Vickers

Editor

## CONTRIBUTIONS PLEASE

We publish our newsletters every three months. If you would like to contribute information, renal friendly recipes, jokes (clean-ish please); poems, puzzles or observations please let a committee member have them by the end of Mar 2012. Or e-mail to the editor [k.vickers@blueyonder.co.uk](mailto:k.vickers@blueyonder.co.uk)



## 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 chasking for the renal social workers at the Freeman
- E-mail to [socialworkadminFRH@newcastle.gov.uk](mailto:socialworkadminFRH@newcastle.gov.uk)
- Fax to (0191) 285 3455
- Post to Renal Social Worker, Adult Services  
Directorate, Freeman Hospital, Freeman Road, Heaton,  
NE7 7DN

Telephone Helpline – (01661) 871 399

TKPA Website: [www.tynesidekpa.org.uk](http://www.tynesidekpa.org.uk)

National Kidney Federation: [www.kidney.org.u](http://www.kidney.org.u)

### COMMITTEE MEMBERS' CONTACT DETAILS

#### Honorary Officers:

**Kath Brown** Chairman (0191) 250 0762

E-mail: [kath.brown@northtyneside.gov.uk](mailto:kath.brown@northtyneside.gov.uk)

**Mike Hayhoe** Vice-chairman (0191) 236 6759

E-mail: [mhayhoe@aol.com](mailto:mhayhoe@aol.com)

**Simon Lloyd** Secretary (01661) 871 399

E-mail: [simonlloyd429@btinternet.com](mailto: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](mailto:daviderrington@tiscali.co.uk)

### Committee members:

**Alan Bond** membership secretary (0191) 4281 702

E-mail: [bond504@btinternet.com](mailto:bond504@btinternet.com)

**Keith Vickers** Editor (0191) 425 2379

E-mail [k.vickers@blueyonder.co.uk](mailto:k.vickers@blueyonder.co.uk)

**Ian Partis** E-mail [iantpartis@hotmail.co.uk](mailto:iantpartis@hotmail.co.uk)

### Co-opted members

**Joan Longstaff** 0191 2576650

E-Mail [dustywhippet@hotmail.com](mailto:dustywhippet@hotmail.com)

**Doreen Adamson** 07890 430881

### Urgent Renal patient care contact telephone numbers

Chronic **haemodialysis patients**: telephone Ward 31 on 0191 2137031 (or if unobtainable phone Ward 32 on 0191 2137032)

**Peritoneal dialysis patients**: telephone Peritoneal Dialysis Team on 0191 2448297(0830-1730hrs), or Ward 32 0191 2137032 (at all other times)

**Kidney transplant patients**: telephone Ward 32 on 0191 2137032

## Renal social workers

As you may know there are a number of renal social workers who are there to assist us with non-medical issues that our

renal problems bring to light, these are issues such as benefits, housing and general worries.

They can be contacted on the following number

**019102137393**

Some other numbers you may also find useful,

**Newcastle Welfare Rights Service** 019127702627

**Citizens Advice Bureau**

Newcastle 0844 499 4717

West Northumberland 01434 605254

Haltwhistle 01434 322539

Gateshead 0191 4785100

**Disability North** 0191 284 0480

**Age UK Newcastle** 0191 235 9900

**Newcastle Law Centre** 0191 284 0480



## **NEW COUNSELLING SUPPORT PHONE LINE**

The National Kidney Federation has passed on details of a new counselling

service. This is being run by the British Kidney Federation.

Jacquie Fraser, who is a highly experienced counsellor, will give support and guidance to kidney patients. She will be available on the end of a phone every **Tuesday**. The phone number is 01420 541 424 or by e-mail:

[jacqueline.fraser@britishkidney-pa.co.uk](mailto:jacqueline.fraser@britishkidney-pa.co.uk)

Whether worried about dialysis options, transplantation or managing everyday life, Jacquie is ready to listen and offer help to those who have no counselling services in their local kidney unit.



## **NEWSLETTER DISTRIBUTION IN WARD 31**

We are changing the way haemodialysis patients get their newsletters. We are taking them round and giving them out to patients rather than sending them out. We did this for the first time in December

and are planning to continue.

We have made this change so that we get the opportunity to see people regularly and give you the chance to raise anything you need to. It also saves us the cost of postage.

When I went round I saw as many patients as I could without waking those who were asleep. I've also listed patients on each shift and in the bays I saw them. In the process we also added about 60 people to our membership.

We are looking for help in doing this so if you can help with one of the 6 dialysis shifts could you please contact me, tel: 01661 871 399 or by

e-mail: [simonlloyd429@btinternet.com](mailto:simonlloyd429@btinternet.com)

If you either go onto home haemodialysis or get a transplant please let us know so we can get the newsletters to you. *Simon Lloyd*



## WORLD KIDNEY DAY

Thursday 8<sup>th</sup> March

The theme this year is '**Donate - Kidneys for Life - Receive**' focussing on organ donation and transplantation.

We will be taking part with two stands, one just inside the main entrance to the Freeman and the other in the atrium of the Cancer/Renal unit. We are aiming to be there from 9.00 a.m. to about 3.30 p.m. We want to try and get as many people to join the organ donor list as possible.

Could you come and help us with this day for part of the day please. In particular we would like help from transplant patients who can tell others of the benefits to themselves. If you can help for

any part of the day please contact Simon Lloyd by either phoning on 01661 871 399 or by e-mail to [simonlloyd429@btinternet.com](mailto:simonlloyd429@btinternet.com)

Let's see if we can enrol 100 people to the organ donor list.

## **DOCTORS V PATIENTS TEN PIN BOWLING -Tuesday 24<sup>th</sup> April**



The annual competition for the Elizabeth Dickson will be held at Superbowl in the Royal Quays at 7.00 p.m.

This event is open to all renal medical staff to support the doctors and to kidney patients of all ages. So we invite you to come and make this a really good time.

The cost is £3-50 payable on the night. If you are planning to come please contact Simon Lloyd either by phone on 01661 871 399 or by e-mail at [simonlloyd429@btinternet.com](mailto:simonlloyd429@btinternet.com) so we know how many lanes to book.



## HOW MUCH DO YOU PAY FOR PRESCRIPTIONS?

If you get repeat prescriptions monthly are you paying for 3 or more items? If you are you can save money by paying in advance. The way the system works is that you pay for a full year's prescription.. You can get details from any pharmacist. So don't pay for more than you need to.



## RIVER CRUISE - Saturday 19<sup>th</sup> May

We are planning to go on a cruise from Stockton to Yarm with Teeside Princess River Cruises.

We are planning to arrange transport from Newcastle to Stockton and hope to make this a joint event with other local kidney groups. Full details will be in the next newsletter and on adverts in the renal wards and Outpatient Departments.

You can register early for this trip by letting David Errington know...

**David Errington** Treasurer (01670) 790 300



## SANTA VISITS TO RENAL WARDS

This Christmas we worked with Sister Carina Taylor to give out gifts to renal patients. Carina funded gifts which we added to and gave out each patient a gift

bag.

Mother Christmas (alias Joan Longstaff) valiantly helped with all 6 shifts, assisted by Alan Bond, Richard Routledge, Alan Lee, Doreen and Paul Adamson and Simon Lloyd (alias Santa). Our aim is to complement the cake and drinks provided by Ward 31 staff and bring a smile to people. After all why should the kiddies have all the fun?



## DUPLICATION

Have you noticed the amount of duplication that bureaucracy seems to love in so many ways? If I send sheep to mart I have to complete a quadruplicate movement licence. Then one copy goes to the animal health department, one to the mart, one to the haulier and I have to keep one along with everyone else. Then to add to that the animal health staff also copy it onto computer making 5 copies in all. All in the name of traceability in case a disease like foot and mouth flares up again. Great idea and hopefully it will avoid the stupidity of sending a culling team to a map reference in the middle of the North Sea or culling out a farm that was totally clean.

Why do we need all these records? Believe it or not the local head of the Northumberland Animal Health staff told me, "You can't have too many records!" I simply don't believe it.

I'm not sure how many records there are related to my health. Let's count it up. First a large ring book file that appears at each consultation and gets thicker each time, then there's a hospital computer file with my details on. My GP has a file on computer but no paper record. Then the pharmacist I use has one as well. I suspect the dermatology also have another record along with the gastroenterologists, but I could be wrong about the last one. At least 4 separate records but it could be 6. Add to that the fact that none of these computerised systems can talk to each other.

The NHS has to make millions of pounds of cuts yet in the Newcastle Trust tons of patient's files are moved around by hand every day. Sometimes patients' files get lost or never get to a consultation. Why cart paper around in the days of computerisation? Why do we need to carry a list of our medication when it's already in the system and has been for years.

What happens at a clinic? Your details have to be brought to reception from storage. Then when you arrive picked out and put out for the doctor. Presumably they are then checked out by the relevant staff before going back into storage, or do they go back to storage to be brought out when staff have time to follow them up. Why can't all this moving paper about be ended by computerising records and doing away with paper shifting?

Or is the fundamental problem "If you want to really foul things up give it to a computer?" My GP computerised all their patient records years ago. Good systems can work well and should be used with the eliminations of a lot of unnecessary paper shifting and duplication. *Simon Lloyd*

Annual Dinner, Thursday 1<sup>st</sup> March 2012 --  
The Grange, Throckley, Newcastle. 7.00pm  
for 7.30pm

<i>Cream of vegetable soup</i>	<i>x .....</i>
<i>Chilled Prawn cocktail Marie Rose</i>	<i>x .....</i>
<i>Chicken Pate and Melba toast</i>	<i>x .....</i>
<i>Roast topside of beef with Yorkshire pudding</i>	<i>x .....</i>
<i>Baked fillet of Salmon in butter</i>	<i>x .....</i>
<i>Roast supreme of Chicken</i>	<i>x .....</i>
<i>Vegetarian filo bake</i>	<i>x .....</i>
<i>Fruit cheesecake and cream</i>	<i>x .....</i>
<i>Apple crumble and custard</i>	<i>x .....</i>
<i>Ice cream coupe 99</i>	<i>x .....</i>
<i>Tea and coffee with mints</i>	

Name.....

Address.....

..... Tel.....

Total payment £.....

Payment of £15 per person to be received with menu choice  
cheques made out to TKPA , please address to our  
Treasurer....Mr David Errington, , Linden ,Longhirst, Morpeth  
Northumberland NE61 3LS by **17<sup>th</sup> February 2012,**  
tel.01670 790300 or Email: [\*\*daviderrington@tiscali.co.uk\*\*](mailto:daviderrington@tiscali.co.uk)

Should there be the demand we may run transport, please let  
us know.

There is ample parking and the site has been designed for  
wheel chair access. A bar is also easily accessible with drinks  
at some of the best value prices to be found.

Also on the evening we will be having a piper on arrival, quiz,  
bingo and a raffle with a first prize of a flat screen TV.

## **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  
Tue 14<sup>th</sup> Feb 2012  
Parking while at a  
MEETING IN ROOM 138**

**\_TYNESIDE *KIDNEY* PATIENTS  
ASSOCIATION  
Tue 13<sup>th</sup> March 2012  
Parking while at a  
MEETING IN ROOM 138**