

NEWSLETTER

June 2011

Registered Charity 518767



Beamish Museum Visit



CALENDAR OF EVENTS

Friday 3rd June 0830-1530 **Stand** - opposite W.H Smiths in the Renal Services Centre atrium

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

Thursday 23rd June 0830-1530 **Stand** - opposite W.H Smiths in the Renal Services Centre atrium

Saturday 25th June **Sponsored Walk** 1530 Friday July 1st **stand** - opposite W.H Smiths in the Renal Services Centre atrium

Saturday 2nd July - South Shields Festival - help needed please

Saturday 9th July - Westoe Fair - help needed please

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

Thursday 21st July 0830-1530 **Stand** - opposite W.H Smiths in the Renal Services Centre atrium

Friday 5th August 0830-1530 **Stand** - opposite W.H Smiths in the Renal Services Centre atrium

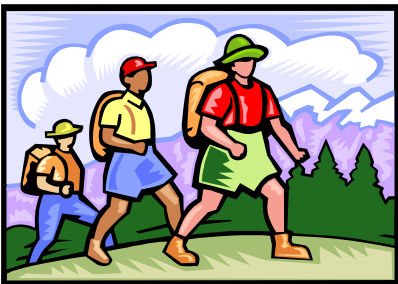
Tuesday 9th August 7.00 p.m. **Committee Meeting** - members only Room 138 Education Centre

Saturday 13th August - Felling Show - help needed please

Thursday 25th August 0830-1530 **Stand** - opposite W.H Smiths in the Renal Services Centre atrium

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

Saturday 17th September **Harrogate Autumn Flower Show**



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.

Sponsorship forms are available from Simon Lloyd by e-mail at simonlloyd429@btinternet.com or phone on (01661) 871 399

FUN AFTERNOON CANCELLED!

I'm sorry but I have had to cancel the Fun Afternoon at our smallholding following the Sponsored Walk. I'm currently experiencing major health problems and have been unable to clean out the barn and do a whole lot of other jobs and have not had the strength and stamina I need.

Over the past week I have got a diagnosis of the underlying problem which is stones blocking the gall bladder and bile duct. Hopefully these will be treated soon.

Simon Lloyd



END OF LIFE CARE Tuesday 12th July

Sister Therese Wood will be coming to describe to us how the Conservative Care for those who decide not to go onto any major treatment such as dialysis or a transplant works. She will also describe how End of Life Care Pathways work.

Therese is very experienced and currently caring for over 90 patients. She has a great deal of experience and we can look forward to a really good evening. She is really worth hearing so please don't be put off but come along and find out how she cares for people.

SHOW STALLS

We are planning to have a stand at the following events:

South Shields Festival - Saturday 2nd July

Westoe Fair - Saturday 9th July

Felling Show - Saturday 13th August

We are looking for volunteers to help with these stalls for all or part of each day. If you would like to help please contact Joan Longstaff or one of the committee

EASTER RAFFLE RESULTS ARE AS FOLLOWS:

| | | | |
|-----|------------------|-----|----------------|
| 80 | Vince Rutherford | 124 | S Morton |
| 206 | Mary Bullock | 234 | Mr Ramshaw |
| 256 | John Laws | 371 | Mike Hayhoe |
| 427 | J Howgarth | 429 | Alan (ward 31) |
| 844 | John Anderson | 865 | P Cooke |
| 921 | Marie Dodds | | |

We raised £531 and as all prizes and the cost of printing raffle tickets were donated the whole amount is going towards our charity which supports local kidney patients. We would like to thank everyone who donated prizes and/ bought tickets.

GUESS THE MOOSE'S BIRTHPLACE:

The winner of the Moose, who was born in Keilder, was a lady called Carol and made £37.50 Thank you to everyone who entered.

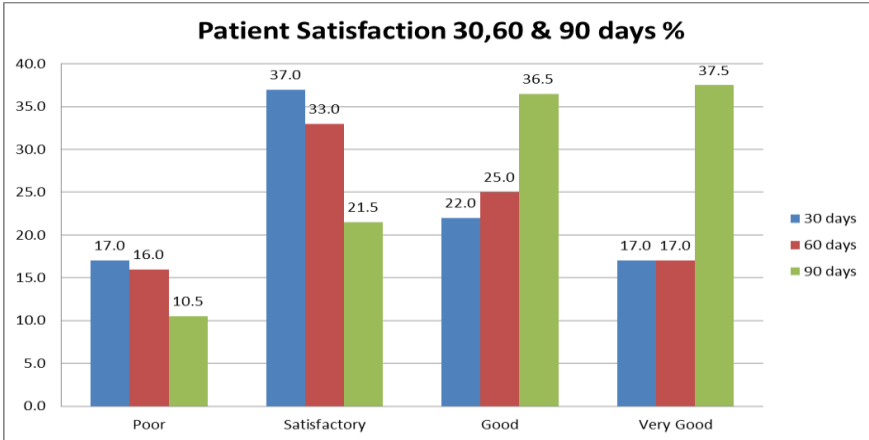
WALKER FESTIVAL:

I (Joan) would like to thank Brian Jones, John Harty, Paul & Doreen Adamson and Joyce for all the help they gave me at the Walker Festival without whom I could not have managed.

TRANSPLANT PATIENTS:

Are entitled to get high factor sunblock on prescription from your GP.
Very important if we get this fantastic summer as forecasted!

DIALYSIS PATIENT SURVEY RESULTS



These are the overall results of the three surveys we have done at respectively 30, 90 and 60 days. They are showing positive improvements in the service.

These results show very clearly that patients have seen marked improvements, particularly in the last month.

What the chart shows are the results for the first 30 days in blue, for 60 days in red and for 90 days in green. These results have improved markedly so that those who rated collection times:

- Poor have dropped from 17% to 10.5 %
- Satisfactory has dropped from 37% to 21.5%
- Good has risen from 22% to 36.5%
- Very good from 17% to 37%

While there are still occasions when the service is below standard we have passed on the details to the NEAS Customer Care service to help improve the service.

Many thanks to all the dialysis patients who have helped us so much by taking part. Also to Doreen and Paul Adamson, Joan Longstaff, Keith Vickers who carried out with the survey along with me.

This is a summary of a much more detailed report. If you would like a copy please contact me direct by phone on (01661) 871 399 or by E-mail: simonlloyd429@btinternet.com *Simon Lloyd*

MUSEUM SATURDAY 21ST BEAMISH MAY 2011

This has been a regular event in our calendar but it was the first time I have visited Beamish. Along with my wife, daughter and granddaughter and a good number of members we set off to explore one of the country's premier industrial museums.

Classic omnibuses and trams shuttled us around the various areas of the site such as the pit village complete with mine, pit cottages and school, the steam railway, and the town. We were able to travel back in time to see the Dentist [that must have been a scary trip] the garage complete with classic cars and motorbikes and the co-op ironmongers that sold everything from fork handles to four candles. We then had a nice lunch

upstairs in the co-op including a traditional stottie sandwich served with a modern cappuccino, this kind of summed up the museum old days but up to date.

On a visit to the vaults of Barclays bank I bumped into some of our members who were

enjoying the day as much as my family. Then onto the sweet shop, the cinder toffee was great then the Masonic Hall, this made me



feel old as I visited this building in Sunderland before it was dismantled stone by stone and rebuilt at Beamish.

My daughter and granddaughter rode the steam powered carousal a number of times and sampled the ice cream, it was good to see that something built over a century ago could still give such pleasure to a 2 year old.

So after 5 hours we made our way to the exit after a complete circuit on the tram. My granddaughters highlight, "the smelly farm animals" my wife and daughters the pit village and mine, just a very nice family day out.

Keith Vickers

SKIN CARE Dr Simon Meggit,



The dermatologist Dr Simon Meggitt gave us a detailed talk on several different aspects of both healthy skin and serious problems. This was very well illustrated with some of the collection of 127 slides he had downloaded so he could talk about the things that interested us.

Simon started by pointing out that there are more cases of skin cancers than all the other sorts of cancers. He then showed us slides of normal skin and of some of the normal lumps, bumps and coloured spots we can get that are safe.

Simon went into care in exposure to sunlight. In particular to UVA and UVB rays. While UVB rays are more damaging we don't get affected by them much but do get a lot of UVA exposure. So it's important when selecting a sunscreen to get one with a 4 star rating in an oval badge on the container. He also showed us a slide of the amount of cream needed - a really good handful well slurped on.

Simon showed us some of the problems in identifying accurately different forms of growths and was very honest in the difficulties he and other doctors find at times.

The talk was by no means exhaustive but held everyone fascinated and left us wanting more.

Simon Lloyd

STAND OPPOSITE W.H. SMITHS

We will be holding the stand on the first Friday and third clinics on Thursdays. This will happen in May and June

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.

An Irishman goes for a job interview at a chemical factory; the manager asks "have you worked with chemicals before"

"Yes" replies Paddy

The manager then asks him what Nitrate is.

Paddy replies "I'm hoping it's going to be time and a half"

CHANGES IN PAYMENTS FOR DIALYSIS AWAY FROM BASE

In the recent renal network meeting the PCT commissioner * dialysis sessions will be paid for up to 1st April 2012. The specific details are that there will be no limit to the number of sessions in:

- NHS dialysis units
- In European units that accept EHIC (European Health Insurance Cards)
- In Australia
- In private units such as Lakeland where it is not possible to arrange dialysis in an NHS unit

However it is possible that some European units may restrict the number of visits by a patient in the attempt to allow equity of access for all.

Pam Yanez and Hazel Marchant will be sending a letter to all haemodialysis patients giving full details.

Please be careful in booking a holiday to find out about dialysis facilities first and choose an area where there is a unit that accepts EHIC cards.

Simon Lloyd

+PCT (Primary Care Trust) commissioners are responsible for commissioning and paying for services.

Were you aware

The "Welfare Fund", managed by the Freeman Hospital renal unit, is a sum of money donated by the Tyneside Kidney Patient's Association for the benefit of renal patients.

Renal social workers at Freeman may use money from the fund to allocate modest grants to kidney patients they are working with, who are in financial difficulties, and no other source of monies are available to assist with their particular need.

If you would like further information please get in touch with one

of the renal social workers at the Freeman hospital on telephone number: 0191-2231025.

My first time.....

Dialysis away from base.

Having been on dialysis for more than 6 months with all going well, my wife and I thought it was about time to plan a holiday.

This in official terms is known as Dialysis away from base [D.A.F.B.].

We have a friend with a farm in the Lake District so this seemed an ideal choice so I was booked into Lakeland Dialysis Centre in Cockermouth for 3 haemo dialysis sessions. We set

off on the Saturday with my first session being on the Monday, by this time I was a bag of nerves. What if became ill after treatment, my line blocked or any manner of problems that ran through my head? But I needn't have worried. I arrived at 7.30am to a friendly welcome and a straightforward start within in a few minutes I was dialysing and had been supplied with tea and toast a choice of morning newspapers and the use of TVs and DVDs. The staff knew I was on holiday and went to great lengths to make this as enjoyable as possible, by the end of the week I did not want to come home!

So if you are worried about going away why not try the Lakes, it not so far away, dialysis can be arranged and the Tyneside Kidney Patients Association has one of its 2 caravans in Keswick [the other being in Seahouses]

Should you want further information on holiday dialysis or booking of the caravans please contact Hazel Marchant on ward 32 or email www.HazelMarchant@nhs.uk

Article by Brian Jones



EMERGENCY 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. We have had to increase the price because of extra postage charges.

NEW EDITOR

Keith Vickers is taking over the editing of the newsletter from Simon Lloyd. This edition has been a joint venture as Keith is learning the ropes. Keith has been doing the printing and has taken over this job to relive Simon as the committee would like to reduce his workload.

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 July. Or e-mail to the editor k.vickers@blueyonder.co.uk .

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

Telephone Helpline – (01661) 871 399

T&PA Website: www.tynesidekpa.org.uk

National Kidney Federation: www.kidney.org.uk

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 (01661) 871 399

E-mail: simonlloyd429@btinternet.com

Carr House Cottages, Berwick Hill Road,
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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 membership secretary (0191) 4281 702

E-mail: bond504@btinternet.com

Keith Vickers Editor (0191) 425 2379

E-mail k.vickers@blueyonder.co.uk

Brian Jones (0191) 264 5312

COMMITTEE ELECTIONS

We elect the whole committee every year. There are 4 honorary posts: chairman, vice chairman, secretary and treasurer. In addition there are 4 posts for committee members. We need nominations for each post. So will you please help by completing the nomination form at the end of this newsletter? Nominations need to reach the secretary by Saturday 31st July.

Please note the following:

- Nominations must only be made with the approval and signature of the person being nominated.
- A person can serve in a committee post for three years.
- The list of candidates will be sent out with the August newsletter as we have to give 4 weeks' notice before the A.G.M. Please either send the form below or print one off if you want to make a nomination.

Nomination forms should be sent by **31st July** to **Simon Lloyd, Carr House Cottages, Berwick Hill Road, Seaton Burn, NE13 6BX**

Annual General Meeting Tuesday 14th September 2010 at 7.00 p.m.

YOU MUST HAVE THE CANDIDATE'S CONSENT BEFORE NOMINATING HIM/HER

| Position | Nomination | Candidate's signature | Proposer | Seconder |
|-------------------------|-------------------|------------------------------|-----------------|-----------------|
| Chairman | | | | |
| Vice-chairman | | | | |
| Secretary | | | | |
| Treasurer | | | | |
| Committee member | | | | |
| Committee member | | | | |
| Committee member | | | | |
| Committee member | | | | |

Please send to:

**Mr. Simon Lloyd, Secretary, TKPA, Carr House Cottages,
Berwick Hill Road, Seaton Burn, Newcastle upon Tyne NE13
6BX**

Closing date for me to receive nominations is Saturday 31st July

Current committee member's service

Chairman: Kath Brown (2 years)

Vice-chairman: Mike Hayhoe (2 years)

Secretary: Simon Lloyd (2 years)

Treasurer: David Errington (2 years)

Committee members:

David Lee (3 years)

Alan Bond (1 year)

Keith Vickers (1 year)

Brian Jones (1 year)

SOMETHING TO THINK ABOUT WITH ALL OUR NEW ELECTRONIC TECHNOLOGY.

GPS

A friend had their car broken into while they were at a football game. Their car was parked on the green which was adjacent to the football stadium and specially allotted to football fans. Things stolen from the car included a garage door remote control, some money and a GPS which had been prominently mounted on the dashboard.

When the victims got home, they found that their house had been ransacked and just about everything worth anything had been stolen.

The thieves had used the GPS to guide them to the house. They then used the garage remote control to open the garage door and gain entry to the house. The thieves knew the owners were at the football game, they knew what time the game was scheduled to finish and so they knew how much time they had to clean out the house. It appeared that they had brought a truck to empty the house of its contents.

Something to consider if you have a GPS - don't put your home address in it. Put a nearby address (like a store or gas station)

so you can still find your way home if you need to, but no one else would know where you live if your GPS were stolen.

MOBILE PHONES -- I would never have thought of this.....

This lady has now changed her habit of how she lists her names on her mobile phone after her handbag was stolen. Her handbag, which contained her cell phone, credit card, wallet... etc... was stolen.

20 minutes later when she called her hubby, from a pay phone telling him what had happened, hubby says 'I received your text asking about our Pin number and I've replied a little while ago.' When they rushed down to the bank, the bank staff told them all the money was already withdrawn. The thief had actually used the stolen cell phone to text 'hubby' in the contact list and got hold of the pin number. Within 20 minutes he had withdrawn all the money from their bank account.

Moral:

Do not disclose the relationship between you and the people in your contact list.

Avoid using names like Home, Honey, Hubby, Sweetheart, Dad, Mom, etc....

And very importantly, when sensitive info is being asked through texts, CONFIRM by calling back.

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
14th June 2011
Parking while at a
MEETING IN ROOM 137

TYNESIDE *KIDNEY*
PATIENTS' ASSOCIATION
12th July 2011
Parking while at a
MEETING IN ROOM 138