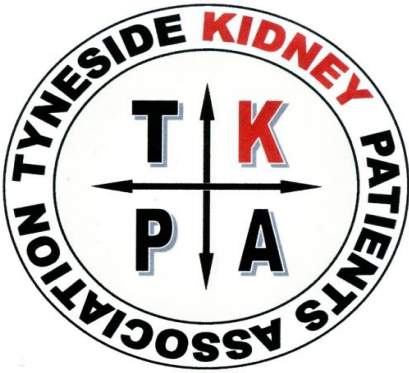


# NEWSLETTER

June 2012

Registered Charity 518767



Summer may soon be arriving to the North East

## CALENDAR OF EVENTS

- \* Saturday 23<sup>rd</sup> June Westoe Village Fair
- \* Sunday 1st July coach trip to South Lakes Zoo
- \* Saturday 7<sup>th</sup> July Summer Festival, Bents Park, South Shields.
- \* 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.

## An apology from the editor

The April 2012 Newsletter had some problems with its distribution. I edit, print and post the newsletter and am aware some members received it late and a small few who did not get a copy at all. This was caused by me spending 16 days in Hospital just as I had begun the printing and posting, so again sorry if this effected you.

Keith Vickers

P.S. the new kidney is working great !!!

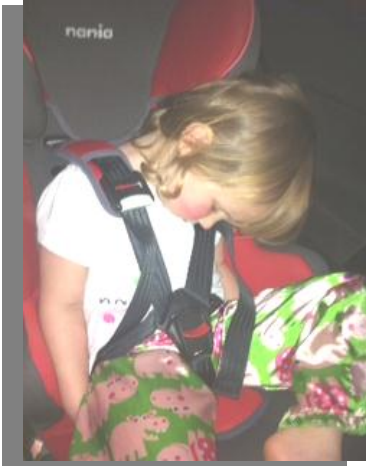
# The Princess River Cruise Sunday 20<sup>th</sup> May 2012



Members and friends of the TKPA gathered on a fairly nice Sunday for the trip to Stockton, why we arrived courtesy of the free transport arranged by the Association. We boarded the vessel

for a two hour cruise up the river Tees, that was helped by a commentary by a very informative member of the crew. Lunch was served on route this was a great two course roast, the meal was excellent, nicely cooked, huge portions and the staff being excellent hosts in particular they made real fuss of my 3 year old granddaughter Molly.

The cruise wound its way down the Tees which was far more interesting than I had imagined, lush greenery, lots of wildlife and some bridge architecture that was impressive when viewed from river level.



*It was a good day !!!!!*

After the cruise our transport took us to Preston Park for a 2 hour stay

with the Butterfly House being the best part, not only did it have some huge and colourful butterflies but it was the first time I had been warm all day ! We arrived back at the Freeman at tea time for what everyone thought had been a good day.



If you are interested in taking part in other Summer trips we organise such as the Zoo visit please look out for details in this edition

Keith Vickers

## *Spring and Summer Events*

### >Sunday 1<sup>st</sup> July 2012 Visit to South Lakes Zoo

We are organising a members and friends visit to the Zoo, <http://www.wildanimalpark.co.uk/> further details will be displayed around the unit and by email.



Keith Vickers

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

*Final call for this event, tickets priced at £13.50 adults, £9.00 seniors and £8.00 children (under 3s free) Day lasts from 8am until approximately 6:30pm*

> Sunday 19<sup>th</sup> August 2012    Sponsored Walk Souter lighthouse

Charity Stalls

>23<sup>RD</sup> June 2012 Westoe Village Fete South Shields

>7<sup>th</sup> July 2012 South Shields Festival Bents Park

>11<sup>th</sup> August 2012 Felling Fete

If you wish to come to these events or assist with the charity stalls please contact..

**Joan Longstaff** 0191 2576650

[dustywhippet@hotmail.com](mailto:dustywhippet@hotmail.com)

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

[daviderrington@tiscali.co.uk](mailto:daviderrington@tiscali.co.uk)

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

[simonlloyd429@btinternet.com](mailto:simonlloyd429@btinternet.com)

**STAND OPPOSITE W.H. SMITHS**

We will be holding the stand on the first Friday and third Thursday

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.

*# Please note there will be no stall Thursday 21st June 2012#*



### **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. Full details and order forms are available from our website [www.tynesidekpa.org.uk](http://www.tynesidekpa.org.uk)

In every addition of the Newsletter we include the above advert for wristbands, to show how widely it is read here is a breakdown of sales.

Wristband sales up to 29<sup>th</sup> May 2012

Large Right Arm	907
Large Left Arm	1613
Small Right Arm	383
Small Left Arm	542
Large Transplant	393
Small Transplant	227

TOTAL

4065

Michael Hayhoe has been the Committee Member in charge of the sales of wristbands as well as a dialysis patient on bay 5 but has decided to stand down from the Committee this summer and concentrate on his grandchildren.

I would like to take this opportunity on behalf of the Committee as well as the members of the TKPA to thank Mike for his admirable service over the past years.

Michael's replacement will be Iain Partis

E-mail [iaintpartis@hotmail.co.uk](mailto:iaintpartis@hotmail.co.uk)

35 Moor View, Camperdown, Newcastle upon Tyne, NE12 5XN.

## **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) 213 7393 and asking 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



## COMMITTEE MEMBERS' CONTACT DETAILS

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)

**Iain Partis** E-mail [iainpartis@hotmail.co.uk](mailto:iainpartis@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 CARE

Any Newcastle dialysis or kidney transplant patient who needs advice about an **URGENT** medical problem that relates specifically to their underlying kidney disease/treatment should telephone one of the following 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

A member of the nursing staff will discuss the problem with the on-call Renal Speciality Registrar before offering appropriate advice. The advice may be to visit your General Practitioner, your local Emergency Department or your closest NHS walk-in centre.

All patients should continue to telephone 999 in the event of an

EMERGENCY

## From the Editor

In order to try and mitigate the rising costs of mail charges, printing and stationary costs in producing the newsletter we are asking members who receive it by mail to switch to the email version.



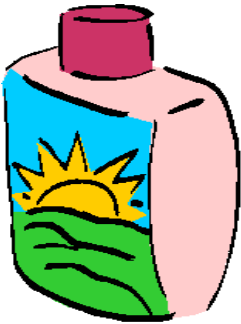
As an incentive we are offering a £25 M&S gift voucher to one lucky member who switch's by the end of September 2012

[www.bond504@btinternet.com](mailto:www.bond504@btinternet.com)

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

## TRANSPLANT PATIENTS

Transplant patients are able to get high factor sunblock on prescription from their GP.



I have been getting this for the last few years.

**PLEASE REMEMBER TO TOP  
UP REGULARLY.**

Joan Longstaff

## **TKPA Committee membership**

The TKPA are looking for new committee members, if you are interested please look out for an application form in this copy of the newsletter



Our current committee is made up entirely of dialysis/ transplant patients, renal staff and family/supporters but friends or relatives of patients who feel they could fulfill a role would also be welcome.

## ***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 31<sup>st</sup> 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 to arrive by **31<sup>st</sup> July** to **Simon Lloyd, Carr House Cottages, Berwick Hill Road, Seaton Burn, NE13 6BX**

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

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

Committee member				
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**Current committee**

Chairman: Kath Brown (3 years)

Vice-chairman: Mike Hayhoe (3 years)

Secretary: Simon Lloyd (3 years)

Treasurer: David Errington (3 years)

Committee members:

Alan Bond (3 years)

Keith Vickers (2 years)

Iain Partis (1 year)

We have also co-opted onto the committee the three renal social workers, Lynn Cullen, Marian Wainwright and Jane Meadows as well as Joan Longstaff and Doreen Adamson.

Simon Lloyd

Secretary TKPA

***PROPOSED AMENDMENT TO THE CONSTITUTION***

We could be facing problems over the election of officers to our committee if we do not get enough nominations to fill the posts. This could be a particular problem over finding another treasurer to replace David Errington.

Our constitution says in paragraph 6)

(a)Honorary Officers and Committee members may offer themselves for re-election at the Annual General Meetings

subject to a limit of three continuous years of holding the same office.

We would like to create the option of appointing a committee member to serve in a particular post for more than 3 years. So the following proposal was agreed at the April meeting. That is that we add to following phrase **"unless we cannot fill a post without extending a term of office."** This will alter the paragraph to read: "(a) Honorary Officers and Committee members may offer themselves for re-election at the Annual General to large Regional Commissioning Groups (RCGs) and a bug reduction in commissioners.

### ***Strategy Events***

I went to one of four national meetings in Leeds as a patient representative as one of the 4 members of the renal network offered a place. The meeting was actually titled "Cardiovascular Disease Strategy Regional Engagement Event" and reflects the fact that our overall care will come under a group headed up under a Cardiovascular heading as one of 4 national groups.

The meeting involved each person being involved in 3 round table discussion groups planning the 10 most important ways of improving commissioning and healthcare.

Most of those at the meeting were either healthcare professionals or commissioners. The only two patient representatives were the NKF advocacy officer Linda Pickering and myself. Our voice was important though it did mean getting people to widen the scope beyond cardiovascular care.

## Patients versus Medical staff cricket match

Just to let you know that the transplant cricket match v the Doctors has been booked at Blue Flames for Tuesday the 17th of July and the room is available from 5.30.

Graeme is coordinating the team so if you'd like to play or know someone who would please get in touch with him. His mobile number is

07882907655 and if

you need to contact me my home number is 01912529666.



Please pass this on to anyone you think may be interested and let me know if you're coming for catering numbers.

Thank you

Dave Lee.

Whose that wicket keeper ? He's a big,un.  
Just an observation not a contest question!

Keith

## Summer Sponsored Walk



The TKPA is holding a sponsored walk in aid of the patient's charity on Sunday 19<sup>th</sup> August 2012 starting at 11.00am. The route will be from Souter Lighthouse along the cliff tops to the Littlehaven Hotel South Shields which



is next to the harbour. This walk is 3.7 miles in length and is mostly on a level made up path and should take a comfortable couple of hours or an uncomfortable hour and a half.

Sponsorship forms will be available from Committee members and on the info racks in the waiting area of ward 31

Please try and support this event and if you are unable to walk this distance you could ask friends or relatives to get involved instead.

***There is car parking at the light house and we will be running a shuttle from the finish for people to be re-united with their vehicles.***

For further information please contact me for a sponsorship form

Keith Vickers

Editor

[K.vickers@blueyonder.co.uk](mailto:K.vickers@blueyonder.co.uk)

**Sunday 1st July coach trip to South Lakes Zoo**

We are organising a members and friends visit to the Zoo, <http://www.wildanimalpark.co.uk/> further details will be displayed around the unit and by email.



Keith Vickers

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

### *Lethal Food*

A dietician was once addressing a large audience in the Freeman.

"The material we put into our stomachs is enough to have killed most of us sitting here, years ago.

Red meat is awful. Vegetables can be disastrous, and the amount of fluid we drink is a problem.

But there is one thing that is the most dangerous of all and we all eat it. Can anyone here tell me what lethal product I'm referring to?"

"You, sir, in the first row, please give us your idea."

The man lowered his head and said, "Wedding cake."

## Medical Staff versus Patients at ten pin bowling Mega Bowl, Royal Quays, Tuesday 24<sup>th</sup> April



The Doctors v Patients bowling competition was held at the Star Bowl on Tuesday 24<sup>th</sup> April. 15 people competed in three lanes.

Doctors were represented by Pam Yanez and Lorraine Lentell. All the rest were patients so we held an individual competition rather than a team event. It was great to welcome Lara Tough, Alex Crawley, Marie Davis and Michael Turner from the Young People's Group.



John Laws won the event for the second year running with a score of 154 and also the Dickson Memorial cup for the patients. Alex Crawley was second with 152 and Alan Bond third with 134. Prize winners also included David Errington with 104, Lorraine Lentell 107 and Phil Brown 91.

Seated round the cup are from the left, Alan Bond, Michael Turner, Alex Crawley, Phil Brown, Lara Tough, Marie Davis, Lorraine Lentell and David Errington.

Simon Lloyd

### **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 has been very helpful in arranging to receive and store items for us.

Joan Longstaff

Wife texts husband on a cold spring day -  
"Windows frozen".

He texts back "Pour lukewarm water over"

A further text from wife, "Thanks,  
PC completely bugged now



## Walking the Tyne valley, Newburn to Wylam and return

It was a cloudless Saturday morning 26<sup>th</sup> May 2012 .Got up bright and early, got ready and checked our provisions. With a large bottle of water in the rucksack and camera at hand we set off to Newburn.

After a few U turns we finally managed to find the meeting place, sure enough on the corner of the car park we spied two intrepid bush trackers, one of which was Simon and the other our guide Robert. We waited for others in vain then decided to set off leaving Simon to wait in case someone else turned up.

Setting off along the path we enjoyed the scenery and the beautiful weather, 10 minutes later we were caught up by power walking Doreen with her two Nordic sticks. She had the same problems we had trying to find the car park.

So the four of us continued along lovely lanes and were met by Simon coming the other way after having

driven to Wylam. Stopped at George Stephenson's Cottage which was very pretty in the sunshine.



We continued to Wylam dodging bikes (NO BELLS) walkers and dogs. After another rest we continued through Wylam which is a pretty little village and crossed over the bridge. The Tyne looked super.



A sharp turn to the left over the bridge and past Wylam station, we continued along the other side of the Tyne back to Newburn. This was probably the 3 and a half mile mark, by this time I had consumed about three

quarters of the large bottle of water.

Simon disappeared at this point to drive his car back to Wylam. The four of us trekked on, the men well in front. Eventually we stopped again about a mile further on, by this time my hips were screaming and I was weaving all over the place. Doreen took pity and let me try her Nordic sticks, which helped a little. After a short stop we continued to Ryton Willows and sure enough up pops Simon, This time walking to meet us from Newburn We turned the bend and I spied the Newburn Bridge, but this meant we had already passed our car on the other side of the river.

I got to the bridge and the party turned left and I crossed the road and waited until my husband walked back and got the car, then picked me up on the way home to another shower and a two hour sleep...it was a fantastic day and we all enjoyed the walk, I wore my weight watcher step counter and clocked up 15,181 steps. What an achievement.

Heather Ramshaw

If people are not on Facebook, there is a site [www.NHSorgandonationuk](http://www.NHSorgandonationuk) where they can get information and register. The site for Facebook is [www.NHSorgandonationcampain/facebook](http://www.NHSorgandonationcampain/facebook) have a look.

This is a good way to network as many people as we can, plus anyone can spread the word to their contacts on email if they don't wish to go to Facebook. I think it is a good idea to advertise this in the TKPA newsletter and raise further awareness of this important subject.

Heather Ramshaw

### *Medical Jokes*

A secretary walked into her boss's office & said, "I'm afraid I've got some bad news for you."

"Why do you always have to give me bad news?" he complained.

"Tell me some good news for once."

"Alright, here's some good news," said the secretary.

"You're not sterile."

### *A Short Time to Live*

A man hasn't been feeling well, so he goes to his doctor for a complete check-up.

Afterward the doctor comes out with the results.

"I'm afraid I have some very bad news," the doctor says. "You're dying, and you don't have much time left."

"Oh, that's terrible!" says the man. "How long have I got?"

"Ten," the doctor says sadly.

"Ten?" the man asks. "Ten what? Months? Weeks? What?!"

"Nine..."

## 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**  
**10th July Tuesday 2012**

**Parking while at  
Freeman Hospital  
MEETING IN ROOM 137**

**TYNESIDE *KIDNEY* PATIENTS' ASSOCIATION**  
**14<sup>th</sup> August Tuesday 2012**

**Parking while at  
Freeman Hospital  
MEETING IN ROOM 137**