



# ***PATIENTS NEWSLETTER***

## ***EARLY SUMMER 2014***



### ***THE END OF AN ERA***

### ***PAM YANEZ RETIRES***

### ***A GOODBYE FROM THE TKPA***

See inside for article

## ***Tyneside Kidney Patients Association***



**Registered Charity # 518767**

### **CALENDAR OF EVENTS 2014**

<b>7<sup>th</sup>- 12<sup>th</sup> July 2014</b>	<b>National Transplant Week, Freeman Hospital Atrium</b>
<b>15<sup>th</sup> July 2014</b>	<b>Staff v Patients Cricket Match, Blue Flame Club</b>
<b>19<sup>th</sup>-20<sup>th</sup> July 2014</b>	<b>Ben Nevis charity climb</b> ( <i>details inside</i> )
<b>20<sup>th</sup> July 2014</b>	<b>Patients Tyne River Cruise</b> ( <i>details inside</i> )
<b>12<sup>th</sup> August 2014</b>	<b>Committee Meeting</b>
<b>15<sup>th</sup> August 2014</b>	<b>Patients Trip To Newcastle Races</b> ( <i>details inside</i> )

All meetings to be held in room 138 Education Centre

Freeman Hospital and will begin at 7:00pm prompt

Tea, coffee and biscuits served from 6.45pm

#### **Editor's note**

If you are reading the newsletter as a digital copy and are connected to the internet please be aware I have a number of articles that contain hyperlinks to further information. To use hover your cursor over the link and (*control+ left click*) to follow the link.

## Hello members

It has been a funny 3 months since our last Newsletter, one that has seen frustration at the forefront on everything we are trying to achieve for patients, carers, your families and on your behalf at a local and national Level.

Firstly we are having problems getting our volunteers who wish to help with the Art Project checked out, this is because the volunteer department have all the volunteers they need for the hospital, so won't process ours, Sister Ibbotson has been trying her best to sort this issue out so we can proceed with this project onto the ward and outside, however, I have hoped that I have found a way around the outreach part and will be approaching 2 art groups that are already up and running in Stanley & South Shields so we can at least get this part in place.

We are in *DESPERATE NEED* for volunteers to help us, even if it is for just a couple of hours, or if house bound can help with the stuffing of envelopes for our newsletter to go out in the post; Anyone Craft orientated? this would help me out with making items for our tombola and to sell to ensure that the welfare fund keeps running. There are only 5 of us who spend our nights, weekends, days, promoting Transplantation and raising monies for the welfare fund, it's a big job! and we are at the moment flagging on our feet.

The committee and I are wanting to support patients more by coming in more regularly to help those who are isolated, need help, need someone to listen to their problems, support carers and families but without new volunteers a lot of projects are going to have to be put on the 'back burner'. Obviously I understand that those on dialysis, pre dialysis, peritoneal, home dialysis and their families are struggling with their own predicament of living with Renal Disease, all I am asking is that you talk to people you know about your condition, if you know of anyone who is retired and could possibly help on the stalls for a few hours please ask them to help, we will pay for travel costs or if possible organise a lift.

I have asked Keith our secretary to do a small piece about what work we do for you, just so you understand the work that is involved in keeping the Charity going to help people like yourselves. We are going to be printing a leaflet that can be handed to friends etc that you feel may be able to help us. We would like to see some patients or transplant patients helping at our stalls in National Transplant Week, as this is on all week, we desperately need help for this event.

The more awareness of transplantation and the need to promote donation is the mainstay of the charities constitution and nobody can be more passionate for that than ourselves patients. Thank you, in anticipation of your help.

We have decided due to the lack of patient participation for our educational talks we will now be doing them twice a year, this is so that we have enough time to promote the talks and plan to find neutral venues away from the Freeman Hospital, we will be supplementing with a Regional day, and with other Educational programmes

concerning Renal issues that you feel appropriate, as well as repeating the Centre of Life Morning working in cooperation with the North East Research Fund members.

We will be coming around to promote the Kindle e-book readers, please if you feel that they would be of use to you while on dialysis and the only barrier is due to cost, then please speak to either myself or Keith, our contact details are in the back of this newsletter.

Vanessa Hardy  
Chairwoman TKPA

## **The secretary adds**

To tell the truth I don't blame you for not wanting to be a volunteer, I never did. Coming to the Freeman three night a week, when I started on ward 22 when nights meant nights 11:30pm until 5:30am then moving to 31 when it opened. I could not fathom out why anyone would want to come back on their day off that was just bloody stupid.

But to stop the constant nagging of another patient I began to get involved, reluctantly. I helped out on the 2 tombola's a month in the atrium opposite WH Smiths pretty much sat down selling tickets and chatting to fellow patients, visitors and staff. The current days they are the first Friday and third Thursday of the month these coincide with transplant and more importantly pre-dialysis clinics. I was amazed how many of them asked us what it like is, will it hurt, how does it affect you?



Patients have a lot to offer and I don't mean just free labour, you can pass on your person experiences, encourage others to join the register and help us raise funds. It's a valuable thing we do and if you are transplanted like me and the majority of the committee you can give something back by showing people how transplants transform lives as well as keeping the welfare fund topped up for those patients who by no fault of their own find themselves in need of financial assistant.

We have a number of events throughout the summer that volunteers are needed as well

as help with the making of craft goods. No matter how small or large your contribution it will be well received.

*You could help by being involved in....*

*Hospital stalls-Transplant week-Selling raffle tickets*

*Visiting patients on the ward and handing out newsletters.*

*Contributing to the newsletter by writing articles or distribution.*

*Attending our meetings, coming on day trips or encouraging others.*

*So that's it, we are not allowed to form press gangs so are you up to volunteering? Please get involved it's valuable and enjoyable and if I have been converted so can you.*

*Keith Vickers*

## **Research and clinical trials are an everyday part of the work done in the NHS.**

The people who carry out research are mostly the same doctors and healthcare professionals who treat people. Their aim is to find better ways of looking after patients and keeping people healthy.

There are many different types of research and they cover a range of activities, from working in a scientific laboratory to carefully noting patterns of health and disease and developing new treatments.

Health and social care research looks at many different issues, from illness, disease and disability to the way that health and social care services are provided by the NHS.

### **Why carry out research?**

People being cared for in the NHS benefit from past research and continue to benefit from research that is currently being carried out.

Healthcare professionals know a great deal about health, disease and medicines, but much remains uncertain. Research can find answers to the things that are unknown, filling gaps in knowledge and changing the way that healthcare professionals work.

This means treatment, care and patients' quality of life are improved and avoidable early deaths are prevented.

### **Where is research carried out?**

There is a huge range of different types of research into health and disease. Much research is carried out in the NHS, but some takes place in universities and research institutes, in social care services or in the private sector.

### **How can I get involved?**

You can look for research studies yourself, by asking your doctor or a patient organisation, or by looking on the internet such as [www.makingresearchbetter.co.uk](http://www.makingresearchbetter.co.uk)

If you wish to look at being involved in a medical trial you can use the web link above or this is the application form.

You should discuss this with your consultant if you require more information as there is great demand for people to take part in research in many areas including renal. Being part of a clinical trial could if you wish be in areas of assisting with research or being a patient advocate, you can help without actually being the patient.



The administrator for clinical research at the Newcastle upon Tyne Hospitals NHS Foundation Trust is Jill Bullimore, she will be able to let you know more.

[jill.bullimore@nhs.net](mailto:jill.bullimore@nhs.net)

## **PAM YANEZ OBE RETIREMENT**



I originally got to know Pam as Pam Buckley in '98 and got to know her through the Newcastle Transplant Games Team, when she was the captain.

Pam's career in renal care started with her working as a dialysis nurse. She took on the job of transplant coordinator and built up one of the best teams of transplant coordinators in the country.

Pam was involved in an initiative to get organs for transplantation from accident victims in the General Hospital working with David Talbot. Very demanding as permission had to be obtained from relatives very rapidly so organs could be removed within an hour of death.

About 10 years ago Pam moved to take administrative charge of both the renal and urinary care services. This has also involved her in serving as a governor for the Newcastle Hospitals Trust. This included the administration of many aspects of renal care including the development of the new renal unit and Ward 38.

Pam was the captain of the Newcastle Transplant Games team for many years. She built up one of the largest and most successful teams. She also organised the national games at Gateshead twice.

Pam was awarded an OBE for all her work. An award that was richly deserved for a whole range of reasons and I've only touched on some of them. One of the things we will miss most is her tremendous personal support, encouragement for all of us who have met her and her sheer vitality.

Pam remarried in Peru and we want to wisher her and her family all the best for her retirement. It will be interesting to see what she takes up next.

*Simon Lloyd*

## **REPATRIATION OF MEDICINES**

In the last newsletter was an article about changes in the way immunosuppressants are going to be prescribed for transplant patients. The article was not very clear so what is going to happen?

At the moment the ways in which immunosuppressant drugs are prescribed varies from GP practice to practice. Some prescribe them and some don't. If they don't repeat prescriptions have to be got from the Freeman. This system is going to change for all transplant patients.

The change is that repeat prescriptions will be made at the renal unit. Details of exactly how this will work will be sent out before this change happens.

Why is this called repatriation with resultant confusion? Civil servants have a habit of using slightly obscure words as has happened here. Repatriation actually means to return someone to their country of origin. So we have to assume that it is used here because transplant patients got their original prescription from the renal unit.

*Simon Lloyd*

## **Charity Hike on Ben Nevis**

### **Weekend of 19<sup>th</sup>-20<sup>th</sup> July 2014**

We have organised a charity event this summer by hiking up Britain's highest mountain Ben Nevis, 1344 metres above sea level (or 4409ft in old money) The final arrangements are now known, we will be beginning the climb about 10.00am on Saturday 20<sup>th</sup> July 2014 and it is expected to take between 5-8hours dependent on the individual. There are 8 people at the moment climbing but we would welcome more if you or someone you know would be interested please contact me.



There will be two different sets of travel, because of work commitments some will be travelling up Friday and using a B and B. The other group are travelling up very early Saturday morning and stopping in a B and B after the completion of the



climb, both groups will begin the climb together.

Transport will be provided to and from Scotland but climbers and support will be responsible for their own accommodation and costs.

Experienced hikers within the group will be putting together a list of required equipment (see photo) and we will also have a first aider, while we can advise and complete a risk assessment it will be up to all involved to ensure their own safety i.e. correct clothing and footwear and we will be insisting that a liability waiver be signed

So if you want to join the climb or just support those who are look out for us in the Freeman or contact me Steve Bell directly. [bellstevie@live.co.uk](mailto:bellstevie@live.co.uk)





Keith Vickers 07588 724530 or [tkpa.secretary@gmail.com](mailto:tkpa.secretary@gmail.com)

## Newcastle Races

Friday afternoon

15<sup>th</sup> August 2014



The TKPAs Vice Chairman, David Errington is a Director at Malone's Mechanical Service Engineers.

This trip to the Races includes free entry and the use of Malone's private box, the box is on the finishing line and has a balcony onto the course and it also has a pay bar.

This trip is open whilst the day is deposit to secure the day.



The TKPA would for this very kind they give us throughout the year

to the first 20 people who apply, free we are asking for a £5 each place this will be returned on

like to thank David and Malone's donation as well as the support

**Gates Open 12.00noon**

**First race 2:00pm**

**Last Race 5:10pm**

**Card size 7 races**

Please contact the following if you wish to attend, this event is also open to staff members within Renal Services.

So remember first come first served.

**David Errington** Vice-chairman (01670) 790300

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

**Keith Vickers** Secretary/Editor 07588 724530

E-mail: [tkpa.secretary@icloud.com](mailto:tkpa.secretary@icloud.com)

## **TYNE RIVER CRUISE**

**Sunday 20<sup>th</sup> July 2014**

**11:30am-3:00pm**

**£10 per person**

**Children (2-12yo) £5**

The 'QUAY TO THE SEA' 3 hour cruise is a fantastic way to see the changing face of the River Tyne from the best vantage point in town. The cruise takes you under the magical Gateshead Millennium Bridge, which opens especially for the cruise to enjoy the panorama of the Tyne Gorge before returning downriver as far as the river mouth.



On your cruise you will see the legendary shipyards of Tyneside, the International Ferry Terminals, the Port of Tyne, the Fish Quay and the great views of the river mouth, including Tynemouth Castle and Priory, the memorial to Admiral Lord Collingwood and the beautiful sandy beaches of South Shields. The cruise turns at the piers, where seals and dolphins are regularly seen and returns to Newcastle's Quayside.

>TEA, COFFEE, REFRESHMENTS AND A FULLY STOCKED BAR ARE AVAILABLE ON BOARD

>BOARDING TIME: FROM 11.30

>SAILING TIME: 12.00

>RETURN: 15.00

Keith Vickers 07588 724530 or

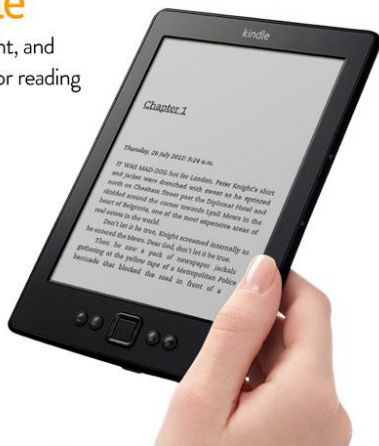
[tkpa.secretary@gmail.com](mailto:tkpa.secretary@gmail.com)

## KINDLES

The Committee have agreed that we will be buying some 'Kindle' type appliances for Kidney Patients on Haemodialysis to use, because of infection control etc we are looking to heavily subsidise these 'Kindles types' so that patients take ownership of them buy contributing to the purchase for a nominal amount.

kindle

Small, light, and  
perfect for reading



If you are lucky to get a Transplant then the agreement is that we will pay you this amount back so that we can pass the equipment onto another Haemodialysis Patient. For Patients who are blind on dialysis the intention is for a committee member to help up load Audible books of your liking so that you can listen to this while dialysing. There will also be one for New Patients that will have uploaded information that you may find useful when starting Haemodialysis.

## UPDATE.....

We now have the Kindles and are keen to pass onto patients. There will be a nominal charge of £30 to purchase the book reader but if you are in need of financial help to acquire it please contact a renal social worker who can confidentially help you, there are contact details are included in this addition.

## SUGGESTION BOX

We will be reinstating the Suggestion Box for Patients, but please note that this is for suggestions only and issues that you wish to raise, as it is NOT a protocol for FORMAL COMPLAINTS, Carina has said that she is interested in your comments and will look at them on individual merit... She has asked me to let you know that if you have problems with Staff or issues on the ward that you wish to discuss but don't want to discuss it while on the ward she is quite happy to meet you elsewhere in the hospital to discuss your issues, so please contact her either via phone or email.

## Our Membership Details

The TKPA currently has over 500 members, a membership that is steadily growing but one problem consistently remains that is ensuring our records are kept updated with address changes or personal circumstances.

You may not be aware but the NHS cannot provide us with any personnel details what so ever concerning patients in relation to their current address's, medical condition such as a transplantation or say moving from pre-dialysis to dialysis.

This confidentiality does of course relate as well to patients who have died and both ours and the National Kidney Federation mailing lists being unaware. This means we unintentionally upset families on a regular basis by sending newsletters and NKF magazines to their homes.

In event of a death we understand that updating subscriptions may never cross the mind of the family so please forgive us if this occurs.

If you have moved house since you joined the TKPA and have wondered why you no longer receive the Newsletter yet see them around the hospital or online please contact us so we can make the changes to our records.

Keith Vickers

Editor

## £25 prize draw

*For members who selected the online newsletter and communications*



*Mrs Christina Cain-Burr*

North Shields

Tyne and Wear



I met Christina and her daughter a few days ago when I was very pleased to present them with the £25 prize.

They have returned to the area having lived in the South for a number of years. Carla is a transplantee who received her kidney from her mum Christina. It was nice to meet them and wish them well in settling down in a new home and joining us at the Freeman Hospital.

Keith Vickers

## **National Transplant Week**

Only 31% of us in the UK have joined the organ donor register - yet more than 10,000 of us need a transplant. So who's giving them?

The answer is not enough people. The serious lack of donations mean 1000 per year are dying needlessly. So the purpose of the week is to draw awareness to the problem and make a change.

Kidney transplants are most common, as well as hearts, livers and other organs. Donated corneas also give people a new way of looking at the world!

So how does it work? Donors are matched according to blood and tissue type. People from the same ethnic group are likely to be a closer match - although people from different ethnic groups usually match just as well.

When you register and get your donor card you can choose which organs you want to donate - but not who they're donated to.

The long-term organ transplant benefits are invaluable. Not only does it give someone a second chance, transplants are less expensive than having to keep paying for medication that would ultimately only be a temporary solution.

When someone dies, it's really hard to accept that they're gone. But knowing that a part of their loved one will help someone else will be a huge help for the person grieving.



Hearts, kidneys livers and corneas are all vital organs needed by people to survive and go on to enjoy their lives. [Click here](#) to join the organ donor register.

So what can you do this July? Well you could run an awareness day in your workplace by setting up a display table and giving out leaflets - or if that's not possible you could just hand out some posters to shops and offices near you to help raise awareness of the week.

In the meantime keeps tabs on the [National Transplant Week](#) website to get fundraising ideas and find out more about organ transplants.

The Tyneside Kidney Patients Association will be holding an information desk in the Freeman atrium from 9.00am-3.00pm, Monday to Friday 7<sup>th</sup> -11<sup>th</sup> July 2014

We would welcome all patients, carer's, family and friends to help us. If you have even a few hours to assist please contact me.

Keith Vickers 07588 724530

[tkpa.secretary@gmail.com](mailto:tkpa.secretary@gmail.com)



## Summary of Donor and Transplant Activity

**In the financial year to 31 March 2013, compared with the previous year**

- There was an 11% increase in the number of deceased donors to 1,212, the highest number ever in the UK.
- The number of donors after brain death increased by 8% to 705, while the number of donors after circulatory death increased by 16% to 507
- The number of living donors increased by 4% to 1,101; living donors account for Half of the total number of organ donors
- The number of patients whose lives were saved or improved by an organ transplant increased by 6% to 4,212
- 3,697 patients had their sight restored through a cornea transplant, representing an increase of 2%

***The total number of patients registered for a transplant has fallen slightly, so that:***

- There were 7,332 patients waiting for a transplant at the end of March 2013, with a further 3,030 temporarily suspended from transplant lists
- 466 patients died while on the active waiting list for their transplant and a further 766 were removed from the transplant list.

The removals were mostly as a result of deteriorating health and ineligibility for transplant and many of these patients would have died shortly afterwards.

*Some of the other key messages from this report are that, compared with last year, there has been:*

- A decrease of 3% in the number of pancreas transplants
- An increase of 4% in the total number of liver transplants
- An increase of 5% in the total number of cardiothoracic organ transplants
- An increase of 7% in the total number of kidney transplants
- An increase of 5% in the number of eligible organ donors identified to 4,302 in 2012-2013
- An increase in all key metrics of the organ donation pathway, resulting in nearly 200 additional families consenting to/ authorising donation (from 1,488 to 1,675)

### **Walker summer festival 17<sup>th</sup> May 2014**

This was our first outdoor event of the summer and unlike the last couple of years it did not rain in fact I needed to put sunscreen on my bald head (remember transplant patients you need to slather on the factor 50 and retouch as the day goes on even when there is cloud cover)



We ran a tombola organised and ran by Joan Longstaff together with a hand made jewelry sales table, this was Vanessa Hardys hard work as a crafter. Both these tables had help from Syl Hardy one of our volunteers who kept us all on our toes.



I ran the lucky (unlucky) wheel of fortune which was very popular in particular the children but properly less so with their parents!

The event ran from 1.00-4.00pm and we raised £302:40 for the TKPA. Thank you for all the hard work of those of you that assisted in the making/procuring of the prizes as well as giving up your Saturday.

Our next event is the Westoe Village Fair, South Shields Saturday 21<sup>st</sup> June 2014. If you would like to help please contact one of our committee, everyone is welcome even if it is only for a couple of hours.

**Keith Vickers** Secretary/ Editor 07588 724530

E-mail: [tkpa.secretary@icloud.com](mailto:tkpa.secretary@icloud.com)

## **CAMPER'S SONG FOR THE GEORDIE NATURE LOVER**



*Drink in the colours of a fiery glowing sunset  
But only if there's nowt else to sup  
Wander through gold and green fields of paradise met  
But mekkit a useful trip fetch watta forra cup  
Pause at the seashore listen to Neptune's sweet song  
But watch oot it's a fast tide divvent stand too long  
Smile at the chirruping birds whistling this and that  
But if big gulls are about then wear a wide hat  
Dance through the daisies skip gaily through the grass  
But gan canny hinny you might fall flat on your face*

**Anon**

*With thanks to Joan Lonstaff*

**Renal PatientView**





>Manage your condition and medications

>Monitor your symptoms and tests

>Make contact with your unit

>Providing up-to-date medical information for patients and healthcare professionals

(hyperlink)

## About PatientView

PatientView shows patients' latest test results plus information about their diagnosis and treatment. They can share this information with anyone they want, and view it from anywhere in the world. PatientView has developed from a project launched for patients of Renal Units, but has expanded to be able to show information for others too. It requires your local unit to have joined. (E.g. renal unit, diabetes unit, IBD unit)

The information comes directly from existing records, for example hospital and GP records, so if you suspect a mistake, and you should tell your own unit so it can be corrected there. Links to do that are provided after you log in.

## Further Information

You can view our [information links](#) without logging in.

You can view a [demo](#) as if you were a patient.

Support for development of PatientView has come from these [sources](#).

## I Want To Join

Your contact at the Freeman Hospital is Hazel Marchant who works in the Renal Department

[Hazel.Marchant@nuth.nhs.uk](mailto:Hazel.Marchant@nuth.nhs.uk)

Tel 0191 233 6161

## Editor writes

As a long time user of Patient View I would recommend it for a number of reasons regardless of your current situation, pre-dialysis, HD or PD or Transplanted.

>Blood results appear approximately 18-24 hours later, there is every chance you may see it before your Doctor

>No need to wait a few weeks for the clinic letter that will include the results, this may give you some piece of mind.

>The information on the various elements looked at in blood test such as creatinine (see below), are included separately in columns so not only can you see your results history but there is an explanation of what they mean.

<b>Result</b>	<b>Comments</b>
<b><i>less than 60</i></b>	<b>Suggests a very small person, or someone with little muscle (including small children).</b>
<b><i>60-120</i></b>	<b>'Normal' - but there could still be reduced kidney function</b>
<b><i>120-200</i></b>	<b>Mild to moderate kidney failure - but in someone with little muscle, 200 could sometimes mean more severe kidney failure.</b>
<b><i>300+</i></b>	<b>Moderate to severe kidney failure. Most dialysis patients have creatinine measurements over 300 all of the time.</b>

And finally if you dialysis on ward 31 you can get a week's head start on the Dietician and plan your excuses on why your phosphate and potassium are higher than they want. I don't think this is why Patient View was set up but I personally found this handy for my monthly telling off!!

Keith Vickers

Secretary and editor

**COMMITTEE ELECTIONS**

We elect the whole committee every year. There are 4 honorary posts: chairman, vice chairman, secretary and treasurer. In addition there are 7 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 Thursday 31<sup>st</sup> July 2014.

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. to be held on *Tuesday 9<sup>th</sup> September 2014*. 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 2014* to

*Keith Vickers.  
87 Harton House Road  
South Shields  
NE34 6EB*

[tkpa.secretary@gmail.com](mailto:tkpa.secretary@gmail.com)

## **Current committee**

Chairman: Vanessa Hardy (1<sup>st</sup> year)  
Vice-chairman: David Errington (2<sup>nd</sup> year)  
Secretary: Keith Vickers (2<sup>nd</sup> year)  
Treasurer: Ian Gill (2<sup>nd</sup> year)

Committee members:  
Joan Longstaff (2<sup>nd</sup> year)  
Alan Bond (3<sup>rd</sup> year)  
Doreen Adamson (1<sup>st</sup> year)  
Steven Bell (1<sup>st</sup> year)

***YOU MUST HAVE THE CANDIDATE'S CONSENT BEFORE  
NOMINATING THEM***

<b><i>Position</i></b>	<b><i>Nomination</i></b>	<b><i>Candidate's signature</i></b>	<b><i>Proposer</i></b>	<b><i>Second</i></b>
<b>Chairman</b>				
<b>Vice- chairman</b>				
<b>Secretary</b>				
<b>Treasurer</b>				
<b>Committee member</b>				
<b>Committee member</b>				
<b>Committee member</b>				
<b>Committee member</b>				

**Donations to the TKPA**



Should you wish to donate items for our tombola or raffle prizes you can leave them with the ward clerks on Ward 31, Lynn and Lydia will be glad to take them from you and hold them until we are able to collect.

We would like to thank everyone who has donated prizes & would like to apologise if we do not thank you personally as we do not always get your name.

If you have any items you wish to donate and are not visiting the Freeman please give one of the following numbers a ring and it may be possible to collect from your home.

Vanessa Hardy 0191 3733238

Doreen Adamson 07890 430881

Keith Vickers 07588 724530

## **HOLIDAY DIALYSIS**

Most people need a break from time to time, and kidney patients are no exception! Holidays are a great way to reinforce the fact that you can still enjoy the good things in life as a kidney patient – and they also provide a welcome break for carers.



Business travel is also a common requirement of many jobs nowadays, and again there is often no reason why kidney patients should not be able to make business trips from time to time – either in the UK, or abroad.

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.

The Freeman Hospital can help you to make arrangements for dialysis away from base whether you are PD or HD.

Please contact Hazel Marchant who is the Data Manager on the Renal Unit  
Email [Hazel.Marchant@nuth.nhs.uk](mailto:Hazel.Marchant@nuth.nhs.uk)

## Holiday Caravans

### Seahouses, Northumberland



### Derwent Water, Keswick



Are you aware that the Renal Unit also owns and runs 2 holiday caravans for the benefit of patients, their families and care givers.

The caravans are available to rent throughout the year please contact Hazel Marchant for availability and prices. Hazel will be able to answer any queries you may have on your current treatment in relation to using the caravans.

The Seahouses caravan will mean patients will continue as normal with treatment at the Freeman with transport provided if needed.

Patients in Keswick will be booked into a local unit.

## BLUE BADGE RENEWAL



My blue badge was due for renewal so I went to Age UK (formerly Age Concern) for help to fill in the form. They were very helpful and parts I was unsure of they gave me the correct wording to use (wording I would not have thought of using!). I also enclosed copies of recent Consultants letters and other copies of letters that were thought to be useful. I also added names of 2 other consultants (not renal) who agreed to help if needed. I got my badge just over a week later.

They are helpful with advice on other matters & will help to fill in any other official forms that need to be filled in.

Joan Longstaff  
Committee Member

## **Age UK**

### Age UK Newcastle

Local Service  
Telephone: 0191 232 6488  
Hadrian House, Higham Place, NEWCASTLE UPON TYNE, NE1 8AF  
Advice on organising your care and support, Benefits Advice, Cafe/Restaurant, Day Care, Drop-in Centre, Home Help, Housing Advice.

### Age UK Gateshead

Local Service  
Telephone: **0191 477 3559**  
341-343 High Street, GATESHEAD, NE8 1EQ  
Advice on managing finances, Benefits Advice, Day Care, Debt Advice, Health Promotion, IT/computer training.

### Age UK North Tyneside

Local Service  
Telephone: **0191 280 8484**  
13 Saville Street West, NORTH SHIELDS, NE29 6QP  
Benefits Advice, Employment Schemes, End of Life Care, Events, Handyman, Housing Advice, IT/computer training, and other Information

### Age UK South Tyneside

Local Service  
Telephone: **0191 456 6903**  
29 Beach Road, South Shields, NE33  
IT/computer training, Social Club: For more on services available, please visit the organisation's website.

If you wish to find a service in your local service please use the following

Phone 0800 1696565

Email [www.ageuk.org.uk/contact-us/](http://www.ageuk.org.uk/contact-us/)

**Renal friendly recipes**  
**Chicken Fajitas**

**Diet types:**

- **CKD non-dialysis**
- **Dialysis**
- **Diabetes**



**Recipe from "Cooking for David: A Culinary Dialysis Cookbook" by Sara Colman, RD, CSR, CDE and Dorothy Gordon, RN. Recipe modified and submitted by DaVita dietician Heather from Georgia.**

**Portions: 4    serving size: 2 fajitas**

- **8 flour tortillas, 6" size**
- **2 tablespoons canola oil**
- **12 ounces boneless chicken breasts**
- **1/4 teaspoon black pepper**
- **2 teaspoons chili powder**
- **1/2 teaspoons cumin**
- **2 tablespoons lemon juice**
- **1/4 cup green pepper, chopped**
- **1/4 cup red pepper, chopped**
- **1/2 cup onion, chopped**
- **1/2 cup cilantro, chopped**

#### **Preparation**

- 1. Preheat oven to 300° F. Wrap tortillas in foil; heat in oven for 10 minutes.**
- 2. Cut chicken breasts into 1" strips.**
- 3. Place oil in non-stick frying pan over medium heat; add chicken, seasonings and lemon juice. Cook for 3 to 5 minutes.**

**4. Add peppers and onion to frying pan; cook for 3 to 5 minutes more or until chicken is no longer pink and juice run clear. Add cilantro to chicken mixture.**

**5. Divide chicken mixture between tortillas; fold tortillas over.**

## **Quick and Easy Chicken Stir-Fry**

### **Diet types:**

- **CKD non-dialysis**
- **Dialysis and diabetes**

**Recipe submitted by DaVita renal dietician**



Portions: 4      serving size: 1/2 cup

### **Ingredients**

- 8 ounces cooked chicken breast
- 1 tablespoon canola oil
- 10 ounce bag of broccoli slaw
- 1/4 cup hoisin sauce
- 1/3 cup water

### **Preparation**

1. Shred cooked chicken breast meat.
2. In a large wok, heat oil and add the broccoli slaw; cook for 5 minutes.
3. While the broccoli slaw is cooking, in a small bowl combine 1/3-cup hoisin sauce and 1/3-cup water and mix together well.
4. Add shredded chicken meat to wok and stir chicken and broccoli slaw together
5. Pour hoisin sauce mixture over stir-fry and stir together.

## **Contact details you may find useful**



## **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.

## **Renal Social Workers**

### **What we do**

### **And how we support Renal Patients**

There are three part-time Social Workers based in the Renal Unit at the Freeman Hospital. They are Marian Wainwright, Lynne Cullen and Corinne Nichol. Our work covers Ward 32 (inpatient ward), Ward 31 (dialysis ward), Renal Clinical Investigations Unit, Out-patients, all home dialysis patients (haemodialysis or peritoneal dialysis), and pre-dialysis patients.

The Social Workers are required to work within a statutory and legislative framework and are required to take into account both the patients and their carer's needs. They are also responsible for understanding appropriate safeguarding procedures.

The Social Workers work as part of a multi-disciplinary team in the renal unit and regularly discuss patients with other professionals within the renal unit to ensure that the appropriate services/support is being considered.

Most referrals come from nurses or doctors involved with patients but people are able to refer themselves to us.

The majority of referrals about patients on Ward 32 are made because patients may require an assessment for services to support them when they are discharged home. (It may be because the person has been struggling to manage at home or that they will need short term support on discharge from hospital until they have recovered from their acute illness).

Patients who are referred from other parts of the unit may be referred because they are struggling to cope with their illness or physical condition. They may be struggling financially and need assistance to apply for benefits or grants or may need information about moving to more appropriate accommodation. The Social Workers will consider the practical, social, emotional and psychological needs of the patient and other appropriate support where possible.

The Freeman Renal Unit is a regional unit and so the Social Workers regularly need to provide assessments for other local authorities or liaise with organisations across the North of England.

Occasionally we are approached with questions or queries that we are unable to deal with ourselves but in these situations we will try and find out who would be appropriate to deal with the issue and pass on the information.

If anyone has any questions about the services that we provide please do not hesitate to contact us at the Freeman Hospital on Tel (0191) 2137393.

***Marian Wainwright***  
***Lynne Cullen***  
***Corinne Nichol***

## **Current committee**

### **Honorary Officers**

**Vanessa Hardy** Chairwoman 07789 867368

E-mail: [QUEBECZOO@sky.com](mailto:QUEBECZOO@sky.com)

**David Errington** Vice-chairman (01670) 790300

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**Ian Gill Treasurer** 0191 252 4719

E-mail: [joyce-and-ian@supanet.com](mailto:joyce-and-ian@supanet.com)

## Committee members

\*Joan Longstaff 0191 2576650

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

\*Alan Bond membership secretary 0191 4281 702

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

\*Doreen Adamson 01661 886568

\*Steve Bell

Email [bellstevie@live.co.uk](mailto:bellstevie@live.co.uk)

Telephone Helpline and Peer Support –

David Errington Vice-chairman (01670) 790300

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

Joan Longstaff 0191 2576650

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

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

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

## 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**

**A truly unique and contemporary artwork available for you to buy with 50% of the profits going to the renal charity.**





Together with NHS Blood and Transplant (NHSBT), the British Kidney Patient Association (BKPA) is co-hosting a Parliamentary meeting during National Transplant Week (7-13 July).

The aim of the meeting is to let MPs know about organ donation levels in their own constituency and encourage them to be more proactive in talking about donation.

Would you like to join us and raise awareness of organ donation in Parliament?

If you can write to your MP (we'll help you with the letter and following up with the MP) and invite him or her to meet you at the event, we can pay your expenses to join us at the House of Commons.

The meeting will take place at the House of Commons on the afternoon of Wednesday 9th July.

Please let us know if you'd like to be involved by emailing us at [info@britishkidney-pa.co.uk](mailto:info@britishkidney-pa.co.uk).

To find out more about National Transplant Week visit [www.transplantweek.co.uk](http://www.transplantweek.co.uk)

***We have arranged for those coming to meetings to park free on Level 0 (zero) **ONLY** in the Multi-Storey car park. Please leave this on display on your dashboard.***



***This person is attending a charity meeting in the education center room 138/139.***

***Permission has been granted by Hospital management to park between 6:45pm-9:30pm on the second Tuesday of the month.***



Do you wish to be involved with contributing with articles or publishing?

Are there items or stories you would like to be covered?

Have you had a holiday while on dialysis and want to let other patients know how it was planned?

Have you a story to tell, let us know



Newsletter edited and published by Keith Vickers

[tkpa.secretary@gmail.com](mailto:tkpa.secretary@gmail.com)

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