

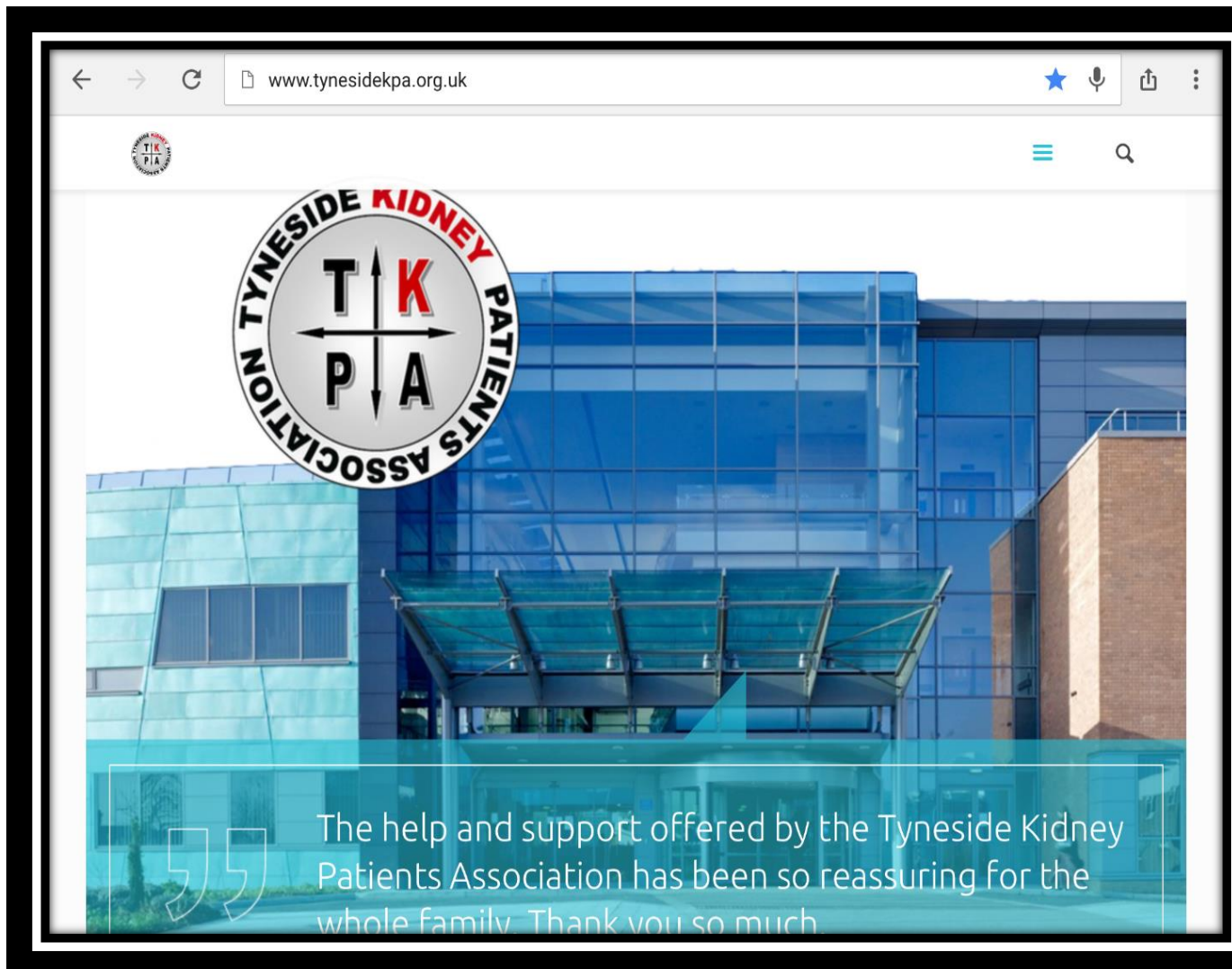
TYNESIDE *KIDNEY* PATIENTS ASSOCIATION

NEW WEBSITE

We are pleased to announce that our new and updated website has been launched.

The site includes far more information, contacts and links that will be of benefit to all patients, families and carers.

www.tynesidekpa.org.uk



Registered Charity # 518767

CALENDAR OF EVENTS 2016

Tuesday 8th March 7pm Committee Meeting (incl. guest speaker Liz.Rai)

Thursday 10th March 10-3pm World Kidney Day

Tuesday 15th March 10-3pm Charity Tombola, Freeman Atrium

Friday 1st April 10-3pm Charity Tombola, Freeman Atrium

Tuesday 12th April 7pm Committee Meeting

Tuesday 19th April 10-3pm Charity Tombola, Freeman Atrium

Saturday 18th June 9:30-4pm Westoe Fete, South Shields.

All TKPA 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

If you wish to attend but require a lift, we may be able to
organise one.

Please contact me to check if this would be possible.

Keith
07588 724530

Annual Dinner

We are in the process of organising patients, friends and
family's dinner in the Spring, at the moment we are looking at
venues in Newcastle city centre within easy reach of a Metro
station.

Further details will be circulated by newsletter, emails and with
the Freeman Hospital.

Keith Vickers



TYNESIDE KIDNEY PATIENTS ASSOCIATION

TUESDAY 8TH MARCH 2016

FREEMAN HOSPITAL

EDUCATION CENTRE CONFERENCE ROOM

7:00PM

LIZ. RAI

RENAL DIETICIAN

**YOU ARE INVITED TO ATTEND OUR MONTHLY MEETING
THAT THIS MONTH INCLUDES A LIZ.RAI AS OUR GUEST
SPEAKER.**

LEARN MORE ON EATING WELL WITH RENAL DISEASE

RECIPE IDEAS AND SUGGESTIONS

MEET UP WITH FELLOW PATIENTS

Editor's note

If you are reading the newsletter as a digital copy and are connected to the internet, please note I have included 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.

Electronic edition

Regular readers of the newsletter will have noticed I include additional online content with the use of hyperlinks to support articles and to give far more information than I can include in the printed addition.

If you wish to receive the newsletter as a digital addition in future please contact, Alan Bond (membership secretary) with your name and mailing address together with your email address *Tel.0191 4281 702* or email bond504@btinternet.com

Not only does the digital newsletter give enhanced content but also does away with the cost of postage.

Keith Vickers
Editor

Great North Run 2016



The TKPA has again been successful in the bidding process and has secured five places in the Great North Run to be held on Sunday 11th September 2016.

As in the past we are offering these places free of charge to **TWO** people who wish to raise funds on our behalf, **THREE** have already been filled this includes all the entry fees, access to fundraising resources and running vests.

We do not enforce minimum fundraising amounts but it is hoped that the average of £350 that has been reached per runner in previous years can be maintained.

Interested?

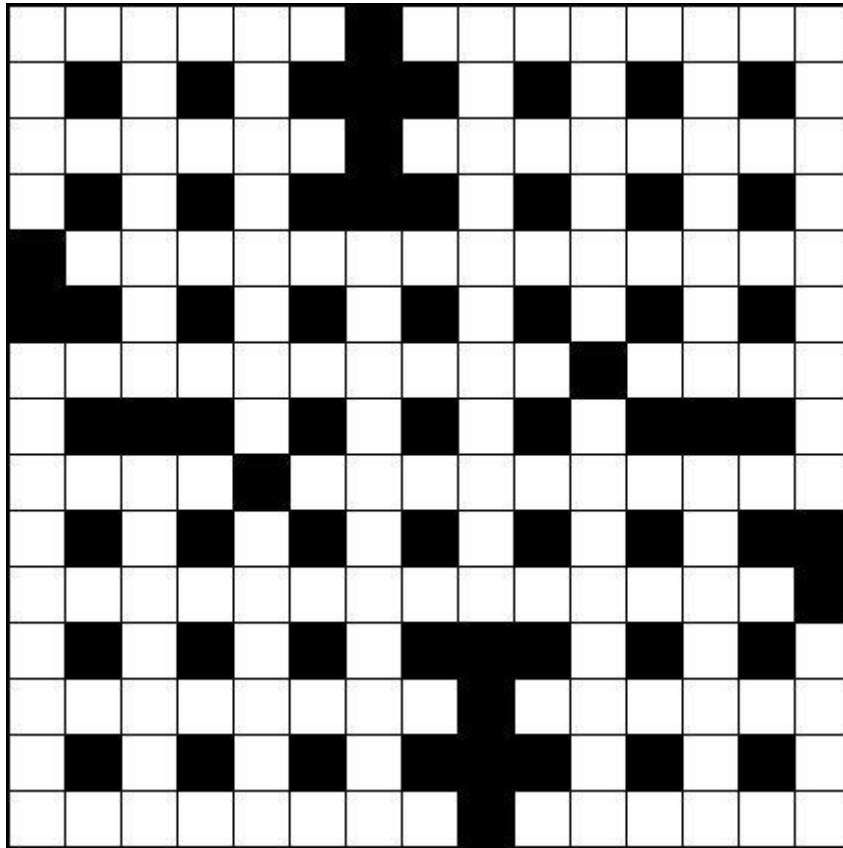
Contact

Keith Vickers

Sec. TKPA

Tkpa.secretary@gmail.com

07588 724530



Method: Solve the clues and fit them where they will go.

- A)** Sweet and sour with a small drink (4,4)
- B)** Soprano Cecilia looking up a great deal, surrounded by some baritones (7)
- C)** Means of giving information to one guy in the services (14)
- D)** Laid back sect developed localised variants of language (8)
- E)** Groups that are one over the eight? (7)
- F)** Having a painful condition brought about by Jack's teeth? (11)
- G)** A near relative I see is said to be Teutonic (8)
- H)** It's a bleeding nuisance when I ham Ophelia badly (11)
- I)** Eric possibly is unemployed (4)
- J)** Yes, the German's snoring in the music (4); Garment from sail? Nonsense!
(6)
- K)** Tend to look up (4)
- L)** An explosive noise after cutting top off fruit tree (7)
- M)** Could be montages of units of explosive power (8)

- N)** Old M; terribly sad following the end of Bolton Wanderers (6)
- O)** Old poem, one found among poems by misfits (8)
- P)** Might have been offered in exchange for a foal? (9); Boy has nothing to give to a girl. That's some thought (10)
- Q)** Find tail of oriole in search for woodpigeon (6)
- R)** Frolics following music by singers (9)
- S)** The quality of being impassive requires tolerance chiefly – in hard head (10)
- T)** Eponymous amphibian in time had a fool (a dolt) confused (4,2,4,4)
- U)** Consumes American drink without a hint of enthusiasm (4,2)
- V)** Heartlessly boast about one's years in position of superiority (7)
- W)** Every time that we should admit women only, the vicar comes round! (8)
- X)** The team look for a place in China (6)
- Y)** A group of students. Yes, right (4)
- Z)** Focus attention on King of France wearing his nose backwards (4,2)

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 at Hazel.Marchant@nuth.nhs.uk



Holiday Caravans, Seahouses and Keswick

Bookings now being taken

Dialysis Patients have priority
until the 31st March 2016

A Charity Holiday Fund owns
and hire's out caravans at
Seahouses and Keswick to renal
patients and their
families/carers.



For more information, contact:

Hazel Marchant

Caravan bookings

0191 223 1429

Hazel.Marchant@nuth.nhs.uk

Website: <http://units.renal.org/?c=newcastle>

Holidays abroad while as an HD patient.

Find a unit - Finding a suitable unit for HD will mean you may need to be a little more flexible in terms of choice of destination, since obviously you will need to be in easy reach of an HD unit which can accommodate you. There are plenty of exotic locations with HD units, and even special cruises designed for dialysis patients. See the links on the main Holiday Page for details of units in the UK and around the world.



Keep your renal unit advised of any research you are doing directly - they may need to give you certain criteria (eg infection control policy) for your "holiday" unit.

What to ask of a Dialysis Unit before booking - Before selecting an overseas clinic for your holiday

dialysis, you are advised to write to the chosen hospital to ask:

Do they accept visitors?

Specify the date you would like to go.

(If in the European Union) Are they a state-run hospital or a private clinic?

Will there be a charge? If so how much per dialysis session?

Do they accept form E111 for dialysis?

Do they accept patients who are HIV positive, have Aids or Hepatitis? If the answer to any of these questions is "yes" you should inform your own renal unit before making the booking.

If you are satisfied with the answers and wish to proceed, then ask your renal consultant to make the necessary arrangements. The receiving hospital will require medical details and there is a standard form E111D which should be completed by your hospital doctor. Some units have their own form instead of E111D.

Organise assistance at ports, airports etc. - If you tire easily, or have problems with mobility, most airports now offer wheelchairs and/or chauffeured "buggies", which will whisk you through check-in the departure procedures and passport control in minutes. Ferry ports, railway stations and many special attractions also offer this type of assistance. You will need to book this in advance - your travel agent should be able to help you or you can simply ring direct to see what help is available and book your buggy.

Transportation to the unit - Make sure you make arrangements for travel to and from the unit you will be using while on holiday. The unit at your destination may be able to help you with this, or your hotel may be able to arrange a taxi for you. If you make the arrangements for transportation, make sure you allow plenty of time, and take into account extra time for rush hour if the times of your appointments make it likely you will get caught in this.

Differences in treatment - bare in mind that there may be slight differences in the equipment and procedures used by the unit you visit than those you are used to. Discuss what these

might be with your "home" renal unit in advance so you are not taken unawares. Some units/clinics do not offer injections of lignocaine before needling but pop the needles right in. Take your own lignocaine if you feel you will need it.

At the end of your holiday buy the staff a small gift as a thank you, leave a good impression of English patients.

The Eurodial website has lists of useful phrases for HD patients, such as "the arterial needle is placed here", "I normally dialyse atmn Hg positive and ...mn Hg negative pressure" and "May



I have a blanket" in French, Spanish, German and Italian

Costs - Make sure you are aware of any costs involved for your dialysis

while on holiday. Some countries have reciprocal arrangements with the UK for dialysis (including the countries covered by E111). However, since the reciprocal agreements allow UK citizens the same care as would be provided to the citizens of the country you are visiting, there may be a portion of the cost which you will need to pay

Spain - If you are visiting Spain, you will need a special Spanish form called a P10, which you will need to obtain before leaving the UK. Your UK renal unit will organise this for you.

Swimming - Check with your renal unit for advice re. swimming or any other sports you want to try while on holiday.

Volunteers needed

The TKPA has always been very close to all renal patients because we ourselves renal patients, all of our current committee and volunteers are either transplant patients, receiving dialysis or pre-dialysis.

We are currently looking for further help in the following areas.

Assisting on the twice monthly tombola/information stall in the Freeman Hospital.

Helping on our summer stalls, normally 3 all on Tyneside.

Organising or selling tickets for fundraising events.

TKPA web support, we are currently updating our website, do you have computer skills? A few hours a month to spare? Would you like to help us in editing the site to keep it fresh and a useful resource for other patients, their families and carers?

If you want to get involved in any way, please contact me for further information.

Keith Vickers, Secretary

tkpa.secretary@gmail.com

07588 724530

Fund raising stalls

We have a tombola, jewellery and gift stall on the 1st Friday and 3rd Tuesday of every month situated in the Renal Centre Atrium opposite WH Smiths.

These raise important funds for our charity but they also give us the opportunity to talk with patients and give them any help they may need particularly if they are new to the Freeman Hospital.

If you have any spare time and would like to help us please contact

Keith Vickers 07588724530

If you have any gifts that you wish to donate as tombola or raffle prizes we will be happy to accept at the stalls or at the ward clerks station on ward 31 at other times (Mon-Fri 9am-5pm)

Renal Social Workers

What We Do

There are three part-time Social Workers based in the Renal Unit at Freeman Hospital. They are Marian Wainwright, Ang Thompson and Corinne Nichol. Our work covers Ward 32 (in-patient 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 are 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.

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
- Fax to (0191) 285 3455
- Post to Renal Social Worker, Adult Services Directorate.

Current committee 2015-16

Trustees

David Errington Chairman (01670) 790300

E-mail daviderrington@tiscali.co.uk

Bob Ramshaw Vice-Chairman

heatherramshaw@yahoo.com

Keith Vickers Secretary/ Editor 07588 724530

E-mail: tkpa.secretary@icloud.com

87 Harton House Road, South Shields

Tyne and Wear. NE34 6EB

Ian Gill Treasurer 0191 252 4719

E-mail: joyce-and-ian@supanet.com

Committee members

>Alan Bond (and membership secretary)

bond504@btinternet.com

>Alex Crawley and Young Persons Group representative.

alexcrawley101@hotmail.com

>*Vacancy x 2, interested? Contact Keith Vickers 07588 724530*

Telephone Helpline and Peer Support –

David Errington Vice-chairman (01670) 790300

E-mail daviderrington@tiscali.co.uk

National Kidney Federation: 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**)

Crossword solution

J	I	B	B	A	H		W	H	E	N	E	V	E	R
A		A		C			A		O		A		O	
Z	E	R	O	I	N		G	E	R	M	A	N	I	C
Z		T		D			M		A		T		K	
	T	O	A	D	O	F	T	O	A	D	H	A	L	L
		L		R		R		P		S		G		A
P	H	I	L	O	S	O	P	H	Y		Y	E	A	R
R				P		S		I		O				K
I	D	L	E		S	T	O	L	I	D	N	E	S	S
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O		N		S		E				E		D		E
M	E	G	A	T	O	N	S			U	S	E	S	U

Do you wish to be involved by contributing articles or assisting with 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 compiled and published by Keith Vickers

tkpa.secretary@gmail.com

February 2016