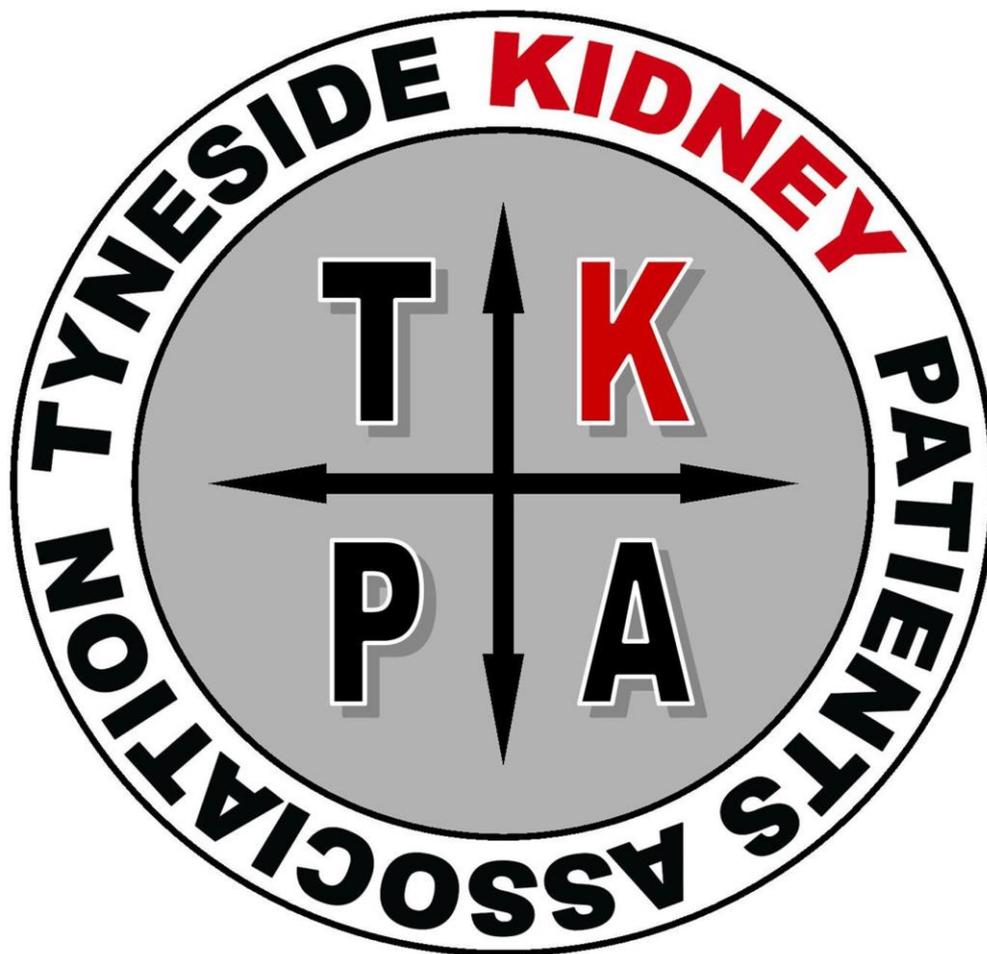


TYNESIDE *KIDNEY* PATIENTS ASSOCIATION



**PATIENT AND FRIENDS
NEWSLETTER**

June 2018

CALENDAR OF CHARITY STALLS AND EVENTS

Tuesday 12th June 7-9:00pm Committee Meeting, Freeman

Thursday 21st June Stall 10-3pm Atrium Freeman Hospital.

Friday 10-3pm 6th July Stall Atrium Freeman Hospital.

Tuesday 10th July 7-9:00pm Committee Meeting, Freeman

Thursday 19th July Stall 10-3pm Atrium Freeman Hospital

Tuesday 24th July Patients Dinner (see page 4)

Friday 3rd August 10-3pm Stall Atrium Freeman Hospital

Sunday 12th August Tees River Cruise (see page 5)

Friday 7th September Newcastle Races (see page 6)

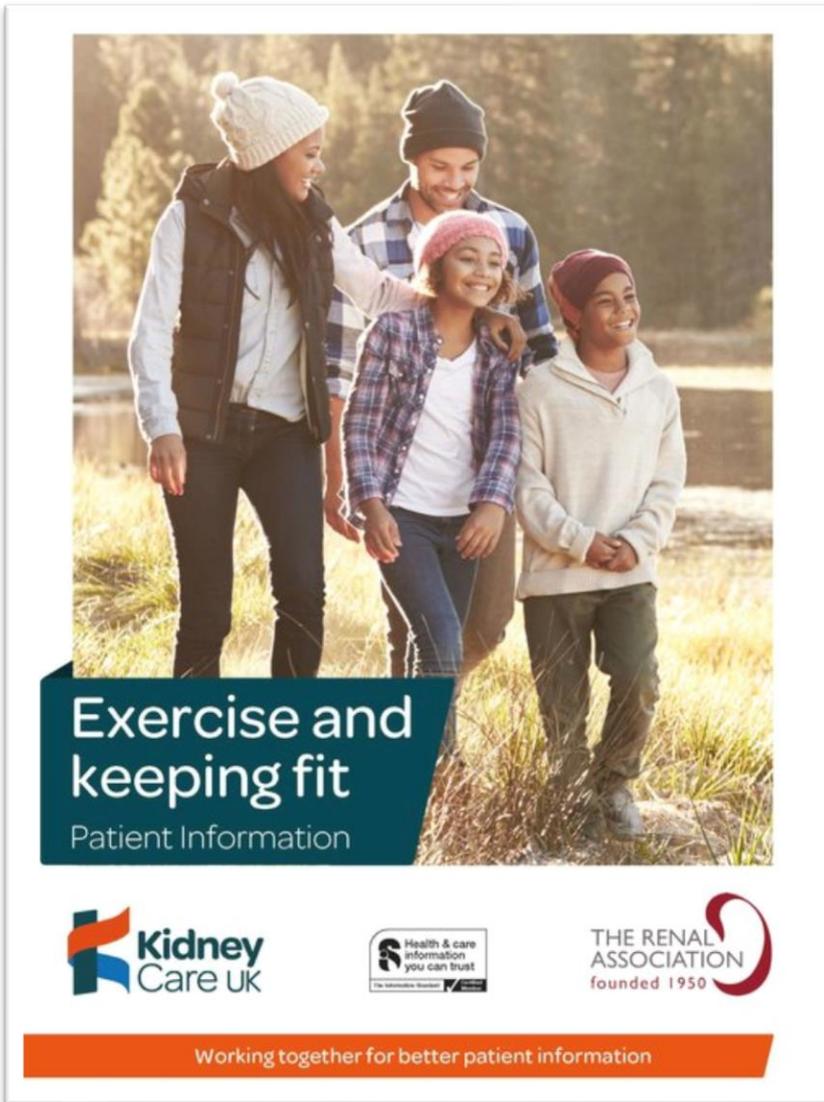
All TKPA meetings to be held in room 138, Education Centre

***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***



Exercise helps to keep your body healthy and strong. It can improve well-being and even reduce the symptoms of some health problems. However, it can be hard to keep to a regular exercise routine if you have long term kidney conditions and particularly if you have treatments such as dialysis.

It is important to speak to your medical team before starting a new exercise programme to make sure that it is suitable for your individual health situation. They may also be able to put you in touch with a physiotherapist who can help you work out the best exercise

programme for your lifestyle.

We have a leaflet, created alongside The Renal Association, that outlines the types of exercise that are recommended for people with kidney problems and gives advice on the best ways in which to exercise: -

- [Link>>>>>> Exercise and keeping fit](#)



Patients Dinner 24th July

Rumba-La Casa Latina

Newcastle 7:00-11:00pm

£5:00 per person

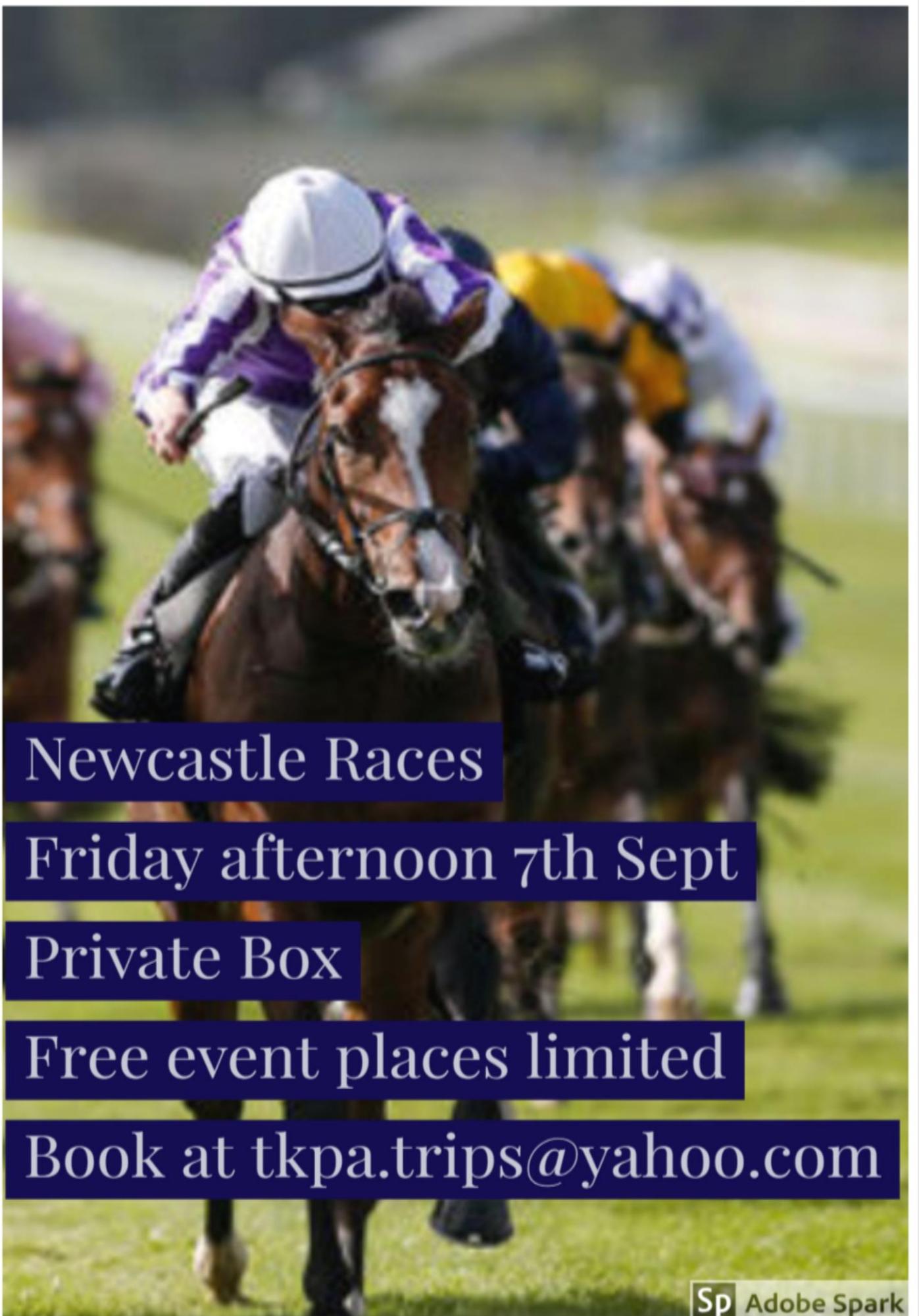
Book now tkpa.trips@yahoo.com



Patients Tees River Cruise
with Afternoon Tea
Sunday 12th August
2:00-5:00pm
£5:00 per person

Sp Adobe Spark

Bookings at tkpa.trips@yahoo.com



Newcastle Races

Friday afternoon 7th Sept

Private Box

Free event places limited

Book at tkpa.trips@yahoo.com

Kathleen Mackintosh
Memorial Concert
Trinity Church Gosforth
Saturday 12th May 2018
In aid of the TKPA and Freeman Cancer Charity



The evening was staged at Trinity Church Gosforth with a very good attendance of about 200 people, including several TKPA Committee members.

The programme included to choral groups including the Ravenswood Singers (pictured above) Trinity Choir and the Bede Orchestra.

The event lasted approximately three hours and was rounded off with tea and cake in the church café.

I would describe myself a musical Luddite but from the onset until the end I thoroughly enjoyed the evening, as did my fellow TKPA members and guests.

I would like to thank Ray Mackintosh for his hard work in organising the event and the marvellous £1000 donation to the charity from the proceeds of the evening.



PREM 2018

The annual Patient Reported Experience Measure survey is happening in June!

In 2016 and 2017 Newcastle patients returned the highest number of survey responses in the country. The renal unit found the results helpful to see what we do well and what we could do better.

We would really appreciate as many responses again this year – your opinion of our unit is very important!

As many patients as possible will be given the opportunity to complete a questionnaire. There will be volunteers on hand in outpatients the weeks commencing 25th June and 2nd July for anyone needing help to complete the survey.

The questionnaire will also be available online throughout June at the following web address:

<https://www.renalreg.org/projects/prem/>

All responses are anonymous, whether the survey is completed on-line or on paper.

We look forward to seeing the 2018 results, and to sharing them with you.

Rachel Fraser and Rachael Hudson on behalf of the PREM team.

Renal Recipes

Pork with mustard sauce



Serves 4

Ingredients

- 1 tbsp olive oil
- 800g pork fillet, thinly sliced
- 1 large onion finely diced
- 200ml/7 FL oz crème fraiche
- 1 tbsp wholegrain
- 1 tbsp Dijon mustard

Method

Heat the oil in a large frying pan. Add the pork and fry for 2 minutes over a high heat. Toss in the onion, garlic and mushrooms and cook for 4-5 minutes, stirring occasionally.

Stir in the crème fraiche and mustard. As soon as the crème fraiche has gone runny, remove the pan from the heat.

Serve with potatoes and seasonal vegetables.

This sauce can also be used with other cuts of pork.

Minced Beef Pinwheels

Makes 4

Ingredients



1tbsp oil
1 onion, finely
chopped
500g lean beef mince
2 cloves garlic,
crushed
1tbsp flour plus a
small amount for
rolling out
15mils Worcester
sauce

2tsp dried mixed herbs
Ground black pepper
500g ready-made puffed pastry
1 egg, lightly beaten

Method

Preheat the oven to 200C/400F/Gas 6. Line a large baking tray (or two smaller baking trays) with greaseproof paper.

Heat the oil in a small frying pan and gently fry the onion and garlic for 2–3 minutes until soft, stirring regularly. Tip the mixture into a large heatproof bowl and leave to cool for few minutes.

Add the minced beef, dried herbs, tomato purée and the flour to the bowl with the onion and season freshly ground black pepper. Mix with clean hands until thoroughly combined.

Lightly flour a clean surface with flour and roll the puff pastry into a 34cm/13½in square.

Spread the mince mixture over the pastry, leaving a 2cm/¾in border around the edges. Brush the pastry edges with a little of the beaten egg.

Firmly roll the pastry up, like a Swiss roll.

Cut the roll into 12 even slices using a serrated knife – a bread knife is ideal.

Place the pinwheels on the baking tray, spaced well apart to allow for rising. Flatten each pinwheel slightly with the palm of your hand. Brush the top of each pinwheel with the beaten egg to glaze, taking care not to allow the glaze to drip down the sides and onto the tray as this will make the pinwheels stick to the baking paper. Bake for 15 minutes or until well-risen and golden brown, and the beef is cooked through.

Allow to cool slightly and then remove from the baking paper using a palette knife.

Chicken and herb wraps



1 tbsp chopped tarragon
large flatbreads
melted butter

Ingredients

100g yogurt
2 cloves garlic
Pinch cayenne pepper
200g cooked chicken cut into small chunks
1 tbsp chopped spring onions
1 tbsp chopped coriander
1 tbsp chopped dill

Method

Mix the yogurt, garlic and cayenne together. Add the chicken, spring onions and herbs.

Preheat the oven to 180°C/Gas mark 4. Grease a shallow baking dish.

Share the chicken mixture out between the flatbreads. Roll the flatbreads. Brush with melted butter and place in the baking dish.

Bake for 15 minutes.

Serve with a renal friendly salad

Should you have any queries regards your renal diet please contact >>

Liz Rai, Renal Dietician. Elizabeth.Rai@nuth.nhs.uk

You may find further inspiration at these approved websites

www.kidney.org.uk/help-and-info/books

www.kidneypatientguide.org.uk/diet.php

www.bda.ukcom/foodfacts/home

www.newcastle-hospitals.org.uk/services/renal.aspx

www.kidneyresearchuk.org/health-information/resources/free-recipe-book

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

Current committee 2017-18

Trustees

David Errington Chairman (01670) 790300

E-mail daviderrington@tiscali.co.uk

Joyce Gill vice-chairman 0191 252 4719

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

Keith Vickers Secretary/ Editor 07588 724530

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

Committee members

>Alan Bond (and membership secretary) bond504@btinternet.com

>Alex Crawley alex crawley101@hotmail.com

≥Simon Lloyd lloydcarrhouse@gmail.com

>Connie Driver conniedriver@icloud.com

>Tonia Foster tonia.foster12@gmail.com

National Kidney Patients' Helpline

0845 601 02 09

Helpline@kidney.org.uk

The NKF runs the only UK Helpline dedicated to kidney patients with two fully trained, experienced advisers providing a 5 day per week service to kidney patients, carers and healthcare professions and Renal Units.

The NKF Helpline is open from 9am until 5pm Monday to Friday on

0845 601 02 09

Telephone Helpline and Peer Support

David Errington Chairman (01670) 790300

E-mail daviderrington@tiscali.co.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**)

Fund raising stalls



We have a tombola, jewellery and gift stall on the 1st Friday and 3rd Thursday of every month 10am-3pm 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 07588 724 530

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)

Funnies

"So, a lorry-load of tortoises crashed into a trainload of terrapins, I thought, 'That's a turtle disaster.'"

"When I was a kid I used to pray every night for a new bike. Then I realised that The Lord doesn't work that way, so I stole one and asked him to forgive me."

"I was doing some decorating, so I got out my step-ladder. I don't get on with my real ladder."

"I saw this bloke chatting up a cheetah. I thought, 'He's trying to pull a fast one.'"

"Why does mineral water that 'has trickled through mountains for centuries' have a 'use by' date?"

"I think animal testing is a terrible idea – they get all nervous and give the wrong answers"

"A cement mixer collided with a prison van on the Kingston Bypass. Motorists are asked to be on the lookout for 16 hardened criminals."

"A sandwich walks into a bar. The barman says, 'Sorry we don't serve food in here.'"

"Why do people point to their wrist when asking for the time, but don't point to their crotch when they ask where the bathroom is?"

"Why is it that when someone tells you that there are over a billion stars in the universe, you believe them, but if they tell you there is wet paint somewhere, you have to touch it to make sure?"

"So I went down the local supermarket. I said, 'I want to make a complaint – this vinegar got lumps in it.' He said, 'Those are pickled onions.'"

"My dad used to say, 'Always fight fire with fire', which is probably why he got thrown out of the fire brigade."

"A woman says to her husband: 'You never take me anywhere expensive anymore'. He says, 'get your coat on'. She says, 'where we are going?' He says: 'The bloody petrol station'."

Membership Information

If you do not wish to receive this newsletter in future either in the post or by email, please contact us and let us know.

No.morenewsletters@yahoo.com

Would you like a holiday in Northumberland or The Lake District?

Do you know that the Kidney Patients' Holiday charity has two six-berth caravans available to hire to renal patients? One is located on the Seafield caravan park in Seahouses and the other on the Derwentwater caravan park in Keswick. They are rented out on a weekly basis – Saturday to Saturday – cost per week varies from £250 to £350, depending on the time of year, for which a British Kidney Patients Association grant may be available.

Seahouses



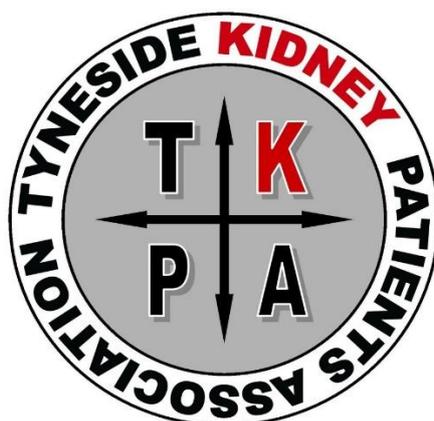
Keswick



If you would like more information please contact Hazel Marchant (Freeman Hospital) on 0191 2231429 (Monday – Friday, 8am – 4pm)

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

Please leave displayed 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-9:00pm on the second Tuesday of the month.