

# Lincolnshire Kidney Patients Association

Registered Charity

1096552



The Voice of Lincolnshire  
Kidney Patients

An Independent Association  
Run by Patients and Carers



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### **CHAIRMAN'S MESSAGE**

We on the LKPA committee have had a busy year raising funds for the Association and keeping members informed of what we are doing to help the members.

We have held "get to know you" days at the Lincoln unit and the Boston unit, with the aim of meeting members both haemodialysis and peritoneal dialysis patients, but unfortunately they were poorly attended .

This was disappointing because we need you to talk to us and let us know how we may help you, which helps you, which helps us to formalate our aims.

The AGM was held on the 21<sup>st</sup> of November and again it was poorly attended.

At the meeting, I was reappointed as Chairman (Tony Perry), Mick Walker as Secretary and Steve Emsley as Treasurer.

Paul Rhodes our previous treasurer has had a transplant and is doing very well.

He sees his future away from Lincolnshire and we thank him for what he did for us and wish him well for the future.

One big achievement this year has been in the LKPA helping members with Counselling and we have the services of a local counsellor who has the approval of the medical team in Lincoln.

We in the LKPA wish to say a big thank you to the renal staff who look after us, to thank them for their commitment and the care and attention they give to us all.

Christmas is fast approaching, it doesn't seem very long since the last festive season.

Families join together to celebrate the season and however and whenever you celebrate we wish you and your families a

**VERY HAPPY CHRISTMAS AND NEW YEAR.**

Tony Perry Chairman

## Secretary's page

**Change of Days for Lincs-KPA Committee** - informing members of KPA that the Committee will be meeting on Monday Evenings instead of Tuesday Evening still at 7.30pm, anyone wanting any information on joining please contact the secretary on (01427 880125) or e-mail

**secretary@lincs-kpa.org**

**Contact me anytime always got time to talk**

### **Secretary keeping up to date;**

As secretary one of my Duties is to keep up to date with members correct addresses and contact details or emails, so if you have changed your address or phone or email could you contact me, so I can keep the Lincs-kpa database up to date, My contact details are: secretary@lincs-kpa.org or tel 01427880125

### **Websites that might be of interest;**

Everything you need to know about your kidneys

www.mykidneys.org.uk - this website has been made by St Thomas and Guy's hospital and King's College Hospital,

This website has been put together by Lawrence Keogh a TV chef, (he cook's on Saturday Kitchen and Market Kitchen), he is a transplant patient, the website is going live soon you can put your recipes for kidney patients on his website, [www.kidneywellbeing.com](http://www.kidneywellbeing.com)

**Members of the LKPA are welcome to join us at any Committee meetings and become part of the Committee to help other members in Lincolnshire,**

### **Dates for future Committee Meetings**

**10<sup>th</sup> January 2011**

**14<sup>th</sup> February 2011**

**7<sup>th</sup> March 2011**

**11<sup>th</sup> April 2011**

## **AGM THAT WAS ON THE 21<sup>ST</sup> NOVEMBER 2010**

The AGM took place on the 21<sup>st</sup> November 2010 at the Lincoln county Hospital at 2.15pm. The Chairman welcomed everyone that came to the AGM and the Secretary read the notice for the AGM, we had a minutes remembrance for the kpa members. The Chairman (Tony Perry) did his report on what has happened during the year (like The Get to know you days and the new service the KPA is doing that's the Counselling for members). The Secretary (Mick Walker) also did a report on what has happened in the last year, he reported that the membership of the KPA has grown, and on the help he has given to members, benefits has been one the main issues.

The Acting Treasurer (Carol Tasker) gave a report on the accounts because Paul Rhodes had a transplant so Paul was out of action and now has resigned as treasurer, carol told us about the donations that the kpa had been given( Thankyou to the people that have Donated to the KPA, and the items that we had given to members (blood pressure monitors to PD patients and holiday grants and travel grants give when in hospital, Carol also asked for members to join the committee to help with what the KPA do for patients.

Staff Nurse/Matron Karen Pammenter from the Renal Unit she thanked the KPA for what we do for Lincolnshire Kidney Patients, The Advocacy Officer (Denis Cawdron) of the National Kidney Federation gave a talk on what the NKF have and are doing in the future, We also had the Chairman of the National Kidney Federation (Marion Higgins) marion gave a talk on the NKF Roadshow that took place in October and what the NKF do for patients on Haemodialysis and CAPD/APD, Transplantation, and all the information they have for Renal Failure.

Election of new Officers for the Lincs-KPA they are:

Chairman - Tony Perry

Secretary - Mick Walker

Treasurer- Steve Emsley

We would like to thank everyone that attended the AGM. and a big thankyou for the committee for there hard over the year doing events and information days, members are welcome to join the committee to help with KPA work.

# Thankyou

Thanks to the following for their generous donations

<b>Meridian Daylight Lodge of Freemasons</b>	<b>£500</b>
<b>Gainsborough Charity Market</b>	<b>£44.40</b>
<b>Donation</b>	<b>£95</b>
<b>Donation</b>	<b>£10</b>

**The Lincolnshire Kidney Patients Association would like to thank everyone who has made a donation to the KPA in the past year.**

## **NEW HELP AVAILABLE FOR LKPA PATIENTS**

Lincolnshire Kidney Patients Association are aware that some patients have difficulty in accepting and coping with Kidney Failure and it's treatment.

The LKPA have now engaged the services of a counsellor who meets with the approval of the medical teams at the dialysis unit. If you think that you may benefit from the counselling please contact the secretary Mick Walker.

Mick's telephone number is 01427 880125 and his E-mail address [mmickwalker@aol.com](mailto:mmickwalker@aol.com)

Mick will let you have details of the service and how you may contact the counsellor. He will treat your request with full confidentiality. The costs o the counselling will be met by LKPA.

LKPA have also put all the information on there website;  
[www.lincs-kpa.org](http://www.lincs-kpa.org)

Click on Counsellor tab and it takes you on to more Information

## Answers from the confectionery quiz of the last newsletter (Autumn 2010)

1 DoubleDecker, 2 buttons, 3 Milky Way, 4 Skittles, 5 Smartest, 6 Picnic  
7 Polo, 8 Jelly Tots, 9 Mars Bar, 10 Marathon, 11 Wispa, 12 Dolly Mixtures  
13 Starburst, 14 Quality Street, 15 Tic Tacs, 16 After Eight, 17 Matchmakers  
18 Toblerone, 19 Cadburys Caramel, 20 Turkish Delight

### Confectionery Quiz Part 2

The Quiz is Confectionery from the past which is no longer  
Generally available as well as that which is currently available

- 21 Disturbed Water
- 22 Tropical Fungi
- 23 witch craft
- 24 A glass and a half in every bar
- 25 How do you eat yours?
- 26 Nutty Lashes
- 27 Dusty water feature
- 28 The Milky Way is one
- 29 A sweet new flavour from walkers?
- 30 Ebenezer Scrooges favourite sweets
- 31 Village built for Cadbury's workers
- 32 All because the lady loves
- 33 The Crumbliest, flakiest chocolate
- 34 Little Richard sang about them
- 35 Sweets found at a casino
- 36 Mutiny on it
- 37 Tap it and unwrap
- 38 Alcoholic toothless smile
- 39 Sweet rodent
- 40 Would you give away your last one
- 41 Not metric mints
- 42 What is bertie Basset made of
- 43 Thank.....it's Friday
- 44 Shirley Temple's good ship
- 45 Anglers mates
- 46 Cakes made in a west yorkshire town
- 47 Flowers
- 48 good to hurry mints
- 49 Genuine precious metal



## **Christmas Message from the Chaplaincy**

For Many of us Christmas conjures up images of happy families gathered around the tree, school nativity plays and the party season. For others this is a time of year marked by frantic activity, of writing cards , long hours of shopping and the stress of cooking elaborate meals for guests.

The reality of Christmas was rather different. For Mary and Joseph The birth of Jesus was a time of real fear and danger. The young couple were making a long and arduous journey, they found themselves with no where to stay and the birth itself was a primitive affair.

Into the danger and mess of that reality came the Christ child. Into those ordinary circumstances was born a child who was to change the course of human history. God chose to incarnate himself as an innocent baby to a poor young couple who lived in an out of the way place.

It was no accident that god made himself flesh in these challenging circumstances,  
it was no accident that god came to earth amongst the poor and the needy

That stable would have been a messy place, it would have been cold and dirty. The reality of child birth would have been painful and full of risk. And yet amongst the reality of ordinary life God chose to be born.

At Christmas we celebrate the birth Jesus. We rejoice that God chose to come and share our lives. We give thanks that God wanted to enter into the reality of human life and share the life of an ordinary family.

We are reminded that with God the light is always stronger than the darkness, that hope always overcomes fear and that God is to be found in the ordinary things in life.

The Christmas story is a reminder that God chose to travel with us,

that God chose to enter into the reality of our human experience, He did not stand aloof from our suffering and our pain. He did not look on from afar but he shared in our real living of ordinary life.

At Christmas the baby was surrounded by shepherds and wise men. There was an instant attraction to this newborn child. He drew to himself the simple Shepherds and the mysterious figures from the East, the humble and the mighty gathered around his humble crib. His appeal was universal, it was for all people.

The Christian faith centres on the life and death and resurrection of this child. Our faith points us towards the hope of eternal life, of the power of God to transform our living and our dying. Through the child who was born at Christmas we may have the courage to invest our lives with meaning and purpose and hope. We do this because God met us in our reality in that stable. God shows that our real lives mattered to him as they matter to Him now. God shares our pain and our fear just as he did with Mary and Joseph. And just He did with the Holy Family God longs to bring light into the dark corners of our lives if only we let Him.

May God bring peace into the turmoil and fears of our lives. May this holy season draw us into the arms of the God of love who shares our pain and knows our deepest needs. May God bless each one of us and fill our lives with joy and love as we celebrate his birth amongst us this Christmas time.

With every blessing and good wishes for the Christmas Season

Fr Chris Wedge  
Deputy Chaplaincy Manager  
United Lincolnshire Hospital Trust

Seasons Greetings



## **Christmas Desserts**

### **Low Potassium Christmas Pudding**

8oz/200g plain flour

1 apple, grated

1 carrot, grated

4oz/100g, sugar

4oz/100g mixed peel

3oz/75g glacé cherries

4oz/100g white breadcrumbs

3oz/75g tinned plums, drained and chopped

4oz/100g tinned prunes, drained and chopped

2 teaspoons mixed spice

1 egg

6floz/150ml milk

2 fl oz/50ml brandy

Caramel colouring

2 teaspoons lemon juice

#### **Method**

Mix together the flour, apple, carrot, sugar, mixed peel, cherries, breadcrumbs, plums, prunes and mixed spice.

Add the milk, brandy, egg, a little caramel colouring and lemon juice.

Mix well.

Line the pudding bowl with a floured pudding cloth and place the mixture in the centre, tie securely.

Put into a large pan, half filled with hot water and boil the pudding for 4 hours. Cool and keep in the fridge.

Steam again for 4 hours before serving hot.

It's a low potassium Christmas pudding it may not be suitable for diabetics.

## Low Potassium Christmas Cake

10oz/250 glace cherries, halved  
10oz/250g mixed peel  
8oz/200g tinned prunes , drained and chopped  
2 tablespoons honey  
1 tablespoon of almond essence  
4 eggs beaten  
1 dessert spoon brandy  
10oz/250 plain flour  
10oz/250 unsalted butter  
1 teaspoon mixed spice  
1 fl oz/25ml water few drops of caramel colouring

**Method** - Cream the butter and sugar until soft and fluffy  
Seive the flour and spices together,  
Add the eggs and flour alternately to the creamed mixture  
When mixed well, add the cherries, prunes and mixed peel  
Add brandy, water and honey. Beat until a dropping consistency  
Is achieved.  
Place in a greaseproof-lined , well greased baking tin (7") and  
bake at gas 4/150c/300F for 3 1/2 to 4 hours.

**HOLIDAYS** - It's that time of year to start thinking of  
Holidays specially if you dialyse on heamo, the KPA do a  
leaflet on how to go about booking holidays (if s called  
Kidney Patients do you take Holidays), KPA Members can  
get these from the Secretary of the KPA,  
Here's a few dialysis units our members have been to:  
Lakeland Dialysis Unit - Cockermouth  
Clan Clwyd Unit Near to Rhyl in North Wales  
Easingwold Unit near to York  
South Molton Unit, North Devon

The Secretary has a list of the Units in the Country,

# National Kidney Federation Information Page

**National Kidney Federation-** helpline there details are  
**helpline@kidney.org.uk**

Telephone No 08456010209

NKF address -

The Point, Coach Road, Shireoaks, Worksop, S81 8BW

**Website** for the NKF is **www.kidney.org.uk**

The National Kidney Federation Is now on **FACEBOOK** you can see it as a none member of facebook, the address is

**www.facebook.com/pages/nkf-national-kidney-federation/138351706194949?v=info#**

**The NKF is also on Twitter** - you can follow the NKF just go to  
twitter. com/N KF\_u k

Exciting News for the Younger Patients of the National Kidney Patients Association, Sam Woods has been appointed the new chairman of the young@nkf- she is wanting more younger people to get involved in doing things with the NKF.

**Holiday Information-** For more information on insurance companies, dialysis units, please go on the NKF website and click on holidays to find the information, or contact the helpline for leaflets on holiday information. Web address and contact numbers are above.

*Merry Christmas  
from the  
National Kidney federation*



**The Lincolnshire Kidney Patients Association  
Would like to wish you all a  
Happy Christmas and Happy New Year**



**Contact Details;**

*Chairman - Tony Perry (01522 803763)*

*chairman@lincs-kpa.org*

*Secretary - Mick Walker (01427 880125)*

*secretary@lincs-kpa*

*Treasurer- Steve Emsley (07892701428)*

*treasurer@lincs-kpa.Org*

Lincolnshire Kidney Patients Association

For Information and Advice

01427 880125

Lincs KPA Contact Address -

Hideaway, Fingle Street, North Leverton, Retford, Notts  
DN220AE



**[www.lincs-kpa.org](http://www.lincs-kpa.org)**



**National Kidney Federation**

For Information and advice

08456010209

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

