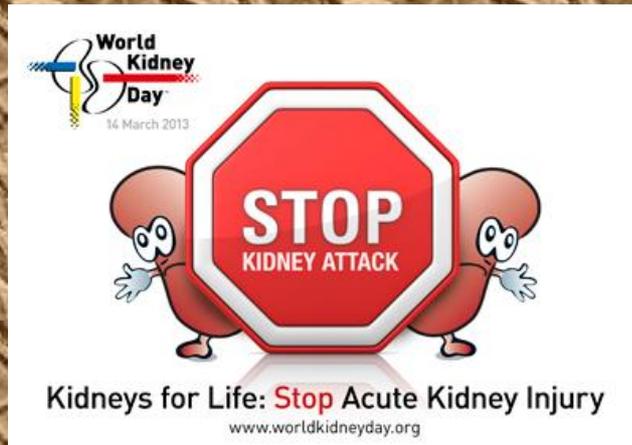


Hope Kidney Patient Association

2013 Issue 1 : March



"run by kidney patients for kidney patients"  
Registered Charity number 1010321



Unless stated otherwise, content is attributable to Hope

**Welcome to our first newsletter of 2013.** As always, we would love to hear what **YOU** would like to read, see and hear about; in addition to that, if any KPA Members have

- articles of interest wish to share any interesting experiences with our readers
- run a small local Mobility/Domestic Services Business or
- have an Item for sale and would like to place an advert in the KPA Newsletter  
please contact: Kate McNulty (Vice-Chair Hope KPA) on [katemc@sky.com](mailto:katemc@sky.com)

We hope you enjoy reading but if your circumstances have changed/you no longer wish to receive the newsletter please let us know using the contact details on page 17. Best wishes for 2013 from all of us here at Hope KPA .

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## New Information Hub to be developed for patients by patients—Research Success

The KPA in collaboration with researchers at the University of Salford (Professor Paula Ormandy and Cristina Vasilica) have been successful in securing a small amount of funding to develop an on-line digital 'Information Hub' for kidney patients in Salford. The 'Hub' will make use of different types of social media tools, such as social network sites, blogs, discussion forums, video-sharing and digital stories, alongside providing detailed information for patients on key topics.

The web based resource will be open to people with CKD, carers, families and the general public and the content relevant to those who wish to gain a deeper understanding of chronic disease or network with other people who have experience of living with CKD. Training will be offered for those patients who do not know how to best use digital media and a number of ipads given to patients who may not have internet access at home (as part of a wider research study).

The website will be designed and developed **BY PATIENTS FOR PATIENTS** with the support of digital experts, **if you want to be involved**, maybe as **part of the advisory and development group**, maybe you **have a digital skill or ideas for specific topics that should be addressed**, or you are **just interested and would like to help** then please **contact**

Keith Pennington  
[keith.pennington@living-media.com](mailto:keith.pennington@living-media.com)  
 or phone 07770681496



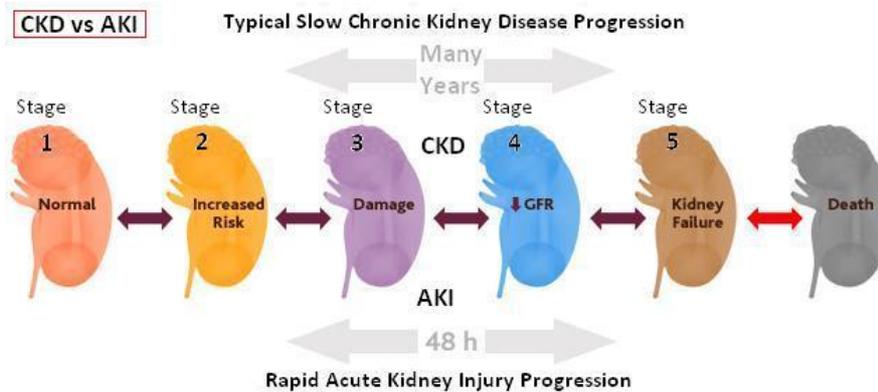
## Don't forget World Kidney Day - 14 March 2013

This year, the day highlights Acute Kidney Injury (AKI), previously called acute renal failure (ARF).



AKI is a rapid loss of kidney function.

Its causes are numerous and include low blood volume from any cause, exposure to substances harmful to the kidney, and obstruction of the urinary tract. AKI is diagnosed on the basis of characteristic laboratory



findings, such as elevated blood urea nitrogen and creatinine, or inability of the kidneys to produce sufficient amounts of urine. **AKI** may lead to a number of complications, including high potassium levels, changes in body fluid balance, and effects to other organ systems. Management includes supportive care, such as renal replacement therapy (Dialysis), as well as treatment of the underlying disorder (extract from Wikipedia). Further information can be found at the following links

[http://www.kidneycare.nhs.uk/howto\\_guides1/aki\\_one\\_page\\_tool/](http://www.kidneycare.nhs.uk/howto_guides1/aki_one_page_tool/)

<http://www.worldkidneyday.co.uk/>

<http://www.worldkidneyday.org/>

Our intrepid team of volunteers will be hosting a table in the Hope Building, Salford Royal (outside the Renal Outpatients Department) on Thursday 14 March, so please pop by and say hello.

## Cranberry Ginger Chicken

**Makes 1 ½ Cups, Serves 6** - Appropriate for **CKD, Dialysis**

### Ingredients:

- 2 cups cranberry juice cocktail
- ½ cup sweetened, dried cranberries
- 1 teaspoon freshly grated ginger
- 1 clove garlic
- 1 ½ pounds bone-in chicken thighs or breasts, skin removed
- 2 tablespoons diced shallots
- 1 tablespoon butter
- ½ cup julienned carrots
- 2 tablespoons chopped chives, for garnish.

Directions: Stir cranberry juice, cranberries, ginger and garlic in large bowl until blended. Add chicken, cover, and marinate in refrigerator 1 to 2 hours. Remove chicken from marinade and season with salt and pepper. Reserve marinade.

Melt butter in medium saucepan. Add shallots and sauté over medium heat until transparent. Add reserved marinade and bring to a boil, uncovered. Decrease heat to low and simmer 15 minutes, stirring occasionally, until reduced in half. Add carrots last 5 minutes of cooking.

Grill chicken over medium-high heat 4 to 6 minutes per side until juices run clear when pierced with a fork or chicken reaches internal temperature of 165°F.

Place grilled chicken on a large serving platter, drizzle with reduced marinade, and garnish with chopped chives. Serve with seasonal vegetables and a whole grain side dish like brown rice or quinoa.

Contents Analysis: Calories 313

Protein 27.7 grams, Carbohydrate 33.6 grams, Total Fat 7.1, Sodium 133.7 mg, Potassium 400.6 mg, Phosphorus, 235 mg



Eat Well

[http://](http://www.kidney.org/pa)

[www.kidney.org/pa](http://www.kidney.org/pa)

[tents/kidneykitchen/content/cranberry\\_ginger](http://tents/kidneykitchen/content/cranberry_ginger)

### **Grapefruit, friend or foe? *Stuart Powell, Secretary, HKPA***

Grapefruit is a very popular breakfast supplement widely used in hotels across the world; but is it really that good for you? All patients are warned that grapefruit is off the menu following a transplant owing to its interaction with their anti-rejection medication, but are not necessarily aware of the reason why.



David Bailey, a scientist at the Lawson Health Research Institute in London, Ontario, recently wrote an article in the Canadian Medical Association Journal, which claims that when some prescription drugs are mixed with grapefruit, the mixture can lead to serious problems. Bailey wrote “

how big a problem are such interactions? Unless healthcare professionals are aware of the possibility that the adverse event they are seeing might have an origin in the recent addition of grapefruit to the patient’s diet, it is very unlikely that they will investigate it.

Grapefruit inhibits an enzyme that metabolizes ingested drugs, resulting in the drugs entering the bloodstream at full force which can lead to overdosing. Some of the drugs known to interact with grapefruit include anti-cancer agents, heart drugs, pain medications and drugs to treat schizophrenia. Drinking a single glass of grapefruit juice with medication can lead to serious side effects, including gastrointestinal bleeding, kidney failure, breathing problems and sudden death. Dr David Bailey (one of the researchers) told the BBC “one tablet with a glass of grapefruit juice can be like taking 5 or 10 tablets with a glass of water and people say I don't believe it, but I can show you that scientifically it is sound. So you can unintentionally go from a therapeutic level to a toxic level just by consuming grapefruit juice. Other citrus fruits such as Seville oranges often used in marmalade, and limes have the same effect”.

An article in the Daily Mail (28 Nov 2012) from information provided by Dr Bailey, included 41 out of 85 of the most commonly affected drugs. The following list indicates 16 drugs which may typically affect those used by the renal community:

Anti-infective

Erythromycin (antibiotic)

Halofantrine (malaria)

Maraviroc (HIV)

Primaquine (malaria)

Quinine (malaria)

Rilpivirine (HIV)

Anti-cholesterol

Atorvastatin

Lovastatin

Simvastatin

Immuno-suppressants

Cyclosporine (post organ transplant, rheumatoid arthritis, psoriasis)

Sirolimus (post organ transplant)

Tacrolimus (post organ transplant)

Urinary tract

Solifenacin (urinary frequency/ incontinence)

Silodosin (enlarged prostate)

Tamsulosin (enlarged prostate)

The other drugs which Dr Bailey and his team tested came under the categories listed below and include Felodipine, used to treat hypertension/ angina.

Anti-cancer, cardiovascular, central nervous system and gastrointestinal medications.

Always check the advice sheets provided with your medications for possible interactions and side effects. Report any unusual side effects to your GP or healthcare professional who will fill out a yellow card with the symptoms and pass it on to the National Institution for Clinical Excellence (NICE).



Glynn Harrison and Dave Perkins are really good friends who both Dialyse at Bolton Renal Unit. In autumn last year they had an idea to raise some funds for the KPA. Dave works at Rumworth Hall in Daubhill, Bolton, so an undercover venue was no problem to organise. All they had to do was decide what activities they were going to do, organise a date and advertise the event. Dead easy you would have thought, but they hit a snag when the Bolton Satellite Unit had to close to allow major reconstruction of the flooring within the ward. The friends had to part their ways with Glynn from Bury moving to Rochdale and Dave to Wigan, losing their banter time on the unit. With their plans seemingly in tatters, the guys still managed to pull off the impossible and attracted a crowd of



over 60 people including nursing staff to Rumworth Hall on Sunday 27 January. With Dave "The Rave" Perkins working magic on the disco the place was buzzing despite only being filled to one third of its capacity. A regular tribute act at the club 'Danny Kay', gave up his time for the



afternoon treating us to Michael Bubl , Frank 'Old Blue Eyes' Sinatra, and ending his second performance with Elvis 'The Pelvis' Presley in his Army Uniform. Glynn meanwhile, was busy making sure that the raffle prizes were in place, tickets being sold and of course the pie and peas (YUM)! In between sessions, Danny 'Michael Bubl ' Kay, took time out for a photo opportunity with Glynn-pictured right (who was glad of a breather).



Left to right – Glynn Harrison,

Sr Kendra Burns and Dave Perkins

This event was a real success with the children as we were able to supply them with balloons to play with and as I had a number of spare Newsletters from last summer, the teenagers had a go at the Sudoku.

After a brilliant afternoon of singing, disco dancing, raffle prizes and most of all FUN, Glynn and Dave with a little help from their friends managed

to raise  173 for the Hope KPA. By the time you read this, the boys should be re-united in their usual surroundings plotting a bigger and better event at Rumford Hall in June or July. So keep an eye out for the posters in your unit.

Thanks to their perseverance in difficult circumstances;

**'Glynn and Dave Pulled it Off'**

### **Fund Raising Events**

If you would like to hold a Fund Raising Event in aid of the Hope Kidney Patient Association, please contact Kate McNulty via email:

[katemc@sky.com](mailto:katemc@sky.com)

Or to the Hope KPA email address: [info.hopekpa@gmail.com](mailto:info.hopekpa@gmail.com)

## Holiday in Mallorca

Dear Readers, I was speaking to Kath Barlow a couple of months ago about the Hotel Cala Bona where we spent our holiday. The hotel is situated in an exclusive spot in the old fishing harbour of Cala Bona, Mallorca. Kath asked me to send the KPA, information about it as it could be useful to members who need accommodation suitable for their needs. The hotel has two apartments both of which are ideal for someone confined to a wheelchair as they have wet rooms and a shower chair in them. You can hire a hoist if needed from a company there and a taxi with a ramp. I found it worked out much cheaper than booking through a holiday company (eg we went with Monarch who were charging £408.00 for an adapted vehicle for 6 people—I booked 2 taxis costing £260.00!). Last year we made our booking through a company that specialises in holidays for the disabled, it left a lot to be desired, we were really disappointed. To book the hotel you have to do it direct, by phone or email. Both the hoist and the taxi can be booked via email. Below are the links for each, which I hope can be of use to anyone in the Association.



Enjoy, Ann Lawton (Carer)

Hotel: [www.calabonahotel.com](http://www.calabonahotel.com) Taxi: [mallorcataxicar@hotmail.com](mailto:mallorcataxicar@hotmail.com)

Hoist: [lowerhire@hotmail.com](mailto:lowerhire@hotmail.com)

**Christmas arrives on Ward H3** ... Hope KPA wish a Happy New Year to all our members. If any of you were unlucky enough to spend Christmas in hospital



then we hope you were cheered by the greeting of the well lit and decorated Christmas tree on entering Ward H3 thanks to the initiative taken by our new Treasurer, Joseph Wright. He contacted the management and staff at B&Q, Trafford Park who very kindly donated the tree and Morrisons in Eccles came up trumps with lights and decorations. For that special finishing

touch the nursing staff turned very crafty and made the fairy for the top. Our thanks to B&Q and Morrisons, not forgetting all the staff who got stuck in and made a brilliant job of the decorations. (pic: Nurse Nicola Clarke and Joseph)

## PRESS RELEASE:

### Oldham Satellite Dialysis Unit: December 2012

**Go ahead for Oldham Dialysis Unit:** Planners have given the green light to a new dialysis unit in Oldham, meaning kidney patients in the area will have a unit closer to home. Oldham Council has approved the creation of the facility on the ground floor of a two-storey building on land at Boundary Park. Around 40 patients, who currently receive their treatment at other locations, can expect to transfer to the new Oldham unit, which will be open six days a week. Salford Royal NHS Foundation Trust will provide the unit, in addition to its three other existing satellite facilities in Bolton, Rochdale and Wigan and the main renal unit at Salford Royal. Fresenius Medical Care Renal Services will run and staff the service. Salford Royal's Consultant Renal Physician Dr Aladdin Shurrab said: "It is great news for renal patients in the Oldham area that the plan for the new renal dialysis unit is on track. Before the unit opens, staff will be working with patients who will use the unit to ensure a smooth transfer of care." Russell McAusland, Regional Director for Fresenius Medical Care Renal Services said: "It's great news that planning permission has been granted and we're moving forward with this project to provide a new dialysis unit for patients in the Oldham area. With construction due to start in early 2013, we will hopefully be opening the doors of the new unit by the end of next year. When we do, it will be fantastic to offer a new clinic that will make a major difference to local patients." The service has been commissioned by the NHS Commissioning Board on behalf of the population of Oldham. Local GP Dr Ian Wilkinson, who is also Chief Clinical Officer of NHS Oldham Clinical Commissioning Group, said: "We're delighted that planning permission has been given to the new unit. It will support our plans to transform care for local people and bring care closer to home, which will particularly make a difference for people who are already unwell and currently have to travel long distances to get dialysis."



**Free App** specifically for young adults with kidney conditions

**MyKidneyCare app**  
Track your medicines, treatments and more.  
**Download Android**

Specially designed for young adults, this app is a place to keep your own:  
 •Kidney care records  
 •Appointments  
 •To track your medicines  
 •To track your prescriptions  
 •To keep contact with your clinicians

•K\* provides information and advice about kidney health care specifically for young adults with kidney conditions.  
 •The app includes hints and tips about managing your kidney care and a top 10 kidney FAQs

The app is available for all android smartphones and is free to download. Visit [play.google.com](http://play.google.com) and search for 'mykidneycare'

One user stated:  
 "It took a bit of time to fill in all the details but you'll save so much time at the clinic. I like that my details are with me in case of an emergency. No more felling around with paperwork!"

The app was designed by Guys & St Thomas's Kidney Patient Association

**'My Kidney Care' App**

has been produced by Guy's and St Thomas' Kidney Patient's Association and clinicians (from Evelina Children's Hospital, Guy's and St Thomas' adult kidney service and Great Ormond Street Hospital). Development was in response to a survey asking young adult patients about their needs and preferences for engaging with health services as part of NHS Kidney Care's Supporting Young Adults project. It has been designed to be both a handheld kidney care record and a self-management tool,

allowing young adults to maintain accurate and accessible kidney care records including appointments and medications.

<http://www.srft.nhs.uk/about-us/depts/renal-services/latest-news/?entryid22=17964>

**Play your part in Infection Prevention**

If you have an appointment at Salford Royal or are visiting a relative, the hospital ask that you follow 3 simple rules:



1. Telephone if you are experiencing flu symptoms, diahorrea, nausea and vomiting (no visitors with symptoms please)
2. Wash your hands with soap and water every time you enter or leave a ward
3. Do not eat at the bedside or sit on the bed whilst visiting patients

<http://www.srft.nhs.uk/for-patients/infection-prevention/>

**Together we can stamp out infections**

### **Planning a Holiday in 2013? Hope KPA Caravan**

Our caravan holiday home has done well in 2012. We've had lots of new visitors and feedback has been very positive. If you receive your dialysis in hospital or satellite unit (Salford Royal, Bolton, Rochdale, Wigan) you may find it difficult to get away for a full week but you could try a 2-night weekend break instead. Members who have done this tell us it's been lovely to get away and relax. The site has facilities including swimming pool, fishing lake (for dads and lads), a lovely club-house and have this year a children's club called Gruntys has started; feedback has been that the children love it! Why not give it a try for a short break? We are sure you will



enjoy it. The caravan is situated in Staining (at Newton Hall Caravan Park), a Lancashire village 3-4 miles from Blackpool. Booking is essential, contact Committee member Joyce Relph on 01204 491820 or Maureen Bleakley on 0161 7947684 who will be happy provide you with availability and booking form. They can also answer any questions you may have about the holiday park. Find out more about the location, things to do and more at the link <http://www.srft.nhs.uk/about-us/depts/renal-services/patient-organisations/hope-kidney-patients-association/kpa-holiday-caravan/>

In general, if you are going on holiday, please make sure you plan everything well prior to booking. Ensure you have insurance and see medical staff about booking your dialysis before you arrange your break. Some people have booked a holiday only to find that they are unable to access a dialysis unit or that they are required to pay for it and cannot afford to (eg cruise ships). If you do manage to get away, have a good time and be well; let us know if you think others would be interested and we can recommend it through the newsletter. Some of the insurance companies used by our members are listed on page 20.

# Spring Wordsearch



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

## Spring Word Search - 20 Words to find

APRIL  
BLOOM  
BLOSSOM  
BONNET  
BUNNY  
CHICKENS  
CHOCOLATE  
CUCKOO  
DAFFODILS  
EASTER



EGGHUNT  
EGGS  
FLOWERS  
LAMBS  
PETALS  
PLANTING  
SHEEP  
SHOWERS  
SPRING  
SUNSHINE



# Stu-Doku puzzle number 1 for 2013

4		5						8
	6							3
3		7	1		2			
			8			5		
		4	2	5	7	1		
		6			9			
			6		8	4		2
6							3	
2						9		6

Just fill in the blank squares so that each row, column and sub-square displays the numbers 1 to 9 without repetition! I managed to complete this puzzle in 45 minutes. It is quite challenging, but I'm sure that there is someone out there that can beat that time. As usual, the Answer is upside down on the right.

**'Just Remember, No Cheating!'**

*Stuart Powell*

4	9	5	3	7	6	2	1	8
1	6	2	9	8	5	7	4	3
3	8	7	1	4	2	6	9	5
9	7	1	8	6	3	5	2	4
8	3	4	2	5	7	1	6	9
5	2	6	4	1	9	3	8	7
7	1	3	6	9	8	4	5	2
6	5	9	7	2	4	8	3	1
2	4	8	5	3	1	9	7	6

2012 was a very good year for the [Donations, Kath Barlow, HHKPA Committee](#) KPA as we had lots of support

from members and families as well as business's by way of charity days and raffles at various sports clubs and pubs. We wish to thank all the members who donated items for our raffles at Salford Royal, they were really appreciated. We held our Christmas raffle in Salford Royal's Hope Building and raised £384.95 so we thank all who supported and helped us by selling tickets and manning the stall. Thanks to

Ann Stewart and her ladies team at Banks Bowling Club, Southport for the monies raised from a charity match, held in memory of her son; Chris Farrington who was an active supporter of our KPA. Myself and Joyce Relph went along to the match which took place on a terribly rainy day; despite the bad weather the ladies carried on bowling to the end. We could have rung them all out, they were wet through and the weather was so bad I wasn't able to take any photos. Hopefully this year will be sunny girls!?

Thanks also go to Audrey Evans and members of the Monton Bowling and Social Club who, since Jubilee Day, had a collection tin placed in the club and sent us a cheque for £130 later in the year. It is much appreciated.

Mrs Janice Stevens, a Kidney Patient at Salford Royal raised £100 by knitting and selling Teddy Bears as well as donations received from her family and friends. It was very kind of Janice to put in a lot of hard work and make her donation to the KPA. We send Janice our best wishes and a huge thank you! A cheque for £2,660 was donated by the Captain of Mytton Fold Golf Club Mr George Lucas. This was raised for Professor Kalra's renal research project by holding a Captains Charity Day at the club in July. Mr Lucas's daughter Karen is a KPA member and transplant patient. Mytton Fold near Blackburn is renowned for one of its greens being 180 feet higher than the Tee and has earned the name 'Heart Attack Hill'. So our most sincere thanks for the all at the club who attempted and defeated it and raising funding for Kidney Research! Finally, thanks go out to all the staff and regulars at 'The Pig & Whistle' public house in Heywood for their very generous donation of £1,210. Thank you to Steve Chadderton for making it possible.

If we did not have help by people like this then we would not be able to carry on with what we do for patients. We really do appreciate the effort everyone makes to organise and hold events for our charity.



**TO MAKE A DONATION** Please contact our Treasurer Mr Joseph Wright on 07771 754591 who can advise you how to do this including the tax efficient "give as you earn" scheme for people who pay income tax.

*Contact a Hope KPA Committee member*

**Chair**

Mr Keith Pennington  
Tel 01942 720947  
118 Scott Road  
Lowton  
Warrington  
WA3 2JG

**Secretary**

Mr Stuart Powell  
Tel 01257 422810  
1 Churton Grove  
Shevington Moor  
Standish Wigan WN6 0SZ

**Vice Chair**

Mrs Kate McNulty  
01942 874334  
The Stables  
52a Higher Green Lane  
Astley  
Manchester M27 7HZ

**Treasurer**

Mr Joseph Wright  
Tel 07771 754591  
38 Clough Fold  
Stoneclough  
Radcliffe  
Manchester M26 1GZ

Send your Questions or Suggestions to one  
of the Committee members:

Phone: numbers above

By email: [info.hopekpa@gmail.com](mailto:info.hopekpa@gmail.com)

Webpage: <http://www.srft.nhs.uk/about-us/depts/renal-services/patient-organisations/hope-kidney-patients-association/committee-members/>



**Receive your newsletter by email**

If you have regular access to a computer and wish to receive our Newsletter electronically please send your details to the Hope KPA email address: [info.hopekpa@gmail.com](mailto:info.hopekpa@gmail.com)



**Please remember!**

**EVERY 50 PENCE WE SAVE IN POSTAGE HELPS  
US TO HELP YOU!**

**World Kidney Day (focus on Acute Kidney Injury)**

14 March 2013

<http://www.worldkidneyday.org/profile/WKDUnitedKingdom>

**National Transplant Week**

8-14 July 2013

**National Kidney Federation Conference**

11-13 October 2013, Hinckley Island hotel, Leicestershire

<http://www.kidney.org.uk/>

**6th Annual Home Haemodialysis Conference**

3-4 October 2013, Lowry Hotel, Manchester, contact [diane.comer@cmft.nhs.uk](mailto:diane.comer@cmft.nhs.uk)

**What's on in 2013**

**Renal Radio** Worldwide internet broadcasting service <http://www.renalaradio.com/index.php>

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

Tel 0845 6010209

Local Advocacy Officer Dennis Crane Tel 0161 740 5550 Email [Dennis.crane2@virgin.net](mailto:Dennis.crane2@virgin.net)

**Help .. Advice  
Links .. Contacts**

**Travel Insurance** Ensure you have adequate insurance cover BEFORE booking/travelling. The following are examples of those that provide cover for people with long term conditions/disabilities. All companies assess each case individually.

Freedom Insurance Ltd [www.freedominsure.co.uk](http://www.freedominsure.co.uk) Tel 01223 446914

J & M Insurance [www.jmi.co.uk](http://www.jmi.co.uk) Tel 0845 338 1638 (Patient recommended)

Avanti [www.avantitravelinsurance.co.uk](http://www.avantitravelinsurance.co.uk) Tel 0800 066 5604

Stay-Sure Insurance [www.staysure.co.uk](http://www.staysure.co.uk) Tel 0844 692 8444

Orbis Insurance Services Ltd [www.orbisinsurance.co.uk](http://www.orbisinsurance.co.uk)

Tel 01424 215 315

The NKF site lists several possible companies for use by kidney patients at <http://www.kidney.org.uk/holidays/insure.html>

**On a restricted diet because of kidney disease?** Rediscovering food and flavours <http://www.kidneywellbeing.co.uk/> .

Cuisine for me <http://www.cuisineforme.co.uk/> order meals online or simply register and check out the science page to find out about phosphates

**The National Clinical Director for Kidney Care's blog** read it at

<http://renaltsar.blogspot.com>

**Kidney Research UK DVDS**

<http://kidneyresearchuk.org>

Tel 0845 070 7601. KR UK have released 2 DVDs:

Living with Kidney Disease (module 1) —what you should know, the reality check with Dr Chris Steele

Living with Kidney Disease (module 2) - what you should know, end stage renal failure with Fiona Loud.

To order visit their website or Email [enquiries@kidneyresearchuk.org](mailto:enquiries@kidneyresearchuk.org)

**Salford Royal's website** (renal pages)

<http://www.srft.nhs.uk/about-us/our-departments/renal-services/>

**Renal Dietitians** can be contacted on Tel 0161 206 1994

Email [renaldietitian@srft.nhs.uk](mailto:renaldietitian@srft.nhs.uk)

**Donor Family Network** run by donor families for donor families

<http://www.donorfamilynetwork.co.uk/>

Contact: PO Box 13825, Birmingham B42 9DJ Tel 0845 680 1954

**NHS Kidney Care** keep informed of the latest developments across England from NHS Kidney Care <http://www.kidneycare.nhs.uk/>

**Renal Patient View** sign up to see your results online

<https://www.renalpatientview.org/>

**Your health, your way, your guide to long term conditions & self care** NHS Choices website

<http://www.nhs.uk/yourhealth/Pages/Homepage.aspx>

**Give a kidney—one's enough** <http://www.giveakidney.org/index.html>

**Diary of a living kidney donor** ... "Hello, I'm Jay, I'm a 43 year old male from Brighton undergoing medical tests to become a living kidney donor ..."; to read about Jay's journey as he undertakes all the tests to become a living kidney donor read his blog at <http://www.donordiary.blogspot.co.uk/>





The KPA is an organisation run by kidney patients for kidney patients and is completely free of charge. Please note that your details will be held on computer by the Association in complete confidence and will not be communicated to any other organisation without your permission and in compliance with the Data Protection Act. Registering your details with us will enable us to send you a newsletter by post 3 times a year.



PLEASE USE BLOCK LETTERS:

*\* required information*

Title\* (Dr / Mr / Mrs / Ms / Other) \_\_\_\_\_

Name\* \_\_\_\_\_

Address\* \_\_\_\_\_

Postcode\* \_\_\_\_\_ Phone No \_\_\_\_\_

Date of application\* \_\_\_\_\_

Email \_\_\_\_\_

If you prefer to receive newsletter by email please tick box

I am: patient/relative/carer/hospital staff/interested party (please delete as applicable)

Email your details to [info.hopekpa@gmail.com](mailto:info.hopekpa@gmail.com) or return this application form to:

The Secretary  
1 Churton Grove  
Shevington Moor, Standish  
Wigan WN6 0SZ

OR hand to a member of the team at your next OP appt or visit to the renal/satellite unit and they will pass on your details to the KPA