



HHKPA NEWS

Newsletter of Hammersmith Hospital Kidney Patients' Association Registered Charity 275771

October 2002

ANNUAL GENERAL MEETING 2002

By Don G Taylor

All kidney patients at Hammersmith Hospital are automatically members of the Kidney Patients' Association. As members I encourage you to join us at the forthcoming Annual General Meeting. This will be held at the Hospital in the Seminar Room in Hammersmith House on Tuesday 19th November at 6-30pm. There will be refreshments available beforehand.

To begin with there will be two presentations, which will be of interest to all of you. Tim Statham, Chief Executive of the National Kidney Federation (NKF), will give the first of these. He will be talking about the NKF, what it does to benefit patients and how you as an individual kidney patient could benefit from their services.

The other presentation will be by Gordon Lyall, one of the Treasurers of the Charing Cross Holiday Dialysis Trust. They look after the Holiday Centre for kidney patients at Emsworth on the south coast. This excellent facility has dialysis stations on site supported by qualified staff. Gordon will explain how Hammersmith Patients can make use of the free accommodation, (although donations are encouraged).

Following the presentations, we will begin the business of our AGM which will give you the opportunity to understand a bit more about the KPA and the work it has done in the last year. You will be able to vote for the KPA's officers and committee members. Anyone interested in joining will be most welcome. We meet about six times a year at 6-30 pm on a weekday evening at the hospital.

Currently we are considering a name change for our Newsletter. Please let the Editor or the Chair have any suggestions before the AGM.

**PLEASE CONSIDER
JOINING US**

FROM YOUR EDITOR

Welcome to our Autumn edition of the newsletter. I would like to thank everyone who gave me feedback on my first newsletter, which was most helpful.

Christmas is a busy period for all of us, with lots of demands on our time and money but I do hope you will be able to support the KPA in some way. You can buy or sell Grand Draw tickets, send our Christmas cards or attend the AGM. It would also be great to see as many of you as possible at one or both of our Christmas parties. I am looking forward to meeting new people in the same boat as myself.

I hope you all have a happy and healthy holiday.

Nimrit Foody

GRAND DRAW

Accompanying this edition of the KPA Newsletter you will find a book of ten Grand Draw Tickets, with each ticket costing £1. This is the major fundraising activity for the KPA and we hope you will buy or sell all the tickets.

There are great cash prizes of £250, £150 and £100 to be won, as well as dinner for two at the famous *Weststreet Restaurant* in London where one of our patients, Lawrence Keogh, is a chef. There is also a similar prize at the Sheraton Heathrow Hotel and a number of other smaller prizes.

With all these brilliant prizes to be won, please do your best to sell as many tickets as you can. In fact, if every patient sells all their allocated tickets we would raise £6500. This would be a tremendous boost to our funds enabling us to provide extra services and equipment for you, our members.

We thank **Wyeth Pharmaceuticals** and **Chelsea Building Society** who have sponsored the main prizes.

The draw will be made at our Christmas party on Saturday 14th December. If you require more tickets, please contact Jan Waters on 0208 383 1248 or any member of the KPA committee.



The HHKPA invite you, your family and friends, to our Christmas Parties

Christmas Tea Party

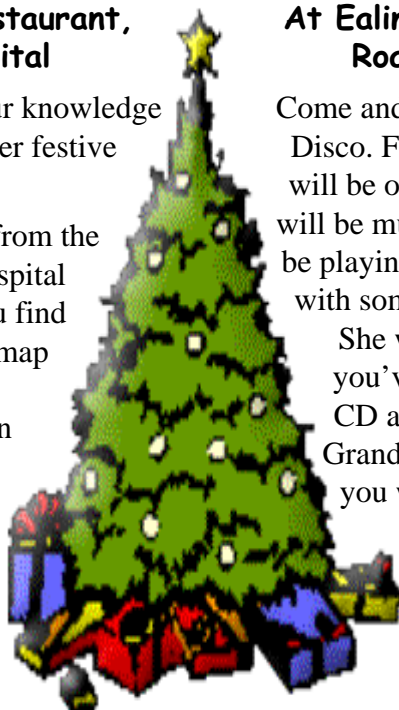
on Sunday 8th December
from 3.30 to 6.30pm

at the Wolfson Well Restaurant,
Hammersmith Hospital

Win a Christmas hamper, test your knowledge with the table quiz and join in other festive activities.

The restaurant is easily accessed from the rear car park at the back of the hospital and there will be signs to help you find it. There is disabled access and a map will be posted on our website (www.hammersmithkpa.org.uk) on 1st December.

For all enquiries, please contact Val Said on Tel: 020 7254 5245 or Email: val.said@virgin.net or speak to your Head Nurses, Marion Garrett or Carol Sookram



Christmas Disco

On Saturday 14th December 2002
From 7 to 11pm

At Ealing Cricket Club, Corfton
Road, Ealing, W5 2HS

Come and join in the fun at our Christmas Disco. Food will be provided and the bar will be open for you to buy drinks. There will be music to entertain you; the DJ will be playing the best disco and party songs, with some bhangra thrown in to the mix.

She will also be taking requests, so if you've got a favourite song, bring the CD along. Also, watch our Christmas Grand Draw take place and it could be you walking away with the top prize.

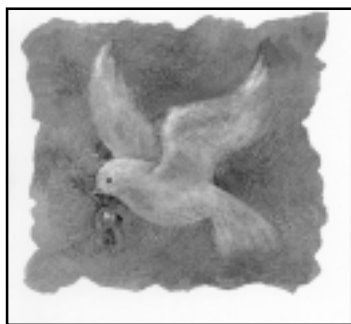
As numbers are limited for the disco, please let me (the editor) know if you are coming and how many people you are bringing.

HHKPA CHRISTMAS CARDS

This year the HHKPA will again be selling its own Christmas cards. Each pack of 10 quality cards is personalised with our charity details and logo. All profits from the sale of these cards will go towards furthering the aims of the HHKPA.

There are five designs to choose from. Packs can be purchased from Jan Waters c/o the Dialysis Centre at Hammersmith Hospital (020 8383 1248), or can be obtained by completing the enclosed order form.

**PLEASE HELP YOUR ASSOCIATION AND
BUY YOUR CHRISTMAS CARDS FROM US**



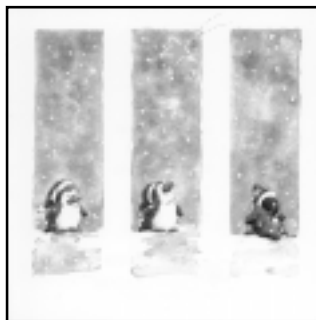
Christmas Dove
(108 x 108 mm)



Church in Winter
(160 x 116mm)



Rudolph the Reindeer
(108 x 108 mm)



Christmas Penguins
(140 x 140mm)



Scarlet Poinsettia
(140 x 140mm)

KEEPING PATIENTS INFORMED By Sister Kim Pryde

Hammersmith Hospital CAPD Sister Kim Pryde and Baxter Health Care Nurse Ms Jo Luckman, organised a Patient Information Workshop in June. It was held in the Baxter Renal Education Centre which is located in Central Middlesex Hospital at Park Royal.



Nine patients attended the session, some brought family members with them and the day was a great success. The nurses organised several games to help patients find out more about how to manage their treatment, stay healthy and minimise the risk of getting an infection.

Patients commented that they had enjoyed the day meeting other patients with kidney failure. They were able to share information and tips about how to manage their life now that they were on Peritoneal Dialysis. They enjoyed a buffet lunch provided by Baxter Healthcare and said they would love to come to other workshops. It was a great social event and an opportunity to make new friends and share experiences.

Because the day was so successful, Kim and Jo are hoping to provide similar days in the future and encourage more patients to attend.

If you are interested in attending a Patient Information Workshop please speak to one of the Senior Nurses in your Dialysis Unit.

WHERE YOUR MONEY GOES By Eileen Parker



In the run up to Christmas you are likely to be accosted in the hospital by KPA committee members trying to sell you even more draw tickets and Christmas cards. It is therefore only fair to tell you some of the items your money has bought in the past year. These included two televisions for ward D7, an additional television for the Hammersmith dialysis unit, plus a television/video recorder for the waiting area. We also plan to purchase two new televisions for Ealing and three for the new satellite unit at West Middlesex. Meanwhile those of you who dialyse at the Hammersmith unit should by now be enjoying ice from the recently purchased machine. Ealing will also shortly have new furniture in the waiting area thanks to a generous donation of £1000 given to us by **Fresenius Medical Care** on the sale of their millionth dialyser (see last issue).

We have also bought some valuable items of hospital equipment that were not covered by the hospital's budget. These included three Dialysis Chairs at a cost of £4,500, and a digital thermometer (£375). It has also recently been agreed that we buy two more super electric beds for ward D7, which are of great benefit to patients who have recently undergone surgery.

All the above is in addition to our social fund and expenditure on our newsletters, information leaflets, trips, among others.

George Holt

It is with great sadness we report the death of George Holt in July. George was the oldest patient we have transplanted at Hammersmith. He was 74 when he received his kidney and had it for 14 years. He enjoyed good health until recently, when he was plagued with problems unrelated to his transplant. Until then he had an active time, attending transplant games and making the most of his computer and the internet.

Jan Waters

BRITISH TRANSPLANT GAMES

By Don G Taylor



The Hammersmith team had a successful time and lots of fun at the 2002 Silver Jubilee British Transplant Games in Loughborough between 29th August and 1st September.

Bill Hollins, taking part in his eighteenth British Games, gained a creditable runners-up position in the 50 metres Back Stroke. He also took part in Badminton and Bowls with fun and friendship as his reward. Bill always emphasis this element of the Games.

As the Team Manager I retained the Bronze medal position I established last year in the Table Tennis competition though I was hoping for improvement.

At this years Games Eileen Quinn-Smith, who we profiled in the last issue, was again outstandingly successful. In the Track and Field programme she tried to win five titles, which was an intensive programme. She started by gaining runner-up position in the Long Jump, an event in which she had not been able to train because of an injury sustained in the World Games in Japan last year. She followed this with a sprint double in the 100 and 200 metres. She then took the High Jump

title and followed this with victory in her most feared event, the 400 metres.

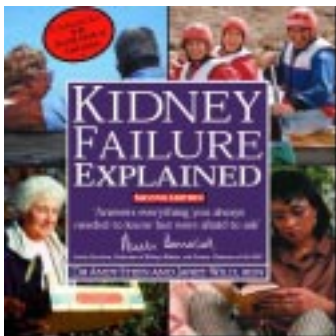
All this was achieved in only 150 minutes, a stint of athletics that should not be expected of any athlete.

Deservedly, she was awarded the Women's Victor Ludorum as the best female athlete of the Games. This was presented by Richard Caborn MP, the Minister for Sport, at the Gala Dinner to celebrate a successful Silver Jubilee Games. Eileen has again been selected to represent Great Britain in the World Games in France next year. At these Games she will be hoping to reach her target of 50 British and World Games medals. This will be a great achievement as it has only been seven years since she re-started her athletics career after her transplant.

As Chair of the KPA I am particularly keen to expand the Hammersmith Team next year. Any member with a successful transplant and even the smallest interest in sport should contact me for details. There are many different sports in the programme and next years event will be held at Stoke-on Trent between 27th and 30th July.

KIDNEY FAILURE EXPLAINED By Doctor Stein & Janet Wild RGN

Written by two experienced medical authors, this fully updated second edition practical handbook covers every aspect of living with kidney disease - from diagnosis, drugs and treatment, to diet, relationships and sex. Out now, it contains up to date, medically accurate information from experts and cuts through the confusing medical jargon, explaining the terms in plain English. It tackles the questions you may feel uneasy asking your doctor, giving positive, practical advice on living with kidney failure.



SPECIAL OFFER

KPA members can buy Kidney Failure Explained (Class Publishing, £14.99) for £12.99 inc p&p - saving £5 on the normal mail order price. To order call 01752 202 301 or send a cheque to Class Publishing (Priority Service), FREEPOST (PAM6219), Plymouth PL6 7ZZ. You must quote Ref *KFE02* when you place your order.

Eagle-eyed readers will notice Susan Frade, previous newsletter editor, on the front cover in a canoe. The picture was taken on an adventure weekend for patients in 1992.

£ WEAKEST LINK WINNER £

Eileen Quinn-Smith demonstrated her ability to cope with stress by winning an edition of "The Weakest Link" but when told she was lucky as she had been the weakest link on two rounds, she replied, "I played it tactically." Eileen donated some of her winnings to the HHKPA.

The Editor

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