



Summer 2016

Registered Charity Number 1123780



## Helping and supporting kidney patients in Doncaster, Dearne Valley and Bassetlaw



[www.dabka.org.uk](http://www.dabka.org.uk)

## *A chat with the chairman.....*

For those of you who are new to the charity please let me introduce myself.

My name is Sean Starbuck and have been chairman since January 2015 but involved with DaBKA since its introduction, supporting the ongoing work the fantastic team have undertaken.

I feel very privileged to be chairman of such a dedicated team offering much support to the patients and units in Bassetlaw, Doncaster & Mexborough. We have undertaken a review of the Charity and had fantastic success in raising funds for vital equipment for the benefit of the patients we serve.

### **Some milestones of 2015:**

- Formation of the new committee and supporting members
- Complete corporate change which has seen the Charity develop a brand and identity second to none
- Facebook profile
- Website development with over 45,000 hits
- Membership growth
- Mobile ultrasound scanner £6000 from DaBKA and money given by the British Kidney Patient Association.
- Far Infrared Therapy unit (on site at Doncaster plans for further units at Bassetlaw Mexborough)
- Ongoing support with free Blood pressure monitors to local patients, at present 280 have been donated
- donated
- Free fistula and wristbands to local patients
- Grants given
- Donations given from Free masons and other Charities and supporters
- The Townfield Gala again a fantastic event with an ever increasing

foot-fall a special thanks must go out to Denise, Andy and Mary for all of the hard work in putting such an event together.

- Summer Raffle
- Winter Wonderland Auction - This was held at Doncaster Rovers Football Stadium and included the Auction of over 30 donated items, a 3 course meal— a truly fantastic event again a special thank you must go out the Phil for all the hard work put in to organising such an event.
- Christmas Event organised by Andy and Mary, together with a very successful Christmas raffle, which was free for patients—Again this was held at Doncaster Rovers Stadium and was very well attended.
- Christmas cards sales again proved to be very popular with staff and members
- Christmas gift purchased by DaBKA for all dialysis patients
- One personal highlight of last year was the opportunity of visiting the patents and handing out the Christmas gift at Bassetlaw and I am hoping this can be repeated this year at all units

2016 plans are well underway and a number of targets areas have been identified:

- Patient reps at all units this will help to support the members and help promote the charity
- Generate staff involvement I see this as being a vital target as I personally feel that the staff member will be able to understand how the charity works and intern help to promote the charity further within their areas of work.
- Plans are in place for the summer Gala and The winter wonderland Auction is at the planning stage. Further information will be contain within the newsletter.

2015 was truly a fantastic year for charity which has been down to the hard work of each and every member of the committee, supporting members and volunteers, and I sincerely thank you all. It has been an honour to lead such a dedicated team. We hope you enjoy the new look newsletter, please let us know your thoughts on it

Looking for further success ,  
*Sean*      **Chairman**

## DaBKA Events 2016

This year, we hope to be doing more fundraising events including Thorne and Conisbrough Gala's, as well as the now famous Townfield Gala, which takes place on Sunday 17th July—12 noon to 5pm.

With may more stalls and live entertainment planned, and free on-site parking it looks to be our biggest yet. Update can be found on our website and on Townfield Gala Facebook page.

Please don't forget to tell all your friends and family. It's a great day out and all the proceeds go to our own Dialysis Units at Doncaster, Worksop and Mexborough to provide equipment and support for all our renal patients.

Members will have received a book of raffle tickets with this newsletter. Tickets are £1 each, together with an addressed envelope.

***Please help us raise valuable funds, could you sell some tickets to family, friends or work colleagues? If you would like some extra tickets to sell, please contact us on 07444 281 141 or email Andy at [fundraising@dabka.org.uk](mailto:fundraising@dabka.org.uk)***

### Summer Raffle 2016—Prizes

- 1st: 32" Television**
- 2nd: Bawtry Paintball Voucher (worth £300)**
- 3rd: Overnight stay at Mount Pleasant hotel for 2 people**
- 4th: Round of golf for 4 people at wheatley hills golf club**

plus: £10 Primark Gift card , Tickets for Cask Theatre pantomime, Swim & Skate vouchers for Dome, Hairdressing vouchers for salon at Dome, Family pass South Yorkshire aircraft museum, ten pin bowling voucher for 6 people, 2 cinema tickets for vue cinema, soft toy and bottle of wine, large toiletry gift sets, plus more.....



We are on the look out for good quality tombola prizes. It's a great way to de-clutter whilst helping a great cause!

If you have any tombola prizes to donate, please contact us. *Thank you*

**FREE**

**TOWNFIELD GALA 17th JULY 2016**

**FAMILY FUN DAY**

- Giant Fun Fair
- Charity Stalls
- Tombola/Raffle
- Mascot Race
- Childrens Entertainer
- Emergency Services
- Music & Dance Artists
- Demonstrations
- Tea & Cakes Tent
- Penalty Shoot-Out
- Face Painting
- Free On-Site Parking
- Food & Drink Stalls
- Plus much more..

**Come in Royal Fancy Dress & Sing-Along with the Princesses**

**A GREAT BRITISH GALA**

**FREE ENTRY**

**DONCASTER TOWN MOOR 12-5 PM DN1 2JP**

South Yorkshire **POLICE**

South Yorkshire Fire & Rescue  
WORKING FOR A GREATER SOUTH YORKSHIRE

**Doncaster**  
Metropolitan Borough Council

## Winter Wonderland Auction 2015

The 21<sup>st</sup> of November 2015 saw DaBKA hold its first annual charity auction evening at the Keepmoat Stadium Doncaster with over 100 people in attendance.



This gave us a chance to reach out to a different network of people from local businesses, local sporting stars and the local public who did not necessarily know what DaBKA are all about. As many will agree the evening was a huge success with us gaining new contacts within the local area and also raising an amazing £4,875.27 from the event.



Thanks to all the DaBKA committee members who helped with the organising and the running of the event and Special Thanks to some Key People from the evening, Martyn Johnston of Pure Heaven Entertainment for doing a fantastic job as auctioneer, Dean Farmer who took fabulous photo's throughout the evening, our special guest Gavin

McDonnel, our event sponsors Pacy & Wheatley and OH Doncaster. Also a huge thank you to all that bought tickets and made the event what it turned out to be ..... A HUGE SUCCESS.

So that leads on to this year's event once again the Keepmoat Stadium are providing a fantastic room and lots of details are to be finalised in the coming weeks. (please see advert on page 19)

If you are interested in attending this year's event or even donating and item for auction or raffle please contact me on the details below.

Telephone: Phil Smith – 07506005199

E-Mail: [philsmith@dabka.org.uk](mailto:philsmith@dabka.org.uk)

Phil Smith



Some of the photographs from the evening, taken by Dean Farmer. A full album of photos can be seen on our website, [www.dabka.org.uk](http://www.dabka.org.uk)



## Christmas Party 2015 Review



Once again, many thanks to everyone who attended out Christmas party in December last year at the Keepmoat Stadium.

It was a very successful evening, with lots of our members, their families and friends getting together to have a chat and meet friends old and new.

The stand up bingo game was a popular part of the evening and the new throw the coin at the bottle where people take turns to throw a coin at a bottle of whisky. The winner is the person who threw the closest coin, this game looks set to become a firm favourite at future events!

Thanks to Saskia, a kidney transplant patient who sang for us. Her mum also proudly showed off many medals that Saskia had won at the Transplant Games.



Lots of money was raised for DaBKA over the Christmas Period, so to anyone who bought a raffle ticket, pens, Keyrings or our ever popular Christmas Cards, a big thank you—it is always good to see our work being appreciated and supported. The Christmas 2015 raffle results are on the opposite page.

*Andy & Mary Wraith*



	<b>Prize</b>	<b>Number</b>	<b>Winner</b>
1st	£100 cash prize	0508	Mrs J Booth
2nd	£75 cash prize	1412	Mrs J Grady
3rd	Festive Food Hamper	2273	Mr P Smith
4th	Beauty Box—skin care set	0236	Mrs G Noble
5th	Crystal Decanter & Port	1509	Mr D Alderson
6th	‘Meerkat Manor’ DVD set	0287	M Harrison
7th	Simple Soap Gift Set	2283	Elaine A
8th	Gillette Razor Gift Set	2022	J Wilson
9th	‘Some Mother’s Do ‘Ave ‘Em’ DVD set	1336	P Fitzgerald
10th	Pampering Set	0826	S Cooper
11th	Calvin Klein Gift Set	1339	P Fitzgerald
12th	Monsoon Gift Set	0007	B Liszyk
13th (1)	Liverpool F C Shirt	0201	M Harrison
13th (2)	Liverpool F C Shirt	2292	H Withers
14th	No 7 Massage Gift Set	0585	C Jenkins
15th (1)	Adjustable Walking stick	1332	M Fielding
15th (2)	Adjustable Walking stick	2284	Elaine A
16th	Mens Shaving Tin	0583	C Jenkins
17th	Sanctuary Spa Gift Set	0921	F James
18th	Soft Toy & Wine	0837	B Swindell
19th	Tin of Danish Cookies	1264	B Crabtree
20th	Bayliss & Harding Gift Set	0560	S Talbot
21st	Pair of decorated wine glasses	0876	J Edlestone
22nd	Bottle of red wine	0589	S Smith

## Far Infra Red Therapy Unit Presentation



As mentioned in the last Newsletter sufficient funds had been raised by our extremely successful campaign to purchase the Far Infrared Therapy Unit for the DRI Renal Unit. This was mainly due to the generous donations by the Hallcross Masonic Lodge (£1,500) which was matched by the Yorkshire West Riding Masons and Mrs TL Kent donated a further £1,000 to

the Appeal. DaBKA supporters raised the remainder, A HUGE thank you to everyone who has donated to the appeal, and the volunteers who have held events

The Therapy Unit was officially presented by Christine Spyve on behalf of DaBKA to Dr Ian Stott , Consultant Nephrologist, and Vascular Access Nurse Michelle Johnson on January 15<sup>th</sup> 2016 (*pictured above*)

Sister Michelle Johnson explains the benefits of the Far Infra Red Therapy Unit:

After attending an annual conference at VASBI (Vascular Access Society of Britain and Ireland) I learned about Far Infrared therapy, and how it is being trialed with haemodialysis patients. The rep from Stanningley was very keen for dialysis units to trial a machine for free over a 3 month period.

I identified a pool of patients who may benefit from the therapy, and began to use the FIR therapy straight away.

A randomised control trial (Lin CC et al. American Journal of Kidney Disease (2013) shows the following benefits of using FIR therapy for 12 months post AVF creation.

- less pain during dialysis via an AV fistula
- improved maturation rates of new AV fistula and improved patency rates
- reduction in haematomas, reduction of inflammation
- Improved AVF blood flow
- Reduction in interventions
- Reduced hospital stays

Our experiences at Doncaster Royal Infirmary have been very interesting. We have used the FIR machine on patients experiencing pain in their fistula during dialysis, and had very positive feedback. One patient could only tolerate fistula cannulation if the FIR machine was used for 10 minutes before hand, and then had the remaining 30 minutes of treatment once he was connected to the dialysis machine. Other patients who use the machine regularly suffered with arm or hand pain, and all but one patient stated that the FIR therapy did reduce the discomfort, and enabled them to stay on dialysis longer.

I have used the FIR therapy on 3 AV fistulas which were very small and not thriving. Two of these AVF failed to mature despite 6 weeks of treatment 3x weekly. The third was successfully mature after only 4 weeks, and is dialysing well.

I am planning on selecting a few more patients to use the FIR on as a maturation exercise from one week post op.

We get the most use out of the FIR therapy for reduction in inflammation and haematomas, either post op or post needle infiltration, especially in fistulas which are being used for the first time. We also use it on patients with AV grafts, who tend to suffer more with swelling and bruising in the early days post op. After an infiltration we may have to rest the arm or miss a few dialysis sessions, but with the FIR therapy, we use the fistula at the next session and dialyse as normal and the bruising reduces at a much faster rate compared to just applying ice.

The patients who do use the machine have reported less discomfort in their fistula arm during dialysis, and they like the warm comforting sensation during treatment. I believe this therapy has made dialysis less uncomfortable for a number of patients, there are no reported side effects, and it's so safe and simple to use.

*Michelle Johnson*

***It is DaBKA's intention to purchase one for both Bassetlaw Dialysis Unit and Dearne Valley Dialysis Unit, therefore, the Appeal has been continued as further £9,000 needs to be raised to cover the cost of the two new units.***

## **Ways to donate to DaBKA**

There are several ways you can donate to DaBKA should you wish to do so.

- If you would like to do a sponsored event, we can provide you with sponsor forms and practical help
- DaBKA's Just Giving page: [Justgiving/dabka](https://www.justgiving.com/dabka) It is really quick and easy to set up a fundraising page
- Make a donation by PayPal at our website: [www.dabka.org.uk](http://www.dabka.org.uk)
- Send a cheque to:  
DaBKA  
6 Medley View  
Conisbrough  
Doncaster  
DN12 2DT
- Set up a standing order  
DaBKA's Bank account details

Account number: 00056302

Sort code:30-17-00

**If you can help us by selling raffle tickets to your colleagues, family and friends please call us on 07444 281 141 or email [fundraising@dabka.org.uk](mailto:fundraising@dabka.org.uk)**

## Endeavour Martial Arts Fundraising Week

From 29<sup>th</sup> to 31<sup>st</sup> March 2016, Endeavour Martial Arts celebrated their first year anniversary by holding a fundraising week all in aid of the Doncaster & Bassetlaw Kidney Association.

The week also coincided with owner Tom Thorpe's 18<sup>th</sup> year training in martial arts. During the week there were over 100 students taking part in two main sponsored events; A Kickathon, with over 60,000 kicks thrown, and a Spar-a-thon where there were over 100 sparring bouts completed between students, blackbelts, assistant instructors & instructors.



A cake sale and a prize raffle were also carried out during the week with representatives from DaBKA attending and supporting throughout the week.

In total over £1000 has been raised so far with many donations still being collected and handed in. The final donation will be handed over to the charity at the Endeavour Martial Arts Graduation Ceremony in June.  
*The team at Endeavour Martial Arts would like to thank each and every student, parent, family member, instructor, blackbelt & assistant instructor for their support and amazing amount of generosity throughout the week. Also a massive thanks to Andrew, Mary and Denise from the Kidney Association for their help and support in helping the events to be such a success.*

*Tom Thorpe*

## **DaBKA Promotional Items**

We now have in stock a large selection of promotional items. If you would like to purchase any items, please contact us on 07444 281 141, email [fundraising@dabka.org.uk](mailto:fundraising@dabka.org.uk) or click on our on line shop at Ebay.



**Pin Badge  
£1**

**Coaster  
£1**



**DaBKA  
wristband  
£1**



**Mugs  
which hold  
150ml  
£3.75**



**Mugs (logo)  
£4.99**

**Our ever popular pens  
£1 for two pens**



## **DaBKA Promotional Items**



**DaBKA T-shirt**  
**£7.99**



**Baseball Cap**  
**£4.99**

## **DaBKA Promotional Items**



**Sports  
Bag  
£4.99**

**Keyrings  
£1.50**



We now have in stock a large selection of promotional items. If you would like to purchase any items, please contact us on 07444 281 141, email [fundraising@dabka.org.uk](mailto:fundraising@dabka.org.uk) or click on our shop in Ebay

## Renal Friendly Recipe

Thanks to Alexandra, Renal Dietician, for sending in this tasty recipe. If you have any questions about your diet, please speak to a member of your renal team.

### Carrot Cake (Serves 20)

115ml (4fl oz) sunflower oil  
4 free-range eggs  
60ml (2 ½fl oz) soya milk or cows milk  
75g (3 oz) sunflower margarine  
120ml (4fl oz) honey  
265g (10 oz) grated carrot  
200g (7 oz) fine wholemeal flour  
70g (2 ½ oz) white flour  
15g (½ oz) soda bread  
Zest of 1 large orange  
¾ level tsp ground cinnamon

#### *For the topping:*

250g (9 oz) cream cheese  
made with pasteurised milk  
Zest of ½ orange  
1 tbsp milk  
1 tbsp maple syrup or  
honey

### Method

Preheat the oven to 190°C/375°F/Gas 5. Oil and line the base of a 23cm (9in) baking tin with parchment paper.

In a large bowl whisk the eggs until light and fluffy. Add the milk, oil, margarine and honey and whisk until smooth. Stir the grated carrot into the mixture. In a separate bowl, mix the flours, bread soda, orange zest and cinnamon together. Add to the wet egg mixture and mix well, making sure all the dry ingredients have been mixed in. Pour into your oiled and base-lined baking tin. Bake in the oven on a centre shelf for one hour until the cake is springy to the touch. Set aside to cool thoroughly.

To make the topping, combine all the topping ingredients in a bowl and mix until smooth.

When the cake is completely cooled, remove from the tin and spread topping over the cake generously. Cut into slices to serve.



Sponsored by



IN BETTER HEALTH FOR A BETTER FUTURE  
OCCUPATIONAL HEALTH  
DONCASTER

*DaBKCA Presents*  
*2016 Winter Wonderland Auction Night*

**SATURDAY NOVEMBER 26TH**

**7:30pm - 1am**

**\*Dinner Served at 8:30pm\***

**SINGLE TICKET £30**

**TABLE OF 10 £270**

**The Keepmoat Stadium**

**3 COURSE MEAL**

**DJ & DISCO**

**GIVEAWAYS**

**SIGNED ANTHONY JOSHUA GLOVE**

**SIGNED CRISTIANO RONALDO BOOT**

**SIGNED OASIS DISPLAY**

**AND MUCH MUCH MORE**



## **Linda Pickering—Advocacy Officer**

As from 1<sup>st</sup> January 2016 the Advocacy Service previously run by the NKF will be taken in house by the BKPA.

Linda Pickering who lives in the East Riding of Yorkshire, is the advocacy officer who covers the North East, Yorkshire and Humber region. Linda is the wife of a transplant patient who has been a volunteer for her local KPA since her husband was diagnosed some 20 years ago. She can be contacted on 01964 625687.

The **National Advocacy Service** from the British Kidney Patient Association (BKPA) provides personal help and support to kidney patients, their families and carers, and local kidney patient Associations right across the country. The service, previously run as a partnership between the BKPA and the NKF, has been providing a national service since 2011, and can be contacted via the **BKPA Reception on 01420 541424** ([info@britishkidney-pa.co.uk](mailto:info@britishkidney-pa.co.uk)).

The **National Advocacy Service** is here to help personally with patient problems in a sensitive, compassionate and confidential manner.

### **Advocacy is about**

- SPEAKING up for patients
- EMPOWERING patients to make sure that their rights are respected and their views and wishes are heard at all times
- ASSISTING patient's carers and families with self-advocacy and helping them to navigate the system
- REPRESENTING the views, wishes and needs of patients to decision makers at all levels

### **Advocacy provides**

- Patient & Kidney Patient Association support and guidance services
- Representation of Patient interests locally, regionally and nationally
- Research & Identification of patients issues to inform BKPA's campaigning for change.

*Linda Pickering*



## **Cheque Presentation from 'One Stop' Store, Sandford Road, Balby**



**From Left to Right – Lynne Atmore, Christine Spyve and Toni Barkham**

The staff and customers of 'One Stop' store, Sandford Road, Balby raised an amazing £706 for DaBKA last year. A cheque was presented to DaBKA Treasurer, Christine Spyve by store manager Toni Barkham and staff member Lynne Atmore on 10<sup>th</sup> November 2015. The money was raised by running a raffle in the store for both staff and customers.

Staff members Paul Hudson and Loran Binks together with Carl and Amy Atmore (pictured on the left) also completed the sponsored 'Colour



Obstacle Rush' in Rother Valley Park, Sheffield on 12th September 2015 in aid of DaBKA.

Thanks go to all staff and customers of 'One Stop' for their hard work and support.

Special thanks go to Lynne Atmore who nominated DaBKA and Carl, Loran, Paul and Amy for completing the sponsored rush. The money raised from sponsorship was added to the money raised by the raffle at the 'One Stop' shop on Sandford Road, Balby.

*Christine Spyve*

## **Fundraising for October 2015 to April 2015**

*By Christine Spyve*

### **Infrared Therapy Unit Appeal Update**

We launched our new appeal last year and thanks to some large donations (Reported in last Newsletter) we were able to purchase a Therapy Unit for Doncaster Renal Unit (see Infrared Article) We are now aiming to purchase ones for the Dialysis Units at Mexborough and Worksop. Donations received so far towards this include:

Mrs J Grady - **£1,000**

R & J Chambers - **£50**

### **November 2015 - Winter Wonderland Auction Night**

We held our first Auction Night in November and raised **£1,625.27**

### **Christmas Party – December 2015**

Contributions – **£75**

Whisky Game - **£34.60**

Teddy Auction -**£20**

### **Christmas raffle - £615**

Thanks to everyone who bought and sold tickets

### **Christmas Cards**

DRI Renal Outpatients – **£515**

Bassetlaw Unit – **£280**

Dearne Valley Unit - **£211.50**

Thanks to everyone who bought and help sell cards at the Units. Special thanks go to members Mrs Smedley, Mrs Atmore, Mary Wraith, Pat Tawse and Sheila Talbot who sold over **£189** between them.

**Other Fundraising and Donations**

Staff and Customers of One Stop, Balby (See Article) - £706

Staff and customers of Icon Computer Store, Rossington - £138.83

Staff and Customers of Lloyds Bank, Thorne - £471.64

Mr & Mrs Knott continued to do fundraising events and sent £150

Thorne Collection Boxes - £45.50

Mr & Mrs Flintoff celebrated their Golden Wedding and donated in lieu of presents - £143

DC Starbuck - £140

M Sudbury Sponsored event - £95

Sponsored Kickathon - £50

Mrs Waddington - £80

Andy & Mary Wraith Easter Egg Raffle - £42

Mrs & Mrs Monks - £25 and BJ Porter £20

Mogan Owners Club - £290 and Mrs H Withers - £99.50

A Knowles - £20 and Mrs GJ Barnard - £10

Mrs R Taylor - £50, Mr J Smith £40 and Mr S Ward £20

Sale of Wristbands - £40.50

Bassetlaw Unit Sale of Pens - £25

DRI – Sale of Books - £18.00 and Sale of Pens £10

**Finance continued**

Sadly, some of the donations we receive are from those who have lost loved ones and are sent in lieu of flowers and in memory of someone special. Almost £900 has been received in memory of the following

**Alan Goucher**

**Mr R Green**

**Mr P Case**

We would like to send all family and friends our condolences and thank them for thinking of others at such a sad time

Massive thanks go to everyone who has worked so hard in helping to raise funds for DaBKA, it is very much appreciated.

## **Free Blood pressure monitor for local patients**

Monitoring blood pressure is one important way that patients can take care of themselves. Blood pressure readings provide a good indicator that everything is well, or that you should seek medical advice.

One of DaBKA's most successful projects so far has been providing our local patients with free blood pressure monitors.

We have handed out over 280 blood pressure monitors since we started the scheme around 5 years ago.

If you are a local patient and would like a blood pressure monitor, please ask at your local renal unit or contact us on 07444 281 141.

## **British Kidney Patient Association (BKPA) Support Phone Line**

The BKPA have set up a support phone line service.

This gives kidney patients the chance to talk to an experienced counsellor during challenging times.

Jacquie Fraser is available via phone and email every Tuesday, and Sheffield will listen and provide appropriate support in total confidence. In her capacity as a support worker, she'll also be able to guide patients with personal grant applications to the BKPA.

Contact Jacquie on 01420 541 424 or via email at [Jacquie.fraser@britishkidney-pa.co.uk](mailto:Jacquie.fraser@britishkidney-pa.co.uk)

***If you are having emotional difficulties, please remember you can always speak to a member of your renal team or your GP***

## **Free Fistula / transplant Wristbands for local patients**

We stock silicone wristbands that patients can wear if they wish to do so. These wristbands, hopefully, will help to alert medical staff in the event of an emergency that a patient has a fistula and / or has had a kidney transplant.

We hope that this may prevent fistula arms being used to measure blood pressure, take bloods etc. And also help prevent inappropriate medication being used.

We have wristbands available for left and right arms.

The sizes available are: 20cm (regular) and 22cm (large)

The wristbands are free to kidney patients in our local area (or £1.50 each including postage and packaging if you are not in our local area).



If you would like a wristband, please ask your local renal unit, or give us a call.

## **British Kidney Patient Association Grants**

The BKPA provide grants for kidney patients

They can help with the cost of domestic bills such as car insurance and tax, heating costs, telephone installations, and TV licenses. They may also help with the purchase of domestic goods like washing machines and carpets.

They also give grants to families and individuals towards the cost of a basic holiday in the UK or overseas. The grant can be used to cover the total cost if modest, or it can be used as a contribution to the final cost of the holiday.

Grants are also available for education and training and also some travel costs.

There are conditions and limitations attached to the grants and application forms will need to be signed by your medical team.

A full list of grants offered can be found at [www.britishkidney-pa.co.uk](http://www.britishkidney-pa.co.uk), or by calling 01420 472 021.

## **Fun Brain Teaser**

One snowy night, Sherlock Homes was in his house sitting by a fire. All of a sudden a snowball came crashing through his window, breaking it.

Holmes got up and looked out the window just in time to see 3 neighbourhood kids who were brothers run around a corner. Their names were John Crimson, Mark Crimson and Paul Crimson.

The next day Holmes for a note on his door that read “? Crimson. He broke your window”

Which of the 3 Crimson brothers should Sherlock Holmes question about the incident?

*(Answer on page 27)*



## Christmas Party

Sorry I know it's only Summer time, however, venues are quickly getting booked up!

This year, we are excited to announce that our Christmas Party will be held at the Vulcan to the Sky Hanger, Doncaster Robin Hood Airport. Date to be confirmed.



*More details to follow in the next newsletter*

*Fun Brain Teaser answer: Mark Crimson. "???" = question MARK, so the note on the door reads "Question Mark Crimson.. He broke your window"*

## Useful contact numbers

### Doncaster and Bassetlaw Kidney Association

Denise Holliday – Secretary 07444 281 141  
Email: admin@dabka.org.uk  
Web: www.dabka.org.uk

### Doncaster Royal Infirmary: *(please note these numbers have recently changed)*

Main Switchboard Number 01302 366666

**Renal Outpatients** Monday – Friday 8am to 4.40pm 01302 642722

**Ward 32** (24 hour number) 01302 642721 /642732  
**Reception** 01302 642720  
**Nurses Station** 01302 642736  
**Renal secretary's** 01302 642717

### Peritoneal Dialysis / Renal Nurses

Office Number 01302 642725  
Debbie Starbuck 07770 748730  
Stephanie Warrilow 07990 551067  
Vicky Fairclough 07879492981  
*Pre Dialysis Sister -*  
Claire Mitchell-Haynes 01302 642726  
Mobile 07920 085327  
*Renal Access Sister -*  
Michelle Johnson 01302 642723  
*Home Haemodialysis Sister -*  
Mercy Dartey 01302 366666 ext 643097  
Mobile 07831 340027

**Bassetlaw Haemodialysis Unit:** 01909 511 150

**Dearne Valley Dialysis Unit:** 01709 599 190

**Sheffield Northern General:**

Renal Assessment Unit 0114 271 5320

RUF Ward 0114 226 6391