



Summer 2018

Registered Charity Number 1123780



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

www.dabka.org.uk

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The next edition of the newsletter will be published in November 2018

If you have any articles or photographs that you would like to send in, please send them in by 30th September 2018.

Views expressed in this publication are not necessarily those of Doncaster & Bassetlaw Kidney Association

DaBKA, 6 Medley View, Conisbrough, Doncaster, DN12 2DT
www.dabka.org.uk
07444 281 141

Registered Charity Number 1123780

A chat with the chairman.....

Following from the summer break where the Committee members have had some very much needed R&R there are a number of items which I can report on:

Summer gala

Again this was a fantastic event with many stall holders returning and the Team have attracted further interest with the most stalls at any event attending.

Foot fall was slightly down but the atmosphere was fantastic and we had the added bonus of our fantastic summer.

Some of the highlights of the day was the returning Yorkshire air ambulance and again the support from the National Emergency Services Museum in Sheffield .

Held prior to the event was the Doncaster 30K trail run which attracted over 100 runners again this was held in aid of DabKa .

The raffle again sales were very good and well supported.

The committee do a fantastic job but special thanks must go to Denise & Andy for heading up this annual event and I very much appreciate the hard work involved in putting on this event

Fundraising

We have had again a very good year from a fund raising point with many of our partners again completing event on our behalf .

Special thanks must go to Endeavour Martial Arts (Wood street Doncaster) & the staff from the renal ward at Doncaster Royal Infirmary for again completing the Doncaster ramble between Mexborough & Doncaster renal Departments.

Annual AGM

It would be lovely to see members from outside the committee attending this event this is your charity and we value your comments. Further details within this newsletter.

Once again I would like to thank and congratulate the members of the committee and members who help at our events ,it is very humbling that we

GDPR Regulations

As I am sure you are all aware, the Government brought in the new GDPR (General Data Protection Regulations) in May 2018.

The new regulations are important and will help create trust that organisations are treating your personal data with respect.

DaBKA wrote to all then current members as we needed your consent to be able to keep you on our database and to gain your permission to contact you.

All members who returned their form should have received a letter from our Membership secretary Malcolm.

In light of this new legislation, we would like to reassure you that we take data protection very seriously and confirm that:

- DaBKA's Data Protection Officer is Sean Starbuck
- All database information held is securely stored and encrypted
- We will only contact you via the method that you have given us permission to contact you by
- We will never share your details with any third party

If you have any queries, please contact us.

**Denise Holliday
Secretary**

Going above and beyond for renal patients at Doncaster

I recently saw a wonderful idea which a nurse from another hospital trust was doing for her patients.

She was using unwanted men's ties to hand sew and create small pouches for relatives to take home jewellery when their loved one had passed away.

I thought this was a beautiful touch during such a sad time. I spoke to my colleagues in the renal department and they began to donate unwanted ties.



These pouches have been sewn by hand, include a small sticker with 'handmade with love' and are kept in our equipment room for use in this way or for any patient requiring a small keepsake pouch for belongings/ coins they have. A relative was very appreciative recently for the touching sentiment and it shows the ways which renal staff go above and beyond for the renal patients which they care for.

**Renal Staff Nurse Rebecca Stevenson
Ward 32, DRI**

Townfield Gala 2018

This year's event was held in the middle of the recent heat-wave, but despite the hot conditions (the runners reported a high temperature of 38 degrees) there was a good attendance and the largest amount of stalls we have ever had. We had a huge variety of stallholders from Alpacas through to the Church On Wheels, fairground rides, bouncy castles, craft and information stands, something for everyone.



Andy & Mary invited Civic Mayor to open the Gala
(pictured right)

Our own DaBKA stand did really well with a tombola and Summer prize raffle draw and the day was kept flowing with entertainment from our energetic compares Martyn & Dari-

us. The Air Ambulance was a great crowd pleaser again, landing around 3.00pm for around an hour, they pass on their gratitude for everyone who donated or purchased merchandise on the day.

Andrew Lambert from the National Emergency Services Museum in Sheffield co-ordinated a very impressive display of various vehicles and displays from all across the emergency services sector—thanks Andrew and team.

St John ambulance did a fantastic job providing first aid cover which thankfully was only used once.

We would also like to thank everyone who bought a raffle ticket or a tombola ticket, it really does make a difference to our fundraising efforts.

Don't forget if you want to be involved in our gala day or can contribute anything such as prizes, or would like to have your own stand next year give us a call or email our secretary and we will do our best to help you. If you are interested in hosting your own fundraising night/day we can help you with sponsor forms, merchandise etc.



Thank you again if you came to see us on the day and we all look for-

ward to meeting everyone again at our next event, any ideas or suggestions are always welcome.



Photos from Townfield Gala 2018



<p style="text-align: center;">Summer 2018 Raffle Results</p> <p style="text-align: center;">Drawn at Townfield Gala on 8th July 2018</p>			
	Prize	Ticket	
1 st	Luxury Food Hamper	00224	
2 nd	£50 Cash	00816	
3 rd	Framed, Signed Doncaster Rovers Shirt	00077	
4 th	House Martin Meal for 4 Voucher	00268	
5 th	China Cake Stand	00229	
6 th	Vue Cinema Tickets (2)	00287	
7 th	Personalised Tray	00125	
8 th	Mirrored Jewellery Box	00564	
9 th	Giant Bear and Story Book	00555	
10 th	Swim and Skate pass for 4 at The Dome	00099	
11 th	Illuminated Friends Photo frame	00302	
12 th	Children's Walkie talkie Set	00629	
13 th	Boxed Set of Cookbooks and Measuring Cups	00346	
14 th	Royal jelly Gift Set	00014	
15 th	Remote Control Helicopter	00893	

All Prizes have been claimed

Total amount raised by Raffle £453

*Thanks to all those who donated prizes and to everyone who
bought and sold tickets*

Fundraising for August 2017 to July 2018

By Christine Spyve

Due to new Data Protection Regulations we are unable to print the names of individual donors unless expressly given permission

Christmas Raffle (Drawn at the Christmas Party 2017) – **£812**

Christmas Party (10th December 2017) – Tickets for non-members £150,

Whisky Roll Game - £24.86, Sales - £15.25, a donated Knitted Clown was auctioned off raising a further £15

Christmas Cards sales - £1,285.50 Christmas cards were sold in all Renal Units and by individual members – DRI Outpatients - £585, Bassetlaw Dialysis Unit - £190, Deane Valley Dialysis Unit - £153.50, 4 members sold over £275 between them

Summer Gala and Raffle 2018 – 8th July 2018

The summer gala was a great success and helped raise important funds as follows:-

Income from stalls and Fairground - £2,255.00 , Summer Raffle - £453, Tombola £184 ,

Renal Nurses Cake stall - £82, Georgina's 'Hook a Duck' Game - £24.50, Sales - £16.70 and Collections - £5.00

Making a grand total of - £3,020.20

Endeavour Martial Arts – Members of Endeavour Martial Arts Club held a fundraising and sponsored event and raised the amazing amount of **£1,741.85**

Renal Ramble 2018 – Following the success of last year's Renal Ramble which raised **£1,136.61** several nurses are once again doing a sponsored walk between Dearne Valley Dialysis unit and Doncaster Dialysis Unit. Good luck to all those taking part in this year's event and if you wish to offer your support please sponsor one of them

Sale of Pens, key rings, pin badges etc - £505.00

General Donations

A member asked for donations for DABKA instead of birthday presents and we received the amazing amount of **£531.97**

Mr & Mrs Knott and Duncroft Community Centre have continued to hold fundraising events and donated **£130** in November 2017 and a further **£150** in April 2018

Collection boxes held in various shops in the area collected **£117.40**

Other Donations - A single donation of £1,000 and 2 of £500 has been received plus a further 8 others making a total of over **£2,500**
£240 has been received from regular standing order donations

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.

£3,982.82 has been received in the last year in memory of 16 very special people.

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

We would like to reassure donors that all donations received in memory of a loved one are only used for the purchase of items for the Renal Unit.

Thanks go to everyone who has worked so hard in helping to raise funds for DABKA, it is very much appreciated

Items donated by DaBKA to Doncaster renal unit for the benefit of all local renal patients

DaBKA's primary aim is to try and help local renal patients as much as we can.

One way we do this is to purchase equipment that the hospital cannot normally provide through the NHS.

Pictured below is our Chairman Sean Starbuck examining the 'arm' that DaBKA recently purchased.



This is a lifelike adult arm with veins that can be filled with artificial blood.

This is used for training purposes and will enable staff to learn how to insert needles into the arm or hand for blood tests, cannulas for intravenous infusions and dialysis needles.

This should improve standards of these procedures within the Renal Department and therefore benefit patients.

The SARA—Steady Stand Aid

Sara Stedy is a proven mobility promoting support aid that enables more mobile patients/residents to stand up without care giver physical assistance. Sara Stedy helps to minimise manual handling by carers in a wide range of care situations.

Sara Stedy encourages patients/residents to fully participate in sit to stand transfers, thus contributing to the improvement of the patient's/resident's circulation, breathing, digestion and muscle tone. When at the toilet, the patient/resident is encouraged to stand, supported by Sara Stedy. The patient's/resident's mobility and dignity is actively promoted. When required, the carer can assist with the adjustment of clothing in an easy and safe way.

With generous inner width, an ergonomic seat shape and a safe working load of 182kg, Sara Stedy also meets the standing assistance needs of larger patients/residents. Features including a pivoting divided seat and pedal-operated chassis legs ensure comfort and support, and make frequent working routines easier for carers.

We purchased this mobility aid for Ward 32 after they had used one for a trial period and found it very beneficial for both patients and staff.

Yvonne Keys, one of our Committee members recently had a significant birthday and with the money kindly given from friends and relatives, Yvonne donated the money for the Sara stand.



Endeavour Martial Arts 12 hour Extravaganza!

On Saturday 21st April 2018, Endeavour Martial Arts' Students, Instructors, Parents & Families took part in a 12 hour non-stop, action packed day in aid of DaBKA.

The Endeavour Extravaganza saw Martial Arts experts and Blackbelts from all over the Country gave up their time to deliver a variety of classes and workshops throughout the day. The day culminated in a 'Spar your instructor' class which saw the Endeavour students given the chance to have sparring bouts against their Martial Arts instructors, not something they get to do very often.

Tom Thorpe, Chief Martial Arts Instructor



Job Vacancy



Do you have a few hours to spare every couple of months?

We are looking for a volunteer editor for our newsletter, which goes out 3 times a year. Previous experience not required, full training will be given.

All you need is access to a computer with Microsoft Publisher or Word.

If you are interested please drop us an email at admin@dabka.org.uk

We look forward to hearing from you!



Diabetic Foot Care

As a staff nurse on ward 32 part of my studies involved looking at improving care for patients in the renal department.

I am also the diabetes link nurse for ward 32 and with this I try to raise awareness of diabetes as well as improving renal care. My studies involved looking at foot checks for people with diabetes and there is research available which shows that having diabetes and needing dialysis increases the risk of developing foot ulcers.

In order to try and avoid this and improve access to foot checks, staff are having foot check training to be able to check your feet once a month during your dialysis session at Doncaster Royal Infirmary. This is a trial to see if the checks are successful and if so this may be considered for the other dialysis units in the future.

The foot check takes only 2 minutes and is completed while you are on dialysis. It involves staff removing your footwear and a quick check by looking at your feet, then using a soft plastic pointer to touch each of your toes testing for feeling and then the staff member will feel for the two pulses in your foot with their finger softly. This is sufficient to draw attention to any early signs of loss of sensation, poor circulation or the start of any foot problems.

Should anything be noticed, the staff member will inform you and a quick call to the podiatrist will ensure you are followed up at a later date and early check ups started.

The check will only go ahead with your consent but it is very important to have your feet checked regularly with diabetes as problems can get worse very quickly.

Any problems highlighted will be recorded anonymously for audit purposes in order to look at how successful the checks have been and also to plan services in the future.

These checks will highlight any problems earlier, result in early treatment and will mean the improvement of care for renal patients.

Thank you for your involvement and support in improving patient care.

Renal Staff Nurse Rebecca Stevenson
Ward 32, DRI

Renal Staff Ramble 2018

After a very successful sponsored walk in 2017, I decided to organise this sponsored walk again.

This time we walked from Mexborough Dialysis Unit to Doncaster Renal Ward on Saturday 4th August starting at 10am.



Ten nurses and health care assistants took part from Doncaster and Bassetlaw Hospitals and all wearing fancy dress, 'Team Renal' t-shirts or sporting the DaBKA t-shirts to show our support.

It was a lovely sunny day and £488 was collected in buckets along our route, with over £500 on the just giving page so far. We are currently still collecting in sponsor money but we have collected over £1000 for DaBKA. A fun day was had by all despite a little sunburn too.

Thank you to everyone who took part and donated from all at DaBKA

**Renal Staff Nurse Rebecca Stevenson
Ward 32, DRI**



DaBKA Christmas cards
£3.50 per pack of 10



Winter Still Life
 (High Gloss Finish)



Skating in Snow
 (High Gloss Finish)



Northern Lights
 (High Gloss Finish)

New Smaller Size Cards

Cards Measurements - 170mm x 115mm (6,5ins x 4.5ins)



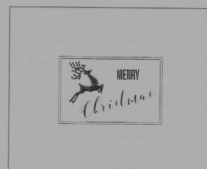
Christmas Bunting



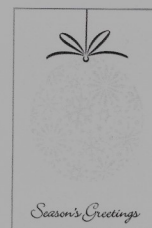
Tree os Stars
 (Silver and Gold Foil Highlights)



Quilted Tree
 Embossed with Gold and Red Foil
 Highlights



Golden Deer
 (Embossed with Gold Foil)



Flutter Bauble
 (Glitter with Red Foil Highlights)

Card Insert reads : 'With All Good Wishes for Christmas and the New Year'

DaBKA Christmas cards. The cards will be on sale in the renal units at Doncaster, Worksop & Mexborough



Christmas Advent Calendar
[Gloss Finish]



Christmas Animals
[Embossed]



Christmas Sparkle
[Gloss Finish]



Holly Berries
[High Gloss Photo]



Red Berries
[High Gloss Photo]



Snowman
[High Gloss Photo]



Christmas Patchwork



He's Here!
(Coloured Foil Highlights)



Tree of Symbols
(Gold and Foil Highlights)



Donkeys in Snow



Deer on Blue

Square Cards Measure Approximately 160mm x 160mm (6.5 ins X 6.5 ins)

Oblong Cards Measure Approximately 200mm x 150mm (8ins X 6ins)

Card Insert reads : 'With All Good Wishes for Christmas and the New Year'

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 or click on our on line shop at EBay.



**Pin Badge
£1**

**Coaster
£2**



**DaBKA wrist-
band
£1**

DaBKA Promotional Items

**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 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

**English Cities
Wordsearch**

by Malcolm Fielding

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

Bath Ely Hereford Ripon Coventry Wells Lancaster
Exeter Chester Durham Bradford Carlisle York Truro

Counselling & Support Service Provided by Kidney Care UK



Our counselling and support service is available to all patients and their families. Contact our Renal Counsellors by calling **01420 541424**.

Living with a long-term illness such as chronic kidney disease can turn anyone's world upside down. You're not alone. Here at Kidney Care UK we understand the impact of chronic kidney disease. It can be exhausting and stressful for patients, carers, families, and loved ones.

We all go through times of worry, fear and uncertainty when facing changes in our lives - especially ones that involves our health. At these difficult and uncertain times, whilst some people prefer to make use of their own support network, others may prefer to speak with someone impartial and separate from friends and family.

You may feel you could do with some support, information and guidance but find it difficult to know where to begin.

Whether worried about dialysis options, transplantation or simply managing everyday life, our Counsellors are able to listen and offer help and support to those who are unable to access counselling services in their local kidney unit.

From DaBKA: Please remember, if you are having any difficulty whatsoever, you can ALWAYS speak to a member of your local renal team.

Free Blood pressure monitor for local kidney 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 300 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.



Please note—this may not be the make and model that you receive

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 24cm (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.*

Kidney Care UK Grants

Kidney Care UK (formerly known as British Kidney Patient Association) 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, fridges, freezers 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 most, 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, or by calling 01420 472 021.

***Your local Kidney Care UK advocacy officer is Linda Pickering.
Linda can help you with any kidney related issue, her contact details are:***

Phone: 01420 541424

Email: linda.pickering@britishkidney-pa.co.uk

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

- 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

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 4:30pm 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
Naomi Hopkins 07990 551067
Emma Cooper 07879492981

Pre Dialysis Sister -

Claire Mitchell-Haynes 01302 642726 / 07920 085327

Renal Access Sister -

Vicky Fairclough 01302 642723 / 07920 085327

Home Haemodialysis Sister -

Mercy Dartey 01302 642738 / 07831 340027

Bassetlaw Haemodialysis Unit: 01909 511 150

Dearne Valley Dialysis Unit: 01709 599 190