



Winter 2020

Registered Charity Number 1123780



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

www.dabka.org.uk



We understand that living with the COVID-19 pandemic in 2020 has made life extremely difficult in many different ways and everyone's experience is different. Living with a long term illness also has its own difficulties.

Shielding in particular earlier this year was very stressful and at times very isolating and scary.

If you feel that you are not coping well, or need to speak to someone about your mental health please do not hesitate to seek help.

Please remember its OK to not be OK.

You can always speak to your GP or a member of your renal team. Below are some numbers which may be of help:

Kidney Care Renal Counsellors: **01420 541424.**

Samaritans: **0330 094 5717**

There is *always* someone available to listen.

*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

A chat with the chairman.....

It has been some time since I had the opportunity to write to you all.

Much has changed and the last few months have been difficult with new challenges to face for all of us.

Many of you will have been shielding or isolating at home and this has been the case for members of the committee as well.

Many of our events have been cancelled and like most charities this has had an impact on our fund raising efforts through the year. Our main event each year is our summer Gala which we had to cancel early and we are hoping for this event to come back bigger and stronger in 2021.

Due to the ongoing situation we have been unable to meet monthly as a committee and hold our usual Annual AGM meeting. Moving forwards we have taken the difficult decision to cancel our Christmas get together, I know this is an event many of you look forward to.

We have been successful in providing lanyards and badges requesting social distancing for our dialysis and transplant patients and more recently small bottles of hand gel, and I hope you have found these useful, and feel a little more protected while out and about.

We have decided to sell our Christmas cards as usual and these are available now at the Dialysis Units and Renal Out patients.

We are still gratefully receiving donations and I can assure you all monies are being put to good use for the benefit of all our patients, including the provision of Blood Pressure monitors. *Continued Page*

A chat with the chairman ctd

I am hopeful we can get back to some normality in 2021 and hopefully the committee will be able to meet again face to face early in the new year.

In the meantime I wish you all the best for Christmas and hope you all stay safe and well over the winter. Please look after each other and remember if you need support, advice or just someone to talk to, please do not hesitate to contact any of the committee members.

Best wishes

Sean
Chairman



Update from the Doncaster & Bassetlaw Department of Renal Medicine

The last few months have been challenging for all of us, but particularly for kidney patients who are at increased risk from COVID-19 and in many cases have been shielding.

As a team we have been working hard to provide safe healthcare for kidney patients in these difficult times. Instead of seeing people in our usual clinics at Doncaster, Mexborough, Worksop and Retford we have been doing the majority of our review appointments over the telephone. This has meant far fewer patients coming to the hospital so making it much easier for us to put social distancing measures in place for those who do need to come. All of our services are running and if you do need to come to the hospital we have measures in place to make your visit as safe as possible.

Thankfully we have so far had relatively few cases of COVID-19 in kidney patients in Doncaster and Bassetlaw. As case numbers are rising again we need to keep up all of our efforts to reduce the risk of transmission – remember hands, face and space!

We expect the coming winter to be difficult but we are still looking to the future and considering how we can learn from the events of recent months and improve our services for the longer term. We hope to be able to offer more flexible clinics in the future with suitable patients continuing to have some of their appointments by telephone or video call. This should reduce the need for travel, reduce pressure on parking at our hospital sites and provide a convenient option for many people. We are also hoping to work in a more joined up way with other departments such as the diabetes clinic, reducing the need for extra visits and blood tests.

Stay safe!

Dr Ian Stott

Fundraising and Donations from November 2019 to September 2020

Please note, due to Data Protection Regulations we are unable to print the names of individual donors unless expressed permission is given.

Raffle - £741 in tickets were sold for our Christmas 2019 Raffle which was drawn at our Christmas Party on Sunday 15th December 2019 (Draw results available upon request – they are also on our website www.dabka.org.uk)

Christmas Cards sales – £858.50 in total. Cards were sold in all three units. Thank you to everyone who bought packs and special thanks to those members who also sold packs of cards on our behalf.

Sponsored Events - £1,170

Bev Jones and friends did a sponsored walk along **Hadrians Wall** and raised **£800** which they presented to DABKA at the Christmas Party. A further 2 individuals did sponsored walks or runs and raised **£370** via **Justgiving**

Giftaid – We have been able to claim **£18.80** in Giftaid via Justgiving sponsorship

General Donations - £1,689.37

12 donations were received ranging from **£5** to **£1,000**

A very kind 6 year old donated 1p from their pocket money to a family & friends collection for a diamond wedding celebration – we hope his family reads this to him.

A member has continued to send **£20** per month via standing order

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 very special

We have received over £1,845 in 6 memorial donations.

We would like to send the family and friends of the 6 very special people our condolences and thank them for thinking of others at such a sad time.

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

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

By Christine Spyve



DaBKA Christmas Cards 2020

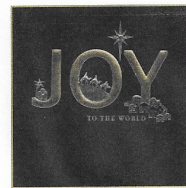
£3.50 for Pack of 10



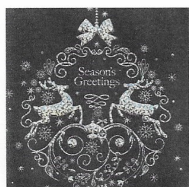
Vintage Christmas



Robin on Ivy
[Glitter Highlights]



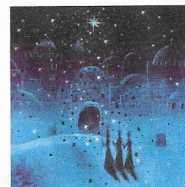
Joy
[Embossed with Gold Foil]



Season's Greetings
[Silver Foil Highlights]



Dove of Peace
[High Gloss Finish with Gold Highlights]



Journey to Bethlehem
[High Gloss with silver foil Highlights]



Santa's On His Way
(Embossed with Silver Foil Highlights)



Approach of Christmas
(Glitter Highlights)



Peace
(Gold Foil Highlights)

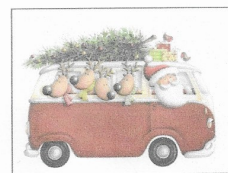


Winter Village
[Glitter Highlights]

Post and Packing Charges

1 Pack—£2.00
2 Packs—£3.00
3 or more packs—£4.00

For orders please ring
Christine on 01302 532446



Santa Fest
(Embossed Details)

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'

A Message From Captain Kidney

Hi everyone, what a year it has been! I, along With all the other mascots were so disappointed not to see you all at this years Townfield Gala.

I know many of you will have found things a little scary and hard to deal with, but we must all look forward to better times when we can go out and have fun again. I think with all this staying at home my kidney costume has got a bit tighter now, I may have to go back into early training to help me get fitter.

As you all know, even in these extreme of circumstances its important to look after your own diet and well being and keep taking care of your kidneys like me. I even tried the Joe Wicks workout during lockdown, but I couldn't hardly

breathe with my mask on !!! Really, they don't make them big enough for me, and don't start me on hand sanitisation, my gloves are wet through at the end of the day!

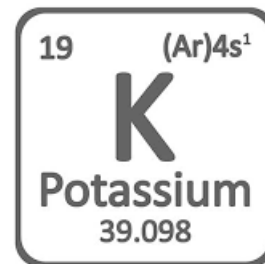
But seriously folks we must stick to these rules and one day we will all come out the other side again and go back to raising funds for DABKA again. I hope to see you all real soon, Love From Captain Kidney.



Diet Myth Busters

This information has been provided by the dieticians at Doncaster Royal Infirmary, reference from Kidney Care UK

Many of the things patients believe about a kidney-friendly diet aren't true.



Myth: People with kidney problems should be on a low potassium diet.

Fact: Not all people with kidney problems need to follow a low potassium diet and there is no benefit to following a low potassium diet if you do not need to. You should follow the guidance of your Renal Dietitian or Renal Specialist.

Myth: People with kidney problems can't eat bananas.

Fact: If you have been advised to follow a low potassium diet by a Renal Specialist then you should limit bananas to once or twice a week. If however you do not need to follow a low potassium diet then you can enjoy bananas as part of a healthy balanced diet.

Myth: I should double boil potatoes on a low potassium diet.

Fact: This is unnecessary. Boiling potatoes once in plenty of water is adequate. But ensure that you don't use the cooking water to make and sauces or gravies.

Myth: Cooking water should be included in my fluid restriction.

Fact: Unless the water is used for a sauce, stock or gravy then it does not need to be included in your fluid allowance.



Myth: Following a low potassium diet can prevent my kidneys from failing.

Fact: You only need to follow a low potassium diet if you have been advised by a renal specialist, so enjoy a varied and healthy balanced diet including at least 5 portions of fruit and veg each day.

Myth: A low potassium diet is bad for my family

Fact: If you're struggling to provide a healthy balanced diet to your family while following a low potassium diet then please seek help and support from your renal dietitian.

Myth: Some salts are healthier than others

Fact: As with the general population we should all be careful with the amount of salt we use even if it's sea salt, Himalayan pink salt, celery salt, garlic salt etc. Instead use herbs, spices, lemon & lime juice, and vinegar to increase flavour in your food.

Random Facts:

- It is impossible for most people to lick their own elbow. ...
- The "sixth sick sheik's sixth sheep's sick" is believed to be the toughest tongue twister in the English language.

Social Distancing Lanyards & Clip on hand gels



DaBKA have purchased lanyards from the NKF to give out free to the renal patients in the Doncaster and Bassetlaw Area.

Please contact renal outpatients at DRI to order your Lanyard.



We have also purchased these hand gels, which have a clip on them to attach to a lanyard or bag, so that the hand gel is easily accessible.

Please contact renal outpatients at DRI for further Information.



The Kidney PREM survey is co-ordinated by the [UK Renal Registry](#) and Kidney Care UK and has been created by patients and professionals working together to produce a report on how kidney patients experience care across the UK.

It's by listening to you and getting your feedback that we can make change happen and improve services. It does not include your name and has nothing on it that could identify you, so please feel free to answer as honestly as possible.

Introducing Kidney Beam
Information kindly provided by the renal dieticians at DRI

A new physical and emotional wellbeing online platform

Kidney Beam is a new, free online platform for all kidney patients, offering movement, fitness, physical and emotional wellbeing sessions, designed especially for people living with kidney disease.

A broad team of practitioners led by Dr Sharlene Greenwood from King's College Hospital have developed the programme. Kidney Beam has a choice of live and on-demand classes led by NHS kidney professionals and other qualified instructors, some who are themselves living with kidney disease.

Kidney Research UK is funding a six-month pilot to establish the activity and to develop the classes and sessions using participant feedback to adapt and enhance the offering.



How it works



Kidney Beam gives patients the chance to take control of their mental and physical wellbeing at their own pace, with guidance (if needed), from people who understand the complexities of kidney health.

The online platform is hosted by specialist kidney professionals – from renal physiotherapists to renal counsellors – from a number of different NHS trusts and backgrounds, as well as people living with kidney disease. And it has broad appeal – it's aimed at anyone over 16, with any ability, any kidney condition, and at any stage of kidney disease.

All classes have a fitness rating so patients can choose the right one for them. At the beginning and end of the classes people can chat to each other and the instructors, building friendships which might help them stay motivated.

With free, open access, patients anywhere can sign up to the service without a referral being needed from their doctor or consultant. It is free to sign-up until the 30th November 2020.

NONAGON

How many words of four letters or more can you make from this NONAGON?



Each letter can only be used once and each whole word must contain the letter in the centre of the graph.

At least one word must contain all nine letters in the graph.

See if you can find more words that can be found that can be found on page 22 .

Good Luck!

T O L
S B K
A L O

ENGLISH COUNTIES WORD SEARCH

There fifteen English County names in the grid. They can run vertically, horizontally, diagonally and from left to right or left to right. The answers can be found on page 22.

Good Luck.

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

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

**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



**Sports
Bag
£4.99**

**Keyrings
£1.50**



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If you would like to purchase any items, please contact us on 07444 281 141, or email fundraising@dabka.org.uk

Malcolm's Puzzle Pages ANSWERS (puzzles on page 16 & 17)

NONAGON ANSWERS

Ballots. Ballot, Taboos, Bloats, Balks, Book, Books, Balk, Stall, Bail, Balls, Bolts, Boost, Boot, Blast, Bolos, Boots, Boat, Blots, Boast, Slob, Bolas, Taboo, Bloat, Bota, Labs, Lobs, Slab, Ball, Blot, Sabot, Stab, Book, Boats. **Bookstall**

CROSSWORD ANSWERS:

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

Counselling & Support Services 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.

Please remember, if you are having any difficulty whatsoever, you can ALWAYS speak to your GP or 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 almost 500 blood pressure monitors since we started the scheme around 10 years ago, an achievement which we are incredibly proud of.

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

DaBKA 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 fistula 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



Kidney Care UK Grants

Kidney Care UK 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

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 made payable to DaBKA, 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

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: 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

Renal Outpatients Manager
Debbie Starbuck 07770 748730

Renal Specialist Nurses

Office Number 01302 642725
Emma Cooper 07879492981
Vicky Fairclough 07748020044
Michelle Johnson 07990551067

Pre Dialysis Sister -

Claire Mitchell-Haynes 01302 642726 / 07920 085327

Renal Access Sister -

Home Haemodialysis Sister -

Mercy Dartey 01302 642738 / 07831 340027

Bassetlaw Haemodialysis Unit: 01909 511 150

Dearne Valley Dialysis Unit: 01709 599 190