



**Christmas 2019**

**Registered Charity Number 1123780**



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

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

## Contents

A chat with the Chairman	3
Christmas Party	4
Christmas raffle and Christmas cards	5
Captain Kidney Christmas Card	6
Malcolm's Puzzle Page Nonagon	8
Scanner appeal	14
DaBKA promotional Items	18
Patient Information Day	22
Useful contact numbers	32

*Dates for your diary:*

**Sunday 15 December**

DaBKA Christmas party



The next edition of the newsletter will be published in March 2020

If you have any articles or photographs that you would like to send in, please send them in by 21st February 2020.

*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](http://www.dabka.org.uk)  
07444 281 141

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

Welcome to our Christmas 2019 newsletter.

I would like to invite you all to our fantastic Christmas Party on Sunday 15th December (further details on page 4)

It is a great opportunity to meet friends old and new, and have informal chats with fellow patients, their families and friends.

The DaBKA committee will be there (normally queuing up first at the buffet!) and are looking forward to meeting as many of you as possible.

I am very proud to announce that thanks to all our supporters, DaBKA have been able to donate £25,000 to help purchase 3 vascular scanners (more information on page 14).

There will be a scanner in each of the three dialysis units, Doncaster, Bassetlaw and Dearne Valley. The team are really proud of this huge achievement that will improve the care of so many patients.

So a very big thank you to everyone who has supported us in our latest project.

If you have any ideas on items that DaBKA can provide for renal patients to help in any way however small, please let us know.

**We are your charity and welcome all ideas.**

Finally I would like to wish you all a Happy Christmas and Peaceful New Year,

All the very best wishes,

**Sean**

*Chairman*

**DaBKA Christmas Party**  
**Sunday 15th December 5pm to 9pm**

This year's Christmas party is being held at the The Holiday Inn, Warmsworth, starting at 5pm until 9pm.

There will be entertainment, Christmas raffle draw, a superb buffet and the chance to meet fellow patients and the DaBKA Committee.

Tickets are **free to DaBKA members** and DaBKA have heavily subsidised prices for guests at £6 each.

This is a chance for everyone to get together and enjoy the festive season and has in the past proved a very popular event.

I am sure it will be a great success, on behalf of the Committee, we look forward to seeing you all there.



*Please book your places as soon as possible, numbers are limited.*

***ALL places must be pre-booked.***

*Easy disabled access and disabled parking available.*

Please fill in the form attached to this newsletter, or call Christine on 01302 532446

**We look forward to seeing you!**

## **DaBKA Christmas Raffle & Christmas Cards 2019**

This years Christmas raffle draw will take place on the 15<sup>th</sup> of December during the annual party which this year is being held at the Holiday Inn, Warmsworth.

The prizes this year include:

1st Prize:	Luxury Food Hamper
2nd Prize:	Meat Voucher
3rd Prize:	Afternoon tea for two

Plus many other prizes!

If any member or their friends have anything they wish to donate for the Christmas raffle, please feel free to contact us on the usual phone numbers or via your local renal unit.

If you, or family & friends would like to sell some raffle tickets for DaBKA, please get in touch. Every £1 from each ticket goes directly to patients in the Doncaster, Bassetlaw and Dearne Valley Area.

**Our amazing quality Christmas cards are once again on sale** in all renal units for £3.50 per pack of 10 cards or 3 packs for £10. Please see page 6 for full details of the cards.

If you would like to purchase some cards, or would like to sell some to friends and work colleagues, please contact Christine on 01302 532446.

*Thank you for all your support throughout the year and we hope to see everyone at the Christmas party.*

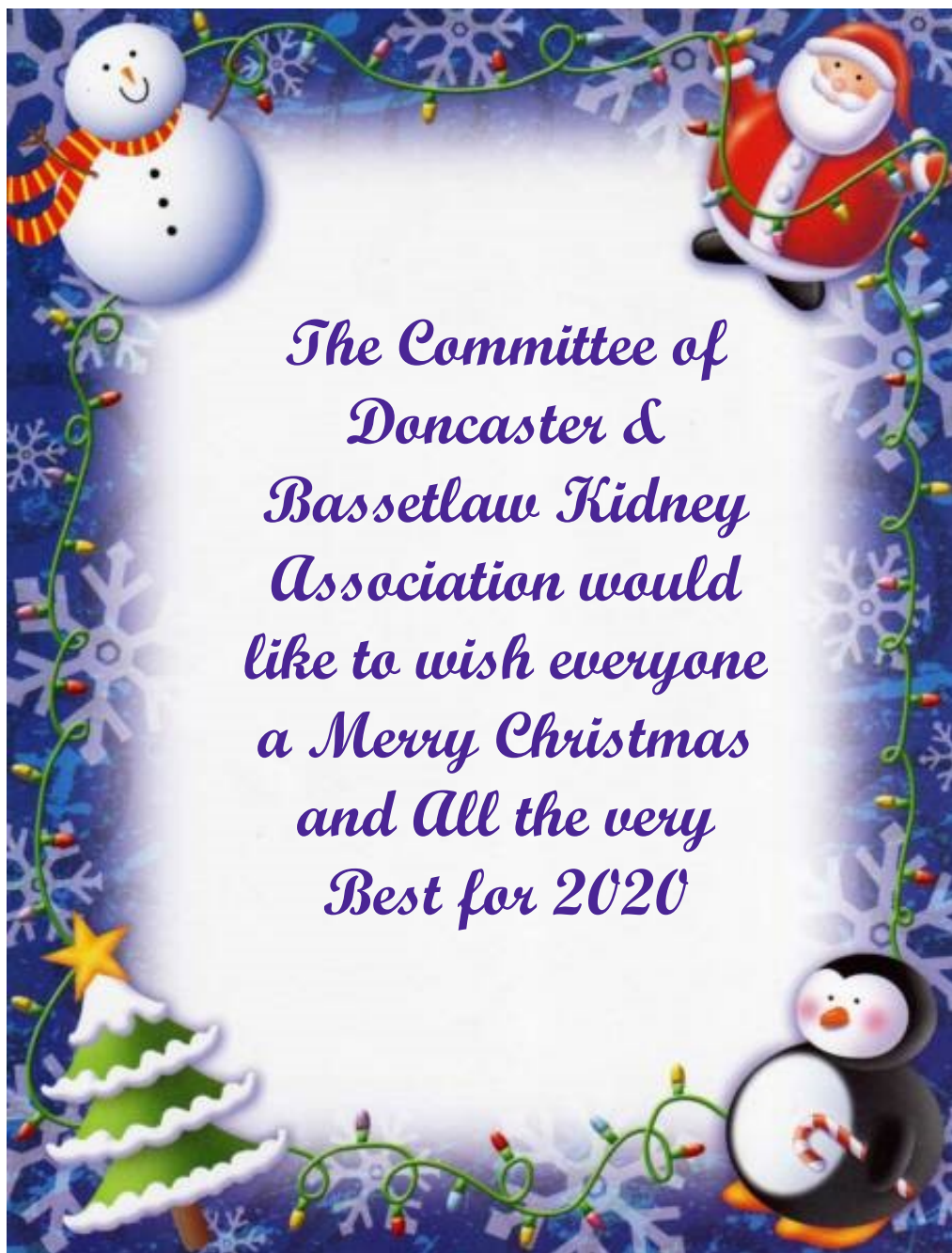
***Andy & Mary Wraith***

*Merry Christmas to all from Captain Kidney*



### Nonagon Answers

**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**



*The Committee of  
Doncaster &  
Bassetlaw Kidney  
Association would  
like to wish everyone  
a Merry Christmas  
and All the very  
Best for 2020*

## Malcolm's Puzzle Page

### Nonagon Puzzle

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 in the answers on page 6!

GOOD LUCK!

*Malcom Fielding*

T	O	L
S	B	K
A	L	O



### **Bassetlaw Dialysis Unit 10<sup>th</sup> Anniversary Coffee Morning**

Bassetlaw Dialysis Unit staff organised a coffee morning and fundraising event on Sunday 15<sup>th</sup> September to celebrate their 10<sup>th</sup> Anniversary.

The Event was very well attended by staff, patients and their families and was a great success.

The Unit also held a raffle, tombola and cake stall and raised a total of £660. The NKF, which is based in Worksop, together with Linda Pickering from Kidney Care UK (pictured below) and DABKA all had stalls offering information and merchandise to patients.

The Unit divided the money raised between the three charities of NKF, Kidney Care UK and DABKA and donated £220 to each of us.



*Thanks to all staff and patients for their hard work and making the event such a success.*

**Fundraising and Donations from  
June 2019 to October 2019**

***Due to Data Protection Regulations we are unable to print the  
names of individual donors unless expressed permission is given***

**Townfield Gala & 999 day - £2866**

**Raffle - £729** in tickets were sold for our Summer Gala which was drawn at the Gala

**Christmas Cards sales** – Christmas cards are for sale in all three units. So far **£172.50** have been sold.

**Sponsored Events :**

Renal Nurse **Vicky Fairclough** did an evening sponsored run in the summer and so far has raised **£712.13 plus £27.50** in giftaid. There is still some sponsor money due so will confirm final figure in next newsletter.

**The Slater Family** did a memorial walk round lakeside during the summer in memory of a much loved grandfather and raised **£40**

**Promotional Items** - Sale of Pens, key rings, pin badges etc - **£66.00**

**Fistula/Transplant Wristbands** – Wristbands are available free to local patients however we sell them to other units. Nottinghamshire Renal Unit bought **£606**

**Giftaid** – We have been able to claim **£27.50** in Giftaid (See above)

**General Donations - £762.00**

**Residents of Charles Court** held various fundraising events and donated **£300** to DABKA in July

**Bassetlaw Dialysis Unit** donated **£220** from their 10<sup>th</sup> Anniversary Coffee Morning (See Article)

A member has continued to send **£20** per month via standing order amounting to **£100** in total

5 other donations ranging from £2 to £50 were received amounting to **£142**

***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.***

**We have received over £2,090 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 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**

**Christine Spyve, Treasurer**

We would like to tell you about a fantastic new resource The Kidney Kitchen – developed by Chef Ripley with the support of the British Dietetic Association (BDA) Renal Nutrition Specialist Group.

The recipes and videos can be viewed via Kidney Care UK website or at the following link:

<https://www.kidneycareuk.org/about-kidney-health/living-kidney-disease/kidney-kitchen/welcome-kidney-kitchen/>

There are a series of short videos showing you, in easy steps, how to prepare and cook delicious, kidney-friendly meals. Each recipe comes with a comprehensive set of Food Facts – how this recipe fits into your kidney diet; vegetarian, healthier or cheaper options and how to store it so that you can safely eat any left-overs on a day when you don't feel up to cooking. More recipes will be added over the coming months.

As with all chronic conditions, Chronic Kidney Disease affects everyone in different ways, so if you are not sure about any aspect of one of the recipes please ask your renal dietitian for advice tailored to your own needs.



*Merry Christmas from the renal dietitians and  
best wishes for the New Year!*

*This festive recipe has been provided by the Renal Dieticians at Doncaster Royal Infirmary. If you have any questions, or need help and support with your renal diet, particularly during the festive season please contact a member of your renal team..*

### **Cranberry and white chocolate cookies (Makes 30)**

150g	plain flour
½ tsp	baking powder
75g	rolled oats
125g	soft butter
75g	dark brown sugar
100g	caster sugar
1 tsp	vanilla extract
50g	dried cranberries
100g	white chocolate chips
1	egg



Preheat the oven to 180°C (356°F / gas mark 4) and line a baking sheet with greaseproof paper. Measure the flour, baking powder and rolled oats into a bowl. Put the butter and sugar into another bowl and beat together until creamy. Then beat in the egg and vanilla extract. Beat in the flour, baking powder and oat mixture, and then fold in the cranberries, and chocolate chips.

Roll tablespoonfuls of dough into balls and then place them on the baking sheet and flatten with a fork. Cook for 15 minutes until pale gold.

Leave to cool for 5 minutes to harden then cool fully on a wire rack.

## **A HUGE thank you to DaBKA!**

I started the role of Renal Access Nurse 2 and a half years ago. The main aim of my role is to provide fluidity between the Renal and Vascular services, in order to maintain and create Renal Access for over 200 patients. It is important that our patients have their Renal Access created in a timely manner and in accordance with their kidney function. Working across two departments can be challenging at times and as a specialist nurse I am always looking for ways in which we can improve our services.

Just over a year ago, I was introduced to a Regional Quality Improvement programme called MAGIC -Managing Access and Generating Improvements in Cannulation.

MAGIC is a quality improvement project designed by the British Renal Society's Vascular Access special interest group (BRS VA) and the Vascular Access Society of Britain and Ireland (VASBI), supported by the Kidney Quality Improvement Partnership (KQIP). The aim of the project is to Improve our cannulation in Fistulas and Grafts and to improve patient experience as a whole.

Earlier this year the BRS VA and VASBI released best practice for cannulation in renal access guidelines, the project is designed to promote a more unified practice based on their recommendations. As a department we have been collecting baseline data and meeting as a region to share ideas and to learn more about the quality improvement process.

The project is very much in its early stages but we are working closely as a team to make changes and I can see that we are already thinking differently about the way that we manage our patient's access.

The project has given me confidence to drive forward other improvement Ideas which I have previously struggled to authenticate. I've been working closely with Dr Stott (Lead Renal Consultant), Sister Starbuck (Renal Outpatients Manager), Mr Haldipur (Vascular Consultant Renal lead) and the Haemodialysis managers, to improve our services. I feel in the last year we have made huge progress.

We have a shared vision, that in the not so distant future, the majority of our staff who cannulate Renal Access will be experienced in using ultrasound to support their practice. We have provided ultrasound training to a large proportion of our staff previously, but we have found that despite this, we haven't managed to sustain the service which we believe is due to lack of equipment.

Often in the NHS, we have to make changes with only the resources that we have available to us but we are very privileged to have the support from our local charity DaBKA.

DaBKA are very supportive towards our quality improvement ideas, working tirelessly to provide the right assistance to both patients and staff .

We are very pleased to announce that with the donations that you have given to DaBKA (DaBKA have contributed £25,000) and the Local Trust Fund we have been able to purchase 3 new ultrasound machines for Doncaster, Bassetlaw and the Dearne Valley Dialysis Unit so that, in the not so distance future, we will be able to provide a constant ultrasound guided service to all our haemodialysis patients.

KQulP have also launched an e learning tool to enable all our staff who cannulate to be up to date with their practice, which all staff are in the process of completing.

Sister Starbuck has also made improvements within the outpatients department to collaborate the Peritoneal Dialysis team with the Renal Access Nurse role to provide a rather unique service to the Renal patient population. Our team is much more dynamic and has already shown to be providing a greater support to both staff and patients.

We would like to Thank you for your continued support. If you have any questions or suggestions on how we can improve your care. Please do not hesitate to contact the Renal Specialist Nurse Team on (01302) 642725.

**Many Thanks  
Vicky Fairclough  
Renal Specialist Nurse**

*All at Doncaster & Bassetlaw Kidney Association send a heartfelt thank you to everyone who has volunteered, donated time and or money, helped out, fundraised for and with us. We are truly humbled by the support DaBKA gets.*

*Your help is invaluable and this project is something that the whole team are extremely proud of. Further information on the scanners and presentation photographs to follow in the next newsletter.*





*Pictured above are Vicky Fairclough, Renal Specialist Nurse  
and Sister Debbie Starbuck, Renal Specialist Nurse and  
DaBKA hospital rep*

## **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  
£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](mailto:fundraising@dabka.org.uk)**

### **NEW Information and Support Group Meetings at Doncaster Royal Infirmary**

Often people attend the renal replacement therapy information clinic and feel overwhelmed by the amount of information about dialysis and Transplantation.

They may be quite worried, even scared about their health and their family and working life. All these factors mean that listening to me explaining treatments and giving written information to take home to read through may not be enough to enable them to feel they have 'covered every angle to consider'.

Treatment is discussed at most clinic visits through that persons journey up to dialysis or transplantation but actually having contact with people who are having dialysis treatment or have had a transplant is something that we have been keen to establish and promote more.

The first (of many) Information and Support group meetings will start in October 2019 and will be aimed at people who have attended the information clinic and need more information, guidance and support.

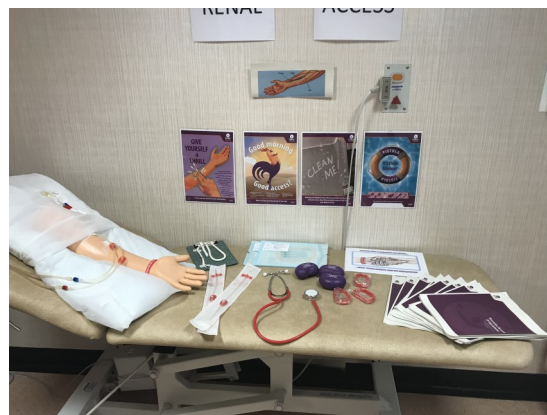
People attending the group will be able to see Haemodialysis and Peritoneal Dialysis machines set up and working and also see, touch and feel products related to dialysis treatment.

As well as many members of our wonderful team, Renal Consultant, Specialist nurses, Home haemodialysis training Sister, Renal dietician, and Renal admin manager with 'Patient View'. There will be 'Expert Patients', people with experience of all treatment options to answer questions and give advice and support.

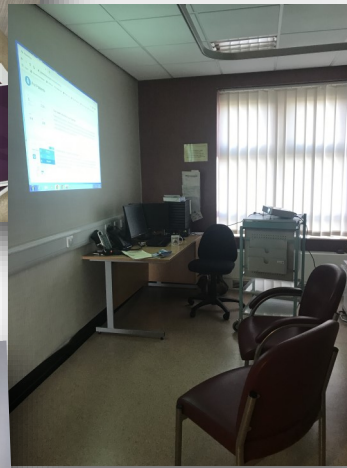
Dabka will also be present with their support and have kindly funded the refreshments for the session.

If you have any questions or you feel you would like to be one of our 'expert patients' who speak to those attending the meetings then please do not hesitate to contact me, Sister Claire Mitchell-Haynes (Renal Specialist Nurse) on 01302 642726.

*Our first meeting was held on 23rd October 2019 and was a great success. Please see below and the next pages for photographs from the event.*











## 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](http://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](mailto:linda.pickering@britishkidney-pa.co.uk)

## **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 on 07712762164*

## Townfield Gala & 999 Day

Once again, the weather was very kind to us in July for Townfield Gala and 999 Day. Thousands attend and enjoyed the day. A tremendous £2866 was raised. Massive thank you to all who contributed to make this fantastic community event a great success.



## 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](https://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)*

## 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